



RUPANEWS

Journal of the Retired United Pilots Association

Volume 7 Number 12

(Journal 556)

December, 2005



IN THIS ISSUE

President's Message
Notices

Page 3
Page 3-18

Letters
In Memoriam
Calendar

Page 19-45
Page 45-46
Page 48

OFFICERS

The late Captain George Howson, President Emeritus

President: Cleve Spring, 1104 Burke Ln., Foster City, CA 94404-3636, clevespring@comcast.net

Vice Pres: Larry Wright, 605 Joandra Ct., Los Altos, CA 94024-5343, patlarry@aol.com

Sec/Treas: Jim Olson, 7389 Featherstone Blvd, Sarasota, FL 34238-4392 jimboyfl@verizon.net

Membership Bill Richards, 1421 Canberley Ct., Trinity, FL 34655 727-375-9859, billwd6j@verizon.net

COMMITTEE CHAIRMEN

Convention Sites..... Ron Jersey ronaldjersey@aol.com

Fold'n 'n Stuffin' Cleve Spring clevespring@comcast.net

WHQ Liaison.....Milt Jensen mcjensen@runbox.com

Widows Coordinator Jackie Abel JacquelineAbel@aol.com

RUPA Web Site.....Bruce McLeod webmaster@rupa.org

AREA REPRESENTATIVES

Chicago	Bernie Sterner	McHenry, Illinois	Claude Nickell
Dana Point, California.....	Ted Simmons	New York	Pete Sofman
Denver (Good Ole Boys).....	Ted Wilkinson	Ohio (North Coasters)	Richard McMakin
Florida, N.E.	Lowell Johnston	PHX (Roadrunners).....	Frenchy Bourgeois
S.E. (Gold Coast).....	Stan Blaschke	San Diego Co.	Robt. L. Bowman
	Jimmy Carter	San Francisco Bay	Sam Cramb
S.W.	T. J. Sobota		Cam McEachern
Tampa	Matt Middlebrooks	Seattle	William R. Brett
Las Vegas (High Rollers).....	Clyde House		Brent F. Revert
Los Angeles, South Bay.....	Rex May	Washington D.C.	E.K. Williams Jr.
Los Angeles, Valley.....	Don McDermott		

BOARD OF DIRECTORS

**Floyd Alfson, Rich Bouska, Sam Cramb, Joe Ferrie, Milt Jensen, Milt Jines,
Howie Jundt, Ted Larusson, Bruce McLeod, Walt Ramseur, and Bill Smith**

RUPANEWS

Editor Ted Larusson

8229 Cashel Way, Sacramento, CA 95829-1527

Tel (916)-689-5358

Ted Larusson: tlarusson@comcast.net

How to renew your subscription to the *RUPANEWS*

The renewal date for your subscription is always printed on the address label on the back page of your most recent copy of the *RUPANEWS*.

Send a \$25 check to:

James E. Olson, PO Box 20634, Sarasota, FL 34276-36346

RUPANEWS (USPS 017-562) is published monthly for members for \$25 per year by the Retired United Pilots Association, 1104 Burke Lane, Foster City, CA 94404-3636. Periodicals POSTAGE PAID at San Mateo, CA and additional mailing offices:

POSTMASTER: Send address changes to RUPANEWS, 1104 Burke Lane., Foster City, CA 94404-3636

PRESIDENT'S MESSAGE

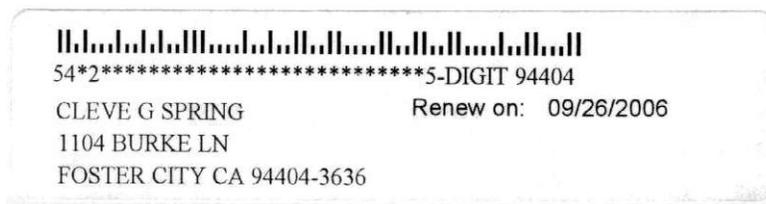
Rich Bouska and I just returned from attending the Seattle Gooneybirds Luncheon where we were graciously greeted by a very good turnout of the local members led by Brent Revert and Bill Brett. We were there to discuss and plan for the next convention in 2007. The date has not yet been decided, but probably will be in late September or the first part of October. There are many interesting attractions in Seattle, including the Boeing Museum of Flight, The Boeing assembly plant, the City and Underground Seattle, and Kiana Lodge via ferry just to mention a few. Please contact us with any other suggestions you might have.

I would like to recognize our loyal members who make up the Folding and Stuffing Crew. We meet the first Wednesday of each month to put labels on approximately 3,300 magazines, tie them in bundles and put them in sacks and take them to the Belmont Post Office. This is accomplished in a little over an hour, and for this they get a doughnut and coffee provided by my wife, Rose. The day before a small group of us get together at Floyd Alfson's home where he prints the labels and then he and his wife, Charlene, Bruce McLeod, Larry Wright, Dr. John Young, Rose and I cut and sort the labels into individual sacks.

The members of the F & S Crew are:

Bob Ahrens, Floyd & Charlene Alfson, Marty Berg, Al & Jo Bernard, Rich & Georgia Bouska, Gary & Diane Brauch, Tom Bredis, Ken Breitschopf, John Campbell, Kel Carson, Bob & Roz Clinton, Sam Cramb, George Dalition, Neil Daniels, Scotty Devine, Bob Ebenhahn, Shareen Fancher, Carol Gillett, Jimmy Holmes, Milt & Sunee Jines, Dick Johnson, Howie Jundt, Bob Kallestad, Noel Kane, Karl Kastle, Gaylan Kessel, Bob Kibort, Dwight Lubich, Ed & Pat Manning, Norm Marshall, Cam & Bessie McEachern, Bruce McLeod, George Mendonca, Don Merucci, Frank Mihalic, Mitch Mitchell, Bret Morris, Bill & Pat O'Connell, Bob O'Leary, Sam & Vilma Patrick, Mel Peterson, Jay Plank, Walt & Mary Ramseur, Dr. Bud Schwartz, Jim Shirley, Bill Smith, Bob Soergel, Cleve & Rose Spring, Ralph Stamps, John Stefanki, Isabell Traube, Gene Tritt, Gene & Carol Walter, Ron Weber, Larry Wright and Dr. John Young.

On another subject, I am still getting checks and address changes. These should go to our new Sec/Treasurer, Jim Olson, who's name and address are on the inside cover under "**How to renew your subscription to the RUPANEWS**", and also on another page in the publication. We still get inquiries about whether you have paid your dues or not. The "Renew on" date is always printed in the upper right-hand corner of the mailing label on the back of your *RUPANEWS* as shown below.



Remember whenever possible, use your email to send Ted Larusson your letters, and also when you send address changes and any other information to Jim Olson.

We have been allotted 200 more names to go on the "Wall of Honor" which Rich Bouska addresses further on in this publication.

The picture on the cover was taken during the Convention in the Steven F. Udvar-Hazy Center.

The next *RUPANEWS* will be sent in February as we will be mailing the new Directory of active members in January. By the time you read this it will already be at the printer.

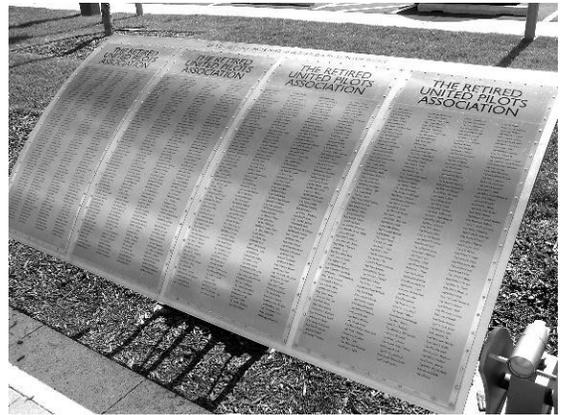
Wishing you all a very happy Holiday Season!!! Cheers, *Cleve & Rose*

THE LATEST ON THE WALL OF HONOR

On Sunday October 16th, everyone attending the RUPA Convention had the opportunity to view the Wall of Honor at the Udvar-Hazy Center at the Dulles Airport in Washington DC. There are now 1,304 names on the RUPA Panel and the Museum has offered to extend the enrollment period for us. If you wish to add your name to our panel or the name of another RUPA member, contact me for the necessary forms. You may contact me at 925-443-4339 or by email at rbouska1@comcast.net. We now have space for an additional 200 names. The Museum has loaded the 1,304 RUPA honoree names into their online web database. If you go to <http://www.nasm.si.edu/wallofhonor/index.cfm> and click on Find an Honoree, you can search for a name. The result will give you the Panel, Tablet and Column location of each name. We have received the following from Melodie Homer, wife of F/O LeRoy Homer who was lost on United Flight 93 on 9/11.

Members of RUPA, Thank you very much for including my husband, LeRoy with the members of your association. I know my husband would be honored. When my daughter is a bit older, we'll make the trip to Washington, DC to see her dad's name. Regards, Melodie Homer.

Respectfully submitted by *Rich Bouska*



One more time!!!

We now have a new Secretary/Treasurer, Jim Olson, so please send your checks and other information changes, such as mailing addresses, E-mail addresses, telephone numbers, etc. to him.

Send your checks & info. to:

James E. Olson

PO Box 20634

Sarasota, FL 34276-3634

Phone 941-921-7959

E-mail jimboyfl@verizon.net

You can still notify us of changes by calling 800-787-2429 and leaving a message on our answering machine, but if you have e-mail please use it.

Snow Birds

Snow Birds remember that the Post Office will only forward the *RUPANEWS* for 60 days and then they return the back page to us with your forwarding address. If we don't have any old issues left you won't get a new copy.

CRUISE UPDATE

CRUZ NUZ: There has been some enquiries concerning hotel and transportation arrangements for the upcoming cruise. Jerry has told me that the cruise line has bus pickup points at many locations around the East Coast. There is a charge for this service and the cost ranges from \$89 to \$29 round trip per person depending on the pickup point. The departure points mentioned were Boston, Philadelphia, New London, Baltimore, New Haven and Albany. The arrangements have to be made through Jerry.

I will arrange a hotel close in to NYC along with bus transport to the pier. We have done this with all our cruises and this gives people a place to meet the night before the cruise. I will let the group know when we have booked a hotel, and of course, Jerry will be informed.

Happy Cruising! *Joe Ferric*

DANA POINT RUPA LUNCHEON

The 'Third Tuesday' (the 15th) sure snuck up on this correspondent for the local RUPA Lunch group. Luckily Jerry Myers reminded me as we sat the day before enjoying a lunch at the 'Harbor'. The fog stayed off the breakwater and we were able to enjoy a great lunch on the deck under the blue umbrellas.

Present were Park Ames, Carlos Bernhard, Bruce Dunkle, Bob Fuhrmann, Rudy Haluza, Pete Hansen, Rick Hoefler, Jerry Myer, Bill Rollins, Ted Simmons, Bill Stewart, Tony Testa, Joe Udovch and Al Gaffaney. Al, I hope you can come to more of our Lunches.

Rick Hoefler our present intrepid traveler...mentioned that he has had great fortune in his traveling using ID 90s internationally with LUF. Really enjoyed the business class with the leg room and fold out seat. 'The only way to Fly' if you are on reduced rate. He has made 4 international flights in the past year. He was able to plug in his computer to send and receive, even while flying over Greenland. 'Z's ticking is alive and well for him and his family.

New

"United's appeal of Judge Wedoff's decision requiring United to make the October 2005 non-qualified pension payment."

"Judge Darrah (of the Appeals court) said he would issue his decision on the appeal as soon as he can complete it.

Greetings came from the PBGC came with a case Number...Even spelled my name out in full!..not just a dear 'Participant'. Another included paragraph "Si usted Prefiere recibir est informacion en Espanol..." got me thinking that maybe I should get going on another language?

Food for further thought. Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

Next third Thursday is December the 20th

Regards, *TED*

FL TREASURE COAST SUNBIRDS LUNCHEON

Our first luncheon of the season was held at *Mariner Sands C.C.* in Stuart on Nov. 8th, the 2nd Tuesday of the month. The schedule for the rest will be: Dec. 13, Jan. 10, Feb. 14 (Co-ed), Mar. 14, and Apr. 11. All RUPA members are welcome to join us if they are in the area. The Club asked me to point out a couple of dress code items; 1. No jeans of any type. 2. Shirts must have collars & sleeves. Also, the use of cell phones in the Clubhouse is not allowed. Considering the ambience and the quality of the food, service and reasonable price (\$10.00), we think all will agree they can live with the above. We had 14 show up and expect many more as the season progresses. Present were Clay Grant, Del Gartner, Gus Tuit, Percy Wood, Ted Osinski, Clark Luther, Dave Arey, Jack Boisseau, Bill Northup, Bob Schaet, Sid Sigwald, Stan Smilan, Don Jefferson, and yours' truly *Jim Dowd.*

<p>United Airlines Historical Foundation</p>

<p>Send donated artifacts to: United Airlines Flight Center Mail Room, Attn: Tom Angelos 7401 Martin Luther King Blvd., Denver CO 80207 Phone 303-780-5537</p>
--

TERMINATION NEWS UPDATE

URPBPA's strategy

(11-12-05) PBGC is now the trustee of our A-plan and on the Internet UAL has indicated that the company will not answer any more questions about the plan---they say "call PBGC." On November 7, Judge Wedoff ruled against a URPBPA request. They wanted Wedoff to stay his order that PBGC could seize our plan effective 12-30-04 until URPBPA's appeal of his order could run its course. The appeal was filed on November 7th, on a fast track.

In the trial on September 21, URPBPA produced only one expert witness and he submitted no direct testimony. He referred the judge to two URPBPA exhibits that homed in almost exclusively on URPBPA's Split/Freeze plan and he was then made available for cross examination which centered solely on the Split Freeze.

In URPBPA closing argument on September 22, URPBPA's attorney made no reference to the Split/Freeze. He centered his entire presentation on the theory that the court could not rule in PBGC's favor because no witness had been presented by PBGC to prove that UAL had no choice but to terminate the pilots' plan.

In the judges written 9-page ruling in favor of PBGC on October 26, he made no reference to any specific input or argument by URPBPA at the trial, except in a footnote at the very end, which reads:

"URPBPA's expert advanced the theory that termination of the Pilot Plan was not necessary because an amended define benefit plan could be successfully implemented. However, the expert acknowledged that United would be unwilling to pursue such an amendment and so this alternative, even if theoretically possible, was unlikely to occur."

In an 11-1-05 letter by Roger Hall that is making the rounds on the internet, he starts out by saying: "Yes. Our attorneys know what they are doing. They are well versed in bankruptcy law." And later on he states the following:

"Nothing was presented (briefs, expert reports, and depositions) by PBGC that showed the need to terminate the pilots' plan. We feel that they did not meet the required burden of proof. Judge Wedoff ruled the way he did without any evidence supporting the need to terminate the plan. We think this offers good grounds for an appeal to succeed.

Had we tried to present an economic case at the trial to show that termination was not necessary, then it would have opened the door for the PBGC to roll in a raft of their experts to show that termination is necessary. In cases of dueling experts, the bankruptcy judge usually sides with the debtor (UAL)."

When URPBPA attorney cited in his closing argument on September 22nd that PBGC had failed to put on any evidence to prove UAL's plan needed to be terminated, the judge's response was:

"If you believe that there is evidence showing that it was not more likely that the plan would terminate, that there is evidence to indicate that United would not have been successful in pursuing 1113 or distress termination, that the company had ample resources to make contributions to its (pilots') pension plan and still compete successfully, then you certainly would have been free to present that evidence. That would have been a relevant consideration at trial, but no one presented any evidence in the trial bearing on that."

To which URPBPA's attorney responded that it was PBGC's burden to prove the plan needed to be terminated for United to exit Chapter 11, not URPBPA's burden to prove otherwise.

In the exhibits presented at trial by URPBPA's expert there is a table on page 10 that indicates that UAL's expense for the Pilot's Plan from 2005-2010 would total \$1.837 Billion and with the plan terminated UAL's expense would be zero. *Doug*

DENVER GOOD OL' BOYS

Maybe because of an absolutely delightful fall day, the biggest turnout ever for the Denver Good ol' Boys occurred. It was the month for one of our semi-annual "Wives invited" meetings, and the turnout was magnificent. The chef was up to the challenge, however and this humble scribe noted no complaints regarding the cuisine. It is rumored that happy hour was also a rousing success. After all were sated (and it is noted that the apple pie went early) the main hall was cleared to make room for the overflow from the bar, and the humble coordinator started the boring business meeting with the obligatory attempt at humor. Something having to do with 'Hooters girls' and girls who only have one leg. The coordinator reported that upon arriving at the Convention, he was accosted by several who had heard/read of the demise of UAL pilot Ted Wilkinson. It was with the utmost difficulty that most were at least partially convinced that it wasn't *this* Ted W. (Next time, I'm bringing my birth certificate... so as to be able to show that it hasn't expired)

At any event an extensive recap of the Convention from last month was the order of the day, with special emphasis on the presentations by representatives from the PBGC and the UAL Benefit Services Center. The recently begun Medicare part "D" was also discussed centering on the presentation by Ms Linda Collier. This humble scribe found it interesting, even if no one else did. 'Course he was giving the presentation...

At long last, and to the relief of most, the microphone was turned over to Jim Krasno, who mainly answered questions re: The state of affairs in the continuing saga of our pensions as pertains to the expected seizure by the PBGC and the ramifications following therefrom. Following a Q and A session the coordinator reacquired the microphone and asked the group about news of anyone having flown west or becoming infirm. There being no reports in this area, the meeting was declared adjourned.

Those present included; Bill Hanson, Al Dorsey, Pete Cecchinelli, Barry Edward, Dick and Carole Bennett, Steve Pahs, Bob and Adele Sannwald, George and Sandy Benkendorf, Dick Garbrick, Bill and Eve Hoygaard, Hugh Moore, Casey and Gail Walker, Keith and Shirley Patton, Bill Bates, Maury Mahoney, Rick Bebee, Tom Mezger, Bill and Woodie Matheny, Bob and Gretchen Stemple, Bob Dietrich, Mike Williams, Dick and Jerry Shipman, Duane Searle, Tom Johnston, Dick and Jean Kobayashi, Ralph Wright, Hugh Moore, Bruce and Jean Chalmers, Bob and Ann Blessin, Ilene Wagner, Jim Krasno, Larry and Darlene Walters, Opal and Curly Baker, Cliff Lawson, Barbara and Ray Bowman, Bill and Mitzi Fife, Laurie and Betsy Cannon, John and Marion Allen, A. J. Hartzler, Stanley Boehm, Laura and David Stearns, Fritz and Judy Meyer, Bob Crowell, Ron and Georgia Schafer, Russ and Pat Ward, Dick and Valerie Brinkworth, George and Vesta Maize, Roger and Deana DeLozier, Dave Murtha, Tom Gordon, Chuck Fellows, Hal and Janet Meyer, Bob and Jim-Claire Clipson, John Thielen, Dave Johnson, Jim Harris, and the humble scribe and his bride, *Ted and Rose Wilkinson*. p.s. I ain't gone yet!

LAX NORTH VALLEY LUNCHEON

The LAX North Valley group met on Thursday, November 17, 2005 for our odd month meeting. Since our very able scribe, Doug Rankin, was absent Don McDermott filled in for this meeting. Rex May began the meeting by reiterating the fact that our LAX meetings are not to be used as a forum for political opinion as had transpired at our October South Bay meeting. Don McDermott covered some of the latest information on our pension termination and recommended that everyone read the article in Time Magazine (Oct. 31st issue) on the "Great Retirement Rip-off". The illustrious Ben Harper and his companion, Judy Spizer, graced us with their presence and several of the members had a grand time telling stories about how the famous Capt. Harper ran his cockpit. A great time was had by all. Those in attendance were: Gene Biscailuz, Lee Cameron, Jim Day, Herb Goodrich, Jack & Shirley Hanson, Ben Harper & Judy Spizer, Marv Jeffers, John Joyce, Loyd Kenworthy, Rex May, Russ Maddox, Mac McCabe, Don McDermott, Jack & Joyann Moore, Bob Mosher, Walt Tyler and Ken Williams.

Respectfully, *Don McDermott*

RETIRED UNITED PILOTS FOUNDATION REPORT

11/14/2005

I would like to commend the pilots who attend the New York Skyscrapers RUPA luncheons for the contributions over the months to help the pioneers of our Airline and the industry with their contributions. They are definitely the brothers and sisters of our United Family we are all proud to be associated with.

Despite all the turmoil going on at united your foundation is surviving with your help. Most active duty pilots seem to think we are all millionaires and do not realize the only reason they have what they have is because of all the ground work put in place by each and every one of you. Ninety five percent of the financial support the foundation gets is from retired pilots and the amount from the active duty pilots drops every month. We are still helping widows who are left living off social security when their husband pilot flew west for his final PC.

All last year we ran a negative cash flow with our funds. Thanks to Bernie Sterner's ability to manage our savings with prudent investments and your contributions this year, our reserve cash is increasing slightly each month.

We still need your help because the foundation board of directors envisions the need to increase with all the chaos caused by a number of pilots having to take a cut in their pensions and their "B" plan investments dropping over the past five years. I know of two retired friends of mine who will be selling their homes because their pension checks will not even pay the taxes on the home in addition to the mortgage.

Contributions can be sent to the foundation treasurer: Ted Bochniarz, 11165 Regency Drive, Westchester, IL 60154-5638

Thanks again to all of you for your support.

Cliff

President,
Retired United Pilots Foundation

PS I have been President for over 20 years and we need more of you to get involved with the foundation to give us a broader base for communicating and get information on those in need . . . in addition to letting me step down to the number two position on the BOD

YOU'ALL BE CAREFUL OUT THERE, HEAR !!

Dear Colleagues: Last night at 10 Pacific Time, Oakland Center successfully transitioned to ATOP operations 24/7. That's 21 million square miles of oceanic and offshore airspace.

While you might have to stop a moment to come up with what ATOP stands for – Advanced Technologies and Oceanic Procedures – what it does is crystal clear. ATOP reduces controller workload by adding electronic flight strips. It saves airlines fuel, an especially positive note on long oceanic routes. And it also boosts on-time performance by increasing transoceanic capacity and preferred routes.

ATOP is a positive step forward in terms of our ability to manage traffic. It enhances our international leadership by enhancing the concept of "seamless airspace." In a nutshell, it works for the airlines, it works for the FAA, and – most of all – it's just what the passenger ordered.

Kudos to the Oakland Center team and manager Randy Park. Kudos as well to Dave Ford and his ATOP team here in headquarters.

This launch was years in the making. Going the extra mile for the passenger is what we're all about. Well done, and thanks. Keep up the good work.

Marion C. Blakey FAA Administrator

2006 RUPA CARIBBEAN CRUISE
Date of Cruise: October 14, 2006
11 day Roundtrip out of New York
To the Southern Caribbean
On the Brand New
Holland America MS NOORDAM

Check out deck plans and staterooms on the Internet
www.hollandamerica.com, Click on Fleet, ms Noordam,
To check out the Itinerary, go to Destinations, Caribbean,
And enter the date and ship, hit view and again on the
following page.

Depart New York with stops at: Tortola, B. V. I., St. Thomas, U.S.V.I.,
Dominica, Barbados, St. Maarten, San Juan, Puerto Rico and
Return to New York.

All prices include the \$200 port charges and fees imposed by the cruise line.
Taxes, which are \$87.85 pp, are not included and are additional.

Category K Inside Cabin	Main Deck Fwd & Aft	\$1299
Category J Inside Cabin	Main Deck midship	\$1334
Category G Outside Cabin	Upper Promenade Deck	\$1539
Category D Outside Cabin	Main Deck midship	\$1639
Category C	Main Deck Midship	\$1689
Category VD	Verandah Deck Aft midship	\$1869
Category VC	Verandah Deck and	
	Upper Promenade Fwd & Aft	\$1939
Category VA	Upper Verandah Deck Fwd & Aft	\$2079
Category SS	Upper Verandah Midship	\$2639
Suite SA	Navigation Deck	\$4419

All cabins are subject to availability
A deposit of \$600 person is due at the time of booking
and is fully refundable until 76 days prior to the cruise.

**If you want verandah cabins, it is important to book early,
as they are the first to sell out.**

The above prices include at least one cocktail party
and two bottles of wine per stateroom.

Send all correspondence to:

Jerry's Travel Service
36 Mark Bradford Drive
Holden, MA 01520
1-800-309-2023 ext.33
1-508-829-3068
Gpsp@aol.com

2006 RUPA CARIBBEAN CRUISE BOOKING SHEET
October 14, 2006 Caribbean Cruise 11 Day Southern Caribbean
MS NOORDAM, HOLLAND AMERICA CRUISE LINES

NAMES _____

ADDRESS _____

Telephone(s) _____

Mariner Numbers _____

Dining Preference: Early _____ Late _____

Inside Cabin Category _____ Cabin Number _____

Outside Cabin Category _____ Cabin Number _____

Price includes \$200.00 in port charges and fees. Taxes of \$87.85 pp are extra

Total Price per Person _____ Total Price per Cabin _____

Deposit \$600.00 per person _____ Due at time of reservation

Balance _____ due on or before 15 July 2006

Make check out to Jerry's Travel Service

Credit card MC VI AMEX DIS (circle one)

Card # _____ Exp. Date _____

Name on Card _____

Cancellation Penalties:

75-46 Days before sailing \$600 per person

45-16 Days prior to sailing %0% of gross fare

15 days or less 100% penalty

BOOKING NUMBER _____ BOOKING DATE _____

CONFIRMATION SENT _____

Other Information:

Cabin selection is based on availability at time of booking.

Prices subject to change until booked.

NORTH BAY RUPA NOVEMBER LUNCHEON

A near record number gathered at the Petaluma Sheraton's *Tolay* restaurant on the first Wednesday of the month, November 2nd. After a report on the condition of some of our under-the-weather friends, (card was signed and sent to Jim Mansfield, recovering at home...get well, Jim...we all miss you!), a lively discussion ensued regarding all the latest events, and the latest updates from URPBA. The AFA appeal denial was noted, as was Roger Hall's reply on a BB regarding our situation.

On hand to give a fine report on Tilton's speech before the Commonwealth Club in SF, was Captain Al Fink, who attended the event with Harry Stonelake, Dick Sperling, Gary and Diane Brauch and others. Pictures were passed around of the affair, including those of Captain Al, and the SFPD officers! (smiling!)...Also in evidence was the new cap insignia proposed...a large wood screw. ESOP memorabilia was also on display... (Proud Owner).

Luncheon attendees were: Dee and Larry Whyman, John Reed, Jerry Thomas, John and Sharon Candelo, Ted Graves, Phil Simon, Dwight Daley, Bill Greene, George Hise, John Baczynski, Richard and Lilli Smith, Dick Lammerding, Dick Hanna, Woody Lockhart, Al and Linda Fink, Gary Koverman, Barney Hagen, Emperor Norton, (Rick Saber), Bob Grammer, Gardner Bride, Bob and Dee Norris (who flew in for the event!), Dan Bargar, Don Madsen, Leon Scarbrough, and Doris and Bob Donegan.

From the group to all of our friends...Best Wishes for the Season!! *Bob Donegan*

SAN DIEGO RUPA LUNCHEON

Nine showed for our monthly meeting. Guest Vern Lindsgog, Don Trunick, Hugh Wilson, Bill Pauling, Bob Harrell, Paul Whitby, Brad Green and his wife Rhoda. We talked about the bankrupt notice from United. We were all confused so decided to wait for further notice. Brad Green's story of how United tried to get him back to work after losing an arm sounds like United of other times. *Bob Bowman*

SEATTLE GOONEY BIRDS LUNCHEON

The Seattle Gooney Birds met at the *Marriott* on Nov. 17.

We were honored to have Rich Bouska and Cleve Spring, the outgoing and incoming Presidents of RUPA, visit us from San Francisco. Thank you, gentlemen, for attending.

Both did a great job outlining the needs for the RUPA National Convention in Seattle in 2007. Please let Bill Brett or Brent Revert know your wish to run or assist in the running of this committee. We expect many volunteers for this position so will hold a drawing next month to select the winners. (All those not attending will have their names entered.)

Alan Black did his usual great job of bringing us up to date on what has been happening to the pensions, especially the medical portion. Thank you, Alan.

And thanks everyone for keeping up the pressure on the legislature to try to solve this mess. Obviously we have made strides and that is encouraging. Thanks for the work.

Attending today: Cleve Spring, Rich Bouska, Mark Gilkey, Bill Raimer, Chuck Westpfahl, Herb Marks, Rod Lion, Russ Stephens and his co-pilot from the Dewey charters, Sandy McMurray, Dave Carver, George Compton, Bill Stewart, Dick Monroe, Tim Joslin Sr., Neil Webb, Ivory Brummet, Bob Wulff, Dave Fahrenbach, Doug Christensen, Bob Reid, Jeff Roberts, Chris Whittenfeld, Ray Dapp, Jack Brown, Dick Anderson, Bud Granley, Alan Black, Bill Stoneman, Ray Hull, Vince Evans, Brent Revert, and Bill Lawrence but he couldn't find us.

See you next month, *Brent*

BOYS NIGHT OUT

Friday, April 7th, 2006
at the
Sheraton Gateway Hotel
600 Airport Boulevard
Burlingame, California

Reception from 5:00 to 7:00, Dinner to follow.
Entrée choices are Chicken with Scampi, Prime Rib or Salmon.
Dinner is \$39.00.
Rooms are available at \$89.00. Call the hotel at 1-800-827-0880
for reservations and mention RUPA for this rate.

Surprise Speaker

RSVP dead line: Wednesday, April 5th, 2006
Make check payable to **RUPA** and mail reservation to:
Bob Lawrence, 1624 Candace Way, Los Altos, CA 94024

name

guest name

Indicate entrée choice:

_____ Chicken Breast with Scampi

_____ Roast Prime Rib of Beef, au Jus & Horseradish

_____ Filet of Salmon with Herb Butter Sauce

Check enclosed for: \$ _____

RUPAWEB REPORT

I started working on the RUPA website about 8 years ago, and went on-line in February, 1998. It has been and remains a one man show. That is mainly because the hosting has been done through my personal Yahoo account, and I have been reluctant to share my personal business (emails and attached accounts) with "assistants".

With our pensions finally having been taken over by the PBGC, it is a good time to hand over to a new Webmaster. Captain Arvid Von Nordenflycht has agreed to take over the site. It will take a little time for him to get up to speed. Until then, RUPAWEB will remain under my lame duck ministrations! I will remain available to assist should I be needed.

Unfortunately, it is impossible to move www.rupa.org from my personal account without changing website hosts. Our current web host, Yahoo, is reliable with excellent technical support. I don't feel that a change is an option. So that has necessitated a new website. When our new webmaster is ready, the new site, www.rupa63.org will be linked from the old site for about 30 days, ample time for all to update their "Favorites" and "Bookmarks". UNTIL THAT LINK IS MADE, THE CONTENTS OF THE NEW SITE WILL BE OUT OF DATE CONSTRUCTION ITEMS ONLY.

It has been my pleasure to serve the RUPA membership for these past 8 years. Thank you all for your encouragement and support. *Bruce McLeod*

SPLENDA'S NEWEST RIVAL FOR SUCRALOSE: NUTRASWEET

NutraSweet is engaging in exploratory talks with potential partners in China and India regarding the possibility of manufacturing sucralose, the artificial sweetener better known as Splenda.

Tate & Lyle, the manufacturers of Splenda, have so far maintained a monopoly over sucralose with strict patents on the production process, resulting in a supply currently less than the demand. NutraSweet, however, is investigating ways to produce sucralose without infringing on the patents.

Tate & Lyle have stated that they believe they have patented every viable way of producing sucralose through 2020.

Tate & Lyle plans to triple sucralose output by 2007, by expanding their Alabama plant and constructing a new facility in Singapore.

MSN Money September 25, 2005

Dr. Mercola's Comment:

It's no wonder NutraSweet wants to get in on the action. Between 2000 and 2004, the percentage of U.S. households using Splenda products jumped from 3 percent to 20 percent. In a one-year period, Splenda sales topped \$177 million, compared with \$62 million spent on NutraSweet's aspartame-based Equal over the same amount of time.

Of course, that's in part because of Splenda's brilliant marketing scheme, which has convinced millions that the chemical 1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside -- the real name of sucralose -- is a natural product much like the sugar from which it is originally, distantly, derived. This deceptive advertising campaign has sparked lawsuits.

The fact is, both NutraSweet and Splenda are terrible for your health, and both should be avoided at all costs. If you have any doubt sucralose isn't good for you at all, despite all the marketing ploys to the contrary, please take a minute to review my comprehensive testimonials page.

http://www.mercola.com/2000/dec/3/sucralose_testimonials.htm

SOUTHWEST FLORIDA RUPA LUNCHEON

It was just another day in paradise for the large turn out of the SW FL RUPA. In spite of two hurricanes in as many years we are learning to batten down and survive, rather than give up the warm weather. Several of our members who live in the Marco Island and Naples area reported only minor damage from Wilma. I did get to relive old times when flying out of harms way in my Cessna. When ATC ask me to slow, as if I was going fast to start with, it was because of a line of traffic ahead of me. I thought I would avoid the traffic on the interstate. It was like flying into O'Hare.

The large turn out is attributable to the snowbirds returning and the concern over the Medicare drug option and the bankruptcy vote. On the whole it is very confusing. Who writes this stuff? Lots of help coming from RUPA and RUAЕ web sites. Thanks to those who spent time researching the issues.

Next meeting will be December 12th at the Fort Myers *Olive Garden*. There will be an inexpensive gift exchange.

Attending: Will and Sally Collins, Harvey and Barbara Hallberg, Jack Taffe, Jim Sutton, Dave and Betty Jones, Charles Davis, Jim Good, Gene Chapman, Larry Long, Neil Bretthauer, Roy King, Chuck Monahan, Jack Taylor, Al May, Rip Curtiss, Ray and Twila White, Skip Irwin, George Butz, Ellis VanAlstine, James Buehner, Dick Travas, Mamie Thompson, Jim Ralph, Earl Walsh, Al Verhage, Jim Druyor, Wes Leighton, Ed Fitzgerald, Dick Barros, Norb Cudnowski, Ed Prose, Don Kineaid, Roy Rettig, and yours truly

Gary and Janice Crittenden.

THE JOE CARNES N W ILLINOIS RUPA LUNCH

The Joe Carnes N W Illinois RUPA Lunch group met at the *Warsaw Inn* on Oct. 11, 2005. Milt Jensen again gave is usual fine performance as M.C., and Cliff Sanderson gave us his updated and current information concerning UAL. Not much good news lately. The following were in attendance:

Don & Joan Anderson, Willie & Lois Anderson, Dale & Glenys Bird, Jim Boyer, George Braum, Carl Bye, Norm Clemetsen, Jim & Mary Cook, Carl Eberle, Tom Fasiang, Thomas Franklin, Marty Gallagher, Jim Gesler, Buck Goodman, Bruce Green, Don & Katie Gregg, Bill Hanifan, Dave Harris, Tom Harvey, Bob Helfferich, Mike Hepperlen, Buck & Dorthy Hilbert, Jim Holbrook, Bill Howell, Tom Hubbert, Milt & Ina Jensen, Gene Johnson, Tom Jones, Les Kero, Dick & Maribeth Kuhn, Doc & Dee Manny, Dave Manzel, Rob McCutcheon, Skip Mellem, Ralph Mikulich, Bob Moncur, Bill Mullen, Claude Nickell, Jim & Jan Noble, Bob Pasco, Chuck Peterson, Merle Peterson, Jim Rosater, Cliff Sanderson, Al Sehening, Bernie & Rachel Sterner, Joan Thompson, Howard Thompson, Sid Tiemann, Terry True, Bill Turner, Lyman Walter, Tom Wedel, Jerry Westfall, Tom Workinger, Frank Zackary.

Anyone not getting notices of the Joe Carnes Lunch that would like to, please call 815 459 5314 or e-mail buddyclaude@comcast.net

THE PHOENIX ROADRUNNERS

BLONDIE Young & LeBrun



Our RUPA Group met on Veterans Day Nov. 11th at our same Best Western Inn, SDL Airpark. We were surprised for the second time with Complimentary Drinks in our favorite Pilots Lounge. Followed by a Pre-Thanksgiving Dinner, including pumpkin pie.

Jim Dopp reported on the RUPA Convention with many pictures to share with us. Thanks Ginny & Jim we appreciate you thinking of us at home.

Ginny Swallow Coleman introduced her guest Dr. & Mrs. Melvin Phillips Orthopedic Surgeon (Retired) here in Scottsdale. We would like to have him as a Speaker in the future. His remark was I much rather visit with this group of Pilots and talk about my Twin Cessna.

Billy Walker had an EXCELLENT A / V presentation of his life in Aviation & how it meshed with that of Ralph Johnson. He spoke of the many Inventions & Safety ideas that Ralph is responsible for. I will get a list of his Inventions & add them to another letter if you fellow pilots would be interested?

We would like to list our Visitor's and hope they will join us again. Ruth & Ralph Johnson's Son Allan & wife Niki from WY. Dorothy Snevdon guest of Russ Cottle, John Jessup friend of Corrinne Kenney, Dr. Melvin Phillips & wife Flossie, Billy Walker & wife Cheryl.

Our Group sent \$100 to United Airlines Retired Pilots Foundation, Inc. Hope to send more at a later date.

In Attendance: Fred Anderson, Doug Baker, Bill & Lillian Bay, Frenchy & Millie Bourgeois, Mike Carlin, Ginny Swallow Coleman, Russ Cottle, Jim & Ginny Dopp, Don & Jan Eiken, Bob & Beverley Gerdes, Ralph & Ruth Johnson, Don & Sharon Jackley, Corrinne Kenney, Ken & P.J. Killmon, Phil & Pat McDonald, Ed & Phyllis Nelson, Gene Paquette, Don Prestin, Warren & Marge Phelps, Dave Perrine, Charlie Schwob, Jerry & Marybeth Smith, Lynn & Linda Smith, Roy & Lois Scroggs, Billy & Cheryl Walker.

Our next meeting will be Friday Jan 13th. Please call Frenchy & Millie 480-948-1612 or E-Mail fbourgeois@earthlink.net or E-Mail Ken flyawayK@Cox.net

Happy, Healthy, Holidays To All Of You from Your Friends In The Beautiful Desert

— THE SE FL GOLD COAST GROUP —

The Gold Coast Group met on the 10th of November for our post hurricane lunch. We had a good turnout with some newcomers. Bob Beavis was there and Bob Mays. Good to see them. For a manager, Bob wasn't a bad guy. Just kidding, it was great to see him again.

Also in attendance were Stan Blaschke, Dave Peat, Bob Dodson, Paul Dunne, Bill Garrett, Jim Good, Warren Hepler, Paul Livingway, Tom Llewellyn, Guy O'Rear, Hank Fischer, Stan Smilan, Pete Gallant, Bob Smirrow, Howard Baugh, Lyn Wordell, Ned Rankin, Bob Beavis, Bob Mays, Sid Sigwald, Walt Kimmey, Les Eaton, Ham Oldham, Mike Warde and me, Jerry Bradley.

Next lunch will be on December 8th at the *Flaming Pit Restaurant* in Pompano Beach, across from the golf course. Any questions call Jim Carter at 561-272-1860 or Stan Blaschke at 954- 581-0145.

For Jim and Stan, I am *Jerry Bradley*

Address changes, Snowbirds & Others:

The Post Office will forward the *RUPANEWS* for only 60 days. We can keep two addresses in the database for each member. If you want your address changed, just let us know by one of the following methods:

Write: James E. Olson, PO Box 20634, Sarasota, FL 34276-3634

Or: Phone 800-787-2429

Or: E-mail jimboyfl@verison.net

Check the RUPA Directory and make sure we have the correct information listed for you.

UNITED RETIRED PILOTS BENEFIT PROTECTION ASSOCIATION

URPBPA UPDATE

Litigation:

On November 7, 2005, URPBPA filed an appeal of Judge Wedoff's order terminating the United Airlines Pilots' Defined Benefit Pension Plan. URPBPA will strive to have the appeal decided on an expedited basis.

United appealed the Bankruptcy Court's ruling requiring payment of the October 2005 non-qualified pension checks. United was ordered to place the payments in an escrow account pending a decision. Briefs from United and URPBPA on that appeal are due on December 13. URPBPA seeks an expedited decision from Federal Court Judge Darrah.

URPBPA's attorneys have filed with the Seventh Circuit Court of Appeals to overturn the Bankruptcy Court's approval of the ALPA-United agreement. ALPA agreed not to object to the termination of the Pilot's Defined Benefit Plan if certain conditions were met. URPBPA will advise of the date for arguments on this appeal as soon as it is assigned.

Reorganization Plan:

Objections to United's Reorganization Disclosure statement were filed by URPBPA's attorneys on October 13, 2005. URPBPA's position is that retired pilots should receive their fair share of any distribution of the \$550 million in notes and other considerations ALPA negotiated in return for their agreement not to oppose United's termination of the Pilot Defined Benefit Plan. The Reorganization Plan is silent on this important issue.

In a letter sent to members dated November 25, 2005, URPBPA's Board offered information and recommendations regarding voting on the several issues contained in the Reorganization Ballot. These recommendations were developed following painstaking analysis of the Reorganization Plan and Ballot by URPBPA's legal and actuarial advisors. The letter can be found on the URPBPA website at www.ualpilotpension.com. Additionally, URPBPA urged its members to consult their own attorney and financial advisor prior to voting.

Legislative:

The U. S. Senate and the House may have approved pension legislation by the time you read this. However, it's possible that the issue hasn't yet been decided. Your fax or E-mail to Senators and Members of Congress could be influential whether the final decision offers any help to United retirees. URPBPA has posted legislative alerts on our website at www.ualpilotpension.com, and will update them as additional information becomes available. There will be easy-to-follow instructions to assist you in communicating with the appropriate legislators.

Finally, URPBPA will continue to do everything it can to protect its members' pension benefits. There will undoubtedly be a number of further steps along the road to any final resolution.

Fraternally,

Jerry Terstiege
URPBPA Secretary
Foster City, California

United Airlines Retired Pilots Foundation, Inc.
Send all donations for the United Pilots Foundation to: Capt. T. S. "Ted" Bochniarz, Treasurer 11165 Regency Dr., Westchester, IL 60154-5638

PENSION BENEFIT SECURITY

By Doug Wilsman

(Written 11-25-05) United will probably not exit Chapter 11 until there is a final resolution to the status of our Pilots' A-Plan. Judge Wedoff ruled on October 26th that PBGC was entitled to seize our plan, effective December 30, 2004. So now United has put out the word that they will no longer answer questions about the Plan. They are referring all queries to PBGC.

PBGC writes that it became trustee on October 26th, and it mailed a letter to all participants on November 14 announcing it has taken over responsibility for our plan, but as of 11-23-05 they had very little information to pass along at their 800 number. They are still working on the data they got from United that will allow them to estimate an individual's initial post-termination qualified gross pay. They expect that to take a while---maybe two or three months. They say that they will send a 30-day notice to any individual retiree whose qualified benefit gross pay will be reduced and they expect the first reduced checks to arrive in February or March.

But that timetable could be totally thrown out if ALPA and URPBPA are successful in their application to have the Appellate Court overturn Judge Wedoff's October 26th ruling. We are told that these appeal proceedings are on a fast track but I have seen no timetable. If Judge Wedoff is completely overruled, then it is almost certain that United and ALPA will go hand-in-hand back to Bankruptcy Court to request that Wedoff grant a distress termination of our Plan, effective at least 60 days after the Appellate Court rules.

I believe that under this scenario, if United seeks a distress termination of our plan, the termination date needs to be on or before the exit date. The difference between a seizure and a distress termination is only the legal rationale. The seizure is allowed if PBGC proves it will lose more money if the plan is not terminated, and a distress termination is granted if UAL can prove it cannot exit Chapter 11 successfully with the plan intact.

If the distress termination date is advanced to, say, February 28, 2006, that will elevate the PBGC post-termination qualified gross pay for all who retired after 4-12-2000, provided the market doesn't crash in the meantime. And if President Bush signs a new Pension Reform Act by the end of the year, UAL may benefit enough from the new relaxed under-funded payback schedules that Wedoff might rule that UAL can compete successfully with our A-Plan intact.

In the meantime, PBGC has recently published its Annual Report for fiscal year 2005, ending on 9-30-05. They are setting a standard for private plans in terms of timeliness. But in terms of understandability, their 61-page document falls short. For example, it is difficult to understand how PBGC's assets could have increased by 46% during a year when they were in the throes of absorbing highly publicized underfunded plans.

And it is difficult to understand how PBGC funding percentage went up from 64% to 81% during fiscal 2005. And it is weird that PBGC reports investment yields of 10.3%, 8.0% and 8.9% over the last three years, but it only credits itself with a yield of 5.25% for 25 years when it establishes the present value of its future benefit payments to establish its funding ratio and it uses only 3.8% investment yield for 20 years when it establishes how high the Pilots' monthly post-termination qualified benefits can be pegged using the remaining assets in our plan on 12-30-04.

URPBPA has its foot in the courtroom door on many different legal issues, none more important than its attempt, with ALPA, to overturn PBGC's seizure as of 12-30-04. If that turns out favorably, what a dandy Christmas present. Then we will only need to sweat out whether UAL will succeed with a distress termination. Hey! Merry Christmas! *Doug*

LETTERS

BOBBI AGOR—Chatsworth, CA

Hi Jim, I want to thank you so much for RUPA and *RUPANEWS*. As a widow of 20 years I don't know what I would do without the input in these turbulent times.

My husband Capt. Randall R. Agor (Randy) flew out of LAX for 20 years, dying at the early age of 47 years from brain cancer. His illness was only 3 weeks—thank heavens. He would be happy to know I have the support of RUPA.

I never did send this info in so here it is. We were living in Thousand Oaks, CA at the time of his death.

Many Thanks, *Bobbi*

GEORGE ATTEBERRY—Henderson, NV

Jim,

Thanks for taking over this thankless task of “Mother Hen”.

We are surviving after my retirement in 2000, partially because my spouse is in her 38th year as a F/A with UA. She keeps the BCBS going for both of us. Sorry to hear of my old Marine buddy Mike Melin's passing. We can't stay on the dirt ball called Earth, forever I guess. Went on my first Cruise to the Carib. before the Hurricanes came, and we are off to Cancun in Nov. My condo at Pensacola Beach survived all the wrath of storms, and is rented to FEMA people cleaning up and passing out money to those less fortunate on Santa Rosa Island.

Hope the PBGC bite is not too severe, however my DOD pension (USMC – 30 yrs, w 20 of it Reserve) will stay in place, until we all stop paying taxes.

Thanks again! *George*

VERN BALDESHWILER—Cheyenne, WY

Thanks to all who work on the *RUPANEWS*. I always enjoy reading it and it reminds me to get my dues in on time. Fifteen years into retirement and still going pretty strong, but too many visits to the doctors. Am just recovering from surgery to repair a torn left rotator cuff, and it is coming along okay.

Keeping busy landscaping my "new" two-acre lot. Figured it would take me about five years and just completing year four! Being a veteran I am proud to celebrate my birthday on Veteran's Day, November 11.

Like everyone else I am hoping United can return to the once great airline we knew.

Vern

GERALD P. BEYER—Woodland Hills, CA

Hi Ted;

The only thing of importance that happened this year was a quadruple bypass. This effectively spoiled a lot of our plans but after 6 months I am back to doing everything with a lot more stamina. Guess I didn't realize why I was so tired all the time.

Thanks for all the effort you put in to bring us up to date.

Check is in the mail. *Gerry*

LARRY BLACK—Seymour, TN

Ten years have gone by since I walked the jet way for the last time in uniform. People keep asking me if I miss it. Some aspects were great, but today's flying is so different. Yes, I miss the way it was. I also miss my youth, but neither one is coming back.

An RV has taken the place of an aircraft in our lives. My wife, Kay, and I are very involved in the Holiday Rambler RV Club. We plan the schedule, departure time, destination, alternates, and who gets the next leg. If weather is a factor, we wait and sip one as the storm goes by. I sleep in my own bed each night with my partner of nearly 47 years, use my own shower and eat the food of my choice – all of this plus a guaranteed seat. I have two antique tractors, a powerboat, two classic sports cars, and 20 acres of land that take a lot of time and energy. Just returned from a visit back in Jersey with our three children and the majority of the eight grandchildren in honor of the 10-year anniversary of my retirement (let's forget that it was my 70th birthday). My health is excellent, and I try to enjoy each day to its fullest. Still enjoy playing classical piano, keeping in touch with friends by phone and E-mail, and aviation through our son, a 767

international co-pilot with Delta, and a nephew who tried to help keep the new Pan Am alive for awhile. Keep in touch at EMBOX172@cs.com

Incidentally, if any of you fellow RVers is interested in a mini-convention in Pigeon Forge/Gatlinburg in 2006, let me know. We have many visitors to our area every year. There are a lot of things to do: good RV parks; entertainment; Dollywood; Dixie Stampede; Dinner Theatres; Smoky Mtn. National Park; Casinos across the mountains in Cherokee, NC; aquarium; zoo; and an aviation museum. The number of inquiries will determine what we can do.

Larry

BETTY BLESER—Donald, OR

Dear Jim,

I am computer illiterate and my word processor is unreachable in my "special" oversize walk in closet. (That is actually bedroom number three, they tell me.) This is my last resort, if I'm to get this check off yet this year.

I'm getting ready to make the RUPA panel unveiling at Udvar-Hazy and then will dash back to Oregon to get ready for my 51 day cruise from SAN to Sydney, Australia on Nov. 17th. I broke my arm on my 30 day cruise in Jan. I hope any problem this time will not be comparable day wise.

I enjoy the *RUPANEWS*, except the "Flown West" page which contains about the only names I recognize!

As Ever,

Betty Bleser

ERLE R. BRITTON—Mesa, AZ

Welcome, Jim, to your new high paying job You guys sure deserve a lot of credit for your efforts.

The years are rolling by. 21 years now since blocking the last trip. It sure has gone by fast. Unlike a lot of my cohorts, I have never got back in the cockpit of any airplane since retiring. I had decided many months before the retirement date that if I made to normal retirement without "bending metal" I would "hang it up". I figured 41 + years in the cockpit (including military) was

enough. I have never regretted it. Now, after 21 years with my best friend, girlfriend, and wife of 61 years (all the same person!) I feel it couldn't have been any better. Our extensive travels, golfing, square dancing and socializing together plus our individual hobbies of bowling & competitive Trap Shooting has been very pleasurable, rewarding, and satisfying. Our continued decent health has been a big factor, for sure. We have been VERY fortunate, and we are certainly thankful for it.

Our routine remains pretty much the same; -16 summers in the Flathead Valley in NW Montana, and beginning our 26th winter in Mesa, AZ. Lots of activities and many very dear friends in both places. At 81 & Neva 79, we aren't as "zippy", but we still have all our original limbs, and most of our faculties!! Ha! We are thankful every morning to see another day presented to us. We make every effort to make the most of it!

Enclosed is my annual check. I do enjoy the *RUPANEWS*. A lot of good info and food-for-thought in every issue. You guys sure do good work, and all of us certainly appreciate it. (maybe a few exceptions! Ha!) It is sad to see very few familiar names anymore in the main section and know all the names in the "Flown West" section. That is just the way it is, however.

My thanks and very best wishes to all you fine people! - *Erle*

JOHN P. BROWN—Hayward, CA

This month (Dec) marks my 66th year on the correct side of the grass, and next month I will begin my 11th year of retirement. Amazing! I can distinctly recall, when I was a kid, riding my bike over to MDW, hanging on the fence at 55th and, and watching airplanes take off overhead. It was fascinating stuff. The seeds were sown that eventually led to a 38 year stint in aviation, all in Flight Dispatch.

Others have written in the pages of *RUPANEWS* and elsewhere that they have dreams of still being at work, and, by golly, I, too. Not often, but every now and then, I dream of analyzing weather, picking alternates, figuring flight plans, routes, and fuel loads, or talking to someone on the radio., yes, even doing the FOM revisions. When I awake, all seems fuzzy and hazy- Disconnected. The details

are usually indistinct, but the overall picture is. A doctor somewhere would probably analyze these dreams, and tell me how they all relate to my throwing rocks or something.

Two trips back this year. The first was on UA, going OAK-DEN-MDW and return, the other via Southwest OAK-MDW and return nonstop. Gotta tell ya, it was a toss-up on who I would prefer in the future. UA still has reserved seating, and that is an absolute plus, and the FA's were really great. Southwest has open seating, and the boarding area gets "abnormal" 20 or so minutes before departure...that is, folks start lining up to get aboard so they can grab aisle or window seats...It's a bother, but, once aboard, their service can match anything UA has to offer...and maybe even a little bit more.

(Just as an aside, has anyone seen MDW lately? The transformation of the terminal in the last...what?...10 years?...has been staggering! I kid you not...if it were not for the hassle of security and needing a boarding pass to get in, it would be worth the time to sit at Harry Carey's restaurant with a beer in your fist and people-watch!, all of the restaurants and shops are inside the secure area. The terminal was spic and span...cleaner than my own home!)

Only other item of interest is that I played golf with my brother at Skywest a couple of months ago, and we were paired with a twosome who, by gosh, knew another retiree from Dispatch, so...Don Barnhart, here is a "Hello!" to you and Barbara from Jean and Jim Tominaa...I think that's the way their last name is spelled...

John



L. H. CAMERON—Valley Village, CA

Hello, Jim Olson:

Just a line to let you know that I am still kicking. 11-7-11 / 11-7-05. Yes, 94 years old, and a healthy and happy new year to you all.

Capt. Lee

GENE CHESLEY—Davenport, IA

I'm sorry this is late. Gene looks forward to the *RUPANEWS* every month.

He has been in an assisted living facility for two years. He has Parkinson Disease with Lewy Bodies Dementia. His memory is fair, he knows everyone, but has trouble with short term memory.

We had seven good years of playing golf in Florida after retirement, so we feel blessed. Some don't have that. *Eloise*

WARREN DAVIS—New Port Richey, FL

Sorry to be a little late on my payment for *RUPANEWS*. Thanks for taking over for Cleve. The world is fortunate to have people like you, Cleve, Doug, etc.

Thanks again. *Warren*

BARRY EDWARD—Sedalia, CO

Well, here it is, I've been twelve times around the sun since I. Do you realize what that amounts to "Mileage Plus" miles? If I could collect on them, I could save the company, save the pension, all our perks and have enough left over to put gas in Rol Hamelin's Ferraris!

I think mandatory reading should be the Oct 31/05, "Time" article "The Great Retirement Ripoff." It shows how much greed therein corporate America, and thanks to those bastards in Congress it goes and on and on. If companies can just dump their plans I wonder if the PGBC do the same where down the road? After all their deficit is something like 23 billion now. The daily cost of bringing "democracy" to Iraq could go a long way to help broken government programs n'est pas? Maybe we could enlist the help of the French—they know how to run a revolution—"Off with their heads."

Barry

PROSTATE CANCER—WHAT NOT TO DO

By Dr. Bruce West

If you read my October 2005, Vol. 22, No. 10 issue of Health Alert (p. 8), it is easy to see the dilemma men are facing regarding prostate cancer. My files are full of stories from men who believed their urologist, their surgeon, or their radiologist—only to have their lives ruined by recurrent prostate cancer following a course of invasive medical treatment.

Indeed it is tough to tell where the truth lies. The urologists, surgeons, oncologists, and radiologists all want to protect their piece of the prostate money pie. Many use the PSA and other tests to move men into radical procedures. Even medicine's own prostate experts feel that this is too often "overzealous, over ambitious, narrow-minded, and ineffective."

Invasive Treatment, then What?

Once the radical procedure is finished and the money has been collected, the patient is often dismissed to languish with terrible side effects. To make matters much, much worse, it is often only a matter of time (usually a short time) before the PSA again begins to rise—indicating return and spread of the cancer. This is especially true for younger men.

Here is where most men break down. They finally realize that the doctor lied (or was just plain wrong):

- 1) When he said the cancer was contained only in the prostate capsule.
- 2) That the radical, painful, and emasculating surgery "got it all." In truth, it was useless.

And since it was useless, all his suffering and endless side effects were totally unnecessary and based only on one doctor's advice.

He realizes he has no recourse over that doctor, because his advice and procedures are generally considered the "gold standard" in medical prostate care.

Indeed the doctor continues to use the same procedure on more men, over and over—often with the same results. The really tough patients will confront the doctor. Since he has already been paid, his response is generally that the surgery was a success, and the problem was with the man's particular body. He will add that he did everything he could. The man will be told that other than taking hormones for the rest of his life, his doctor has nothing else to offer—in effect he is dismissed.

That is when the shocking realization sets in. After everything he has been through, including those things that have caused permanent damage, he is back to square one—with prostate cancer that is spreading. I routinely get letters from men who are at this point. The one thing you must not do when diagnosed with prostate cancer is to only believe your doctor, and to only follow his "gold-standard" medical procedures.

Age and Virulence is Important

With prostate cancer, age is critical. If you are under 70 years old, and certainly if you are under 65, you cannot have a prostatectomy alone and just keep your fingers crossed. You have too many years for the ever-present migrating cancer cells to settle and nest into your bones or somewhere else in your body. You must come to the realization at the time of diagnosis that your cancer is already systemic, meaning that cancer cells are already migrating throughout the body.

The person who survives prostate cancer is the person whose body can seek out and eliminate these cells before they can nest and metastasize to other sites. That is why a comprehensive phytonutrient protocol aimed at specifically helping men to fight prostate cancer is always needed—whether or not you have endured any or all of the radical medical procedures.

This type of protocol is no guarantee either. But it is essential in strengthening the specific areas of your body needed in your anticancer battle. This gives you the best odds of becoming one of the survivors—a man whose body can eliminate migrating and potentially metastasizing cancer cells no matter where they are.

Those who are young and have an aggressive (high Gleason score) cancer should also consider Triple Hormone Blockade therapy for 13 months. It is no picnic, and there is no guarantee that the cancer will not come back. But it can starve out testosterone-driven prostate cancer, effectively dropping your PSA to 0.0. Studies show that it seems to be the most effective treatment available, with the lowest rate of cancer recurrence.

No matter which treatment you consider, you must be on an anti-prostate-cancer phytonutrient protocol. Even men opting for Triple Hormone Blockade treatment can multiply their odds of success by combining this therapy with our specific protocol.

Even Diagnosis is Tough

Let's face it—there are thousands of men subjected to all kinds of horrors because of incorrect diagnoses of prostate cancer. The PSA test is good, but it puts lots of men with no cancer at risk for medical intervention. Biopsies can detect cancer, but some people believe they can spread the cancer. And many biopsies produce false negatives.

Even the Gleason scoring has changed radically over time. Thanks to frozen specimen, we now know this scoring was not accurate in the past—and may not be today.

If you are struggling with diagnosis, be sure to bring up the 3D PMB biopsy to your urologist. This is a "mapping" of the prostate gland with 50 tiny chunks being removed for biopsy. It is remarkably more accurate, and it is tolerated as well as the standard biopsy. This type of biopsy has been used to detect cancer where the standard biopsy showed no cancer present. It can also be used to monitor your success with hormones or other treatment.

For example, if you go through Triple Hormone Blockade and our phytonutrient protocol, your PSA may drop essentially to 0.0. Rather than just accept that you are cured, you might use the 3D PMB to accurately reevaluate your prostate after a year.

So remember the one thing not to do if you are diagnosed with prostate cancer, and the good news that you can survive it. Some men beat prostate cancer simply using our phytonutrient protocol. And survival (dying of something other than prostate cancer) is higher with our protocol and hormone therapy—whether or not there is radical medical intervention. Often with hormones and nutrition, no radical treatment is needed at all.

We have a flyer on prostate cancer that covers cancer and BPH. It includes our phytonutrient protocol as well as information on how and where to get Triple Hormone Blockade therapy. If you need to get started right away, the products from Standard Process that we recommend are *Arginex* (6/day), *Cataplex E* (6/day), *Cyruta-Plus* (9/day), and *Prostate* (3/day). In more aggressive cancers I also include *Immuplex* (6/day). If you would like our flyer, just drop me a self-addressed, stamped envelope with two stamps and say PROSTATE. I'll get you the information you need for free.

HEALTH ALERT 100 Wilson Rd., #110, Monterey, CA 93940
November 2005,

Volume 22, Issue 11

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnoses to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

BOB ENGL—Queenstown, MC

Hi Ted and Cleve, Seven years since they pushed me out the door, but “LIFE IS GOOD AND GETTING BETTER”. Everyone is healthy and with four wonderful grandchildren life is a blur. Had a great career, made a lot of money and still flying corporate. Had I known how much fun corporate flying is I probably would never have served at UAL. Clay Lacey knew what he was doing.

My best to you and all the volunteers for the great work that you do. *Bob*

JOE AND PAT FERRIE—Auburn, MA

Greetings:

Happy holidays to all and our best wishes for the New Year. This December marks my 15th year of retirement and things are well. Pat retired from the local school district three years ago, but found that she needs to keep busy, so she took a part time job which is closer to a full time for most of us.

Anyway, she is healthy and takes good care of herself. I spend most of my time on school committee business and consider that I will be involved in community service for a while longer.

I opted to step down from the RUPA Convention Sites chair after 12 years of that activity. Ron Jersey has stepped up for that job and will be a good worker for the association. I will still be involved with the cruises and seeing some of you on the road. I hope to see many on the New York cruise to the Caribbean.

Regards..... *Joe and Pat*

R. A. “JUDGE” FRAZIER—Lamoille, NV

Hi Cleve, Might as well start the year off right by being a week late with the postage loot.

The world clearly owes you a great debt of thanks for all the work you've done for RUPA and I know it is much appreciated by all of us. With just a little bit of luck you and Rose can sit back, take a deep breath, and enjoy life without the stress of being so heavily involved.

We continue to be very busy - too busy most of the time. Barbara is up to her neck with Dog Town Rescue. That group rescues dogs from the animal

shelter, cleans them up, get needed Vet care including all their shots, has them spayed or neutered, and puts them up for adoption. Barb is the Treasurer of the group and runs the Web Site. While awaiting adoption the dogs are foster cared at the member's homes. Some of these dogs are really beautiful but are too old, too big, or lame and people don't want them. We've made a retirement home for them where they get a good place to live, good food, and plenty of TLC. The current count is sixteen ranging from a Great Dane, two Rottweilers, an Akita, and a bunch of others.

I stay very busy with Masonry. Still on the Board of Governors of the Shriners Hospital for Children in Salt Lake City, officer in the Nevada Masonic Grand Lodge, the York and Scottish Rites, and my local Masonic Lodge in Elko. Every month I make at least one trip to Salt Lake City on hospital business and usually have a couple other trips to various places. I keep waiting to retire but it never seems to start.

We've got two little grandchildren and another should appear within a week. Barb and I are healthy and have few complaints other than the tragic mess UAL has turned into. Probably the final flight of United will be filled with past management types who have done so much to sink our once proud ship, their families, and their freight - positive space of course. *Judge*

MARTIN GALLAGHER—Marengo, IL

Jim,

Good luck with your new job. Enclosed a check for this next year. Sylvia and I are fine. I'm getting a new knee this week. I worry about the rift between the active and the retired pilots.

The new managers are driving in a wedge.

Hang in there. *Marty*

BILL GARRETT—Coral Springs, Florida

After 3 full years of retirement we are alive and well. I still race the Florida Trail Riders motorcycle dirt series. I flew to California to ride the Oakland Motorcycle Club Ironbutt 300. It was tough, but not as tough as getting to SFO space available.

My first wife, Francie, is still teaching Yoga almost every day.

We avoided most of the hurricanes this summer by spending 3 months in Alaska in our house trailer/ toybox with our giant Doberman and standard poodle. It was hard to get a good night sleep because 1) it never got dark and 2) some trailer parks shot guns at night to scare away the bears.

I (We) learned that bears are perceived much differently on a motorcycle than from inside my Suburban. A large (HUGE) black bear ran across a dirt road in front of my motorcycle. I still have claw marks. From Francie - not the bear.

We will be spending more time in Costa Rica where we enjoy the zip lines, rafting and volcanoes. We are putting 2 young ladies through college there.

The low point of the year was when my 15 year old 9 foot boa constrictor died of tumors. I hated to see him go. He was a great babe magnet.

It's a good thing we went to Alaska this year. We won't be able to afford it next year. Gas was over \$5.00 a gallon in NW Canada.

I guess next year it's back to Burning Man.

Oh, for the good ole days. *Bill*

JIM AND FAY GEDDES—Koloa, Kauai, HI

Started year 12 today and celebrated by moving into our new house at Kiahuna Golf Village at Poipu Beach.

Still playing lots of golf but other activities like Habitat for Humanity, Rotary, tutoring and substitute will keep me from matching last years total of 304 rounds.

Thanks to all the folders and stuffers and everyone else who keep the organization running.

Aloha, *Jim*

RICHARD GOUDEY—Port Orange, FL

My thanks and appreciation to our new editor for taking on the job!

Attended my Navy pre-flight class reunion in New Orleans this spring...good gathering as we toured the WW II Museum among other sights that have probably been hit hard by Katrina.

Got our boat in the water in CT after 18 months of bottom-job repairs and drying out. Spent the summer there and in early October began a three week cruise down the inland waterway to South Carolina where we left Chloe' in a non-freeze environment for the winter. Judy and I were helped immensely by Tom McMichen, former JFK Capt. and sailor.

Sad to hear of Frank Salerno's passing. We flew many trips together on the Caravelle out of EWR and he was a wonderful guy...always called me, "Roger Gooday" rather than Richard, as the radio sign-off went...what a great group of guys we had there in all three seats....what an airplane! Talk about complicated, but easy and fun to fly. If Joe Way reads this, remember Capt. DD S?!!! I survived a Caravelle test flight out of EWR with an expert from SFOEG on board to check the gear retraction, etc. that had the Newark Ground Controller screaming: "United Test Flt 123XX what are you doing?!!!! Those were fun days on the airline.

Appreciate all the great work Jim Hosking and all the folks who are trying to save our pensions are doing. I'll be writing more letters next week. Remember, "it ain't over till it's over".

For Frank Salerno,

Roger Gooday!

JOHN H. HANSEN—Madison, CT

I feel like John Henry:

Another day older and deeper in debt.

SEMPER FI! *Jack*

H. DAVID & KATHY HARRIS—Crystal Lake, IL

Hello Fellow Pensioners,

Well, they did it! The fine management we have had to endure these many years finally had it's effect and ruined both the airline and our lives. Whenever I see an ad for UAL I get so angry I turn the channel or page as I know that WE retired employees are paying for it with our lost pensions. How does Goodwin, Wolf and pals sleep at night? Very well I suppose, since they must not have a conscience.

My wife Kathy and I have been busy with our Tent and Party Rental business. Too much work. We enjoy the Grandkids and their parents whenever there is a free moment. I meet Wednesday mornings at Andy's, a local cafe for breakfast with several other retired pilots. If you are ever in the area look us up for breakfast, good conversation and a few airline stories to boot.

I turned 62 this year and filed for Social Security. Guess what? The law has been changed and you now must be 62 for a full calendar month before you can draw any money. Since my birthday is on the 7th of the month I had to wait two months plus for a check.

We are both in good health and sure do enjoy reading the *RUPANEWS* when it arrives.

Nice way to keep in touch with old friends. Stop by anytime. *Dave*

ROBERT HELFFERICH—Bristol, WI

Hi, guys,

Well, it's now 6 years and counting. Nothing spectacular happening, with the exception of the cut in pay. The health's been good and I'm still trying to stay active. Gotta keep passing that physical so I can keep flying the cardinal.

We made our annual trip to Florida in the plane last December and plan on doing it again this year; as well as several trips to Pennsylvania and recently down to Annapolis. That was my first trip into metro Washington since the big bang in 2001. The procedures forgoing in and out in a light airplane are draconian, to say the least. I talked to several people in Annapolis that have just given up and sold their airplanes. It's just not worth the effort.

Since Gail's business keeps her tied up more than not, we haven't taken any long bicycle trips, so I've started doing the sprint distance triathlons. What a kick for an old guy! Since they break the competitions into age groups, even though you're in the field with all the "kids" you're only competing against your own age group. So far, so good—and I've managed to finish pretty much in the pack with all the young ones included. I don't see many changes in the future as long as I can stay healthy.

I shy away from the airline except for two or three trips a year to the west coast. At least in the cardinal I know that I've got a seat. I just signed up to do some flying with Angel Flight. At least it should be interesting, with some more varied destinations. I sold my place in Pennsylvania this summer as part of the downsizing to match the pension. I guess a faster airplane is out of the question.

Thanks for keeping the news coming. I look forward to seeing what everyone is doing. The check's in the mail and the light's always on for anyone passing through Bristol, Wisconsin. I'm still in the phone book.

Now, if I can just figure out to whom I'm supposed to send this (never end a sentence with a preposition).

Fraternally, *Bob*

TOM HELMS—Lake Villa, IL

To: RUPA,

My wife, Carolyn, and I finally moved into our new home July 1st. on beautiful Columbia Bay of Fox Lake, Illinois. Most people with any common sense move into a smaller home at our age but we moved into a much larger one after a year of construction. Our 25 foot Cobalt boat is just a short walk and the sunsets west across Fox Lake sometimes rivals Hawaii.

Our son, Don, is now a UAL B747 Captain flying out of LA, usually going to SNY and sometimes to Asia. He has 11 1/2 years to retirement and should be up in the single digits of seniority by that time. OH, how I envy him as I still miss the flying, fellow pilots and the action.

I went to a Council 12 meeting a couple of months ago. They let me speak though retired. I guess being the former Council 12 S/T has its advantages. Duane Woerth was the speaker along with Paul Rice. Also there was the UAL MEC Vice Chairman and Secretary/Treasurer. The turnout was very, very poor and the mood was very morbid and downbeat. It was very sad to see. Most pilots had their chins on their chests, so to speak. It wasn't this bad on the darkest days of Eastern! Is it the fault of home office leadership? I know most people commute to ORD nowadays but don't they realize that their jobs are hanging in the balance? Are they all resigned to the alleged loss of United? That will

never happen! As a retiree I am not close enough to even have a guess what the solution is but somehow the spirit and fight must be reinstalled in the UAL pilot. Tell any working UAL pilot that you know to never, never give up. Fly your trips safely, be active and stay informed. This too shall pass and the sun will come up in the morning.

Thanks all for your hard work at RUPA and keeping us informed.

Best regards, *Tom*

JIM AND JAN HIGBEA—Wauconda, IL

Just moved, and it's our 4th address in a little over 3 years, and the bills still find us!

Building custom homes was good while it lasted, but we decided that without the big aluminum parachute, interest rates bound to rise, etc, the big capital outlay was too close to the edge, (didn't want to risk going bankrupt and ruining our image), so fired up my Real Estate license and have been getting up to speed in the Northwest Chicago suburbs as a Realtor. It's been fun, keeps me busy, and is going well. The biggest hurdle is to convince everyone that I actually have skills that don't require 1, 2, or 3 copilots along to accomplish...I did have better days off though, in my old job, and now I'm getting my own coffee...

I'll keep you posted. *Jim and Jan*

STEVE HOLLAND—Bainbridge Island, WA

Jim,

Not much change from last year. Still working for Boeing as 777/747-400 full flight instructor. Find myself in London for two weeks every other month teaching Air India or Kenya Airways. We are up to 10 part instructors from UAL now. Like old home week. This week going thru recurrent on 777 with Don Weber with Rick Wengel telling us how to do it! *Steve*

ROGER & PATTI IDE—Lake George, NY

Hi Jim,

Late again-the older I get the slower I get. Damn the aging process!

Thanks for all my mailing addresses.

Roger

GEORGE AND VERONICA JOHNSON — Seattle, WA

Late Again! Veronica and I have been well and busy the past year. Still flying Lear jets part-time. Seventeen days this month, doesn't really sound part-time does it? A few trips back to the land of the "Cleveland Crazies" to visit kids and grand-kids. After 37 years of listening to ex-Capital, FEIA, flight instructors, Pan Am and 570 and 539 and others complain about being screwed by United Airlines, we can now ALL SAY WE WERE SCREWED BY UAL AND ALPA. Let's all keep our sense of humor, take the bus and drink cheap wine.

George

TED KRYDER—White Pine, TN

Cleve, This old typewriter isn't much but don't have a computer.

My mother always said if you can't say anything good don't say anything???

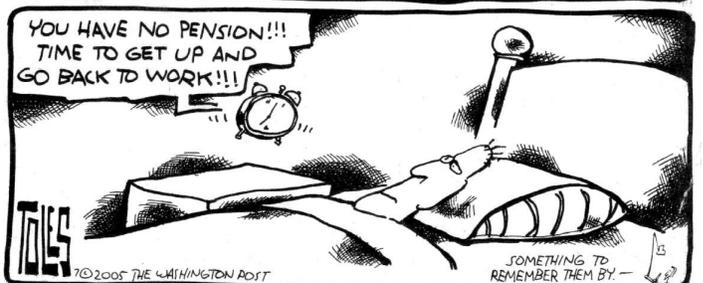
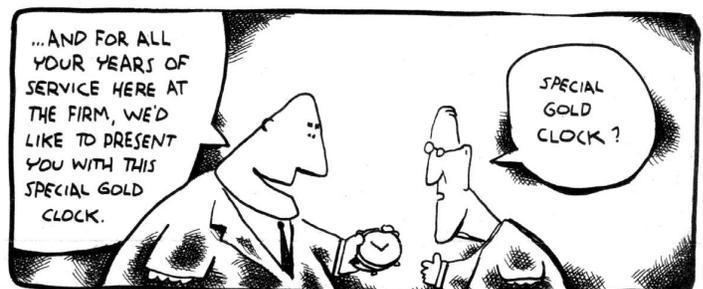
All's well with Laura and me so far.

Thanks to all your efforts. God bless you and ALL. We who receive are greatly blessed by those who give.

Thanks,

Ted & Laura

Tom Toles



FORGOTTEN PAIN CURE —ONCE OUTLAWED BY THE FDA— MAKES A REMARKABLE COMEBACK-

By Robert Jay Rowen, MD

In the first half of the 20th century, medicine was making huge inroads into the treatment of disease. Amazing machines were developed that could treat everything from smallpox to polio to arthritis and other types of pain.

Then Morris Fishbein, MD, former president of the AMA, became one of the most vicious crusaders against quackery who ever lived. With the help of Big Pharma, he decided that medicine must be reproducible. Anything other than drugs and surgery, treatments that could be measured and quantified, were deemed to be quackery.

Under this edict, most devices of the early part of the last century were physically destroyed or their distribution eliminated. One of those machines was a miraculous pain therapy that was virtually done away with.

But in the last 20 years, this amazing machine has made an incredible comeback. And it's even more powerful and more effective than the original.

What you're about to read will forever alter your concept of how to heal your pain. I've witnessed it in action. And it's absolutely amazing what it can do.

But you don't have to take my word for it. You've probably seen its miraculous benefits right in front of your eyes.

Think back to last year's Super Bowl. You may not care about football, but many people who pick up a newspaper or watch the news on TV heard about the incredible recovery of Terrell Owens, the superstar wide receiver for the Philadelphia Eagles.

Terrell suffered a devastating injury to his ankle last December 19. The membrane that holds together the ends of his tibia and fibula was ripped. His external stabilizing ligament was also torn. And, to make matters worse, he had a spiral fracture up into his fibula. An injury like this, with or without surgery, usually leads to tremendous scarring, permanent immobility, permanent pain, and a 13-week healing time.

Fortunately, the team trainer allowed Dr. Carolyn McMakin to treat him. Immediately following the injury, Terrell was treated with this new and improved machine, now called FSM.

Terrell also received FSM immediately following his operation. If you've ever sprained your ankle, you know how bad the bruising can get. Now imagine you damage your ankle as badly as Terrell and there's no bruising or swelling. Well, that's exactly what happened to Terrell.

He never experienced any bruising or swelling! That, in and of itself is a miracle. But the story, as you may know, gets even better.

As expected, scarring did set in and four weeks later, he could not flex his foot toward his head. Dr. McMakin spent hours with him gently teasing out all the ligaments and muscles she could, while applying the FSM to dissolve the scars. She even treated him just hours before the Super Bowl.

Terrell made national news by doing what had been considered impossible. Only seven weeks after the devastating injury, he played in the Super Bowl, possessing full range of motion, no pain, and for all purposes, has a perfectly normal ankle.

But he didn't just play in the Super Bowl — he played at an incredibly high level. He had nine receptions for 122 yards, with a 13.6-yard average per catch. If you don't follow football, that's an awesome game for anyone, let alone for someone who had just suffered a career-threatening injury. And now you know the secret behind his recovery.

So what is this FSM, where does it come from, and what can it do for you?

FSM stands for "frequency specific micro current." It's a unique machine that delivers electricity in a way that has the ability to stimulate healing. But it's not just electrical current. Any time you mention electricity, people think of getting shocked. FSM is not shock treatment. In fact, it's so gentle, you can barely feel it, if at all.

Remember the movies of the opera singer hitting a specific note and shattering the lead crystal glass? That occurs because all substances have a specific frequency to which they resonate. The singer hits the frequency that causes the glass to resonate (it's the specific frequency, not the intensity of sound). Because glass is brittle, the resonating causes the glass to shatter. Well, all objects resonate at certain frequencies. Most are not as brittle as glass, so they don't shatter. But they still resonate.

Music is frequency. That's why an opera singer can shatter a glass. And when you hit one key on your piano, say middle C, other C strings within the piano will also vibrate in resonance. The strings actually respond to each other because of the frequency.

You know how certain types of music can energize you, while other types will calm you down? Well, the frequency of the music causes your body to respond in certain ways. And you know how one bad note in an orchestra symphony can blow the whole piece?

Well, your body is like a symphony. All the parts work together to produce a masterpiece. And just like the strings on the piano, your cells, bones, nerves, connective tissue, organs, and glands also have specific frequencies to which they respond. So do chemicals, viruses, bacteria, and infective agents.

This is why color therapy works so well. Each color has a different frequency that affects different organs in the body. FSM is not color therapy. But it does work by similar scientific principles. And it produces faster and far better results, because it can deliver the frequencies more precisely.

Every part of your body creates frequencies (vibrations). And your body is an electromagnetic conducting system. While you may look and feel solid, your cells and the intercellular lattice that holds them together are semiconductors. James Oschman, PhD explained in his book *Energy Medicine*, "Every part of the body forms a continuously interconnected semiconductor network."

That means that an injury (physical, toxic, emotional, or nutritional deficiency) can cause an interference in your semiconductor network. It takes only one bad bit of data in your computer (nervous system) to blow the whole program. Your cells are part of a supercomputer constantly communicating with other cells via frequencies.

Injuries and conditions such as inflammation, fibrosis, and toxic emotions create discordant resonance and form vibrational patterns in your tissues. Your tissues store these patterns. When the injury is major (or if it hits specific nerve sites), it can send your body into a state of permanent alarm due to significant vibrations. Oftentimes, the source of the pain is not seen on X-ray or expensive scans, but is generated from within your tissues. Your frustrated doctors think you're nuts and want you to see a shrink or give you psychiatric drugs.

But the discordant resonance emanating from your tissues can be neutralized by applying a pattern that's the exact opposite. That's what FSM can do. While it sounds like a 21st century therapy, FSM is not new. Much like color therapy, it's been around for a long time. Back about a hundred years ago, there were doctors who had a large humming electrical box in their office. These physicians treated and cured their patients with these boxes, which used FSM.

Then, thanks to Dr. Fishbein and Big Pharma, this cure of cures almost faded into oblivion. Fortunately, one FSM machine managed to survive. And through that one machine, a new healing revolution is emerging.

In the 1950s, Harry Van Gelder, DO, bought a practice in Vancouver, BC that had an old-time electrical machine made in the 1920s. Still with the machine was a binder that listed frequencies once used to treat various conditions and tissues.

George Douglas, DC knew Harry and spent three months in 1987 working in his clinic. George wrote down the frequencies on a piece of paper and returned to Portland, Oregon where he stuck them in a drawer for five years.

In 1992, George found a modern device that allowed him to replicate the frequencies found on that piece of paper. Once George began to use it in his practice, the results he saw were startling. The new machine was actually producing far better results than the original machine — and with a much wider application.

A contemporary of his, Carolyn McMakin, DC, then began work with the modern device and found that the results were reproducible. Now, in 2005, Carolyn is at the forefront of resurrecting this long-forgotten modality. She has discovered how to integrate the delivery of two frequencies simultaneously into easy-to-understand protocols and procedures. Thanks to George and Carolyn (and the hand of Providence), a treatment that can safely stimulate healing of almost any human or animal ailment was saved.

But what can FSM do for you? You've already seen how it can heal massive trauma caused by injury. It's possible you could see the same results seen by Terrell Owens. But the healing effects of FSM aren't limited to injury.

Next month, I'll show you how this amazing FDA-approved (that's right — it's approved by the FDA) treatment can effectively and safely treat many eye problems (including macular degeneration), fibromyalgia, mental disorders, heart disease, organ dysfunction, just about any type of pain (including arthritis, shingles, and carpal tunnel syndrome), psoriasis, and most chronic illnesses.

I'll also show you where you can receive the treatment — and even how you can treat yourself in the comfort of your own home. So don't miss next month's issue. In the meantime, if you're interested in this therapy, I encourage you to visit www.frequencyspecific.com or call 877-695-7500. If your doctor is interested in learning how to use this incredible tool, Dr. McMakin is planning two fall training seminars. There's more information on the website. Or have your doctor call for more information.

Second Opinion

October 2005

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnoses to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

B. LEEWOOD—Chapel Hill, NC

I figure if I send a check for 2 years then I'll only be late every 2 years.

Turned 80 in Sept. also passed my FAA Physical in October. Except for a little wear and tear, I'm in good shape.

Flew my attorney's J-3 yesterday and my old Stearman last month.

Few months ago rode 1st Class on my son's 777 flight to London.

Spent 24 hours and back home. His mother would have been so proud of David as his Dad was.

Lee

BOB LEONARD—St. Charles, IL

Sometimes I wish I could change my birth month from August to October, as that is when I usually send my newsletter comments and check (separate mail) to RUPA. On second thought, I'd lose my excuse for being obnoxious as a Leo.

We had our usual busy summer with my wife still teaching swimming. It keeps her young and I get some privileges as "pool boy". No big trips this fall as we're doing extensive home and pool repairs. I continue with volunteer work for St. Charles and for Kiwanis.

Looking forward to our late winter two months in Kona. Just got ballot pertaining to bankruptcy of UAL and hope local RUPA experts will be giving advice on what to do with it. It looks like PBGC will be sending our retirement checks soon. Only positive is UAL survival.

Thanks to all the volunteers who give us the fine *RUPANEWS* and get it out to us.

Sincerely, *Bob*

KEN LUND—Charlotte, FL

Hi Jim,

First, another thanx & attaboy to Cleve for his countless hours of effort. Quick update - everything going smoothly in SW Florida. Had a close call with Charley and none of the other hurricanes were even close. While we built our new home to withstand 150+ mph winds, we're

more than happy not to put it to the test. Family doing fine - daughter Aimee just had her first child. Glad URPBPA is riding shotgun for our interests. The obvious pension concern notwithstanding, life is good.

Ken

CLYDE LUTHER—Burke, VA

Dear Jim:

Little late with the dues but enclosed is the dues money for 2005-2006. Sorry for being late but this has been a hectic golf season and the last month has really been something.

First the President's Cup then directly to The National State Team Championship near Hilton Head at Berkley Hall (what a place) then back for a few days before doing the Middle Atlantic Golf Assoc Championship. Couple days off and then to Duke University for their fall Classic and then back home for the Virginia State High School Championship. Only one left this year...the Hooters Match play championship in Florida. Top 15 men's and women's college golf teams compete in match play. Great Championship. All of this followed a busy summer of the US Open, the Senior Open, the US Junior Championship and the U.S. Amateur and the NCAA Regional and Championship.

Haven't played much golf with my officiating schedule as it is but enjoy four of our grandchildren that live near by.

Claudette and I still enjoying good health and she is keeping busy and travels with me when she chooses to do so.

Thanks to all the folders and stuffers and all the others that keep the ball rolling for RUPA.

Clyde

DAVID MANZEL—Crystal Lake, IL

We've now survived our first year of retirement. As long as Pat and I keep a positive attitude, we seem to be enjoying ourselves. After nearly thirty years in Crystal Lake, we are looking forward to relocating in Southport, NC in '06.

Dave

TOP HOAXES OF ALL TIME

THE ERUPTION OF MOUNT EDGECUMBE

In 1974 residents of Sitka, Alaska were alarmed when the long-dormant volcano neighboring them, Mount Edgecumbe, suddenly began to belch out billows of black smoke. People spilled out of their homes onto the streets to gaze up at the volcano, terrified that it was active again and might soon erupt. Luckily it turned out that man, not nature, was responsible for the smoke. A local practical joker named Porky Bickar had flown hundreds of old tires into the volcano's crater and then lit them on fire, all in a (successful) attempt to fool the city dwellers into believing that the volcano was stirring to life. According to local legend, when Mount St. Helens erupted six years later, a Sitka resident wrote to Bickar to tell him, "This time you've gone too far!"

THE CASE OF THE INTERFERING BRASSIERES

In 1982 the Daily Mail reported that a local manufacturer had sold 10,000 "rogue bras" that were causing a unique and unprecedented problem, not to the wearers but to the public at large. Apparently the support wire in these bras had been made out of a kind of copper originally designed for use in fire alarms. When this copper came into contact with nylon and body heat, it produced static electricity which, in turn, was interfering with local television and radio broadcasts. The chief engineer of British Telecom, upon reading the article, immediately ordered that all his female laboratory employees disclose what type of bra they were wearing.

WISCONSIN STATE CAPITOL COLLAPSES

In 1933 the Madison Capital-Times solemnly announced that the Wisconsin state capitol building lay in ruins following a series of mysterious explosions. The explosions were attributed to "large quantities of gas, generated through many weeks of verbose debate in the Senate and Assembly chambers." Accompanying the article was a picture showing the capitol building collapsing. By modern standards the picture looks slightly phony, but readers in 1933 were fooled-and outraged. One reader wrote in declaring that the hoax "was not only tactless and void of humor, but also a hideous jest."

THE SYDNEY ICEBERG

On April 1, 1978 a barge appeared in Sydney Harbor towing a giant iceberg. Sydneysiders were expecting it. Dick Smith, a local adventurer and millionaire businessman (owner of Dick Smith's Foods), had been loudly promoting his scheme to tow an iceberg from Antarctica for quite some time. Now he had apparently succeeded. He said that he was going to carve the berg into small ice cubes, which he would sell to the public for ten cents each. These well-traveled cubes, fresh from the pure waters of Antarctica, were promised to improve the flavor of any drink they cooled. Slowly the iceberg made its way into the harbor. Local radio stations provided excited blow-by-blow coverage of the scene. Only when the berg was well into the harbor was its secret revealed. It started to rain, and the firefighting foam and shaving cream that the berg was really made of washed away, uncovering the white plastic sheets beneath.

THE RESERVATION

A man wrote a letter to a small hotel in a Midwest town, which he planned to visit on his vacation. He wrote, "I would very much like to bring my dog with me. He is well groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"

An immediate reply came from the hotel owner, who said, "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel, and if your dog will vouch for you, you're welcome to stay here, too!"

F. R. BUD MC FALL—Kamuela, HI

Cleve, As official tail gunner of our class of Feb. 20, 1967, who has now made it to age 60, I can say it has been an exciting ride! I can't say I am surprised that UAL Inc. has pulled the carpet out from under us all. I guess I kinda expected it all along.

Corporate greed being the latest operating modality to be unmasked, we now see what the Harvard School of Business has been preaching...

If anyone thinks this kind of nonsense will stop with the airline companies, then just keep your eyes open and watch the race. Utilizing chapter 11 bankruptcy as a business tool will now become SOP.

Keep those letters going to your senator's folks; the contest isn't over yet!

I can say it has been an honor to work with this group of mighty fine folks at United Airlines, upper management excluded.

Thanks for letting me get that off my chest Cleve. Here's my latest check, late as usual.

Keep up the good work! *Bud*

P. S. Star and I enjoyed the Northern European Cruise; thanks Rich!

DON MCDERMOTT—West Hills, CA

Dear Ted,

I have mailed my check to Jim Olson last week. Since my birth month is January (I will be 74), I find it very hard to get a letter off to the *RUPANEWS* on time so I thought that I would get a head start this November. I have neglected to talk about my medical problem before this, so here goes. I still meet people who have never had a colonoscopy. Well, it's painless and it can save your life. After a company physical showed a low hemoglobin in January of 1997, a colonoscopy discovered a cancerous polyp by my appendix. It was surgically removed in June of 1997. I was given a 55% chance without chemotherapy and a 95% chance if I took it. So, after a year of chemo. I am still cancer free after 8 years. Get the procedure everyone – it pays.

We now have eleven grandchildren from our four children. Our daughter says that there could be one or two more. Our oldest son, Chuck (an A320 Capt. – SFO) and his wife have three girls and a boy. Our son Mike (an Orthopedic Surgeon living

and practicing in Santa Rosa, Ca.) and his wife have triplets – two boys and a girl. Our son Tim (Electronic Component Salesman) and his wife have a girl and a boy. Our daughter Ann (A stay at home mom) and her husband have a girl and a boy and live in Frisco, Texas. They moved from Oxnard, Ca. so she could be a stay at home mom.

We have traveled some to visit Ann and had the pleasure of riding along with Capt. Mark Russell (Dick & Wilma Russell's son) from DAL to LAX. We were in 1st Class that flight. Gloria and I attended my old fighter squadron's (330 & 331 FIs) reunion in Lancaster, PA this October and we had a ball. I saw five of my fellow pilots that I haven't seen since 1958. We went LAX to EWR First Class and JFK to LAX First Class. Great service – especially JFK/LAX with the new 3 service on the B757. A little hitch was the \$2.00 charge for each piece of luggage you check with the Sky Cap. That's what UAL stations on the west coast charge. That was not charged from JFK to LAX. Looks to me like the Sky Caps are losing their tips.

In closing, let me again invite all of you to attend your local luncheon meeting – it's good for your soul – especially these days. Many thanks to all of you who keep the *RUPANEWS* coming. It's a marvelous publication.

Respectfully, *Don*

LEW MEYER—Berwyn, PA

Jim: Thank you for taking the helm, thus keeping our channel with the troops open.

Just returned from a wonderfully orchestrated and executed RUPA convention. E.K & Rich are masters! So good to rub elbows with the many friends we've shared our lives with over the years. For me, up in the highs section of my memories was seeing Deke Clark there. (He'd tangled with a stroke shortly after retirement, and has made noticeable progress, thanks to the untiring guidance of Rebecca).

All's well on the personal front. Physical health is good, although Lyn questions my mental health. Just finished a 25 day bicycle ride, SAN to CHS, just over 3000 miles. There is a lot of beauty and senses awakened low & slow that are missed crossing the country high & fast. (However at 71, I may not sign up for a second crossing). Still picking up a couple of gold's for my age group in 12 & 24 hour bike events. But then, there's not too much competition.

All you Navy carrier pilots know the sense of accomplishment that comes with 'catching the wire on the first pass'. After 48 years, I still was able to 'catch the wire on the first pass', though this time I was riding my bicycle down a steep grade, planning to make a green light. Instead of 'getting the cut' from the LSO, I woke up with some blood on the blacktop. I've pretty well recovered from the broken ribs, collapsed lung, TMJ & shoulder problems. Some workmen accidentally let a wire drop down for a perfect catch of the # 1 wire. These Navy guys...

On the medical side, Jim Waters spoke of good experiences with hearing aids. If you are in need and aren't aware, the UAL medical benefits include covering 80% of the one time cost of hearing aids, up to \$5000. (expense out of UAL's pocket). Also, for those eligible, VA benefits are even better.

Lew

PAUL MILLER—Mechanicsburg, PA

Another 31,536,000 seconds have ticked away and time for another check and info. Otherwise, the nights seem to go so slow and over-all the time goes so fast. I don't know why it works both ways.

One of my highlights of the year was a recent visit by Dave Specht, one of the crew members of our flight 881, when we had that big geese strike the night of September 22, 1965. His visit to this old man among the hills of PA made my day, week, month, year and 4 decades since that hectic night when 13 geese got in the way of our DC-6 and broke a hole in the windshield

Thank you, Dave for the wonderful visit. I will cherish it the rest of my life.

Thanks, also for each worker of *RUPANEWS*.

Check to Jim Olson. *Paul*

JIM MOREHEAD—Summerland Key, FL

Well, it's been an interesting year in 2005 as a lot has changed with many of us and certainly for me.

My RUPA dues are paid, but I think I can send in the 2006 dues now. If I don't, I'll waste it on women, wine, song, and pass charges!

I finally sold almost everything I owned not because I got a joy of it. I am void of home ownership which I guess we will soon find out if America will have a real estate bubble. The Summerland Key home was taken from me and the Tahoe home was sold as I could not afford it with the significant pension loss we are in the process of experiencing.

Florida continues to have hurricanes and it is a given that insurance rates will go up. Not to worry, as I'm in a rental home having moved further south towards Key West to Sugarloaf Key. The zip code stayed as 33042, but I moved 9 miles. Hurricane Wilma did significant damage to South Florida. The Keys got the flood surge and the MIA-FLL area got the wind. Many houses have roof problems and life is not good for many. Others did remarkably well.

The pension loss is likely the big story for most who retired. If you retired early, took the lump sum, and were furloughed, it will be no surprise that this is not good news to the PBGC. The non-qual money at this writing is in a separate account awaiting a decision as to whose money it is.

The qualified money is being overpaid as the PBGC figures this out for some of us. Eventually, it will have to be returned.

I hope that 2006 will be a better year than the insecurity in 2005. For my new year's resolution, I hope to meet a nice girl who is lonely, is independently wealthy, and has a family member that is high in the hierarchy in the PBGC! If she has a family member that owns even a low end corporate jet, I'd love to see pictures. (Both her and the jet).

Age 60 is likely to change and I am not sure if that is good or bad. Apparently a decision is due shortly with some effective date in late 2006.

Mom is doing fine and I've spent lots of time in the FLL-PBI area getting her situated. She will be moving back to Boca Raton, FL from a rental home in Boynton Beach in December as you read this.

It is my feeling that we all need to stay in touch with each other as the challenges continue to torment us. Most of us never dreamed that we would be losing a pension that we worked an entire lifetime to earn. We were not supported by the majority of active pilots and this was apparent in Judge Wedoff's decision.

I believe the time is here to again begin to have RETIREE parties. I do not see that it is a popular trend to have UAL or active pilots sponsor or support them which is quite disappointing. The feelings out there remain very strong. But I again believe it is time for US to start to consider US beginning to have parties again.

I wish us all luck and a Prosperous New Year.

Jim

IS MAMMOGRAPHY CAUSING BREAST CANCER?

By R. J. Rowen, MD

There's a trend in medicine that's irrefutable – the breast cancer rate has gone up at the exact same time that mammography use has increased. The big question is, what is the correlation? After you read this article, you'll see that not only is there a strong correlation, but there's growing evidence that mammography both causes and fuels breast cancer in many ways.

You may remember a few months ago when I discussed the serious cancer problem caused by radiation from the Chernobyl meltdown in Russia. What became abundantly clear from that horrible situation is that radiation does, indeed, cause cancer.

Well, mammography is radiation. And doctors now recommended it for just about every woman over the age of 30. Breast tissue is highly sensitive to radiation, which is measured in rads. Each rad of radiation increases your cancer risk by 1%. When your mammographer takes four films of each breast, he or she exposes each to one rad of radiation. With 10 years of annual screening, you'll have a cumulative 10% increased risk in each breast.

But that's not the worst of it. If you're one of the 1-2% of women silently carrying the A-T gene (ataxia-telangiectasia), your risks may increase 400% from the radiation. This gene makes you highly sensitive to the carcinogenic effects of radiation, with no way to know beforehand. Some estimate this radiation exposure accounts for up to 20% of all breast cancers annually in the United States. If it is, mammography would be a major contributing factor to the exploding rate of breast cancer in our country.

And there's even evidence that mammography is useless in extending your life. Of eight recent trials, only two were adequately randomized to allow statistically valid conclusions. The reviewers of these two trials (which were based on 66,000 postmenopausal women) concluded that there's no reliable evidence that screening decreases breast cancer mortality — *not even a tendency toward an effect*.

Action to take: Conventional detection of cancer is worthless. By the time an invasive tumor is diagnosed, it may be too late. It's far better to practice prevention! The preventive supplements I recommend include iodine, selenium, vitamins E and D, omega-3 fatty acids, green tea, Russian Choice Immune (a.k.a. Delta Immune) and DIM.

Eat right (mostly vegetables) and exercise regularly. Avoid smoking and chemicals (as much as possible). As for screening, consider thermography, which Terri and I offer.

It uses no compression, no radiation, and gives you many years advance warning of possible trouble. That's time you can fully devote to prevention. You can get more detail on all of these preventive measures by searching the Archives section of my website.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 888-439-6891 or www.acam.org

G. M. "JAKE" NELSON—Colbert, WA

Hello Jim,

Enclosed is the check for annual dues.

Life is good in the Great Northwest in spite of the UAL mess. We're still flying, floating and fishing. We spend summer at our home on the Pend O Reille River in Idaho. Had to sell our float plane after 9/11 due to increased insurance cost, so now we're back to an airplane with wheels.

I plan to attempt to bring a group of RUPA members in Spokane, WA area together for a luncheon in the near future, so if anyone is interested call me @ 509-467-1997 and I will send you a note regarding time and place.

Jake

JIM OLSON, Sec Treas.—Sarasota, FL

I just got back from the RUPA Convention and everyone who did not go missed a great reunion. All of those who attended remarked how great this get together was. E. K. Williams and his gang deserve the highest praise.

I decided to drive up to Washington and stop by Civil War battlefields on the way. I visited eighteen and so for the present, I am battlefielded out. I also went to my old Marine Corps Squadron reunion in Branson, Missouri a week after the Convention. I saw many people that I had not seen in forty-six years.

So after driving 5300 miles and wincing at the gas prices I finally got home to 102 letters and many address changes in my new assignment as Sec/Treas. I finally got caught up today.

In May and June I went to Portugal and Spain for two weeks in each and was glad to get home. Travel does make you appreciate the good old USA.

After being retired for 12 years my health is reasonable and I don't have to worry about not keeping busy with my new job. But so far it has been fun.

Jim

DENNIS OMUNDSON—Biloxi, MS

Sorry that I'm a little late this year but we have been distracted by Hurricane Katrina these past weeks and things are not quite normal.

We took a big hit, virtually totaled our house and possessions and car, but we are alive and have friends that are helping us with shelter for now.

We are still using the same address for mail—we just pick it up at the P.O.

It will be many years before the Gulf Coast will return to normal.

Dennis

W.S. "BILL" POWELL—Tullahoma, TN

I'm still alive and kicking. And that's why I'm writing.

Let's talk about PROSTATE CANCER. Back in 1992 I got a PROSTATE Biopsy because the "finger wave" thing said he thought he felt something. He did, but the biopsy said it was NONmalignant.

I got the "finger wave" because I had to go every hour (like clock work). My prostate was not to be outdone by my waist. Being enlarged, it restricted my flow (it squeezed the urethra). Don't get ahead of me yet... Important info later. As a result I received the gift of a "TUR" (trans urethral resection). To you lucky guys who have not received such a "gift" is better known as a "ROTOR-Rooter" job.

Having been the recipient of the TUR, like most who have, I was given a prescription for TERAZOSIN HCL (*Flomax*) which helps to prevent further enlargement of the (you guessed it) PROSTATE.

Now for the "important" message...Every year after 1992, I got a PSA. (Some of which I had to pay for out of pocket.) In the beginning, the score was low... like 2.7; and very slowly the scores went up each year, reaching 4.2 two years ago; then 4.7 this last February. This October, a doctor thought he also felt a "bump" (that same old bump from back in 1992, but a new doctor). He ordered a PSA and it was 5.2.

Not too high for a 72 year old, but non-the-less, he wanted me to get a BIOPSY. I did, and it was positive. My conversation with the urologist went along the lines of "how can this happen? I did all the right things to not end up sitting here!" HERE COMES THE BOMB...He said, "When you take *Flomax*", PAY PARTICULAR ATTENTION HERE...HE CONTINUED, "the PSA results show a false number which is greatly reduced! Often by more than 50%."He also said, "lots, of GP's are not aware of this."

Gentleman, if you are taking *Flomax* and getting a PSA, BE AWARE THAT THE PSA SCORE IS NOT GIVING YOU THE TRUE STORY. ASK YOUR GP WHAT HE WOULD DO IF YOUR SCORE WERE DOUBLE ITS VALUE.

Lucky me, while the biopsy came back positive for cancer, the bone-scan was negative. I go for the silver-bullets soon.

Bille Mail wspowell1@aol.com

NEAL RIDENOUR—Downers Grove, IL

This has been a busy year for me. After my wife passed away in 2004, I continued Square Dancing with our club and was married to my dancing partner Oct. 15. Marianne is a wonderful lady and we went to Hawaii for two weeks on our honeymoon. We live in my house on the Brookeridge Airport and I have a Cessna 182 in the hangar. I am still flying gliders with the Chicago Glider Club and currently have an ASW 27 single place racing glider. Health-wise everything seems to be good with me. I still work the 727 exhibit at Chicago's Museum Of Science & Industry. Thanks to all the folks that keep RUPA running. *Neal*

EDGAR & RUTH RIEHL—Boulder, CO and Fort Myers, FL

days from now will mark 25 years since I set the brakes of that 747 at Honolulu ending nearly 35 years since signing on with our (once) great airline. Actually, that 35 years was broken by 4 years in the Air Force after we "88" furloughed at the end of November of 1948. This year also marked 10 years since the six bypass heart surgery, and two years since a magic inoculation in my degenerating spine

ended the pain and allowed me to stand somewhat erect again. That spine appears to be regenerating and I feel great. Though Ruth suffers with arthritis, and with these persistent fronts coming through with their changes in pressure is impatient to head south again, still manages to do the normal household chores, her church activities, and is always ready to travel. Our travels this year, other than driving home to Colorado from Florida in May, consisted of two multiple day trips through our beautiful mountains--one trip during the peak wildflower season, and the other to visit our grandson at Fort Lewis College in Durango while enjoying the Fall colors. Within a week we plan to be heading for Florida again--for our twentieth winter there.

Our humble abode in Fort Myers escaped the wrath of hurricane Charley with only five broken shingles, and according to the report of our caretaker, Wilma spared us while doing considerable damage to surrounding units.

Our three daughters and families descended on us this past weekend for a family birthday party. All are doing very well. We are Blessed.

A big Thank You to Cleve for his dedicated service to all of us--and, now he continues serving us as our President. And, thanks to all who make this newsletter possible, and to those who are in the fight to preserve our retirement benefits.

Sincerely, *Ed*

JIM RUDISILL—Tipp City, OH

Dear friends,

This has been a busy year for me. First of all I've met a wonderful lady who some of you know. Her name is Gaile McQuarrie and she has put some sunshine back in my life. We are engaged to be married (probably some time next year). I have sold my house in Ohio and Gaile and I will be living in Olympia, WA, with winters in Florida. With all that has happened to me since Helen died last year life has been an emotional roller coaster. My health is good and I'm looking forward to a happy life ahead with Gaile. Best wishes to all,

Jim

BILL SALISBURY—Bumpass, VA

Dear Richard,

That fact that my wife and I could not attend the convention and did not know of this until the last minute, was, to say the least, a disappointment. We were counting on being there to see the unvailing of the wall. Family matters that called for our presence were the reason for having to cancel.

Your letter is also a gentle reminder that I have not written anything during my birthday month and here it is the last day of that month! Deplorable!

Life has gone on this year and I can truly say that it has been anything but dull the springtime, with all the pollen flying about, my eyes suffered greatly. I was nearly blind for a short time and that was rather scary. My optometrist was the guy who figured out what was going wrong. At its worst, I could not see the TV or the computer screen and, of course, could not drive, fly, or operate machinery, or do anything that required eyesight. When you think about that for a moment, you realize just how significant and important one's eyesight really is. Fortunately, the right meds were prescribed and improvement began almost immediately. My eyesight was back to normal within a few weeks end of the story may not yet be known. I am just hoping that next spring during the pollen season that this does not recur.

I was back to flying the old Lockheed shortly after the bout with the eyesight business. Did fly to a number of airshows with the Lockheed this summer. Then, one day my crew and I were landing at our home base and just prior to the threshold, the crew chief announced that we had just lost our hydraulic system. The strong smell of hydraulic fluid quickly circulated throughout the cabin. I announced that we were landing. The gear was down and locked and the flaps were in the landing configuration. A few seconds later, we touched down and I applied the brakes while we were still on the main wheels. The brakes began to fade from under my feet and then there were no brakes. I ordered the engines cut and we rolled and rolled off the end of the runway, through an overrun and then hit a ditch, the main gear folded and we came to an abrupt stop on the airport service road. I cut the switches and ordered an evacuation. Every one got out of the airplane

without a single scratch. There was no fire. This event ruined my day, but we were all so thankful that we didn't roll another 150 feet or so, out onto the busy 6 lane highway. That surely would have spelled disaster. We were all thankful that no one was hurt. The estimated damage to the airplane is \$150,000. There is no insurance to cover. This was the first time in 48 years of flying that I ever scratched an airplane and it broke my heart. I love that old airplane. It will fly again because we are going to fix it.

My wife's mother passed away this year while she was here at our home for a visit. It was unexpected, as she had been in excellent health. It was truly a blessing that she left us the way she did, with no protracted illness or any suffering. It happened so quickly that it made us realize how fragile we really are. It is a wonder that we manage to weave our way through this life the way we seem to do.

On the brighter side, we are in good health and stay very busy. Our family members are all well and our seven grandchildren are growing like weeds! We are all looking forward to a special Holiday Season this year.

Kindest regards, *Bill*

PS. Check will be headed your way by snail mail.

JERRY SAUL—Morgan Hill, CA.

I am one of the people that likes reading funny or story telling annual letters, so I'll recount an interesting (to me) thing that happened many years ago.

I was a brand new flight engineer on DC 6/7's, based in Miami in 1965. I had already put in the mandatory TDY to New York for two weeks at the glorious St Moritz, and was flying a trip for my own domicile. It was the milk run from MIA to PBI, TPA, etc, etc ending up in BUF some 8 or 10 hrs later. Frank Seymour was the captain and Chauncey Knapp was F/O.

We were on the second leg, PBI to TPA, when the #3 eng barked at us. Frank knew I was brand new, and asked me if I had ever shut an engine down for real. I said yes as it was not unusual to lose a 3350 on those beat up DC 7's used in the Denver training command.

Frank told me to shut the engine down by myself, making sure to do everything slowly, deliberately and carefully. I accomplished that task, and we proceeded to TPA.

After deplaning the passengers, maintenance asked us to reposition the airplane in an out of the way location on the ramp. Frank taxied to where they wanted the plane. We were moving parallel to the edge of the ramp, and the mechanic gave us a hard left turn to get the rear of the plane perpendicular to the ramp. In doing this, we ended up quite a distance from the edge. The mechanic signaled that he would like us to back the plane up nearer the edge of the ramp.

Frank being the nice guy that he was, decided to comply with the mechanics wishes put the three good engines in reverse, and slowly backed up. The mechanic got distracted momentarily by another mechanic asking a question, and when he got back to us, we were very close to going off the ramp onto the unpaved dirt.

He made a panic stop signal. Frank hit the brakes. The nose of the plane lifted off the ground what looked to me to be 8 or 10 feet, but probably wasn't. It gave all of a thrill, thinking, as I did, that we would end up with the tail smacking the ground and damaging the aircraft. We were lucky. The nose came back down rather smartly, but with no damage at all.

Later when I became a DC 6 copilot, I managed more than once, to much more extensively test the strength of landing gear of those sturdy aircraft.

Thanks to everyone who keeps our organization functioning. *Jerry*

RICH & ANN SELPH—San Francisco, CA

Retirement continues to be stimulating and busy... Our older son married a charming and creative young lady in Golden Gate Park last spring. Our younger daughter has wedding plans for early next year. Perhaps at long last grandchildren may be on the horizon?

Ann trained for 7 months and, supported by daughter, Catherine, achieved her goal of completing her first marathon, the Marine Corps Marathon in DC (before going on Medicare!). I scooted around the course on a Segway (without breaking a sweat).

Our sailing partnership finally got around to racing our Catalina 36 in the beer can races off the Corinthian Y.C. Our 'experienced' crew of geezers struggled to even cross the start line the first week and the next week struggled to finish before they pulled the racing buoys. By the end of the series, however, we were managing to beat a couple boats. One week the skipper of a faster boat lost control of his spinnaker, then his tiller, and slid off the stern into chilly S.F. Bay in challenging conditions (without his life jacket). One advantage of being near the back of the fleet was a bird's eye view and the opportunity to practice our Man Over Board drill for real. (In these PC times, we're supposed to say "Crew Over Board"). After a closer boat made an approach and forgot to tie off the 'bitter end' of the heaving line, we performed the rescue, embarrassing a few pros. The 'geezers' picked up a silver trophy after all.

A little skiing and a couple motorcycle trips rounded out the year. We continue to count our blessings. We had the best of the Pan Am years and the best of the United years. (Sometimes I call it a career in the "non-profits"!) May we all have good health and good friends in these difficult times. (And sincere thanks to the URPBPA and RUPA workers.)

Rich and Ann

WILLIE SHARP—Pleasanton, CA

Dear Jim... I had just put my check for RUPA in the mail when the October *RUPANEWS* arrived. I sent the check to Foster City. Sorry. I'm sure Cleve will send it along to you. I'll not make that mistake in the future.

Another year has gone by. It looks like UAL finally got to drop the other shoe. Actually, I think they want to throw the shoe at us. Anyway, I've resigned myself to accepting the outcome with grace. Happily, URPBPA is going to make them fight for every dime they steal from us.

Keeping busy with my hotrod project. It's almost ready for paint. I still do most of my traveling via motorcycle. I actually enjoyed riding it when gasoline was cheap. Now, it is truly a joy. Still learning other languages. Taking Italian II this year and learning Esperanto via the internet.

My health is great. Nina has her diabetes under control but is now scheduled for a complete knee replacement later this month. She won't let it keep her down though. We're planning a trip to China and Viet Nam next year. I hope nobody is shooting at me this time. I think I pushed my luck the last time.

My whole-hearted thanks to Cleve for doing such a wonderful job for such a long time. A truly classy guy. I know you will do a great job as well.

Hello to all my flying buddies and former students. I have wonderful memories from our flying days. I don't envy the guys still there.

Keep the nose up in the turns. *Willie*

STAN SMILAN—Lake Worth, FL:
captstan@bellsouth.net

(RUPA dues mailed today)

VETERANS DAY 2005: My oncologist at the Good Samaritan Cancer Center in West Palm Beach tells me that I am cured. She tells me that's because I went to the right place - Johns Hopkins, in Baltimore - for treatment 5-yrns ago, by a coordinated team of a radiologists, oncologists and a brilliant thoracic surgeon - supported by all the related disciplines, resources and protocols of a great university hospital.

first oncologist I saw in Oct. 2000, in Boca Raton, FL, had recommended I see an abdominal surgeon in Miami; or sign up for palliative treatment. I guess he figured I should have booked passage for a final flight west - that's where retired pilots are supposed to report for their final proficiency check and I suppose an evaluation of their lives as human beings.

When I told my Boca oncologist - that I had been at Eniwietok and Bikini - he asked: "What's Eniwietok?" He didn't ask, "Where is Eniwietok?" He thought Bikini was a skimpy bathing suit worn by young women.

The reason I now see Dr. Elizabeth... at Good Sam is that she worked at the Atomic Energy Commission facility in Oak Ridge, Tennessee; and she knows where Eniwietok and Bikini are; and what happened at the Pacific Proving Grounds during the nuclear weapons tests in 1954. She also

knows that there are twenty-one categories of cancer, stipulated in the Radiation Exposed Veterans Compensation Act, as presumptive cancers - attributable to onsite exposure to ionizing radiation during nuclear weapons testing.

Elizabeth specializes in Breast Cancer and I'm her only male patient. She explained that the reason no women were among the 16,000 servicemen at the Bikini tests in 1954 was that women carry a lifetime supply of their eggs, from birth, and that exposure to ionizing radiation could affect their reproductive system, causing birth defects.

When I told my gastroenterologist he could read the book "Day of Two Suns," by Jane Dibblin, describing the effects on the native women and children who were subjected to severe radioactive fallout on Bikini's neighboring atoll of Rongelap in 1954, he said he would read the book when his kids got out of high school. My endocrinologist said she would do likewise.

When I asked my dermatologist if the county was prepared for a nuclear accident or terrorist attack at nearby nuclear reactors sites, he said he wasn't planning to stick around to find out. He didn't seem overly concerned when I told him that our two major highways would lead him into the 10-mile radius of the "Evacuation Zone;" and that the 17.5-mile radius was designated by the Nuclear Regulatory Commission as the "Peak Fatality Zone."

I run for public office every election cycle - it helps me deal with my anger over being placed 30-miles downwind from the detonation of a 15-megaton nuclear weapon - 1,000 times more powerful than the 15-kiloton A-bombs used at Hiroshima and Nagasaki.

I tell audiences at political forums that during my career as an airline pilot I got paid big-bucks. And, that I got paid big-bucks for assuming responsibility. And, that's why I think nuclear power plants should assume full responsibility for all damages caused by an accident or terrorist attack. Insurance companies consider those risks as unacceptable risks and therefore, uninsurable.

I would appreciate it if my fellow RUPA members would lend some assistance in helping me pay the filing fee to get on the ballot again for Election 2006. I received 35,325 votes in 2004. My website

is: www.stansmilan.com. There is an address there to mail a small contribution to help spread the word. I'll soon add a pay pal page to the website for online contributions.

Stan Smilan 2006 Campaign

ALLAN SNOOK—Parker, CO

Hi Jim,

It seems kind of funny not putting Cleve's name on the e-mail, but thank you for "stepping up" to take his place. I have sent my dues along with an e-mail change and telephone number change through the snail mail to your address.

I went on Medicare the first of the month so I must be reaching five years retired now. With the pension troubles I wish I were 70. The days don't go so fast, but just like my career the years seem to "fly" by. I have missed my pilot friends and the B-727, but I have not missed anything else about working for United Airlines. I don't believe I would be able to put on a "happy face" and go to work facing the work rules they now have. The good old days are obviously gone and are never going to return.

I am busy...actually...too busy volunteering for organizations that I enjoy sharing my time with, but some weeks they all want "a piece of my time". I really enjoy being an Open Space Interpretive Guide for Douglas County Open Space here in Colorado. The groups I take out seem to be sincerely interested in what Colorado has to offer in the way of beauty. I got back into Boy Scouts when I retired, but just recently have taken over as a Cubmaster for a Cub Scout pack here in my home town of Parker, Colorado. I have not been in Cub Scouts since I was a den leader for my son back in 1977.

I had forgotten how a young boy's (1st grade to 5th grade for those who might not be familiar with Cub Scout's) mind is like a sponge when you do things that HE likes to do. I suspect I will stay on for a couple years and then find and train my replacement.

I spend a lot of time transporting a couple of granddaughters back and forth to gymnastics since both mom and dad work. One of them competes so now I have a lot fewer weekends free than I did when I was flying. Of course all of us who are

fortunate enough to have our grandkids close to us know that "family" comes first and that especially applies to grandkids.

I am unhappy just as everyone with what is going on with our pensions, and am airing my thoughts to those elected officials that could help us if they would get off their collective duffs and "just do it"; however I do not hold out much hope for any success since we are dealing with politicians after all.

Thanks again for taking on a BIG job at RUPA. I appreciate keeping up with what is going on in the lives of those who write in which is why I try to get a few words in each year that the good Lord will give me.

Sincerely, *Al*

HARRY STONELAKE—Castro Valley, CA

Thanks for all your hard work as our President, Rich, and as Editor, Ted. Cleve, Larry and Jim thanks for jumping in, again, you have my sympathy. ;-) And thanks to all the other worker bees for volunteering. Without great guys like these we wouldn't have a RUPA nor a newsletter.

Have been retired 5 years now, and Dani and I have been hanging in there. The back, L5/S1, and neck, C1, still drives me nuts, but everyone has something. "Marine morphine" (Motrin) usually helps, but I also have Merlot and Vicodin for when it gets too bad. And remember, if you wake up and nothing hurts your probably dead.

Finally got the "double ender" and they found Gastritis in one end and polyps in the other. The polyps were adenomas and fortunately still benign; they removed them anyway because they are normally considered pre-cancerous, and over 10 years or so, do develop into colorectal cancer. I was dreading the procedure, but it turned out to be painless, because they put you to sleep. They tell me that 30% of people over 50 do have colon polyps, so you should get checked. Don't wait for symptoms, because most of the time you will have none, until the polyps become cancerous, and then bleed or obstruct.

I had a lot to say regarding UAL and it's CEO, but the editor said it wasn't acceptable for this forum, even though he agreed with much of it.

Sincerely,

Henry Thomas Stonelake

THE THREE MOST IMPORTANT NUTRIENTS FOR TREATING AND PREVENTING PROSTATE CANCER

By Robert J. Rowen, MD

Up to 30,000 men in the USA will die from prostate cancer every year. If you're concerned about prostate cancer, there are three nutrients you must include in your daily supplement regimen.

The first nutrient I told you about a couple months ago is DIM. It's so powerful in preventing and treating prostate problems, including cancer, that it's now on my list of must-take nutrients.

Dr. Michael Zelig says, "The use of this supplement has resulted in the disappearance of abnormal prostate cells on repeat biopsy..." DIM actually enhances the death rate of prostate cancer cells.

The second nutrient you need to fight prostate cancer is vitamin D. This one is becoming so well accepted that even conventional medicine is using it. A synthetic form of vitamin D (DN-101) has been found to increase the survival in men with prostate cancer by two years. Medical pundits are raving about this "big step forward" in that two years is the "highest ever seen in a randomized study." The drug was administered simultaneously with a chemotherapy drug, docetaxel.

However, you don't need an imitation vitamin D to fight prostate cancer. Take the real thing — and lots of it. If you were in the tropics undressed, your body would use the sun to manufacture up to 10,000 units of vitamin D in one day. So the current RDA of 400 IU is ridiculously inadequate. If you can't get out in the sun enough, consider cod liver oil. Next to the sun, it's the best source of the vitamin. I recommend you take 4,000-5,000 IU per day of vitamin D in supplemental form. I know of no risk to this amount of vitamin D. As an aside, your bones and arteries will love you for it as well. Vitamin D can protect against hypertension and bone loss.

And, finally, the last nutrient you must take is green tea. In a recent study, 62 volunteers aged 45-75 were divided into two groups. The experimental group received 200 mg three times daily of green tea catechins (GTC). These are the incredible antioxidants in green tea. The other group received a placebo.

The men had prostate biopsies at six months and again at one year. The GTC group had one case of prostate cancer. Nine cases were found in the untreated group – a rate of 30%. That's consistent with what would be expected. The green tea extract group had a 90% reduced risk in this small study. There were no significant side effects or adverse reactions with the use of green tea.

The amount of green tea extract (600 mg) in this study was between one and two times the amounts regularly consumed in China. There, the population averages 10-20 cups daily of the complete tea rather than encapsulated extracts.

A fourth nutrient to consider is selenium, repeatedly reported here as a strong preventer of prostate cancer.

LIVING WILL

A man and his wife are sitting in the living room and he says to her: "Just so you know, I never want to live in a vegetative state dependent on some machine. If that ever happens, just pull the plug."

His wife gets up and unplugs the TV.

JUNE STRONG—San Jose, CA

Enclosed is my postage check. I continue to enjoy reading the *RUPANEWS*. Though most of the names are no longer familiar, the bulletin is always full of interesting news and it is a great source for information that keeps us current.

A big thank you to all of you for a good job well done,

Sincerely, *June*

ROBERT SWAIN—Urbana, MD

Jim,

Thanks for taking on such an enormous and usually thankless task. It is appreciated.

Nothing new really. Divorce drags on and keeps life exciting. The FAA continues to pay me. I have government defined benefit plan which you might suspect I am not planning on. The present administration seems to not favor Defined benefit plans. In case no one noticed, Judge Wedoff gets a vote for anything he wants to run for. My main interest for the last four years, the Domestic Reduced Vertical Separation Minimum, has been implemented successfully and with the new gas prices saving the industry about 1.2 Billion dollars a year, funds for my pension should be in there somewhere. I have just been named the U.S.

Member to the ICAO Separation and Airspace Safety Panel that meets for two weeks twice a year in exotic places. Rio next month, wonder why I am the only one not excited about going. With United's retirement "options", I may have this job for life.

My daughter Melissa lives with me and is in her last year of high school then apparently off to the University of Maryland- at least that's the plan this week. I am blessed.

Still flying, FAA King air about 8 hours a quarter and four in Delta's B-777 simulator with Madison Walton. Starting to almost feel current, especially since there are no check rides and I determine my currency.

Checks in the mail.

Good luck my Friends, *Robert*

BILL TAYLOR—Loudon, TN

Dear Cleve—Greetings. Annual check on its way via snail mail. At the risk of being carted off to the Looney Bin, I will relate one of my dreams. Do you dream often? I do, nearly every night.

Generally pleasant dreams, sometimes exciting, nothing gothic or scary.

But this dream is recurrent, with variations on a theme. It has to do with me still flying! In my dream I know I'm retired, but somehow the crew desk and scheduling don't know it. I still receive my monthly line assignment and I'm still going to work. (Now, I suppose some would call that a really scary nightmare!) The details involve commuting to ORD (with various obstacles); to enter Dispatch and not knowing the security code (and trying to "piggyback" through the entrance); hoping that no one in my dream will challenge me and ask to inspect my license or medical. I've even dreamed of taking a PC! Curiously, the aircraft are varied; a 747, other times a 727 or DC-10. I can't believe I'm the only guy nutty enough to have such dreams. Or Maybe I am. [*You're not alone Bill, I've even had DC6's in my dreams and I only flew them for six months. Ed*]

Elsewhere, in the real world, Terry and I have enjoyed another year of retirement. In June, we had a family reunion with all the kids and grandkids, in FLA at New Port Richey. We did all the touristy things and exhausted ourselves at Busch Gardens.

Seasons Greetings to everyone. I hope 2006 is a great year for us all, and one that will bring Peace to Iraq so that our troops may return home soon.

Bill

E.D. "AL" TEEL—Seattle, WA

Hello James,

Thanks for taking on the new job. I have a change to be made in the roster listing, about the hardest a guy who has been married to the same gal for 57 years can make. I lost my wife, Perlle, Oct. 10 after a long illness.

Thanks *Al*

edteel@worldnet.att.net

JOHN W. THOMAS—Arlington Heights, IL

I'm at 79 and holding. Life is great if you discount the usual aches and pains of old age.

We sold our house and moved into a retirement community. Not too much different, as we still have a garage and a basement.

Our desire to travel has lessened. We bought a new car and will probably drive when we feel the urge to get out.

We will survive all the company problems.

The best to all, and thanks for RUPA. *Dee & John*

JOE UDOVCH—Laguna Hills, CA

Birthday month? Time sure does fly! And uncertainty abounds, both in medical coverage and pension areas. Kudos, encouragement, and many thanks to the guys at URPBPA and the 1114 committee for all the work they have been doing on our behalf. With appeals, letter writing and calls to Congress, etc., we've at least kept United partially at bay, although Non-Qual pension monies are now being directed to an escrow account. The unfairness of it all is galling, when management feels they must keep deferred-compensation plans for themselves to retain a talent pool of execs, yet are hypocritically attacking and decimating the deferred-compensation, duly negotiated and earned, of the working and operating forces of United, as well as we retirees. Disgusting, to the max!

Personally, although I'm aware of others successfully flying on United and using Interline sources to travel the world, I have found no great compulsion to expose myself to the hassles and worries, intrinsic to today's airline travel environment. I'm not giving up; just not making any great effort in that direction. After all, living in Southern California, I'm reasonably close in driving distance from most of the things I enjoy doing; from the seashore to the mountains, and to great cities like San Francisco, San Diego, and Las Vegas. Sure, I miss a lot of the great places we used to layover at, both U.S. and abroad, just as I miss flying up front in the left seat; but I've learned to live without, and am not entirely unhappy about it.

So this year has been filled with all the mundane things, which must get done in the home environment, while still taking time for myself to have fun. Keeping healthy, bicycling, skiing, and swimming along with a decent diet has become almost a fetish with me. Still, the years are catching up, along with all the aches and pains, and memory lapses, with which I'm sure we can all identify.

I enjoy the monthly get-togethers with our local Dana Point RUPA group. And I also appreciate the extra articles Ted puts into the *RUPANEWS*, over and above the birthday and obit news. Makes for interesting and edifying reading.

Cheers until next year, and check's in the mail to our new Sec/Treas, Jim Olson.

Joe

THOMAS UTSEY—Crystal River, FL

Dear Jim,

Still looking down at the grass instead of up. A bit late with the dues but better than never. Still reasonably healthy after 25 years retired.

Thomas Utsey

PATRICK WALKER—Minden, NV

Hey Ted;

The check is in the mail. Another year in retirement has gone by, and the BK antics are still 90-feet deep. Will it ever end? I was just thinking back to 1985 when we all attended those closed-circuit TV telethons during the great strike. Seems it has been a 6-gun battle ever since, and most of the time, the employees and the retirees have come out on the short end ("Ferg'd"). All in all, retirement is great. Beats what the active pilots are going thru. I'm still flying the gliders, building antique muzzle loading rifles, and having a great time with my wife, Robbie. We aren't world travelers. Had enough of that during the 34-active years. But we are seeing America little by little via the back-roads. We sit here at the foot of the eastern Sierra's in stark terror of the "inevitable big one" earthquake whilst watching on TV, monthly hurricanes and tornados elsewhere.

Hmmmmmm? Our health is great. Take special care, and hello to all the fellas who flew during the good old days! Cheerz, *Patrick*

DON WIENS—Poulsbo, WA

Hi Jim & everyone,

To say that we live in "interesting" times would be quite an understatement. Slashed pensions, tsunamis, earthquakes, hurricanes, riots, terrorist bombings, political strife -- not exactly what I dreamed of for retirement. Seems we have very little control over anything in life. Kind of makes one sit back and think about what is really important, and wonder what in tarnation is going on. To use an aviation analogy, it seems to me that people worldwide have thrown out the "L & S Manual" and are flying the airplane any darn way they please. Then everyone seems puzzled when wings fall off, engines blow up, or airplanes stall and fall out of the sky. To quote one of our teenage grandkids, "well duuuuh"! Boeing didn't write the limits and specifications just to be mean and keep us from having fun flying their airplanes. They wrote them because they understand the concept of

the "design envelope", and wanted us to have a happy and safe airline career. In the same way, our Designer and Creator wrote His L & S Manual called the Bible so we could understand our design envelope and live happy and productive lives. The good that can come from all of this is in getting a wake up call to go back to the foundation life was designed to be built on - knowing and loving God, and acknowledging how helpless we are without Him. We know He loves and takes care of His kids, so we're hanging on to Him for dear life and waiting to see how He pulls us through this mess. What's exciting about this adventure is that we've read the book and know how it ends, so we can hardly wait to get there! Hanging in there,

Don

P.S. Check enroute via snail mail
weaglebird@earthlink.net (360) 297-7012

CHRIS WITTENFELD—Bonney Lake, WA

Hello RUPArians,

I retired 2 1/2 years early; boy am I glad I did! It has been wonderful! November 13, 05 is my original retirement date, at least I got to enjoy full pension benefits until then. I had planned to retire number 1 on the world's number 1 airline, how times have changed. I have not been on an airplane, nor worn a watch since I retired; sounds crazy I know, but my life has been busy and most enjoyable. For now, my body has allowed me to continue my simple pleasures, skiing; hiking, golfing, diving, fishing, sea and whitewater kayaking along with occasional volunteer work. I love the freedom of retirement, add self-motivation, and an endless variety of hobbies, opportunities and goals, life is good. In the coming year as the full impact of United Bankruptcy settles in, acceptance, flexibility and the willingness to adapt will be a key to one's happiness. I have no intention of allowing United to steal that from me too!

Good luck, good health and happy retirement,

Chris

JOE AND JEAN ZAHNISER—Warner Robins, GA
Ted-

We were *thrilled* to read your insert into the September issue regarding LAUS DEO.

We did enjoy it, and we are and proud of you for using it. Seldom, these days do we read any of the good things regarding the most important subject of all - DEO.

Thank you for the best "article" we have seen in the News. You may have heard from the usual naysayers who protest anything Godly published in our world. We hope not. Bless you and again: thanks! *Joe and Jean*

(Dispatcher and Dispatch Mgr. BUR, SEA, LGA, CG, ORD, IAD - 1941-1981)

Thank you for your kind letter, and yes, I received two letters from members that felt that Laus Deo was not appropriate for our newsletter. I'm sure there are many others that didn't like the article for that or other reasons.

My purpose in publishing the article was to give the visitors to Washington for the convention some history that is not well known and which I thought interesting.

The founders of our nation were deeply religious people as most of the population was and as such, they put God into most everything they did. Reference to God is what you would expect to find. If I was to go to Newfoundland and find some Viking artifacts praising Odin, why should I be surprised-or offended? -Ed.

IN MEMORIAM

ROBERT CHESTER ASHLEY

Robert Chester Ashley, 78, who retired as a captain with United Airlines in 1987, died November 11 of pancreatic cancer at his home in Upper Marlboro. He joined Capital Airlines in 1955.

He developed a love for flying as a boy in his native Louisville, where he cleaned airplanes at his uncle's airport. He had learned to fly by age 12. In 1942 at 14, Mr. Ashley lied about his age and joined the Navy. He served as an enlisted pilot, flying PBYS in the Pacific until his discharge in 1945. He reenlisted during the Korean War and was stationed at Patuxent River Naval Air Station until 1952. For about two years, he worked at the National Archives. He lived in the Washington area for about 56 years. He was a member of the American Legion in Mayo, the Fleet Reserve Association in Annapolis and the Coast Guard Auxiliary. He was past commodore of West River Yacht Club in Mayo. Mr. Ashley was a ham radio operator and enjoyed boating and flying. In retirement, he devoted his time to taking care of and neutering stray and feral cats. More recently, he had three indoor cats and one stray that refused

to come inside. Survivors include his wife, Eleanor, of 55 years; three children, two sisters; and eight grandchildren.

Cards may be sent to: Mrs. Eleanor Ashley, 12200 Westview Drive Upper Marlboro, MD 20772

CARL CHRISTIANSEN

With deep regret I have to tell you about the death of my friend and UAL pilot Carl Christiansen. Carl died this morning about 5:00 am after a long battle with prostate cancer which spread to other parts of the body.

He did return home from the hospital about 11/1/05 and was confined to bed for his last week.

I spent many hours with him in the last week; we talked about old times and about many of you and our 36 years together in one way or another. His kids and mine grew up together mostly in the CLE crazy town of Medina, OH as we were both based there for a significant period of time.

I left Tahoe on Sunday driving eastbound through the southern tier of states and ended up tonight in Houston. I plan to fly back to RNO tomorrow and be with the family Wednesday night and I am trying to have a family gathering night at a place called La Esmeralda in Incline. The family has opted to have a private service next month on a day special to them.

Carl asked to be cremated upon his death in his UAL uniform his hat. His ashes will be spread upon the mountains on the North Shore of Lake Tahoe.

It is requested that in lieu of flowers that any contributions be given to the Tahoe Forest Hospital Hospice or to the Whitney Morehead Scholarship C/O Medina City, OH High School, Medina, OH 44256.

Carl cared for Whitney and he was there when she died in 1996. He believed the scholarship helped young people attend college with first preference going to a female who was interested in aviation or the sciences.

The family further requests no phone calls now, but cards may be sent to them at 209 Nadine Ct. Incline Village, NV 89451.

Thank you to those who did write and call Carl the last 6 months during his time of dealing with his cancer. It was noticed and appreciated.

Jim Morehead

BARBARA CONNELLEY

I've just learned of the demise yesterday, Nov. 3, of Mack Connelley's wife, Barbara, at an unspecified rest home in Morrison, CO. No services are planned.

Ted Wilkinson, coordinator, DEN Good ol' Boys

CAPT. LOUIS J. IANDOLI, 76, of MIDDLETOWN, NJ, died Saturday, Oct. 29, 2005 at Jersey Shore University Medical Center, Neptune, NJ.

He was an airline pilot and Captain with United Airlines, retiring in 1989 after 35 years of service. He was a veteran of the Korean War, serving in the U.S. Air Force. He was a member of Sandy Hook Bay Anglers; the American Legion Post 141, Atlantic Highlands; the Jersey Coast Sport Flyers Model Airplane Club, and the Retired United Airlines Pilots Association (RUPA). He graduated top of his class from the New York Military Academy, Cornwall on the Hudson, N.Y. He was a loving husband and father, a kind and gentle soul, and a great friend to all who had the pleasure and honor of knowing him. Louis will be sadly missed. Born in Paterson, he resided in Middletown since 1971.

Surviving are his wife, Carrol, a son, six daughters, 13 grandchildren; and seven great-grandchildren.

HARRY V. "SAM" SPADE, JR.

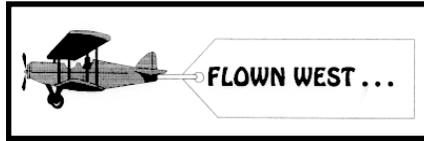
Harry V. "Sam" Spade, Jr., of Fort Myers died on his 74th birthday November 4, 2005 at Hope Hospice South. He was born on November 4, 1931 in San Francisco, CA the only child of Harry V. Sr. and Cecelia Spade.

A resident of Fort Myers for the past 21 years, he previously lived in Westlake Village, CA. Sam was a naval aviator prior to becoming a pilot for United Airlines for 27 years until he retired in 1991. He was a member of St. Luke's Episcopal Church, Fort Myers where he was a Eucharistic minister and a Stephen minister.

He is survived by his wife of 23 years, Linda G. Spade, his children, Hal (Nancy) of Pacific Grove, CA, Kevin (Dana) of Salem, OR and Laureen (Stew) Deibert of Charleston, SC, 4 grandchildren and 3 great-grandchildren.

A Solemn High Requiem Mass will be conducted on Saturday, November 19, 2005 at 2:00 PM in St. Luke's Episcopal Church, 2635 Cleveland Ave., Fort Myers, FL 33901.

In lieu of flowers, memorial gifts may be sent to either the above named church or the Harry Chapin Food Bank, 2126 Alicia St., Fort Myers, FL 33901.



MALVIN E. MEADOR	8/7/2005
JOHN E. STARR	8/7/2005
MARK R. RYMSZA	8/10/2005
EDWARD P. MC DONALD	8/15/2005
ROBERT J. ALDRICH	8/21/2005
GEORGE AUSTIN KIEHLE*	10/9/2005
RICHARD W. WILEY*	10/28/2005
LOUIS J. IANDOLI	10/29/2005
RICHARD A. WADE	10/30/2005
HARRY V. SPADE	11/4/2005
CARL CHRISTIANSEN	11/8/2005

** Indicates Non-Member*



HIGH FLIGHT

Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds, - and done a hundred things
You have not dreamed of - wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air....

Up, up the long, delirious, burning blue
I've topped the wind-swept heights with easy grace
Where never lark or even eagle flew -
And, while with silent lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God.

John Gillespie Magee, Jr., September 3, 1941

RUPA'S SOCIAL CALENDAR

Monthly Scheduled Lunches

1st Wed. SFO North Bay---*Petaluma Sheraton*
2nd Mon. SW FL---*Olive Garden, Ft. Myers* - 239-417-8462
2nd Tue. San Diego Co---*San Marcos CC*- 760-723-9008
2nd Tue. Nov-Apr Treasure Coast Sunbirds---*Mariner Sands CC* - 772-286-6667
2nd Thu. Oct-Apr. SE FL Gold Coast--- *Flaming Pit* - 561-272-1860
2nd Fri. PHX Roadrunners---*Best Western En Suites Scottsdale Airport, AZ* - 480-948-1612
3rd Tue. DEN Good Ole Boys--- *11:30am American Legion Post 1* - 303-364-1565
3rd Tue. LAS High Rollers---*Memphis Barbecue* - 702-896-8821
3rd Tue. NE FL---*Spruce Creek CC* - 386-760-9736
3rd Tue. Dana Point CA--- *Wind & Sea Restaurant* - 949-496-2691
3rd Thu. LAX---(Even Mo.) *Hacienda* - 310-821-6207;
3rd Thu. LAX---(Odd Mo.) *Mimi's, Chatsworth* - 818-992-8908
3rd Thu. Ohio Northcoasters---*TJ's Wooster* (Always coed.) - 440-235-7595
3rd Thu. SEA Gooneybirds---*Airport Marriott* - 425-702-0989
3rd Thu. So. Oregon (MFR)---*Pony Express, Jacksonville* - 541-245-6896
3rd Thu. TPA Sundowners---*Boston Cooker* - 727-787-5550
Last Thu. Hawaii Ono Nenes---*Mid Pacific Country Club*

Quarterly Scheduled Lunches

1st Wed. Feb, May, Aug, Nov. Chicago Area--- *Itasca CC* - 630-832-3002
2nd Tue. Jan, Apr, Jul, Oct. McHenry (ORD)---*Warsaw Inn* - 815-459-5314
3rd Wed. Jan, Apr, Jul, Oct. Washington Area---*Westwood CC* - 540-338-4574

Semi-Annually Scheduled Lunches

Call. Mar, Nov. Tucson---*Tucson Country Club*---520-797-3912

Deadline: January 18, 2006

Mailing: February 1, 2006



PERIODICALS

RUPANEWS

1104 BURKE LANE
FOSTER CITY CA 94404

PLACE LABEL HERE

\$25 Subscription renewal date on label