



RUPANEWS

Journal of the Retired United Pilots Association

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PRESIDENT'S MESSAGE

Fellow RUPArians, the close-out date for this issue of the *RUPANEWS* is the 19th of January, just six days before Judge Lefkow makes her decision in the Federal District Court of Illinois regarding our pensions. By the time you read this missive, she should have made her decision as to whether she is going to allow the PBGC to terminate our pensions. In the event she delays that decision or defers the decision to the Bankruptcy Court, you all should take up your pens and write your representatives in congress and encourage them to either introduce and/or support emergency legislation for pension reform. Our younger brothers and sisters who have just recently retired stand to loose 70 to 80 percent of their earned pension benefits. It's imperative that a fix be crafted so the airline can get out from under the onerous rules now in place. If the pensions were frozen, and "make-up payments" were stretched out actuarially over the next 25 or 30 years, everything could be saved. If neither judge has made a decision to allow the PBGC to take over our pensions by the time you read this, be sure to write your representatives; if you have already written, write again.

We have had a very good response to our RUPA Wall of Honor campaign. I have a short article on this subject on page 16.

It's never too early to make plans for future RUPA events. Boy's Night out will be held a month later this year in hopes out-of-towners will not have the weather related problems associated with getting there. Mark your calendars for Friday, March 11th and plan to attend. You will find all the details for Boy's Night on page 8.

I've been in contact with Jerry Poulin of Jerry's Travel service. We have over 8 cabins booked for the June 30th European Cruise. He has received a number of calls recently about this cruise and anticipates more bookings soon. If you wish to go on the cruise, it would be a good idea to book as soon as you can, as some categories of cabins are in short supply. There are additional savings to be had if you are a member of AARP. Send him your proof of membership, and he can save you an additional \$100 per person.

One additional reminder, our Convention will be held this year in Washington D.C. during October, from the 13th through the 17th. You may want to set aside those dates now so you can visit with old friends, and partake in the tours that will be available, including the unveiling of the Wall of Honor,

I hope you all had the best of Holidays and the New Year yields the best of times.

Fraternally, *Rich*

WEBSITE STATS FOR 2004: ANNUAL REPORT

Total hits on the linked pages from left border: 347612

Home Page

Total hits in 2004: 75556

Best Month- December 2004: 15855

Highest single day total 12/30: 1516

Operating system

Windows: 99.94%

MAC : 00.06%

Screen Resolution:

1024x768 or above: 64.59%

800x600 or lower : 35.41%

Not bad considering this is just short of 7 years, and the first 2 years we had a total of 307 hits.

Bruce M., webmaster

DANA POINT LUNCHEON

Great way to start the New Year under the blue umbrellas at the Harbor. WX was great! Especially appreciated by all after the drenching we have had for several weeks. The 'Guys' seemed to be in a very upbeat mode even tho from a pension stand point things are still not good. Lots of info being tossed around from a great many different sources. Bottom of it all is: squawk to your senators and representatives and pray. Just don't bend over!

Present were: Park Ames, Carlos Bernhard, Bruce Dunkle, Bob Fuhrmann, John Grady, John Grant, Pete Hansen, Jim Keehen, Bob McGowen, Jerry Meyer, Bill Meyer, Bill Rollins, Ted Simmons, Bill Stewart, Tony Testa, Tom Close, Rusty Aimer, Jack Moody, Jerry Schuck, Butch Trembly, Stefan Steinberg and Mike B.....?

An abundance of great jokes were being funneled around the group. Even Park Ames was being one upped at few times ...but not for long!

Then the conversation dropped into the cockpit mode and our endearing 'Captain stories' started to fly!

First time I have ever heard of Cockpit Butterflies... seems that a pilot that keeps fiddling with the switches, knobs and tapping on the round glass gages. I heard about a 'persecuted' S /O getting even with a Captain by letting loose a big fat horse fly, from a jar of the same that he had brought from his farm. Every so often on the long flight he would let one loose and that would keep this Captain occupied for quite a while and mainly off his back. All names withheld!

Good time had by all.

Next Third Tuesday is Feb 15th-- *Ted*

DENVER GOOD OLE BOYS

The weather for the December meeting was most accommodating and a good turnout eventuated. During the social session preceding lunch, fertilizer slinging proceeded with alacrity. Later, during the more somber business meeting, it was made note of that John Allen has been infirm, but is now at home and would appreciate phone calls.

The kitchen outdid itself and the vittles on this occasion were as good as many of us are likely to get during the holiday season. This humble scribe heard no complaints, and kudos were forwarded to the chef. Some who are known to not have any pets were overheard talking about "doggy bags".

The topic of the day was the recently negotiated, Tentative Agreement between UAL and the active pilots, re a new working agreement, and how it might affect the retirees. The majority of the meeting was allowed for Jim Krasno to discuss the possible or likely ramifications for the retirees. Suffice to say, there were more questions than answers. Later on, and in consideration of this being the shortest day of the year, a concerted effort was made to adjourn prior to the onset of darkness, and from this humble scribe's observation, the effort appeared successful.

Those included in attendance: Bob Sannwald, Herb Giefer, Curly Baker, Dick Shipman, Dave Murtha, Tom Hess, Bill Hoygaard, Rick Madsen, Roger DeLozier, Maury Mahoney, Dean Readmond, Bill Fife, Ralph Wright, A.J. Hartzler, Dick Wagner, Pete Cecchinelli, Bob Blessin, Dick Kobayashi, Ray Bowman, Tom Gordon, Bob Steeneck, Jack Turner, Duane Searle, Keith Patton, Arv Witt, Fritz Meyer, Bill Matheny, Carl Harder, Jim Jenkins, Jim Krasno, Don Johnson, Jim Harris, John Thielen, Stanley Boehm, Gary Gore, Russ Ward, Frank McCurdy, George Maize, Dave Johnson, Jack Davis, Ken Ewing, Bill Jones, and the scribe and coordinator, *Ted Wilkinson*

DENVER GOOD OL' BOYS

The January meeting of DEN Good ol' Boys came off on the scheduled third Tuesday at the *American Legion Post 1*. The turnout wasn't as good as some recent meetings, but wasn't bad nevertheless. Following a rousing 'happy hour' the bell sounded at 12:00 on the dot. This humble scribe noted that Dick Garbrick led the charge thru the buffet, but truthfully this h.s. wasn't too far behind. The business meeting started with the obligatory attempt at humor, and didn't elicit too many groans. There was a brief recapitulation of news regarding the bankruptcy and the recent rulings by the courts by the h.s. then the meeting was turned over to Jim Krasno who amplified and added additional information.

The repast met with the approval of most, and met the high standard we've come to expect at this venue.

The passing of George Ohlman's wife, Elaine, was noted with regret, as was the fact of Terry Terrell being in intensive care. Unfortunately nothing more was known about Capt. Terrell.

The meeting adjourned at a respectable hour.

Those present: Bill Hanson, Curly Baker, Phil Spicer, Rick Madsen, Maury Mahoney, Dick Wagner, A.J. Hartzler, Bill Hoygaard, Jack Davis, Tom Hess, Sam O'Daniel, Fritz Meyer, Pete Delo, Dean Readmond, Pete Cecchinelli, Barry Edward, Dick Garbrick, Mike Williams, Bill Fife, Cliff Lawson, Stanley Boehm, George Maize, Jim Krasno, Jack Turner, Bob Crowell, Jim Jenkins, Craig Mills, Carl Harder, Dave Johnson, and the humble scribe and coordinator, *Ted Wilkinson*

FL TREASURE COAST SUNBIRDS' LUNCHEON

We resumed our luncheons after a hiatus of several months, this time @ *Mariner Sands Country Club* in Stuart. It had been about 6 years since we had met here, and so far the "boys" seemed quite pleased to be back. 23 of them showed up, including Paul Andes, Dave Arey, Jack Boisseau, Bill Cole, Vince Consigli, Pete Granata, Clay Grant, Dave Hoyt, Don Jefferson, Andy Lambert, Clark Luther, Jay Mallory, Bill Northup, Don Onofrio, Ted Osinski, Bob Schaet, Sid Sigwald, Stan Smilan, Skip La Rocque, Ed Fullerton, and lost but not forgotten-Bill Smith, and yours' truly, Jim Dowd. Our next lunch is scheduled for Feb. 8th (second Tues of the month) at *Mariner Sands CC @ 1130*. PLEASE call me at 772-286-6667 or 781-9911, or e-mail flyjim1@aol.com to confirm your attendance by Feb. 7th in AM at the latest.

Bob Schaet gave an informal report on the "celebration of life" for Felix Peyerfitte who passed away last SEPT. "SHOES", as he was fondly known to the troops, was well liked by all of us yankees, even tho he was a Noo Orleans kinda guy. We plan to use the internet for future notices re luncheons, etc. Of the 23 in attendance only 3 said they did not have, or the desire to use, e-mail. They will receive postcards from Schaet.

Bob's # is 561-747-2796, for those who desire postcard notification in lieu of e-mail.

Any Snowbirds that wish to attend are welcome. *Jim Dowd*

How to renew your subscription to the *RUPANEWS*

We constantly get calls from members wanting to know their status in reference to the \$25 postage fee. You can answer this question for yourself by checking your RENEWAL DATE which you will find on the address label on the back page of your most recent copy of the *RUPANEWS*
Send check to Cleve Spring, 1104 Burke Ln, Foster City, CA 94404-3636

URPBPA UPDATE

Dear Fellow Ruparians;

The United Retired Pilots Benefit Protection Association (URPBPA) continues to be active in defending its members' interests. PBGC action on December 30 did NOT terminate the Pilots Pension Plan. URPBPA filed a motion in Federal District Court in Chicago on January 12, 2005 to intervene in the PBGC's request to terminate the United Airlines Pilots Defined Benefit Pension Plan. URPBPA argues that its members have a vested interest in their Plan and that termination would unfairly result in a significant loss for many of its retiree members. The hearing on the URPBPA motion is scheduled for January 25, 2005.

URPBPA has also asked the Federal Court to overturn Bankruptcy Judge Wedoff's ruling to deny requiring UAL to negotiate with the retired pilots. These two actions point out to the Court that URPBPA members' interests are not represented by ALPA or anyone else in the UAL bankruptcy proceedings.

Additionally, URPBA will oppose UAL's motion which asks that the PBGC request to terminate the Pilots Pension Plan be moved from the Federal Court to the Bankruptcy Court. This motion is also scheduled to be heard in the Federal Court on January 25, 2005.

Congress is beginning to consider pension legislation. You must communicate with your Member of Congress and your two U.S. Senators if you want to help save the United Pension Plans. There is nothing wrong with calling, and sending faxes, and sending letters and sending E-mails to your representatives' local offices AND to their offices in Washington.

Go to www.congress.org for all local and Washington addresses and numbers, or find them in the Government pages at the front of your telephone directory. E-Mail, fax, phone and write to your Representative and two Senators at all their locations. Be advised that mail to the government in Washington, D.C. could be delayed for several weeks by security.

Keep it short and simple. The subject is PENSION REFORM. You are requesting QUICK ACTION to PREVENT UNITED AIRLINES OR THE PBGC FROM TERMINATING RETIREE PENSION PLANS and to KEEP UNITED FROM DUMPING PENSION LIABILITIES ON THE PBGC. Use your own words; identify yourself as a constituent and as a member of a group of over 5,000 retirees. Will Plan termination hurt you? Briefly explain how. For more information and for a sample letter, go to the URPBPA website: www.ualpilotpension.com.

If United succeeds in terminating the pension plans, other major carriers will likely have to do the same. This additional huge liability dumped on the PBGC could put at risk the existing schedule of pension payments from an already underfunded PBGC trust.

DON'T DELAY - ACT IMMEDIATELY!

Fraternally,

Jerry Terstiege,
URPBPA Secretary,
Foster City

ABOUT THE COVER: UNITED AIRLINES' CARAVELLE.

ARTIST: WILLIAM E. (NORTY) NORTHUP, OF RUPA

CONFIGURATION: 64 First Class Seats.

CREW: 3 Pilots; 2 Flight Attendants

2 ROLLS ROYCE ENGINES---Burned lots of Fuel and Slow to Spool up

It was the last airplane to fly the EWR/ORD Executive Flight.

[Information on the Caravelle is difficult to find on the West Coast. A fairer view of this beautiful aircraft will be published if is submitted—Ed]

GOLD COAST RUPA GROUP

The South Florida bunch met on the 13th of January for lunch at the *Flaming Pit Restaurant*. We had a nice time and another discussion about our pensions. I will be glad when there is something else to talk about, like girls and airplanes. It will go on for a few more months though, I'm sure. The only bright spot, Ham Wilson told another disgusting joke.

Present on Thursday were, Jim Good, Bob Hein, Dick Bodner, Dick Wiley, Dan Petrovich, Mike Warde, Warren Hepler, Bob Schaet, Stan Blaschke, J.T. Palmer, Pete Gallant, Duane Harrison, Paul Livingway, Terry Lewis, Ed Wheeler, Dave Peat, Bob Smirnow, Wayne DeLawter, Lyn Wordell, Ham Oldham, Bob Dodson, Joe Jenkins, Jimmy Carter and his son Scott from Chicago, Ham Wilson, Hank Fischer, Tom Llewellyn, Bill Lancaster, Les Eaton, Ned Rankin and Jack Wink.

Jim's son Scott comes down from Chicago most weekends now because the full fare is under \$65.00 each way. Do you wonder why the airlines are having problems? I think the companion fare is about the same.

Next meeting is on February 10th, same time and same place. If you would like to get on our e-mail or card reminder list, call me at 561 994-6103 or e-mail at p-jbradley@msn.com.

For Jimmy and Stan, *Jerry Bradley*

JOE CARNES NW ILLINOIS RUPA LUNCHEON

On January 11th 2005 the 71 RUPA members, spouses and friends met at the Warsaw Inn in McHenry for the Joe Carnes NW Illinois RUPA Luncheon. Milt Jensen had left the week before for warmer areas so we were without his MC talents and his ability to make us laugh and forget our problems for a while. The company and ALPA addressed by George Mathis who covered what we can expect from the PBGC in the next few months and by Cliff Sanderson who updated the UAL bankruptcy and recent actions those problems.

Dale Dopkins and Buck Hilbert told us of recent goings on with the United Airlines Historical Foundation. Buck recently finished flight test on another restored Swallow, which was restored by the EAA and will be kept at Oshkosh.

Bernie Sterner finished with two good stories which helped us miss Milt a little less.

If you know of anyone in the Chicago area that would like attend the Joe Carnes lunch and are not getting a notice from us please call 815 459 5314 or e-mail buddyclaude@comcast.net.

In attendance: Jerry Anderson Don & Joan Anderson, Leroy & Eva Bair, Ken Bergsma, Dale & Glenys Bird, Tom Boyle, Glynn Bradley, George Braum, Ben & Kay Burford, Bruce Carey, Bill Cherwin, Frank Cleland, Tom Conley, Denis & Sandy Darida, Joe & Julie David, Dale Dopkins, Roger & Sue Dreher, Jerry & Judy Drommenhausen, Dick Emery, Marty Gallagher, Buck Goodman, Ed Gunderson, Vince Hammond, Dave Harris, Tom Harvey, Bob & Gail Helfferich, Al Herbst, Buck & Dorthy Hilbert, Edger Hoffmann, Jim Holbrook, Paul Hubbert, Gene Johnson, George Keller, Bob Kelly, Les A Kero, Jim Kirkham, George & Jacquie Mathes, Ollie Mays, Rob McCutcheon, Ken & Gerry Miles, Bob & Shirley Moncur, Warren Nelson, Marjorie & Howard Nelson, Claude Nickell, George Olson, George Pylawka, Cliff Sanderson, Bernie & Rachel Sterner, Jack Sullivan, John Thomas, Bill Thompson, Sid Tiemann, Terry True, Lyman Walter, Tom Wedel, Dave Wege, and Jerry Westfall.

<p align="center">United Airlines Retired Pilots Foundation, Inc.</p>
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<p align="center">Send all donations for the United Pilots Foundation to: Capt. T. S. "Ted" Bochniarz, Treasurer 11165 Regency Dr., Westchester, IL 60154-5638</p>
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Coming Soon!

BOY'S NIGHT OUT

Friday, March 11th, 2005
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 Shrimp Scampi, Prime Rib or Salmon.

Dinner is \$37.50

Rooms are available at \$89.00. Call the hotel at 1-800-827-0880
for reservations and mention "RUPA" for this rate.

Guest Speaker, Bob Parsons

RSVP dead line: Tuesday, March 8th, 2005
Make check payable to **RUPA** and mail reservation to:
Sam Cramb, 20090 La Roda Ct, Cupertino CA 95014

Name _____ Guest Name(s) _____

Indicate entrée choice:

- Chicken Breast & Shrimp Scampi
 Roast Prime Rib of Beef, au Jus & Horseradish
 Salmon Filet, Herb Butter Sauce

Check enclosed for: \$ _____

LOS ANGELES AREA CHRISTMAS LUNCHEON

Our Master of Ceremonies for the 2004 luncheon at the *Hacienda Hotel* on December 9th was the South Bay Representative Rex May. After all the visiting and all 90 of us got seated Rex opened up by saying he had just completed a survey of 100 pilots. As Rex continued it was humorous sayings about airline pilots. If I could quote any of them I think you would get a chuckle out of them as we all did.

The next at the podium to entertain us was Linda May with a 4 minute story from a Chicago flight attendant about a pilot's office and the view he has and the things he sees and there is no other job in the world like it. Our next speaker was Los Angeles Chief Pilot Captain Gary Meermans. Gary will be retiring next year with 39 years of service with United Airlines. Before Gary started to speak some one in the audience said all we want to hear is good news. Gary's response to that was it is all good news. Gary spoke on 6 topics: 1. At one time there were 10,000 pilots on the seniority list, today there are 6500. 2. There are two big banks of flight departures at LAX: 6 A.M. & 10 P.M. 3. Starting today December 9th, United will start flying to Viet Nam. Also United will increase its International schedules and cut its Domestic schedules. 4. 40 pilots are being recalled from furlough, however 300 pilots have retired of which 100 were early retirements. 5. Was there any final decision on the pension and the answer was not as yet, it will have to go thru the courts. 6. The last was that the Honolulu & Miami domiciles were closed.

Next Rex introduced Michelle, the LAX FOSC (Flight Operations Service Coordinator). She told us that the retirement party for the 2004 retirees will be the 3rd Saturday in March 2005. She went on to say United will be starting a second flight to Sydney, Australia that will operate 3 times a week, which will be Monday, Wednesday & Friday.

Rex asked was there anyone who wanted to say something and Dave Tank came forward. He talked of the muscle men of the 1950's. One of them was Cliff Chaney who now resides in St. George, Utah and at a young age of 87 is still an active flight instructor. Dave said he asked Cliff what was his key for his longevity? His response was "If you put some thing in your mouth and it tastes good spit it out." Dave's closing comment was does anyone remember Dave Stewart and there were "Oh! Yeahs" from the group. Dave is now 93 and lives in New Mexico.

The last person to talk of things out of the past was Norm Witt. He told of an incident when he was John Wisda's co-pilot on a DC-8 flight. (Before I continue with Norm's story I would like to say John spoke at our last Christmas Luncheon about a flight in the South Pacific during World War II when he was the co-pilot on a United operated C-87. I am sorry to say John has "Flown West" this last year.) Now back to Norm's story. It was United Flight 8, a DC-8 from LAX to JFK, as they were nearing the New York area they received a message from dispatch that there was a bomb on board that was set to explode when descending below 5000 feet. They turned the aircraft around and headed for Denver. When it was decided they did not have enough fuel to reach Denver, Omaha was chosen as the place to go. After depressurizing the aircraft they started their decent. After descending thru 5000 feet they all had a sigh of relief for the aircraft had not blown up and they were all in one piece. After landing in Omaha, it is needless to say the story of their flight made the newspaper.

By the time you read this the holidays will be behind us so I hope you all had a great holiday season. Till next year - Doug Rankin

LOS ANGELES VALLEY LUNCHEON

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: Cleve Spring, 1104 Burke Ln, Foster City, CA 94404 – phone 800-787-2429 E-mail clevespring@comcast.net

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

We had a large turn out today at *Billingsley's* for our November 18, 2004 luncheon; beating the September luncheon by 2 with 30 in attendance. That must be because we had 2 from Captain Cook, Hawaii which is on the Kona Coast of the Big Island of Hawaii. They were Bris & Bev Pitts. Bris is a 20 year retiree. The others that joined us for lunch were Don McDermott (our Valley Rep), Rex May (South Bay Rep), Trudy Ann Buck, Norm Marchment, Doug Bielanski, Larry Lutz, Marv Jeffers, Denny Fendelander, Dick Unander, Bob Mosher, Jack Moore, Joyann Moore, Herb Goodrich, Hilda Goodrich, Marcene Rankin, Doug Rankin, Walt Albright, Ken Williams, Ray Engel, John Joyce, Shirley Hanson, Jack Hanson, Dave Tank, Ginny Tank, Jim Turner, Dave Kirkendall, Butch Trembly.

At 1205 Don welcomed our guests from Hawaii, followed by Rex reminding us that the Christmas Luncheon at the *Hacienda* is the 2nd Thursday in December which will be on December 9. Don then spoke of the gloomy outlook pertaining to Medical for those under 65 who have not as yet gone on Medicare. He also spoke of our Pension Plan and pensions pertaining to other companies. Doug Bielanski mentioned that there is talk that the Flight Attendants may strike the major airlines. Also mentioned during the discussion was that if the PBGC takes over the retirements benefits those over 71 should receive the amount that they are now receiving, and the younger ones would receive something less than they are currently receiving. During the discussion we were told that as of January 1, 2005 management is supposed to take a 15% pay cut.

Our guests from Hawaii were introduced and Bris talked a little bit about this years Kona Coffee crop that is grown in his area of Hawaii.

Until January, here in the San Fernando Valley, *Doug Rankin*

LOS ANGELES VALLEY LUNCHEON NOTICE

On December 31st I was surprised and shocked to find an article in the Los Angeles Daily News newspaper. There was a picture of Drew Billingsley standing in front of *Billingsley's* Restaurant and in the article he stated "We'll be open like normal and then, no more" (after December 31st, the day the restaurant's lease expires).

The city's Van Nuys Airport owns the golf course property, which is located just to the south of the runway. The airport awards the concession for the golf course, which sublets the restaurant space to Drew Billingsley. The restaurant has been a landmark here in the valley for the last 36 years. It will be missed by many, especially the RUPA members who have been meeting there on the third Thursday of the odd months for lunch.

It will be hard to replace *Billingsley's*, but we are looking so will keep you informed. Till then from where ever, *Doug Rankin*

SAN DIEGO LUNCHEON

There were five of us at *QUAILS Inn CC* in San Marcus. Present were: Bill Pauling, Bill Wieland, Pete moyer, Hugh Wilson, and myself. We talked about things that only pilots talk about, and other pilots understand, flying. *Bob Bowman*

THE PHOENIX ROADRUNNER'S

United Airlines Historical Foundation

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

TERMINATION NEWS BY DOUG WILSMAN

This is being written on 1-23-05. "Uncertainty" is the word of the day. The last time I wrote for these pages, we all thought that there would be a 60-day notification before the bankruptcy judge would be able to terminate the Pilots' A-Plan. Now we have the PBGC filing a complaint in court seeking permission to seize our plan retroactive back to 12-31-04. And we can't find out if PBGC is serious or just doing this for show. The request was filed at 8:40 AM on 12-30-04 and nothing of substance has happened since.

Next Tuesday, 1-25-05, the Federal District Judge assigned to the case, Joan H. Lefkow, will hear appeals from ALPA and URPBPA to intervene and she will also hear UAL's motion to have the issue of seizure transferred to Judge Wedoff's bankruptcy court. On the judicial home page of the Federal District Court, Judge Lefkow indicates that she does not set cases for a status or scheduling conference "until 45-60 days of the filing of the complaint." That would be February 15th or later before a schedule is announced!

The federal pension laws give PBGC the right to request judicial approval for seizure if PBGC can prove that it would sustain an unreasonable increase in long-term losses if immediate action is not taken. The PBGC has yet to file with the court its administrative record, including everything the agency considered in reaching its decision. PBGC's press release vaguely argues that will save up to \$140 M if the plan is terminated now and that the seizure would give UAL greater financial capacity to retain its other three plans which are also insured by PBGC.

Meanwhile, last Friday, 1-21-05, in another court, federal Bankruptcy Judge Wedoff blessed UAL's latest new contract with ALPA, subject to its ratification by the ranks. So if the A-Plan isn't seized before then, UAL says it could ask the judge to terminate it after April 11, without violating its new agreement with ALPA. The potential termination hearings are set for trial in Wedoff's court between May 11 and 19th.

UAL keeps insisting that it cannot attract exit financing with the specter of its four underfunded pension plans hanging over its future cash flow. UAL also claims that if the plans were "frozen" by some new federal legislation, it would be worse off than it is now---it needs termination. That hasn't stopped a grass-roots effort by UAL retirees and active APLA members from many airlines attempting to convince federal legislators to urgently change the funding requirements for underfunded defined benefit plans. The CEO of Delta Airlines has reportedly received support from senators and congresspersons for legislation that Delta has written.

Delta's pilot plan has been frozen, sort of. Its allowable participation credit was always capped at 25 years. Now, as of the 1-1-05 "freeze," no more participant credit can be earned, but if a participant's earnings increase between now and his retirement date he gets to use the higher amount in his final average earnings. He can also take a 50% lump sum and the new defined contribution replacement plan is designed to pretty much replicate the old plan's benefits, when the new benefits are added to those payable from the "frozen" old plan, so the expense to the company seems to be nearly equal. Freezing benefits is obvious not the total answer. Delta wants the law changed to stay competitive when UAL's plan terminates!

UAL's current Pilots' A-Plan is also currently frozen, sort of. Almost all those currently retiring have, in effect, not been acquiring any additional benefits since the current plan was modified effective June 1, 2003. That modification caps participation at 30 years and the multiplier is reduced to 1.35%. Benefits under the new plan are so much lower than the "protected" benefit frozen as of May 31, 2003 that nearly all senior pilots, hired at age 27 or younger who retire in the next five years, will not be increasing their A-Plan benefits as a result of their continued employment since May, 2003.

How all this stuff will impact retirees and widows who already receive qualified monthly benefits is spelled out in the Wilsman PBGC Benefit Calculator. The latest update is always posted on the RUPA Website run by Captain Bruce McLeod at www.rupa.org. And the good news is that if all the printer's plans now in motion bear fruit, this 12-page devise will be printed on blue paper and attached with one staple to the center of this February issue of the RUPANEWS so it can be pulled away from the newsletter without damaging itself or the newsletter.

The Calculator assumes that PBGC will succeed in getting judicial approval to seize the plan retroactive to 12-31-04. Remember, if the date of termination shifts, the benefit projections will change accordingly. Enjoy! *Doug*

The Phoenix Roadrunner's met on Friday Jan 14th 2005 at the *Best Western Suites Airpark*, Scottsdale, AZ. Glad to have some new faces, Lynn & Linda Smith flew in from Chandler and reported very good reception at the Airport facilities. We had a short walk over to our meeting place. Hope to see you at our next luncheon on Friday Feb. 11th. Always glad to have our winter guests Ralph Wright from Denver and Russ Cottle from the Bay Area.

Since there wasn't a Guest speaker we used the time to discuss pass travel and other issues of UAL.

Those in Attendance were: Fred Anderson, Bob Blue, Frenchy Bourgeois, Mike Carlin, Klabo Clay, Russ Cottle, Ken & P.J. Killmon, Cory Liston, Phil & Pat McDonald, Al McNutt, Bill Morrison, Ed & Phyllis Nelson, Gene Paquette, John & Shirley Prestegaard, Roy & Lois Scroggs (guest Robert Robinson), Charlie Schwob, Jerry Smith, Lynn & Linda Smith, Bob Steeneck, Dave Specht, Don & Mary Toeppen, and Ralph Wright.

Remember the wives are always welcome. *Frenchy & Millie*

THE CLEVELAND CRAZIES Winter Pinter

The 16th annual winter Cleveland Crazies gathering once again hosted by John and Joann Pinter was to say the least, a reflection on the times. Winter doldrums and uncertainty of the future seemed to put a blanket on what has in the past, been a very festive occasion. Though the turnout was small, 28 folks did attend what may be the last of a tradition.

Present were: Joe & Vickie Getz, Rick & Ronnie Ogden, Jim & Monica Burrill, George & Jane Bleyle, Dan & Bev Seiple, Robert & Shirley Curtiss, Vic & Brigitte Popelars, Dick & Joann Orr, Len & Isabelle Chamberlain, John & Joann Pinter, Skip & Cindy Irwin, and visiting from Colorado, Ralph & Sharon Ridge.

For a change the weather was grand and everyone attending seemed to enjoy the event. Though a reduced number of people attended, the food brought by all was overly sufficient and everyone ate well. There was no short fall here.

The Cleveland Crazies will continue to meet during the year at *TJ's Restaurant* in Wooster, Ohio on the third Thursday of the month at 1pm. As is our standard, it is co-ed all the time and visitors are always welcome. We are only a phone call away. From all of us here on the North Coast, very best wishes for a far more stable New Year and continued good health. *Richard McMakin*

SEATTLE GOONEY BIRDS

Seattle Gooney Birds met on schedule 11-18-04 at the *Marriott*. Jack Brown reported that he is now a great grandfather (with 16 grandchildren what were the odds?) George Compton gave us a review of the Thunderboat Museum he is involved with, and invited all to attend in person or on line at thunderboats.org.

Our many thanks to Alan Black who gave us an update on the United Airlines situation. More updates later.

Great attendance: Brent Revert, Bill Brett, Neil Johnson, Hank Kerr, Dick Monroe, Fred Vinton, Fred Sindlinger, Gerry Pryde, Dan Jessup, Jim Barber, Curly Slobodian, Donn Foreman, Norm Richards, Bud Granley, Herb Marks, Howard Holder, Tom Smith, John Turbeville, Tim Joslin, Jack Brown, Bill Stone- man, Dave Carver, Bob Berky, Don Anderson, Chuck Westpfahl, George Compton, Jeff Roberts, Mark Gilkey, Bob Reid, Ray Hull, Vince Evans, Ray Dapp, Dixon Smith, Dick Anderson, Alan Black. *Brent*

SEATTLE GOONEY BIRD LUNCHEON

Tis the season...Had a great Gooney Birds meeting 12-16-04 at the *Marriott*. A loud and sincere Merry Christmas is offered to all.

Attending were: Brent Revert, Dan Jessup, Dave Carver, Bill Lamberton, Alex Dunn, Bob Wulf, Ted Wood, Rex Joseph, Jeff Roberts, Gerry Pryde, Fred Sindlinger, Tom Smith, Ray Dapp, Ken Case, Bill Brett, John Stewart, Larry Adams, Chuck Westpfahl, Howard Holder, Bill Jensen (youngest), Jack Brown, Don Anderson, Bob Berkey, Neil Johnson, Vince Evans, Ray Hull.

Every effort was made to elicit good news or favorable rumors but, with none such forthcoming, several jokes were told and were appreciated.

A sober reminder of the high price of our freedom - Pat Leach, son of Bruce and Grace, was killed last week in Iraq. Our thanks and prayers are with him and his family. *Brent*

THANK YOU
NEW YORK SKYSCRAPERS
From
UNITED AIRLINES RETIRED PILOTS FOUNDATION

November 20, 2004

Ladies and Gentlemen:

On behalf of the all volunteer Board of Directors, the Officers and Field Representatives of the Foundation, we wish to acknowledge a very generous donation made by the NY Skyscrapers group in the month of November.

Their donation, along with the donations of some active pilots and many retired pilots, will go a long way in helping the Foundation continue to be able to award grants to our retired United family members, who are in need of assistance. The grants allow them to live in dignity and with a reasonable life style.

The Foundation formed in 1986 has helped many of our retired pilots and their families, who have little or no retirement income. We are also able to assist families of pilots who died in the line of duty that are having financial difficulties.

Thank you, Skyscrapers and everyone else who had donated to the UARPF.

Capt. Joe Vitelli, ret.
President

ALPA

SFO

Council 34

Retirement Party

2005

Saturday, March 19, 2005

San Francisco Airport Westin Hotel

6:30 pm

An elegant dinner dance
An elegant dinner dance

Party reservations \$50.00 per person from:

Capt Lori Muir, SFOFO

6016 Crossfield Ct.

San Jose, CA 95120

(408) 268-2511

c34retirementparty@pacbell.net

Financial Planning Seminars

FREE

Friday, March 18 9am-4pm

Saturday, March 19 9am-4pm

All pilots and spouses welcome!

SFO NORTH BAY RUPA GROUP

The December North Bay RUPA luncheon was held on the first Thursday, December 2nd, at the *Petaluma Sheraton's Jellyfish Grill*..a very pleasant group assembled, including several who had also attended the festivities the previous evening at the RUPA dinner dance held in Burlingame.

We were very pleased to see John Baczynski back among us after his recent illness. Attending were: Don Madson, Dick Hanna, Tom and Ann McGee, Bill Smith, Ted Graves, Jim and Annie Mansfield, Dee and Larry Whyman, Steve Dunncliff, Bill Greene, Bill McGuire, Phil Simon, Woody Lockhart, John Reed, Sam and Mickie Orchard, Tom Grey, Ken Corbin, John Baczynski, and this humble scribe. *Bob "Father" Donegan*

SFO NORTH BAY RUPA GROUP

The first luncheon of the New Year for the North Bay RUPA group was held Thursday, January 6th, at the *Petaluma Sheraton's Jellyfish Grille*. A record attendance of 35 showed up to enjoy the good fellowship and excellent cuisine. (A small gathering in the bar of the "itty-bitty-pension-committee" was also held before the meeting, to alleviate the strain of current events.) We were pleased to be joined by, all the way from Paradise (Oahu), Buddy and Alice DeCosterd, and from the Sacramento Valley area, Bob and Barb O'Neill for their first visit. Hope to see them again soon!

Al Fink gave a short rundown of how his recent retirement, (11-30-04), had been going, and the lack of his receiving the PLSA amount as requested from United. It would seem some very arbitrary decisions are being made by UAL mgt., not the PBGC. The vote on the temp. agreement between UAL/ALPA was discussed at length. No further comment.

Thanks to Jim Dopp in Arizona, who donated them, we passed around a collection of some of the rewards United used to give to valued customers...bound books containing collectors drawings of aircraft of the line, past and present, accompanied by personally signed letters of appreciation from a VP...also bringing a comment or two, was a 1966 ad from an aviation magazine offering...(in LARGE type); "We'll pay you \$1,000,000 to fly for United!"... Starting pay was \$550 month...retirement was "as much as \$23,000 a year!.. again, no comment!

Also in attendance, beside the previous listed were: Jim Jaeger, Ken and Shirley Corbin, Dick Lammerding, Ted Graves, Bill McGuire, Carl Hakanen, George Hise, Phil Simon, Dave Stolp, Dick Hanna, Dick Graver, Jim Mansfield, Bill Green, Barney Hagen, Sam and Mickie Orchard, Dick and Lilli Smith, Dan and Chris Bargar, Jerry Nemier, Woody Lockhart, John Reed, John Baczynski, Larry Whyman, Gardner and Sheila Bride, and Rick Saber (whom, being a true gentleman of the old school, politely declined to reveal details of his experiences at the Burning Man festival!) Continuing what is now becoming tradition, those not in attendance were talked about!!

If you're in our area the first Thursday of the month...drop in and join us!!

Bob Donegan



UPDATE ON THE WALL OF HONOR

Fellow RUPA members,

Thanks, you have responded exceedingly well to our efforts to raise funds for our exclusive RUPA Wall of Honor Panel. To date, we have over 900 names. We need a total of 1,008 names to complete a full panel, so you can see how close we are to completion. We only have room for about 100 more names. If you haven't submitted a name yet, please do so soon. We hope to publish a complete list of names in the next issue of the *RUPANEWS*. We are working very closely with the National Air and Space Museum staff (Gayle Union, (202) 633-2615, uniong@si.edu) to make sure all of the names are accurate and correct. If you have any questions, you can contact Gayle, preferably by e-mail or me (925) 443-4339, rbouska1@comcast.net. **Please remember, that if you send in your application and want to honor someone who is NOT a RUPA member, put the non-RUPA member's name on a separate application without the RUPA source code.**

Remember, our goal is to have this panel engraved and ready for our October 2005 Convention.

Rich

FLOYD'S STORY

My wife and I went to Seattle this fall to join the other "Happy Cruisers" planning to embark on the MS Amsterdam for our RUPA cruise to Alaska.

We got to Seattle a day early just to make sure that we got there in time for the cruise and to join many friends for dinner the night before sailing.

Next morning after a nice breakfast we all left the hotel and boarded the ship about noon or so. We had a nice lunch laid out for us and after returning to our cabin I began to feel as though I had eaten something that really didn't quite agree with me. To be on the safe side we decided to check with the ship's doctor prior to our sailing. After several tests the doctor felt it just might be a good idea to leave the ship and check into a local hospital for further testing. What a heck of a note!

They carried me off the ship on a stretcher with some of our cruisers looking over the railing watching my departure about 45 minutes prior to sailing. We then went by ambulance to Swedish Hospital. (I found out that they take Norwegians, too).

After two days of testing they felt that the cause of my discomfort was that I had passed a gall stone. What they also discovered was that I had a large aneurysm on the aorta in the abdominal area and recommended that I check with my doctor about this as soon as I returned home.

After much further testing I had surgery for both the aneurysm and removal of the gall bladder. This was a lengthy but necessary procedure. I have since been told that these aneurysms quite often rupture within one or two years and are usually fatal. I am a very lucky guy to have discovered something like this in time to have it corrected - lucky to be operated on by a very fine surgeon and cared for in a very good hospital.

My reason for relating all of this to you is that I had no idea that I had this condition until it was discovered during an ultra sound check for something else. Most people that have had ruptured aneurysms were not aware of it either.

I also discovered that this is more common among older persons than is generally realized. My thought is that it just might be worthwhile to discuss this with your doctor to see if he feels that a non-invasive check such as ultra sound might be worth your consideration. It could save your life. *Floyd Alfson*

THE NORTH COAST FLYERS aka The Cleveland Crazies

In our final regular meeting of the year we met at *TJ's* in Wooster and we were able to find humor, fun tales and laughter in spite of the situation which seems to have put a blanket on almost everything we do.

Those in attendance: Dick and Joanne Orr (she, now ambulatory), Rick and Ronnie Ogden, Dick and Mary Lou Sanders, Bill Dilzell, Ed Griffith, Gene White, Dave Suits, Bob Olsen, Kenny Wheeler, and Richard McMakin. In addition, joining us from Naples, Florida were Judi and Ed Rooney. They, here in the area for the holiday and out before the snow flies. They hope!

We, from the Great North Coast would like to take this opportunity to wish all of you a very Merry Christmas and a Happy New Year, and remember we do have our friends and our pride and still have our ability to deal with whatever. *Richard McMakin*

SEMI-ANNUAL TUCSON AREA LUNCHEON

Twenty six people attended the luncheon at the *Tucson Country Club* on November 30th and were treated to a very informative talk by four, count 'em, four guests. Three from the Tucson Airport Authority including Bonnie Allin, its Chair, Paula Winn, the Director of Information and Government Affairs, and Alex Kovach, the Director of Air Service and Marketing. They gave an interesting overview of the history and the future of air service in Tucson, both its commercial and private flying. After their presentation there was a short period for questions. In addition we had a short talk by Gordon Starr, head of the Tucson branch of RUAEA, the Retired United Airlines Employee Association.

Those attending were: Don and Joyce Sutherland, Dorothy Sayre, Bill Tyndall (with his guest, Josh Bailey,) Mike Schurig, Randy and Pam Ryan (with their guests, Paul and Noella Nibur,) Bev Goodlow, John Anderson, Hank and Louella Dykhuis, Jim and Mary Cook (with their guests, Dennie and Connie Beckman,) Bob and Eileen Bartsch, Bill and Shirley Turner, Fred and Barbara Duell, and Gordon and Dora Starr. Missing were Mike Allum and Bill and Ruth Howell.

The next luncheon will be planned for sometime in late March or early April. If you would like to attend and did not receive any notification for this one, please e-mail me (randelryan@aol.com) and I'll see to it that you will get the information. If unable to e-mail, call me at 520-797-3912 or else send a note to me at 5930 E. San Marino, Tucson, AZ 85715. I'll make sure that you will receive a notice.

We look forward to getting together again in the spring and hope to see you there. *Randy Ryan*

**Mark Your Calendars Now
For the RUPA Convention
In Washington D.C.**

October 13 through October 17, 2005

**Be there for the unveiling of the
RUPA Panel at the new
Smithsonian Udvar-Hazy Museum**

WASHINGTON AREA RUPA, EDDIE O'DONNELL LUNCHEON

January 19, 2005,

When the group only meets every three months, each occasion is remarkable for some circumstance. This day, January 19, 2005, was full of remarkability. My spell-checker does not like that word but since I made it up, I can spell it anyway I wish. It is descriptive of a day of snow with attendees driving 2 to 3 hours from Pennsylvania and locals taking an hour and a half to get to the club from Alexandria. Obviously, they did not want to miss the meal for which they had pledged \$25. Obviously, they did not want to miss the presentation of Col. Buz Carpenter. Obviously, they did not want to miss the pension presentation of Dave Malone and certainly they did not want to miss the humor provided by the Master of Ceremonies. On that count they were shortchanged as the several humorous tales prepared for the occasion had to be skipped in the rush to get back on the roads prior to rush hour. The one about the Monastery will wait until April.

As usual, we began by gathering around the tables to remain standing for a moment of silence remembering those who have preceded us in the Flight West. In particular, we thought of those departed since last we met: Capt. Edward Montgomery, Capt. Norman N. McNeil, Retired Dispatcher John McCormack and Capt. Norman Little. We remembered the pleasure of their company and the part they played in our lives and our profession.

Col. Buz Carpenter gave a spirited presentation of the SR71 mission with details of the systems and conduct of the flight. Buz flew the F4, C141, U2 and had 60+ operational missions and 777 hrs. in the SR71. Buz volunteers as a docent at the Udvar-Hazy Center. Dave Malone brought us up to date on the latest legal maneuvering with regard to our pensions. Dave brought copies of Doug Wilsman's PBGC calculator, discussed its use and then took questions. Herb Petitt displayed 1970 era photographs of DCA pilots. The photos were made by Rod Stair and brought back many memories. Jerry Goebel reported on the sick, halt and lame. Hopefully they will be healthy again by the time this is published. It was good to see Sim Stidham in attendance after his back surgery.

Jerry Goebel and Herb Petitt handled the reservation agent duties. Hal Cockerill and Jerry Shuts manned the check-in table. Thank you Gentlemen, you made things easier for Jack and I.

Due to the weather and traffic conditions, we rushed through discussions on preparation for the October RUPA Convention. We also spoke of the great progress on the RUPA Panel on the walkway at Udvar-Hazy. There are only a hundred spaces left.

Ralph Pasley drew tickets for the Door Prize. Without batting an eye, he thrust his hand into the Golden Vessel of Uncertain Heritage and rewarded Hal Cockerill and Bill Nolan with the best of Loudoun's vintage.

48 hale and hearty adventurers were in attendance and with great fervor exchanged runway condition and breaking action reports: Bob Aldridge, Pat Austin, Jon Beckett, Bob Bell, AL Buff, Buz Carpenter (Guest Speaker), Pete Carruthers (Guest of Sim), Chet Cassel, John Cerisano, Hal Cockerill, Tom Coffey, Gil Coshland, Gene Couvillion, Dub Crawford, Ed Crowther, Kevin Dillon, Jack Evans, Ferg Faunce, Brad Fleming, Jim Foster, Denis Getman, Paul Gilson, Jerry Goebel, Bruce Green, Bob Huguley, Earl Jackson, Tony Keffer, Fred Keister, Tom Kosik, Sam Leinbach, Roy Liggett, John Linderman, Joe Lubozynski, Clyde Luther, Dave Malone, J.B. McClure, Frank McKenzie, Lew Meyer, Ed Miller, Bill Nolan, Ralph Pasley, Herb Petitt, Larry Rooney, Bud Ruddy, Jerry Shuts, Sim Stidham, E.K. Williams, Cliff Wolff.

Gentleman, we need your help in keeping the mailing list up to date. Please send to me any changes to your address, postal or email. Also remember, that if you do not keep Jerry Goebel informed of illness and death in the group, he will not be able to give the information to the phone tree in a timely manner.

Our luncheons are quarterly, the 3rd Wednesday of Jan, Apr, July and Oct, at the *Westwood Country Club* in Vienna, Virginia and we invite any of RUPA to join us. Social time begins at 1100 with lunch served at noon. Next luncheon is COED on April 20th. Contact Jerry Goebel 703-719-6353, or E.K. Williams 540-338-4574; (EKWJR@earthlink.net) to ensure a place at the table and a bean in the pot.

E.K. Williams, Jr. Washington Area Representative

LETTERS

L. WALLIS ALVES—Cape Coral, FL

Hi Cleve and all. Late again in these troubled times. Everyone here is in good health, so I am blessed in that regard.

Talk to a few of the guys from time to time. Thanks again for all the hard work you-all do with RUPA. Check enclosed. *Wally*

ROBERT BARTOW—Calabasas, CA

PUEMA

Dear Ted,

Margo and I are doing fine health wise. Our younger son is called to duty in the army reserve and Serving in Iraq. Allah is certainly looking out for those people as He hasn't allowed me to be in charge. If that were the case, the whole damn Middle East would be a charcoal desert, although it would glow a beautiful yellow green at night.

All the doomsaying in the media over the last few months would have us believe that the airline industry is in for a major correction. Too much capacity, they say, will cause one or more of the major airlines to go under. United, with its history of bad management, is a likely candidate for failure. When Ferris took over, United was way out in front number one. He quickly put the airline into a tail-spin from which it is yet to recover, and indeed may not.

Imbecilic management, of course, was not the only reason for failure. Government meddling, starting with deregulation, and the dastardly attacks of 9/11 in an already weakening economy militated mightily against the airlines. Runaway corporate greed and scandal also exacerbated the situation. The odious inception of the golden parachute was one of the worst offenders. Touted as a means to attract good management, it was nothing more than a reward for failure. And when failure is so handsomely rewarded, it is fairly well assured.

We can only hope that cool heads and selfless effort will combine to save what was once the world's premier air carrier industry.

Well, that's my 2 cents worth, anyway.

Thanks for all the good work, *Bob*

COURT BENNETT—Sunnyvale, CA

Just realized that I hadn't paid Court's RUPA dues in August when due. Very sorry about that, *mia culpa, mia culpa*, will try to do better this coming August.

It has been a busy year for us, however, no traveling to speak of. We spend time at both of our California homes, one in Oceanside and one in the Silicone Valley. We have children, grandchildren, and eleven cousins distributed between the two, so we stay busy.

Court enjoys reading the *RUPANEWS*, although he says "I don't often see names of people I have known unless it is on the back page!!"

Thanks for the time you all spend keeping the group informed. *Court & Kathy*

MURIEL BERGSMA— McHenry, IL

Dear Cleve: Well, here it is that time of year again — my renewal was due 12/1/04, and here it is the 28th. Well I'm not as late as last year, so I hope I get my January 2005 *RUPANEWS* in the mail.

Enclosed is my check for the \$25.00 annual membership fee. Truly enjoy all the news items appearing in the monthly editions. Some of the names and letters bring back pleasant memories of "days of yore".

Hope the forthcoming year will be filled with health, happiness and prosperity — both spiritually and "pocket" wise. Have been asked by Dale Dopkins to serve as a board member for the United Airlines' Historical Foundation. Was very honored to be asked, but hope I'm not biting off more than I can chew. Will learn more about this position at the March meeting. Needless to say, we're all quite anxious about the final outcome of our wonderful company.

Sincerely, *Muriel*

GERRY BEYER

It is that time of the year again to get one year older next week.

The highlight of this year was a cruise on Holland America to Alaska. Since it was our 61st wedding anniversary we popped for the best suite on the ship. Next year we will take a cruise from Montreal to Boston and then drive thru Vermont to see our

old haunts. It will be the foliage season that we have observed for the past 25 years.

Thanks to all the people involved in putting out the Newsletter. I still read it cover to cover but do not recognize most of the people.

Checks in the mail. *Gerry Beyer*

BRUCE BLOOMQUIST—Sedona, AZ

Dear Cleve: Enclosed is check for two more years' postage for the *RUPANEWS*. A little over a week late, but at least I remembered it!

I'm now retired ten years. It is hard to believe there was an airline industry as we knew or that there will be one in the future. That, I suppose, is overly pessimistic but who can say?

My thanks to all who see that the news gets out as always. Keep up the great work.

Sincerely, *Bruce*

RAY BRICE—Honolulu, HI

Aloha and Happy New Year Ted and all !!!

Attached is my 'contribution' in words for my January anniversary. I'll forward Cleve my check separately. Hope all is well with you and Best wishes, again, for a Happy New Year. *Ray*

raybrice@aol.com ; 808-620-6085 Aloha Cell;
rbrice@alohaairlines.com

BOB BURNS—Fairfield, CT

Ted, thank you & all the rest of the gang that makes the *RUPANEWS* possible. Will turn 74 this month & finally became a grandpa earlier this year. On a "Happy Note", our son Tom & his wife Whitney had a beautiful baby boy named Jack Robert Burns on May 4th, 2004 at Cape Cod Hospital (son Tom is a Vet on the Cape) - great little healthy guy. Never thought a grand child would bring this much pleasure into our lives.

On a sadder note, it is really disturbing to see the present UAL ALPA group turning their backs on the retired pilots. I wonder how this group would have cut it in 1985? To my way of thinking, it is nothing less than a blatant betrayal of ones wingman -- the same people that made the Airline Pilots Profession worthwhile. Makes one wonder if this present group has any "Sense of History" of the

piloting profession. Do they even have a clue about all the hard battles their predecessors fought?

Somewhere it is written that "He who makes a pact with the Devil will reap much pain & misery for the Devil never lives up to His word". It is also written that "He who betrays his fellow brothers & sisters for "Thirty Pieces of Silver" (i.e., \$550 Million bribe) will suffer much anguish & wrath from those they betrayed for years & years to come. (Kind of made these up).

Postage check in the mail to Cleve with some extra for the retired pilot group.

Bob

AL CAVALLARO, JR—Cape Coral, FL

Dear Cleve, Regardless of the fact that Hurricane Charley took the roof off our condo, totaled our car, ripped the carports off (and sent them to who knows where), and damaged our boat, we are alive and well in Florida!!!! Oh yeah, UAL is in bankruptcy and our pension is in jeopardy.

We still look at the glass as half full and hope "05" is a better year.

We look forward to receiving the *RUPANEWS* and appreciate all the work that goes into its publication. Regards to all, *Al & Dannie*

STEVE CHILES—Port Orange, FL

PUEMA

Dear Ted, Greetings from the hurricane state! It was bad here during September, and part of October, and we were very lucky to have lost only one piece of fascia from our roof. But this first week of 2005 is pure bliss with lots of sun, blue sky and temps up to 80!

Judy and I moved to the Daytona Beach area in 2000 from our other wonderful home in Fredericksburg, Virginia, exchanging one great place for another in the Spruce Creek Fly-In. However, it's a lot warmer here during the winter months! We love it!

Retiring a year and a half early, in May, 2003 (to make sure I nailed down my lump sum), Judy and I really enjoy our retired life style, and have opened up the door for our newest craze: cruises!

We have been on three of them in the last year: Panama Canal on the Princess line, the Mississippi

River on the Delta Queen Line, and Canadian/New England fall colors on the Queen Mary 2. Each one was a treat, in its own special way. I heartily recommend them!

We both love *RUPANEWS*... kudos to the publishers, and all those letter writers. What a great way to keep the good guys of United connected. We need this tie that binds even more these days.

Anyone passing through the Daytona area should spin by "the Creek", we have lots of current and ex-United people to visit with, so come on down!

Steve & Judy

BILL CORNICK—Thousand Oaks, CA
PUEMA

Hi Cleve — Wow, a year goes by fast any more doesn't it? I'm still staying busy flying my Pius on the air show circuit in the western U.S. and teaching new owners how to fly the TBM-700. It's really a neat little airplane if you happen to have an extra 3 mil. lying around!

Haven't gotten to any of the lunches in the L.A. area but usually see a lot of the guys at the Q.B. BBQ and air show at Jack Brooms ranch.

Best wishes to all, *Bill*

VIRGINIA CRANDALL—Cherry Valley, IL

Dear Cleve, I fell down a flight of stairs October 5, and just got home from rehab. Broke my neck, first vertebrae, bruised my rotator cuff, and had a concussion. I was very lucky I wasn't killed or become a Christopher Reeves.

Everyone should wear a Medical Alert button. It saved my life.

Till next year. *Virginia*

CLARK CRAWFORD

Ten years of retirement and enjoying it immensely, reading the monthly *RUPANEWS* is a favorite event. So many of the fellas I would like to read more about are not often in there. I also notice that it has been several years since I sent in a communication. So I sit here typing realizing I am GUILTY of the same charge of not supplying an annual letter. Thanks to all of you dedicated and talented folks who keep the journal such a valuable source of information and connection.

All is well here on the forty acres of Foulweather Bluff. Life is full of rich experiences and brimming over with the beauty that Life bestows on us so lavishly. Had a little Journey over the Christmas Holidays last year (2003). Visited my local Healthcare clinic with a complaint. They said I was having a heart attack and sent me off to the hospital where they replaced a valve and re-plumbed a few arteries kept me indoors for ten days. I am now clicking along in bionic standby mode (the valve is manufactured out of polycarbonate, Dacron and I think they said titanium for the shutters) better than before.

My deep gratitude goes out to the people and machines of the medical professions. Their skills and dedication gave me back my life. It made me realize that all of us in a profession that includes taking people from one place to another have been doing a great work on the planet for society in general and the individuals in particular to whom we have provided that service.

We are all to be commended for our dedication and service we contributed to aviation; we have moved a lot of folks to where they wanted to arrive with such historic ease and comfort. I had not given it much thought until I had been feeling the deep gratitude that I felt for the medical staff and infrastructure that allowed me to stand up and walk again. How could I ever repay such a debt? It was while I contemplated these thoughts it came to me that these people were doing what they loved to do. In that they served all those that came their way in the occupation they personally chose. Out of providing that benefit to others came a sense of personal satisfaction realizing that they were doing something worthwhile. Some voice inside of me spoke quietly calling my attention to the parallel that my loving to fly so much that I had made the choice to join with others and the infrastructure that allowed me to perfect my skill to a level that allowed me to delight in providing an important service that benefited others as well. I realized then that I had already paid and now have the opportunity to once again engage in activity that pays it forward.

Over the past few years interests have expanded into several new activities and learning disciplines. Royal Scottish Country Dance has been both a mental and physical stimulator. There are weekly practices, ongoing workshops, many, dance and

ball events. It takes a couple of years and a programmed syllabus to become an accredited teacher. There are local RSCD branches all over the country and world, not as prolific as golf courses but gaining. This activity has opened up another large avenue for social camaraderie and personal development for Mary and I. It is similar to learning flying, basics are easy to acquire then there is the opportunity to spend the rest of your life perfecting your skill level.

I have associated myself with the company 4Life research in the unlikely event that UAL will renege on our money supply; I will have the prospect for another source to develop. Reading the Poets Rumi and Hafiz produces much food for thought. Modern vernacular and idiom on similar contemplations are in the contemporary writings of John Randolph Price, Amit Goswami, Hans Romijn, David Bohm, Deepak Chopra and others.

To pass the time away between other activities I find that I read four or five books on various topics each month, peruse stacks of magazines, fool with the computer and digital photography, attend to our Monday school held here each week, try to recover from and get ready for the next song and dance workshop Mary hosts four or five times a year and entertain the myriad of friends and invitees that come by to enjoy the view and experience the natural beauty of this place we have dubbed Spirit Hearth at Mirth. Keep in mind you are all included as invitees to swing by for a visit.

Everyday is a beautiful day for me; all usual activity has taken on a richness that reflects for me the miraculous in all phenomena. We do indeed live in interesting times. I send salutations and blessings to you all. *Clark* Clark1@centurytel.net

JIM CROSS—San Diego, CA

Just entering my 90th year and my under carriage doesn't respond very well, my memory has weakened, I can't find a good bridge or poker hand and I seem to go to bed with the chickens. BUT, I continue to enjoy the company of our lovely ladies, good food and drink and some selected travel also thanks to the medical assistance that has helped this body to stay on course. I wish I could have more confidence in our UAL situation but time will tell.

Jim

LOU & PEGGY DAHARB

Dear Ted - Greetings to all

We continue to be blessed with good health, family and friends. Thanks to all who are involved with the *RUPANEWS*. The trials and tribulations of UAL continue to make the headlines. Hope it all can be worked out and a successful exit from bankruptcy will happen soon. The check is in the mail.

Lou

NEIL DAHLSTROM—Danville, CA

Hi Cleve, Thanks much for all the work you, Ted, and the staffers do.

This has been an eventful year for us. Grandchild #14 appeared on Sept. 1st and I almost disappeared on Sept 3rd. I had a huge stroke on the 10th green and landed flat on my back. I was carted off by ambulance to ER, ICU, the works. To the amazement of the hospital and Doctors, I made a quick recovery and they down graded the "event" to a minor stroke. I have been on Coumadin since medical retirement in 1993 but somehow it got away from me, momentarily. I'm OK now, but my golf handicap went up 15 strokes immediately.

Take care, *Neil & Tammy*

DAN BARGAR

February is birthday month and #71. I've now had the unpleasant experience of the forced IRA withdrawal. One bit of news that was unplanned. Frank Russell does not revert to an IRA when you retire. It is still a defined benefit plan and the minimum distribution must be deducted from that account. Since it had been performing so well I would have preferred to withdraw from other IRA's.

Our year ended with a sad loss and also a gain. My daughter after 10 months of effort and two trips two Russia returned in August with a beautiful blue eyed 8 month old boy from a wretched orphanage in Kallenengrad. Now their 5 year old daughter would have a long awaited brother. Twelve days after their return he died suddenly of SIDS. We all are trying to accept such a tragic loss. Then two weeks later my wife's daughter gave birth to her first child; a wonderful seven pound baby girl. Sorrow and joy in one month.

Chris and I had two wonderful cruises early in the year: One Jacksonville to southern Caribbean and some scuba diving; the other a repositioning from Ft. Lauderdale to Lisbon. But again our highlight of the year was August at Chautauqua where we listened to experts on the middle east outline our administration's many failed policies. The second week's theme was events of the 20th century; great talks by Sandra Day O'Conner and essayist Roger Rosenblatt.

We really enjoyed the RUPA Christmas Party and our monthly North Bay RUPA luncheons. Great to see so many fellow pilots and compare notes. 2005 will certainly be a memorable year for all of us.

Dan Bargar dbargar@sbcglobal.net

W. GARY DAVIS—New Port Richey, FL

Dear Cleve; When I moved a few years ago I never updated my address with you. I read everything on the internet, but I'm sending dues to pay for mailings again.

Our retirement plan has millions in IOU's and Social Security has trillions in IOU's from our government. I sure hope the PBGC survives.

We live in Hidden Lakes, a very nice airport community north of Tampa. Even flew a Sea ray amphibious for a few years. That was new and fun. Also went back to college.

My thanks to you, Doug Wilsman, and all the others for your good work.

Sincerely, *Gary*

ROG DE LOZIER—Evergreen, CO

Cleve ~We've been enjoying our retirement life since the early get-out in 2002. Spending lots of time visiting our 4 kids and 6 grandchildren since all live here in Colorado. We seem to take a trip elsewhere in the U.S. almost every month.

Bought a 2004 Corvette Roadster for those road trips that seem more and more evident with the difficult air travel connections now.

And am finally able to spend time in my new detached workshop for woodworking.

Enjoyed the two RUPA conventions we've attended. Great to see "old" friends! We're looking forward to 6 weeks in Texas over the winter.

Best Wishes, *Rog*

F. V. "CORT" DE PEYSTER—Reno, Nevada

Hello all

I open up every issue and appreciate all the hard work and dedication that goes into this publication. Thanks to all the staff and volunteers for keeping us up to date on with another.

Even though I'm not yet mature enough to join your ranks officially, I love to read about all my former colleagues and their activities.

Speaking of which since acquiring our new summer abode in the San Juan Islands, WA. I was able to hook up with Ary Hoble UALret and his lovely bride who have resided there for about 10 years. I took Ary up in our Marchetti SF260 and he did some fine Acro and even made the landing.

Meanwhile back in Reno (our real home) I try to make the local UALret guys luncheon (Not officially RUPA, Rebel Nevadans I guess) on occasion where I see the likes of Lyle U'ren, Gordy Cupples, Frank Heuman, Ridge Harris, Patrick Flannigan, Dave Cronnin, Charlie Kettering and a plethora of other UAL ret characters who reside in the Silver State.

The last year has been anything but boring on the line as you might well imagine. 1 PC to go, I hope, (they are talking about age 60 again). I can only wish if they extend the age, it happens after 12/03/06.

Flying on the -400 has been good, lots of variety with PEK, FRA, SGN, new cities for the fleet. Combined with CRAF missions to Kuwait via Prague last spring has made flying a bit more interesting.

It was great to attend Carol Gillette's (SFOFO) retirement party. A fantastic lady and a true asset to the flight office and the pilots. I was able to see lots of old friends at that event that I have only been able to read about in the *RUPA NEWS*.

I'm really getting to feel like an "old Gommer" or the last of the Mohicans with most of the SFOFO staff being laid off or forced to retire (like Isabel Traube). I mention to my crew that I flew DC-6s and they say, "What was that?"

Oh well time marches on.

I will do my best as worker Bee to keep those retirement checks coming.

The best to all of you. *Cort* CortReno@aol.com

2005 RUPA CRUISE TO ST. PETERSBURG

Date of Cruise: June 30, 2005

10 day Roundtrip out of Copenhagen

On The Brand New

Holland America MS Westerdam

Check out deck plans and staterooms on the Internet

www.hollandamerica.com, click on fleet, ms Westerdam,
click on Destinations, Europe, Northern Europe

Itinerary for the Ten Days Gems of the Baltic Cruise.

Depart Copenhagen Denmark with stops in:

Tallinn, Estonia, 2 days in St. Petersburg with the option of a side trip to Moscow, Russia, Helsinki, Finland, Stockholm, Sweden, Visby, Gotland, Sweden, Warnemunde with the option of a side trip to Berlin, Germany, return to Copenhagen.

All prices include port charges and taxes and fees imposed by the cruise line.

Note: The taxes have gone up \$8.18 per person so the prices should be adjusted accordingly.

Category K Inside Cabin	Main Deck Aft	\$1989
Category E Outside Cabin	Main Deck Aft	\$2189
Category VD Verandah	Verandah Deck	\$2489
Category VC Verandah	Verandah Deck	\$2519
Category VB Verandah	Verandah Deck	\$2559
Category VA Verandah	Verandah Deck	\$2559

All cabins are subject to availability.

If there are at least 8 cabins booked at the time of sailing, there will be a cocktail party on board and a possible upgrade. *

*Upgrades are only from inside to inside, outside to outside, verandah-to-verandah.

The Westerdam is the newest and largest ship in the Holland America fleet, with a capacity of 1848 passengers.

The Main Deck is the lowest deck. The Verandah is the fifth deck and is the middle deck on the ship.

A deposit of \$600 per person is due at 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.

It is not necessary to obtain a visa prior to the cruise if you plan to take a Holland America tour, however, if you plan to tour on your own, then you must obtain a visa prior to departure.

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

2005 RUPA CRUISE TO ST. PETERSBURG BOOKING SHEET

JUNE 30, 2005 Europe Cruise 10 Day Gems of the Baltic
MS WESTERDAM, HOLLAND AMERICA CRUISE LINES

NAMES _____

ADDRESS _____

Telephone(s) _____ email address _____

Mariner Numbers _____

Dining Preference Early ____ Late ____

____ Inside Cabin Category ____ Cabin Number _____

____ Outside Cabin Category ____ Cabin Number _____

Price includes \$276.41 in port charges and taxes.

Total Price Per Person _____ Total Price Per Cabin _____

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

Balance _____ due on or before April 10, 2005

____ Check made 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 50% of gross fare

15 days or less 100% penalty

BOOKING NUMBER _____ BOOKING DATE _____

CONFIRMATION SENT _____

Other Information:

Note: If you are a member of AARP, a discount of \$100.00 per person is available with proof of membership. Make sure to mention this to Jerry when you place your reservation.

Jerry can take your reservation over the phone.

WILLIAM D. DENHART—Spokane, WA

Wowee! Where did the last twenty-one years go?
Retired in '83.

Petie and I are doing fine. Moving to our house after living in two condos for the past 15 years. Sold both overnight, one in Rancho Mirage, CA, and the other in Liberty Lake, WA. Simplicity is our byword these days.

Our three kids are all senior citizens now, live nearby, and it's time to watch them grow old.

Great to hear from you all, and really miss the good old days.

Best to you all, *Bill & Petie* -married 61 years

BRUCE DUNKLE

Dear Ted, The RUPA website doesn't appear to have a facility for members to write articles for *RUPANEWS*, so I'm composing this short one in an email to you.

In 1992 a lump was felt on my prostate gland by an FAA physician. He recommended that I get it examined, and the subsequent examination which included several biopsies proved negative. My PSA at that time (early 1992) was 2.5. I proceeded to have three more annual exams, each including biopsies, and although my PSA continued to rise no cancer was found. I then decided to forego the exams - they may tell you the biopsies are painless, but they weren't painless for me! In late '97 I decided to resume my exams, and cancer was found. At the time I was 61 years old, and my PSA was over 6.

The urologist who found the cancer stressed that I deal with the cancer without delay. I felt he was leaning toward surgery, and decided to investigate alternative treatments before doing anything. First I went to a doctor who specialized in seeds. I would get to keep my prostate, but would be subject to possible migration of the seeds, and other possible side effects such as impotence. Then we (my wife was with me in all my doctor visits) investigated proton beam therapy. The doctor at Loma Linda Hospital where the therapy was conducted told us that in addition to the proton beam therapy he would perform extra conventional x-ray therapy because my PSA was slightly on the high side, and some cancer cells may have developed outside the prostate.

Because of the side effects possible with radiation from the seeds, and x-rays I decided on the "cleaner" potential of surgery, and so had my prostate removed in March of '98. At the time of the surgery two lobes of my prostate were infected with cancer, and my PSA was 7.99. The surgeon who performed the surgery left as much of my nerves intact as he felt was safe. No cancer was found in nearby lymph nodes.

This month, six years later, I had my annual exam by the physician who removed my prostate. My PSA is below 0.1, and I'm neither impotent nor incontinent. Nor am I concerned about BPH (benign prostate hyperplasia) which affects many older males. I sleep the night through (most of the time), and if you can get me to laugh uncontrollably you might cause a little dribble, but that's it. And no, I don't do kegels.

I waited to write this until I had my recent exam, because I wanted to report my most recent results, and as you can see, so far, so good, and that's about the best a cancer survivor can hope for. I want to show my history in hopes that it provides an insight to what is possible for those who may be concerned with the same problem. Probably the most important things to do are to examine all your alternatives, and if you select surgery, get a surgeon with an excellent track record. It worked for me.

Sincerely, *Bruce Dunkle*

ALEX M. DUNN—Kirkland, WA

Ted, Another year has passed, retired seven years now. I enjoy reading the *RUPANEWS* and find interesting the experiences of my fellow members. Although I would describe some of the "medical articles" as misleading, I do appreciate the work of all who put the *RUPANEWS* together.

I sold my place in Arizona as we prefer to spend time in different places during winter. Spent some time in Hawaii and French Polynesia this past year. While on a trip to New Zealand to fly a couple of antique aircraft, I came down with a medical problem. I had surgery for prostate cancer on November 19th. The pathology report came back as good as hoped for and I'm progressing well. I will have to postpone a trip around the world scheduled for January 05.

Also trying to find time to do more flying. The checks in the mail to Cleve. -*Alex*

TED ELDER—Issaquah, WA

Hi, to all. Through the retirement years our annual schedule has evolved into somewhat of a routine. Shirley and I take in about three Dixieland jazz festivals, spend about a month in Maui, usually in late winter or spring and go cruising for five or six weeks in Puget Sound and British Columbia in the summer. 2004 was much the same. We see many of our UAL friends who are cruising at the same time. We made a trip to western Pennsylvania in late summer for the funeral of an aunt. We flew to CLE and rented a car to go to Erie. Leaving CLE for the return, all of the flights were oversold but we got on one to DEN, but with a three-hour wait for the SEA connection. However, since our daughter is an Alaska flight attendant we used our Alaska passes and got on a flight to SEA just forty-five minutes later. We often use our passes on Alaska Airlines for our flights on the west coast as UAL seems to be oversold more than Alaska. It makes one wonder.

Ted Elder

KEN ERNST

A big **THANK YOU** to everyone involved in getting out the *RUPANEWS*. Re: Bill Northup, premiere artist, antique wooden boat restorer, fighter jock, sports jock, and all around good guy. In the late 1960's I commissioned Bill to paint a United Caravelle and a USAF T-33. At the time he only painted aircraft in a night setting. I convinced him to do mine using a daylight background, and I think he's been using it ever since. Quick story: Bill and I are approaching EWR in a CVL, someone broadcasts on the common frequency, "Holy Sh-t! They've called up the Reserves". We were both in active reserve units, and you can figure the rest.

Also, in a recent issue there was a letter from Retired Capt B.X. Leewood. Again, in the 1960's, I flew co-pilot for him on the CVL, good pilot and very bright guy. His advise to me was: "Son don't ever depend on the Company or the Government for your retirement", was he ever right. Fraternally, *Ken Ernst*

WILLIAM FIFE—Littleton, CO

Our life may be less exciting than in the past but we were able to travel to Maui in Nov. for the annual meeting at the Mana Kai. We drove to Iowa with the Denver family for a reunion with the rest of the Fife cousins, etc., in Sept. Of course, there were a few trips around Colorado.

The same house has been home since '61 and the children and grandchildren live close and keep us entertained. It seemed a late milestone when I retired in 1980, but this year our daughter, Claire, retired after 27 years with the Littleton Police Dept. Enjoy the *RUPANEWS* as always, but seem to recognize fewer names.

Happy New Year everybody. *Bill*

MARTIN J. GALLAGHER—Marengo, IL

Cleve; a little late, but it's still November.

We had our first snow here in northern Illinois the other day, just a couple days after it snowed in sunny California. What's this world coming to?

Sylvia and I enjoyed some motor home cruising this summer and fall. We did all the parks and playgrounds between here and Baker California. Had son, Dave, and family with us, looking for the biggest ball of string, but settled for the biggest thermometer in baker.

Our fall trip was to Florida just after the hurricanes went through. The visiting with old Air Force pilot training buddies and there wives was very nice, but the scenery left much to be desired. They'll be cleaning up for a long time.

It's been nine years since I last set the parking brake. Where does the time go? Two bouts with kidney cancer have slowed me up some but I stay pretty busy and look at the bright side of life.

Best Holiday wishes to all. The check is in the mail. *Marty*

JUDITH ADAMS-GATES—Denver, CO

Dear Ted, Please find enclosed the birthday check for the *RUPANEWS*. My husband, James Gates', 83rd birthday would have been on December 17th.

I would like to thank all his friends who came to his memorial service and Jay Plank's sponsorship for the Smithsonian Wall of Honor. *Judith*

THE 99.9-PERCENT EFFECTIVE TECHNIQUE FOR ELIMINATING GALLBLADDER ATTACKS FOREVER

By Jonathan V. Wright, M.D.

If you still have your gallbladder, you probably don't spend much time thinking about it, even if you're very health conscious. If you don't have your gallbladder anymore, you probably think about it even less. The only time you might consider your gall-bladder is when it's hurting bad—a situation usually called a "gallbladder attack."

And why should you? After all, nearly a million people every year have their gallbladders removed, and they all appear to go on about their lives just as healthy as anyone else. Doctors don't seem to care about gallbladders much; if yours is subject to "attacks" of pain, they don't try to help you keep it. If it hurts too much or too often, the nearly universal prescription is "just get it out." Even though it requires surgery and a hospital stay—not to mention thousands of dollars—just go ahead and do it. Besides, it's "covered" by your insurance.

After the surgery, you're not advised to do anything in particular to make up for the loss of your gallbladder. So it's no wonder most people are under the impression that it's just not that important.

But if you've read this far, I'm sure you've guessed that I'm about to tell you that there's much more to the gallbladder story than that. Your gallbladder performs some important functions in your body that make it well worth keeping. Possibly the most important is to regulate bile flow to optimize fat, oil, and fat-soluble nutrient absorption. Without your gallbladder, mechanically, this just can't happen properly.

If you've already had your gallbladder removed, there are some simple steps you can take to keep nutrient deficiencies from happening. But before I tell you what to do if your gallbladder's already gone, let's cover a more urgent question: How can you keep your gallbladder in the first place, and get those "attacks" to disappear for good? If it was used as a first line of defense, this technique would make 99.9 percent of all gallbladder surgeries—including yours in particular—totally unnecessary.

That's right, 999 of 1,000 gallbladder surgeries are entirely preventable, and without patent medications, vitamins, minerals, or herbs. This procedure works so well that I haven't needed to refer anyone for gallbladder surgery for over 30 years.

Hospitals already use this technique—without even realizing it

It may sound like I'm making a totally unsupported claim, but research about "how to prevent gallbladder attacks" was actually published back in the 1960s and '70s by Dr. James C. Breneman, who, at the time, was chairman of the Food Allergy Committee of the American College of Allergists, or ACA (now called the American College of Allergy and Immunology, or ACAI). Ironically, if you've ever been hospitalized with a severe attack of gallbladder pain, but your gallbladder wasn't removed, and the pain subsided, you've very likely had "Dr. Breneman treatment."

So what is Dr. Breneman's secret for preventing attacks of gallbladder pain? It's simple: Don't eat or consume anything you're allergic to. And that's exactly what the doctors do when you're hospitalized with a severe gallbladder attack—they take away all your food, you're given IV fluids, and you're not allowed to eat anything until the pain subsides. It's a "perfect" food allergy avoidance strategy, and works nearly every time. Unfortunately, the doctors who order this procedure every day still don't realize why the strategy works. But back to Dr. Breneman...

Back in 1968, he asked 69 individuals suffering from recurrent attacks of gallbladder pain to go onto an elimination diet to determine their food allergies. Six of these individuals had already had their gallbladders out, but were still having attacks of gallbladder pain, a situation termed "post-cholecystectomy syndrome," or, as I like to call it, "my gallbladder's gone, but I'm still hurting anyway." Dr. Breneman reported that all

69 people (100 percent!) were completely free of gallbladder attacks when they avoided their individual food (and other) allergies. And all 69 had their symptoms return when they ate the foods they were allergic to once more.

The primary offending foods were eggs (92.8 percent), pork (63.8 percent), onions (52.2 percent), chicken and turkey (34.8 percent), milk (24.6 percent), coffee (21.7 percent), and oranges (18.8 percent). Corn, beans, nuts, apples, tomatoes, peas, cabbage, spices, peanuts, fish, and rye accounted for between 14.5 percent and 1 percent of gallbladder attacks. In addition to foods, 14 of the 69 study participants—just over 20 percent— had gallbladder attacks caused by medications.

Food, medication, and other allergies vary from person to person, and the same allergen can cause different symptoms in different people, so it's best to work with a physician skilled and knowledgeable in nutritional and natural medicine to determine what your allergies might be. In addition to the American College for Advancement in Medicine (800-532-3688, www.acam.org), you might want to contact the American Academy of Environmental Medicine (316-684-5500, www.aaem.com). for help in determining which foods or medications may be triggering your gallbladder attacks.

Gallbladder removal could send your health on a downward spiral

This approach is so simple, and yet no medical school to this day teaches how to prevent gallbladder attacks by avoiding your food allergies and (in some cases) other allergies. Instead, they continue to recommend unnecessary gallstone removal surgery. But the truth is, gallstones don't even cause 99.9 percent of gallbladder "attacks": allergies do. Avoid allergies, stop "attacks" of pain, and keep your gallbladder! That's it—that's all there is to it. And believe me, it's worth it. Because without your gallbladder, your absorption of vitamins A, D, E, K, and essential fatty acids is very likely to be impaired.

Let me give you a specific example of what can happen if your body isn't absorbing enough of these essential nutrients. Several years ago, one *Nutrition & Healing* reader contacted me with a question about a very specific problem she was having. Every time she drove the Los Angeles freeway system, she experienced recurrent breakdown of the tissues covering the cornea of her eyes. Her ophthalmologist attributed the "spontaneous corneal breakdown" to air pollution and told her not to drive when pollution levels rose. She didn't argue with the diagnosis but wondered why everyone else she knew could drive those same freeways with intact corneas.

When she asked me that question, I admitted I didn't know either but suggested that she try extra vitamin A (not beta-carotene) to try to stop the problem. She pointed out that she was eating carrots and "yellow vegetables" and taking a multiple vitamin containing vitamin A. But since insufficient levels are one definite cause of corneal damage, I told her it was still worth trying, especially since it's relatively difficult for an adult to overdose on vitamin A, and since any possible overdose is easily reversible if the vitamin A is promptly stopped. (This does not include women who are pregnant or might become pregnant: Even small excesses of vitamin A can raise the risk of birth defects.)

So we went over vitamin A overdose symptoms that she should look out for, just in case. They include headache, progressively drier skin, loss of hair (especially eyebrows), cracked lips, and pain in "long bones", (upper arms, upper legs). I recommended she start with 25,000 IU of vitamin A daily and gradually increase the amount toward a maximum of 100,000 IU daily, keeping a close watch for both favorable results and any possible symptoms of excess.

When we next talked, she had very good news: When she'd gotten to 80,000 IU of vitamin A daily, her corneas stopped giving her so much trouble. They were healthy once again, with no further break-down, and she could drive the freeways as much as she wanted.

She'd also had no signs at all of vitamin A excess. However, when she told her ophthalmologist the good news, he panicked and sent her immediately to have a vitamin A blood test, telling her to stop taking vitamin A right away as she might be "poisoned."

However, she knew that she wasn't having overdose symptoms, and that her eyes were staying intact for the first time in several years, so she decided to wait a few days for the results of the test before stopping. The test report showed her vitamin A level to be well within normal limits, but, to her surprise, she was told she should stop the extra vitamin A anyway, since it was "just too much." Sensibly, she declined to stop, pointing to her now-normal eyes, and instead decided to investigate why she might need so much vitamin A to produce normal blood levels and maintain eye health.

She remembered she'd had her gallbladder removed a few years before her eye problems started. Researching that, she discovered that normal absorption of fats and oils is very dependent on bile—which is made by our livers, but "stored for use" in a normal gallbladder. She knew that vitamin A is a "fat-soluble" vitamin (as are vitamins D, E, K, and the essential fatty acids) and wondered if perhaps her missing gallbladder might account for her high vitamin A requirement.

I told her she was probably right and asked her a question that I ask all my patients who've already had gallbladder surgery. The question was (and is): "After your gallbladder was removed, did your surgeon or any other doctor explain what you should do to insure normal absorption of fats, oils, and especially fat-soluble vitamins?" Of course, her answer, like that of every other patient I've asked over the last 30 years, was "No."

But despite most doctors' sins of omission on this topic, it's important for you to understand that without your gallbladder, your body just doesn't generate enough bile to break down and absorb many essential nutrients.

Protecting your body's nutrient-absorption team

You might ask why this is, since bile is made in your liver and the liver is still completely intact after gallbladder removal. To understand the relationship between the two, you need to know a bit about how your gallbladder works.

When your liver secretes bile, a relatively large quantity is "captured" by your gallbladder and stored there for use. When you eat certain fatty or oily meals—a fish dinner, perhaps, with lots of heart-healthy omega-3 fatty acids—and all the incompletely digested oils and fats are passed from your stomach into your duodenum (the uppermost portion of your small intestine), the fats and oils trigger the release of the hormone "cholecystokinin" (CCK). CCK travels to your gallbladder, telling it "oil's coming, fat's coming!" In response to CCK, your gallbladder contracts, pushing out just the right quantity of stored bile. The bile arrives in your intestines at the exact time it's needed, in the exact quantity needed. Working with your pancreatic fat- and oil-digesting enzymes, the bile digests and emulsifies those oils, making them "just right" to be absorbed.

Marvelous how it all works together, isn't it?

But without your gallbladder, most of that marvelous coordination is lost. The small, steady trickle of bile from the liver is still there, but it's no longer "matched" to the amount of fat or oil you've eaten in either quantity or timing. The resulting "mismatch" inevitably affects your digestion and absorption and puts your fat-soluble nutrient status at risk. Fortunately (or unfortunately), the symptoms of inadequate vitamins A, E, D, K, and essential fatty acids are rarely as dramatic as the case mentioned above; instead they often take years to develop. When they do, they're usually not identified (except by nutritionally aware physicians) and hardly ever traced back to gallbladder removal.

The missing ingredient for missing gallbladders

And that brings us back to the question: "What should I do if my gallbladder's already gone?"

First, you'll need a bottle of "bile salts" (basically, bile in tablet or capsule form). After any meal containing more than a tiny bit of fat or oil, take one to three tablets or capsules.

Some physicians think that trying to reproduce a more normal bile flow with bile salts is too much trouble and advise taking large extra quantities of all the fat-soluble nutrients daily instead. But even those who choose this option need some bile to achieve optimal fat-soluble nutrient assimilation, so I continue to recommend copying nature by taking bile salts if your own gallbladder is gone. You'll never be able to exactly match the amount of bile you take to the oil or fat you eat the way your gallbladder did automatically, but taking bile salts will go a long way in helping the process along, and it's much better for your health than not taking them at all.

Fortunately, there are very few potential adverse effects of taking replacement bile salts. Too much, and bowel movements become abnormally dark and sometimes loose. Conversely, too little, and bowel movements are very light in color—nowhere close to a "normal" medium to dark brown.

Bile salt replacements are available in natural food stores, compounding pharmacies, and at the Tahoma Clinic Dispensary. I recommend the formulas Cholacol, manufactured by Standard Process Laboratories, and Bile Salt Factors, by Jarrow Laboratories. (I'm not associated with either of these companies.)

For further guidance about bile salt replacement, check with a physician skilled and knowledgeable in nutritional and natural medicine.

The bottom line is, you should do everything you can to keep your gallbladder. If you're having gallbladder attacks, find out what you're allergic to, and deal with it. And if your gallbladder is already gone, follow nature's lead and replace the bile and nutrients your body needs. JWV

Citations available on the Nutrition & Healing website: www.wrightnewsletter.com

Nutrition & Healing October 2004

NURSING HOME RESIDENTS OFTEN FATALLY OVERMEDICATED

By Joseph Mercola, D.O.

One of the most popular articles on my Web site [Mercola.com] is the multi-part series, [Modern Health Care System is the Leading Cause of Death](#), I ran last summer. It placed the breakdown of our health care system in part on the shoulders of doctors who largely prescribe far too many unnecessary medicines and procedures. New research that tracked the number of recent nursing home fatalities underscores those concerns.

Residents who were treated with drugs for common problems -- arthritis, depression or sinus trouble -- for three months were about 90 PERCENT more likely to die by the end of that time than patients who took NO DRUGS AT ALL! And 80 percent of residents who took unnecessary medications over two months increased their chances of being hospitalized by 80 PERCENT in the third month.

Crucial facts that, no doubt, will affect the health of your family and friends who live in a nursing home:

- Previous studies on patients older than 64 who live in a nursing home a minimum of three months found residents will be given at least ONE inappropriate drug during that time!
- Because the side effects of common prescribed medicine in nursing homes like Darvon (pain), Elavil (depression), Digoxin (heart problems) and Endal (antihistamine) can affect an elderly patient's balance and mental acuity, falls and other health issues are more common.
- Elderly patients whose organs and tissues absorb and eliminate medications far more slowly can have problems with drug toxicity, a deadly consequence due to the lack of drug trials for that age group.

[Archives of Internal Medicine Vol. 165 No. 1, January 10, 2005](#)

[Yahoo News January 17, 2005](#)

RICHARD GOUDEY—Port Orange, Florida
Ted,

Spent most of last summer in Florida...on account our boat in CT was getting it's bottom peeled and took a very long time to dry out. Needless to say this year was not one to hang out in the "Sunshine-(read Hurricane)- State"!!! Stayed for Charley, evacuated for the second and traveled to inspect the boat during the third and fourth. Very lucky no damage here but wonder what would have happened to the boat had it returned to FL?

Read with interest Capt. Dave Hoyt's letter re: the boat delivery business...I imagine schedules were disrupted a lot due to the storms? If you've seen pictures of the wrecked boats at Ft. Pierce you know what I mean.

I read a newsletter written by a very wise and learned man who says, "today, the more ludicrous something seems, the more likely it is to happen". This is certainly true regarding our former employer...The thing that I question is the acquiescent statements from the MEC and the seeming apathy from the retired pilots...hope URPBPA can accomplish its objectives, they need our support.

As they say in Britain, "Happy Christmas"! Let's hope for a good new year.

Cordially, *Dick Goudey*

BILL GREENE—Santa Rosa, CA

Not much exciting to report for the past year.

I would like to see some sort of resolve to the UAL bankruptcy so I know where I stand with medical and retirement benefits, and can then get on with life.

Sold my beloved 1970 Chevy Chevelle SS 454, so no more grease under my fingernails.

Was given the job as crew chief of the Grumman Albatross at the Pacific Coast Air Museum. A lot of work to maintain because we have over 2,000 kids a year tour the aircraft as part of our aviation education program each year, but also rewarding to see some of them get bitten by the aviation bug.

Last spring my wife Barbara fell and fractured her pelvic bone in three or four places, spent 30 days in physical rehab hospital. She has never fully recovered and now must use a walker to get around. Between that and her MS I have a new occupation as a

full time care giver which leaves little time for traveling the world to see and do what I had planned.

We moved from our large house and property to a smaller house in an adult community. Really nice to reduce the maintenance work load.

The best to all in 2005. *Bill*

ED GRIFFITH—Macedonia, OH

As I write this Barb and I are looking forward to having all our family with us on Dec. 27 to celebrate our 50th wedding anniversary! That means our 5 sons and daughters-in-law and our 14 grandchildren. They will join us for a private mass in our church chapel and then to our favorite restaurant in Hudson for dinner. As many of you know we had to cancel our planned cruise with you all in Sept. as Barb was still recovering from a two month stay in the hospital and nursing home. She had a pacemaker implanted last month and is getting stronger every day, but still needs a walker or wheelchair to get around. She has started to exercise and will be going for rehab several times a week next month. Hope she is up to travel by spring. We are expecting our 15th grandchild in June and hope to go to NJ to greet it and maybe attend the RUPA luncheon as we did two years ago. Keep up the good work with the newsletter, I do miss the heading listing where you were based though- hard to tell which Smith or Miller is writing. Check to Cleve and note to Rich - my name not listed in latest 'Wall' list. Again thanks for all your effort to keep us in touch.

Ed Griffith

JOSEPH E. HALL—Port Ludlow, WA

PUEMA

Sorry the dues are late again. Thanks for all the good work on the *RUPANEWS*.

I sure hope we make it through bankruptcy. I'm pretty pessimistic. *Joe*

AL HARINCK

Ted, I am just now turning the 60 year mark, but It has been nearly two years since my early retirement. I can't say enough about the retired life. We should have done this long ago, but of course the finances wouldn't allow it.

Dotty and I have been spending much of our time with our four children and four grandchildren, (with a fifth on the way). We are blessed to have the entire family living in the Denver area.

We have also done a bit of traveling, some for pleasure and some in volunteer church work. Last spring we had a most enjoyable trip to South Africa and hope to return there in the not too distant future. *Al*

H. DAVID HARRIS—Crystal Lake, IL

Hello to all. I retired 8 months early Feb. 1, 2003 to avoid the bankruptcy retirement pay cut. Still cost me thousands in vacation pay.

I had a great 38 year career at United. It took about a year to miss the flying. The other day I was thinking about how nice it was to take along all my family members on my last flight. How many other careers could you share such an experience? A lawyer, surgeon, car salesman, businessperson, dentist; NO where near as exciting as a 747-400 ride to and from a party!!

We have a breakfast every Wednesday 8am at Andy's Restaurant here in Crystal Lake with 10-20 other retired pilots types to exchange ideas and war stories.

My wife, Kathy, and I have been enjoying retirement and our 5 grandkids. We started a small Party and Tent Rental business here in the Crystal Lake area and it looks like it will keep us busy and out of trouble for the foreseeable future. We picked this business so we could be free in the winter; time will tell.

We are now facing the biggest challenge of our UAL lives with Judge Wedoff and the 1113 process. I for one am glad we have someone in our corner, the United Retired Pilots Benefit Protection Association. I believe many pilots still do not understand that if you are not recognized by the court, you, THE RETIRED PILOT, have NO voice in these matters.

By the time you read this a decision will probably have been made on our retirement benefits. I hope for the best for ALPA and our working and retired brothers and sisters.

I enjoy the *RUPANEWS*, it is the first thing I read when it comes. We did have it good didn't we?

All the best, *Dave*

D. K. DEKE HOLMAN—Napa, CA

PUEMA

November almost got away from me. We have been busy, a trip to North Carolina to visit my daughter and celebrate #80. Played golf, walked the beach and ate. Great part of the country. Then back to the best part of the US, Napa Valley.

It's been a good year, good health, fair golf, and some travel. Went to New Orleans to the 45th reunion of the P47 Thunderbolt Pilots Assn. Everyone sure gets old in a hurry.

Another great year at OSH, my 27th. Hope to make 30.

Thanks to all who make this publication possible.

Deke

RICHARD "POSS" HORTON—1813 Claiborne Pl, Virginia Beach, VA

posshorton@cox.net 757-496-8668

I guess I'll use the usual opening of "I'm sorry it's late and the checks in the mail." With a birthday in August and a move to Virginia Beach in September I guess November is average for me to catch up.

First, a thank you for your work in keeping the organization informed and together. Also a thank you to whoever it was wrote the letter last spring about having had a cancer on his nose that went undiagnosed.

I realized I had exactly the same symptoms, a sore that would not heal, and it turned out cancerous also. Quite extensive surgery but it came out looking great. A longer delay and it would have not been as successful.

I missed the Capital picnic and the last few luncheons due to family matters, but you guys are never far from my mind. Please print my new address and contacts for those I might have missed on my updates, Thanks! *Poss*

G. FRED HUNTER—Somonauk, IL

PUEMA

Hi Cleve, Only a month and a half late, much better than years gone by.

I was drinking my wine and enjoying my peanuts when the *RUPANEWS* arrived. Surprised to see the DC10 picture on the front page, it is a beautiful painting and hangs in my office. Its speed and comfort have not been surpassed by the new planes.

We have flown a number of times in United Express planes and hope that is not the future of passenger travel. United's planes are comfortable and the service excellent. We have been to England and also Hawaii twice this year.

We have been in our new home for a year now and busy with all the projects a new home generates. We sold our condo in Hawaii but still intend on wintering in Makaha. Our Motor home is stored in a hanger but has been put to good use this year, a trip to Oshkosh was the highlight of our summer travel.

The cruise to Russia sounds like fun so we will consider that for this coming summer. *Fred*

FRANCIS W. JAMES—Parker, CO

Dear Cleve, this starts my 28th year of retirement, and am doing quite well. I'm on oxygen 24 hours a day except Monday, Wednesday and Friday when I swim 24 laps of the swimming pool.

Thanks for all the work on the *RUPANEWS*. *Babe*

DONALD S. JOHNSON—Centennial, CO

PUEMA

Dear Cleve, It's hard to believe I have been retired for nine years. I guess time passes fast when you're having fun.

United isn't the same as when I left, but who would have thought we would be in this position today. I just hope and pray that it survives and the industry gets back on an even keel. There are a lot of good men and women flying the not so friendly skies who would have their lives altered forever if United does not survive, including my son who is a first officer here in Denver. He is already struggling with the pay cuts and it looks like more are on the horizon. It's too bad that upper management has not taken the pay cuts the pilots have had to take.

This past year we have been kept busy with family, traveling and various organizations, and next year is shaping up that way also. I wish everyone a happy and healthy 2005!! *Don*

NEIL H. JOHNSON—Seattle, WA

Cleve, I have not renewed in several years since I don't seem to recognize many of the folks retiring or contributing to the *NEWS*. But I find it interesting to follow the drama of UAL. Unfortunately

UAL has not had intelligent leadership since Eddie Carlson or W.A. Patterson, remember them? Fortunately I don't believe that I am affected by all of this (retired July, 1981) crap but I certainly have great empathy for all of those who are affected. I will be surprised if the major carriers survive.

Sorry to see so many liberals fleeing the good old USA for Canada and elsewhere. Living in the Northwest with many Canadian friends, I don't believe they deserve another infiltration such as the draft dodgers of the past. I was a Democrat until the party nominated Jimmy Carter (remember 20% interest) but have voted Republican ever since. The last good Dem president was Harry Truman. Both parties must have better candidates then nominated in recent years. Enough of this; wishing everyone a healthy and successful New Year. *Neil*

AL W. JOHNSTON—Salem, SC

Dear Cleve: Everything fine in South Carolina. Today, (Wed) my normal golf day, but it's raining & I won't play in the rain. At least I don't have to shovel it as in Chicago in Nov, so my B/D note will be on time.

A big one today, big 8 zero. Still playing golf, don't know too many other sports an 80 year old can participate in a couple days a week. Need to live another 10 years to shoot my age or take more mulligan putts.

Tomorrow is Thanksgiving, & only 4 more weeks to Christmas, then should be off for my annual 3 months to the islands (UAL willing).

Another famous promise, the check is in the mail, (snail mail that is).

Happy holidays to everyone. *Al & JoLee*

LOWELL JOHNSTON

Dear Ted:

Check for postage sent to Cleve this week. Seems like these years are flying by quickly. Eleven years since parking my last United flight.

Anne and I are both in good health and enjoying life here at the Spruce Creek Fly-In. Always something going on to keep us busy. We have taken the Bonanza on many trips this year as it seems easier and faster than NRSA'ing on UAL.

Thanks for all the good work for *RUPANEWS* and to the folks who get it in the mail. *Lowell*

DAVE JONES—Nokomis, FL

Hi Ted, Things in Florida are nice and quiet now that the hurricane season has ended. We sat out the big ones at our summer home in the mountains of western NC. Many of our friends were not that fortunate. We suffered no damage in Florida, but had some serious mudslides in North Carolina thanks to Frances.

Betty and I are in good health at the moment. It's almost a full-time effort too keep it that way. We manage to travel enough to see the kids at least once a year and sometimes more. Our most exciting family news is the arrival last April of Lacey, our great granddaughter. Our daughter, Linda is the proud grandmother.

It saddens me to see what is happening to the retired pilots as a result of the bankruptcy proceedings at United. The medical plan took a significant hit and thanks to URPBA we were able to salvage something better than the plan United was going to impose on us. I encourage any and all retired UAL pilots to become a member of URPBA. It's a good investment in your financial future and is the only game in town in terms of representation of our interests to the bankruptcy judge and the PBGC. The cancellation of the A Plan will require a lot of effort by the URPBPA to see to it that we get a fair distribution of the pension assets. Thank you, Doug Wilsman for all your efforts to keep us informed.

Many Thanks to you Ted, and all the others that keep *RUPANEWS* coming.

Best Wishes to All for the New Year, *Betty & Dave*

TIM JOSLIN SR—Redondo WA.

Cheril, my lovely wife of 12+ years, is my full time fashion adviser and "good taste" consultant. Accessorize, I used to think, was something you did to a new car. But, no! It pertains to the color of your shoes and belt. I knew I had bought the line, when watching Jay Leno on TV, I began to criticize the obvious color mismatch between his sport coat and slacks. It's great to be a fashion maven!

Cheril has two married daughters and multiple grandchildren. I am way behind in this category. My oldest daughter, Melissa (33), got married last April and my youngest daughter, Jaala (25), will be

married in February, 2005. My son, Tim Jr. (28), got his MD from Geo. Wash. Univ. last Spring and is currently serving as an Intern at Oregon Health & Science University in Portland.

Golf (rain or shine), jogging, home maintenance, surfing the internet, and trying to keep track of what Cheril is doing, occupy most of my time.

Also, both of my parents, Dad (92) and Mom (89) are still enjoying life at a nearby retirement home.

I think United will probably survive, but unfortunately, for the retirees, there will be no retroactive pension benefits. Looking back over the last 2 years, it is unlikely that United's predicament would be much different even had they received the Government Loan Guarantee. Skyrocketing fuel costs and management's inability to come up with new ideas regarding a simplified and more competitive fare structure, have doomed any hope of saving the pension for retirees.

Well, lets take time for a closer look at the PBGC tables, fine tune the Social Security Benefits, tighten the belt another notch and move on down the road! Thanks to the tremendous job for everyone involved in publishing the *RUPANEWS* every month. *Tim Joslin Sr....*

DICK KAUFMANN—Oshkosh, WI

The check is enclosed. I really appreciate all the hard work you folks do. I read the *RUPANEWS* cover to cover.

I survived triple bypass surgery last December. I left the house at 9 am on Wednesday December 17 and was home at noon on Saturday. Walked around the block a couple hours later. The miracle of modern medicine.

Spent a week in the New Orleans area in February. Took my annual trek to Las Vegas in mid March with my oldest son for the opening weekend of the NCAA Basketball tournament. In April we attended a wedding on Maui, and spent the rest of the spring, summer, and fall playing golf. Nice work if you can get it. Lost a couple strokes since last year.

Grandchild number ten is due December 30 so we may be taking a ride to Tulsa. Son-in-law is a mechanic for American and still hanging in there.

So long from the busiest airport in the world at the end of July. *Dick*

RUAEA TRAVEL DESK

Dear Retirees:

The National RUAEA has set up an experimental 800 number for the PDX Travel Desk. If this is a success, (and it is expected to be) RUAEA will also establish an 800 number for Seattle sometime this summer.

Currently the two system Travel Desks are;

Seattle Retiree Travel Desk is open Mon., Tues., Wed., and Thu. 10:00 AM - 2:00 PM Telephone 206-433-4218 (two lines)

Portland Travel Desk is open Mon., Wed., and Fri. 10:00 AM - 2:00 PM Telephone 503-249-4142 & 4143 (continue locally) New 1-888-278-7038 National Toll Free (in service NOW)

Note: These times are Pacific Time 10:00 AM - 2:00 PM; Eastern time: 1:00 PM- 5:00 PM; Central Times: 12:00 noon - 4:00 PM; Mountain Time: 11:00 AM - 3:00 PM; Hawaiian Time: 8:00 AM - 12:00 noon

This give you five days of service for the Volunteers to be a "live Friendly voice" at the other end of the line to answer your questions, help with routing, passenger counts, listing or changing flights, even helping with referring other UAL telephone numbers, Discount and rules on other reciprocal airlines.

If you have not traveled in the last year, there are a number of new more efficient procedures, ask your questions and get an answer here.

National RUAEA certainly is helping our members with these services for those without computers, or talking to a computer on Activated Voice Recognition; an added help for those with speaking problems, accents or airport background noises. Imagine needing information if you are stuck at some intermediate airport on your travels - clip this message with the telephone numbers for your purse or wallet.

The Seattle Travel Desk, will upon request and if listing seven or more days in advance, will print out you PNR (Passenger Name Record) and the Passenger Counts (PXC) for the entire Flight segments on the days you travel (convenient if you miss a Flt.) and MAIL this to you. Do remember to give the Volunteer your address! We do have a postage fund for this and know you will enjoy having the information printed out.

Note: A Costco, MCI calling card will let you call us for \$.03 cents a minute.

Regards to all your local members,

Robert Brumfield Mgr. Seattle Retiree Travel Desk

THE DRUNKEN COWBOY

A drunken cowboy lay sprawled across three entire seats in the posh Amarillo Theater.

When the usher came by and noticed this, he whispered to the cowboy, "Sorry, sir, but you're only allowed one seat." The cowboy groaned but didn't budge. The usher became more impatient: "Sir, if you don't get up from there I'm going to have to call the manager."

Once again, the cowboy just groaned. The usher marched briskly back up the aisle, and in a moment he returned with the manager. Together the two of them tried repeatedly to move the cowboy, but with no success.

Finally they summoned the police. The Texas Ranger surveyed the situation briefly then asked, "All right buddy what's your name?"

"Sam," the cowboy moaned.

"Where ya from, Sam?" asked the Ranger.

With terrible pain in his voice, and without moving a muscle, Sam replied, ". . . the balcony"

DENNIS D. KEAST—Boca Raton, FL

Dear Cleve: I'm sending the money in early so I won't forget, with an extra \$75.00 to cover an additional three years. I hope this doesn't complicate your bookkeeping.

Shari and I had a good year. Took a cruise from London (Southampton) to Rome in September. Weather was great except for one day in Cannes and Monaco when it rained the entire day. We're getting ready to head to Florida for the winter. Will spend Thanksgiving with my folks in Michigan and then head to Boca Raton.

Hope your holiday season is filled with happiness, good health, and prosperity.

Respectfully, *Denny & Shari*

RUSS KELLUM—Saratoga, CA

PUEMA

Cleve, Many thanks to you and the entire RUPA group for sending out the *NEWS* every month. It's great to hear how all our fellow retirees are doing, and being connected to this group through RUPA is very important to me.

My two years of retirement so far have been great, except for the ongoing uncertainty of not knowing if my lifestyle can continue at its present level. Carolyn and I, like everyone else, are preparing for the worst but hoping for the best. We make a couple of overseas trips each year (Spain, Italy, Egypt, Australia, etc.) and plan to continue to do so as long as the money holds out.

I have two partners in a great C model Baron, based at Reid-Hillview Airport in San Jose, which we fly about 200 hours a year. We fly it everywhere between the Panama Canal and the Arctic Circle, but it is usually Baja in the winter and Idaho and Montana in the summer, and we make it over to Oshkosh about every second or third year. Many of our trips take us to out of the way back country grass strips, and we do lots of camping out of the airplane. It sounds like an oxymoron, but it is actually a very enjoyable way to travel and explore (when the weather is good!).

I am kept abreast of the news on the Mainline through my son, Grant, who is a 777 F/O in SFO, and the turmoil and uncertainty at United makes me feel more anxiety for him and his family than I do for my own future. My old grandpa once told me "there are no guarantees in life", and we are sure finding out that he spoke the truth.

Keep up the good work, *Russ*

JOSEPH R. KENNEY—Denver, CO

Thanks for all the work that you do to publish the *RUPANEWS*.

Marcee and I are still doing good. We celebrated our 59th wedding anniversary, our birthdays, Thanksgiving, and Pearl Harbor. I was working at AIEA Naval Hospital during construction. It is now CINPAC Hdqtrs, up above Pearl Harbor. Now we celebrate Christmas and the New Year. It really doesn't take much to get an Irishman to have a drink and celebrate.

How about this? I went to DC-4 school in 1946 at SFO. Our instructor was Leo Kriloff, with Capt. Fuzzy Cain and Capt. George Howson. We trained at SFO and Half Moon Bay. Now that was flying!

Hi to all the good guys. Have a Merry Christmas and the best of the New Year.

Till next year, *Joe* 1945 - 1982

DONALD R. KRULL—Port Orchard, WA

PUEMA

Dear Cleve, All is well with me, I had a bout with prostate cancer last winter and spring. I went to radiology clinics of Georgia for seed implant and seven weeks of external radiation.

It does seem to run in families, as my older brother was there one week ahead of me. I think we are both OK now. I guess we won't know for sure for five years.

No other news worth reporting. Keep up the good work and thanks. *Don*

STEVE LAURANCE—Redmond, OR

Hi Cleve & all, Check on its way by snail mail. Another year has gone by and it looks like UAL will be lucky to survive the next one. It's fun to point blame & some less-informed individuals lay it all at the feet of government. I think management is more to blame than anyone since it is their job to manage the company. I don't think they have done a good job. Hopefully the TA isn't just a way to ratchet down wages & working conditions for the working folks. It doesn't seem right that we retirees should have to take a hit for management doing a poor job of managing. If we would have all gotten annuities, we wouldn't be looking at pay cuts now. Good old hindsight is still 20-20.

We are quite healthy but haven't been doing much. We visit nearby family quite often and our 8 cats keep us busy. We do some sailing & fishing in the summers but no travel.

Let's all hope and pray that 2005 is a bit kinder to us all.

Sincerely, *Steve*

CLARK LUTHER—Stuart, FL

Hi Cleve: Another year gone by and I am still around. Birth month is something I will not forget and hope they keep coming.

It has been a quiet year and I stick pretty close to home with only an occasional trip to dodge a hurricane. We had four aimed for us and two direct hits but we made out okay with only a small amount of damage which didn't exceed the deductible.

Family is doing well with two college and two high School grandchildren graduations in June of 2005.

Thanks to all the RUPA members who keep the magazine coming. Now if we can just get this bankruptcy issue settled we can all relax!!! *Clark*

ROBERT MC CARTNEY—Boulder, CO

Hi Cleve and Ted, Enclosed are postage and a little extra for the Folders & Stuffers.

Barb and I are doing fine and spent the summer at our Blakely Island home. Our son, Matt, and I are planning to play golf at the annual Jerry Allison Tournament in January.

Thanks for keeping us posted on events at UAL.

Best wishes to all for a Happy and Healthy 2005!
Bob & Barb

RICHARD MC MAKIN—Olmsted Falls, OH

Cleve: Please continue my subscription to the *RUPANEWS* THE CHECK IS IN THE MAIL. My wife and I have been away quite a bit since Thanksgiving and I had completely forgotten my November ante. My apologies.

The year has gone by very quickly for us and we like many others are concerned what lies ahead. It is, you understand, very difficult to convince my wife that she may have to get a second job.

Being the den mother for the Cleveland Crazies (Ret) has been a great pleasure and it is always good to see familiar faces month after month. I hope to see any RUPA folks who want to stop by on the Third Thursday of the month in Wooster, Ohio.

My thanks for your dedication and concern for the *RUPANEWS* and its publication. Youse guys do good !!! *Rich*

EDWIN MCKITTRICK—Centennial, CO

My twenty-fifth year of retirement will begin February 1. Opal and I continue to be in good health with only the aches and pains that accompany aging.

We are beginning the third year in our Holly Creek Campus retirement cottage. Fifty-one cottages occupy three sides of a seventeen acre tract of land. Construction of the apartments began last spring. The first residents are scheduled to begin moving in May 1, 2005. There will be one hundred fourteen apartments, town center, dining hall, kitchen, etc. in the first phase of construction. Phase two will begin when 80% of the first phase apartments are occupied. There will be sixty-six apartments and assisted living accommodations in phase two. About 70% of the phase two apartments have already been reserved.

Opal and I flew to Cancun Mexico for our sixtieth wedding anniversary last February. We stayed in a very nice resort about forty miles south of the city. Our other travels last year were to visit relatives.

Thanks to all the Fold 'n 'n Stuffers. I enjoy keeping track fellow pilots although there are fewer and fewer of that I know. The "Flown West" group grows more each year.

A check for postage will be sent to Cleve.

Best regards, *Ed*

ALAN V. MITCHELL—River Edge, NJ

Dear Cleve, Thanks to all you dedicated types for keeping us informed!

A bunch of us "Noo Yawkers" got together for lunch last month and it was great!! Like old times.

Best to all for the Holidays.

Fraternally, *Al*

JOHN N. NASH—Greenville, SC

PUEMA

I think this may be my all time record for being late in sending in the postage payment. I really had good intentions back in October but the “short term” memory isn’t what it used to be.

The last year was a good year. Melinda and I are still in good health with no major problem for which we are thankful.

We spent our “honeymoon” and first anniversary on a fifteen day tour through Europe. We covered or went through seven countries on the tour. If you saw the movie “If this is Tuesday it must be Belgium” that is what it was like. In fact we were in Belgium on Tuesday. It was hectic but good.

I hope everyone is watching “Without a Trace” on CBS Thursday night. My oldest daughter is a producer and writer for the show. We need to keep her employed for a long time.

My youngest daughter, who is a police officer in Geneva, IL, is getting promoted to Sergeant in January and we are very proud of her and happy for her even though she will be, like we all have been at one time or the other, the bottom of the list.

Best wishes to all those I know, or in fact to everyone who reads this. *John*

STEVE & LIL MODDLE

Hi everyone: another year gone by, sure hope 2005 is a better one for UAL. The Moddle's had a great year, the highlight was a cruise on the Disney Wonder with the whole Moddle family, kids, and grand kids, had a fabulous time. Next project was flying my J-3 cub up to Lock Haven, PA to the Piper Museum in June and I donated it the museum; I miss it, but it was the right thing to do. If you ever are in PA go take a look at a well used cub. In Sept., I flew the Commemorative Air Force L17B (Navion) from Deland, FL to Midland, TX and back; had some mechanical problems on the way out and weather on the way back but it was still fun. Spent most of Nov. in Memphis with our son and of course Christmas with the grand kids in Charlotte, NC. Health for Lil and I remains good and we look forward to a good 2005.

Best to all. *Steve & Lil Moddle*

RICHARD E. NEWTON—Las Vegas, NV

PUEMA

Hi Cleve, Here's my \$25 for another year. Almost two years in the retired ranks now.

Cathryn and I hang out in Las Vegas. We enjoy occasional motorcycle touring. So far have confined ourselves to the western states. Our favorite summer destinations are the Oregon coast, Yellowstone and the Beartooth Highway, and the Colorado Rockies.

When home I play a little tennis and ride my bicycle. I just completed my first Century Ride (100 plus miles in a day).

Cathryn has discovered the joys of quilting. We have avoided airports and airplanes like the plague. The last time I tried to fly was 15 months ago trying to get to a buddy's retirement party in Denver. Watched 3 flights go out without us. Never made the party.

We continue to hope for the best with regard to the bankruptcy while preparing for the worst. Our fondest regards go out to those still working and furloughed.

Sincerely, *Dick & Cathryn*

WILLIAM E. OLIVER—New Smyrna Beach, FL

Hi Cleve: Just a short note. After WWII, I went with UAL and retired 4-30-78.

I was the F/O & DI manager in Denver and then I headed west to San Jose, my home town.

Pilots and Dispatch was my life with good United Air Lines.

I wrote a book about 20 years ago about seven pilots who were Aces in WWII and Korea and it is called the “Inner Seven.”

You might be wondering why I moved east, well Lt. Col. Jack Bolt, chapter one in my book, lived in New Smyrna Beach. We have a condo about two blocks from the Atlantic.

You are doing a great job in the *RUPANEWS* and I look forward to each new issue.

Sincerely, *Bill*

DENIS O'MALLEY

Hi Ted; Thanks to you and all who help keep us connected to old pals and old times. Resolved to be on time this year as promised, whadda ya know? No traveling to speak of; just a trip to our condo on Maui. Marlene goes over all the time for any ex-

cuse and gets on the flights w/no problems except for the SAN-SFO-SAN legs. She also takes trips with her girlfriends occasionally. I stay busy running my "not-for-profit" palm tree nursery in El Cajon. Doing business in California just isn't worth the hassles, but I enjoy the outdoors and my plants. I've turned it into a build-your-own park project on the 4+ acres.

Turned 67 last week and I'm working harder than ever and enjoying it, as usual. "Too many projects" has a tendency to put pressure on you if you don't watch out, but the San Diego weather lures me outdoors every day. Passed my last check for any new bladder tumors; no recurrences and overall health is good. The UAL pension problems fade in importance when health is concerned. We'll all be fine, I believe. No sense worrying about something we can't control. My best to all who read these words; I enjoy hearing about you guys.

Best regards, *Denis* (palmsup@earthlink.net)

KEN & SHIRLEY PETERSON—Hampshire, IL

All is well on our small farm near Hampshire, Illinois. One of our daughters lives across the road from us with her husband and four children. We raise a few cattle and she raises some chickens and turkeys. Our other daughter and husband live only 20 minutes away. Their two kids are grown up. In fact, our first granddaughter will be getting married next summer.

We took our first cruise this past summer, went to Alaska with Norm and Theora Hart. They were great traveling companions and we had a wonderful time.

We really enjoy the *RUPANEWS* every month. *Ken*

WILLIAM 'BILL' POWELL – Tullahoma, TN

Ted. I sent my dues for another two years. I have moved to Tullahoma Tennessee. You have it correct, but most of my friends might not have heard. My "ex" and I divorced after 48 years. I have remarried and am enjoying life (as much as a 71 year old is able).

About the "data base"... It's hard to believe the number of pilots departing early. I've been supplying data to Doug for his PBGC estimates. This is a good place to say thanks to Doug Wilsman for all his efforts to keep us all informed.

A Happy New Year to all, *Bill & Isabelle*

wspowell1@aol.com

JOHN & SHIRLEY PRESTEGAARD

Hi Ted,

I think this is the first time that I've been late with my annual letter since I retired in 1985, but I guess old age is catching up with me. I'm late with just about everything anymore.

All I have to write about is health problems and who wants to hear about those. I didn't play much golf last winter as my back was bothering me and when I got back up to Illinois my back was okay again, but my hand bothered me, Here I go writing about health problems again!! Anyway, my wife had cataract surgery in July and I had hand surgery in August. Both were successful so now you don't have to hear anymore about health problems.

Does anyone else out there dislike flying on our passes as much as we do? I try to drive wherever we go anymore and that's not much fun anymore either, but it's better than being treated like a terrorist going through security and like a poor country cousin trying to get on a flight. I guess I've had it too good in the past.

On the brighter side----We are still on the right side of the grass and enjoying our family and our "golden years" and hope all of you are doing likewise. *John & Shirley*

BIZARRO *Piraro*



BILL RAIMER—Battle Ground, WA

Hello Cleve--Is it January again? (Dues plus some change for the coffee pot enclosed.)

“Happy New Year” doesn’t seem appropriate considering all that’s transpired with United (and the PBGC) recently. Can’t do much about it—guess there’s no sense getting an ulcer over it. (Probably won’t have the medical insurance to treat it.)

If we both live long enough we’ll have to cinch up the belts somewhere down the road, I expect. (Actually, it wouldn’t hurt me to tighten up by about two holes right now.)

Jeri and I (she’s a retired 30-year United F/A) decided we should be grateful that we flew during the “golden years” of United--and picked up many friends along the way besides.

Thanks for what you do at *RUPA!* *Bill*

ED RIPPER—Southport, NC

Hi Ted, This letter marks the end of year #4 in retirement and is only the second time in my life when I wished that I was a year older. The first time was at age 20 and I was refused entrance to a swinging night club because then you had to be 21 to legally drink, and this time because full benefits from the PBGC start at age 65. I suppose by the time this hits the mailboxes, we'll all be receiving our monthly checks with a different return address on the envelope. Oh well, It was a nice ride while it lasted.

This Christmas season finds us eagerly awaiting the arrival of one of life's greatest gifts, the birth of our second grandson. He's due any day now, so whenever the phone rings we get a bit of an adrenalin rush.

2004 started out with Bekki and I attending real estate salesperson and brokers courses at our local Community College. Not knowing what the final PBGC figures were going to be, we decided to reinvent ourselves and start a different career. It's interesting but not something to get into if instant gratification is what you need. Hopefully down the road it will offset the lost pension dollars.

The only traveling that we did this year was to use some of our credit card miles and fly USAir to SFO to attend a reunion of The Old Gray Knights, former officers of Patrol Squadron 46 which used to

be based at Moffett Field. The group consisted of squadron mates from the 60's and the event was held at the Marine Memorial Club in downtown San Francisco. We had a good turnout and it was great to see these guys again, most of whom I had not seen since I mustered out in June, 1967.

We continue to be thankful for good health and also for a zero hurricane year. Florida took the hits for us this year. Thank you for all that you and the many RUPA volunteers do to produce this wonderful Newsletter. There are only a handful of us UAL'ers here in the Cape Fear area so it's really nice to keep up with the others through your good work.

May God bless us all in 2005!- *Ed*

E.G. GINO SALEGUI—Surfside, CA

Hello to all---right on time (sorta) with the yearly Stipend.

Finally hanging up my flying gloves, and just completed the sale of my Maule. Amazingly, the buyer found my internet trade-a-plane ad. What makes it amazing is that he is a Swiss National, working in Baku, Azerbaijan (says he is not a Terrorist), and wants the Maule as his retirement toy for his ranch near Durban, So. Africa. The plane was put in a freight container and should be in Durban by now. Future travel will be on UAL---conditions permitting. *Gino*

EDWARD D. SCHNEPEL—Lexington, SC

Cleve, check for 05 enclosed. Hope I can afford it in 06. What a ride! First Eastern now UAL. I’m getting real good working with the PBGC. The White House has been able to accomplish what Frank Lorenzo and his daddy couldn’t. I suppose the PBGC will be next, then the UAW.

ALPA’s founding father’s would cry, and then roll up their sleeves.

Good luck recent retirees! *Ed*

RICH AND ANN SELPH

Our year started with an invitation to join an epic motorcycle tour to Alaska with 8 couples. The inspiring six week itinerary had been 3 years in the planning. Ann immediately accepted. When Rich gently pointed out the minor issues that we didn’t

have a touring motorcycle, hadn't ridden one in years, and might be hampered by approaching senility, Ann reached into her tool case for the "stick in the mud" pejorative!! After months of effort in test-riding (BMW's, Harleys, and Goldwings), selecting the Goldwing (an 800+ lb, 1832 cc behemoth), some rentals to prove the concept of "three-up", shopping for a bargain leftover 2003, equipping (both the motorcycle and us...), shakedown cruises to make mistakes before Ann got on, a beginner's course for Ann (now a 'licensed' motorcyclist!), and an Advanced Honda Factory Training Course for Rich, we pronounced ourselves ready. Despite regular contact with the group and knowledge that a few couples had had to drop out, we were shocked to receive an e-mail one day canceling the trip!!! After recovering, we had to contemplate what to do with our new fully-equipped motorcycle and dreams of adventure.

Of course, we went anyway! Up the west coast, a ferry from Prince Rupert, BC, up the Marine Highway, riding from Skagway to Anchorage, the Kenai Peninsula, Denali (turned back from Fairbanks by forest fire smoke), southeast along the AlCan to Banff and Lake Louise, and down through Glacier NP to Montana. Some first hand observation of our position in the food chain. Lots of sights and experiences over the 6500+ miles. Ann, after some initial trepidation (one rainy morning early on, she wouldn't come out of the motel room), turned out to be a real trooper, enduring all the different weather and road challenges with good humor (and only the occasional poke in the ribs or gasp over the intercom). Another 3000 mile trip in October spanned the best motorcycle roads in nine states from Vail east to the Mississippi and back to Santa Fe. A recurring image was two fogies trying to get the sequence right (glasses, headset plug, scarf, heated vest plug, zippers, helmet, gloves, etc.). Any one out of order meant having to undo steps and start again. And Pu, Ann's little 5 lb dog, had to be made comfortable and hauled aboard, shielded from the cold by copies of Architectural Digest, and from the heat by water soaked toys to mimic a swamp cooler.

We remember fondly our years with the "non-profits". We had the best of United and the best of Pan Am and are very grateful!

Regards to all, *Rich and Ann Selph*

STAN SMILAN—Lake Worth, FL

Almost 4-years since cancer surgery – the doctors they tell me I'm making them look good. I just ran for the state Senate in Florida – RUPA member Jerry Schlichter contributed \$25 to my campaign – had to spend the 25 bucks to cover the fee on a bounced, four dollar check to the Supervisor of Elections, Theresa LePore, known as the Butterfly Lady in Palm Beach County. Jerry was worried I might cash the check in a Las Vegas casino. The guy I ran against got the AFL-CIO endorsement and the support of the Florida Chamber of Commerce – the FCC gave him a 75% rating as an 'Employer Friendly Candidate' – he raised over \$300 thousand and beat [me] a 36-yr ALPA member 78.9% to 21.1%. The website is still at: www.stansmilan.com

Am at a loss to explain how a politician can be a FCC-designated "Employer Friendly Candidate" and get the AFL-CIO endorsement. No small wonder union membership is down to 12% vs. 25% in 1980 and 35% when I joined ALPA in 1957.

I ran as an independent with no party affiliation. The ballot had (NPA) designator after my name – the majority of voters must have thought (NPA) stood for Nazi Party of America.

If UAL pension fund goes belly up, try running for Congress in 2006 - under current FEC rules you can pay yourself \$150 thousand/yr from campaign contributions. Just imagine: 535 RUPA types on the 2006 ballot nationwide.

Best bumper sticker I saw in 2004: "Politicians Should Be Changed like Diapers – For the Same Reasons."

Stan Smilan captstan@earthlink.net

A. WALT SMITH, JR.—San Mateo, CA

Birthday is review time. At 88 I have noted many of the men I flew with have flown west. As an index to this I've looked at the list of Past Presidents on the back of the present roster. The top group includes men I flew with regularly. The middle group includes men whom I have known and enjoyed, but never flew with. In the last group are men I really don't know, except one who was recycled and one I traveled with once. Sic transit gloria mundi.

The *RUPANEWS* is still very interesting to us, but in a different way. We admire and are grateful to the group who put it together and send it.

Check In the mail to Cleve. *Walt & Marge*

BRUCE P. SMITH—Chico, CA

Dear Cleve, On November 4th, I celebrated birthday number 82, then on the 12th, we went over to Yosemite for three days to celebrate our 60th wedding anniversary. Our two kids and their families came for our anniversary dinner at the Ahwahnee Hotel. A great time was had by all. This month I also have completed 24 years of retirement and we are both doing OK.

Seasons greetings to all. *Bruce*

ROBERT STEENECK—Fort Collins, CO

It's hard to believe that seven years have past since I set the "last parking brake". Still fly the Baron a few hours every year, but staying "instrument current" and proficient, is a constant challenge. Plan to follow the Alaska Highway to Fairbanks next summer, with a return to the "lower 48" via the "Inside Passage".

Last summer, the destination was Spitzbergen, Norway and an icebreaker cruise well above 80 degrees North. Saw lots of wildlife, including several polar bears "up close" on the ice.

Commuting to and from PHX in the winter still works, but now on TED and in the ever popular "middle seat in coach". Summers are spent in the Columbia River Gorge at the "cabin". Five grandsons (oldest is twelve) keep us busy.

Thanks to all you troops who keep this publication coming. *Bob*

JOEL B. STRATTON—Canada

PUEMA

Last January saw us with my wife, Judy, recovering from colon cancer surgery. Next came six months of chemo. Now the doctors say she is "cancer free" and has only a 20 % chance of it coming back.

We keep busy here plowing snow in the winter and mowing the lawn and watering flowers in the summer.

My son, Charlie, and his family flew up here last August. Caught some Rainbow Trout.

My health is about the same as last year...still struggling with diabetes but able to control it.

Best wishes to all of you for a Happy Holiday. *Buck*

ANTONE J. TESTA—Monarch Beach, CA

Hi Everybody, I'm late as usual. Last October I had my 78th birthday.

It has been a very slow year for us, just holding our breath and listening for UAL's other shoe to drop.

Both Frances and I are doing well, just the standard allotment of aches and pains.

I enjoy visiting with everyone at the monthly Dana Point retired pilots' luncheon.

Regards, *Tony*

BARRY THOMPSON—Pleasanton, CA

Dear Cleve: Next week will be seven years since retiring, so its time to say a few words.

I enjoy all the info about the bankruptcy and possible termination of our pension. Some of the medical info is also interesting.

Oriette and I are still healthy and have been busy with house renovations for the past six months. Playing lots of golf and doing some traveling, mostly short trips. Happy new year to everyone.

Cheers, *Barry*

BOB VOGTRITTER—Honolulu HI

Years ago, during idle moments at high altitude, I would often wonder when that day comes, off in the distant future, when United would have as many or more retirees than it would have active employees, how in the world would it ever be able to meet the huge pension obligations that it would require? Well that day in the future has arrived and I guess I have the answer. I can't help but wonder how the world's biggest and best airline got itself into the predicament it's now in. In my opinion it started in the late 70's when UAL thought it was acquiring a hotel company, when in fact a hotel company acquired an airline. Soon after, hotel rooms and rental cars became more important than airplanes. Another event of the 70's then reared its ugly head about the same time, airline deregulation. For some unknown reason, UAL rather than expand under deregulation decided to play the role of a sleeping giant and actually withdrew from many cities and routes. Thereafter, as our friend, Dick Ferris would tell us UAL would only fly the "cream" and leave smaller cities and routes for the little guys. Unfortunately, the little guy became Southwest. But don't get me started. *Bob*

MISDIAGNOSED JOINT PROBLEMS

By Dr. Bruce West

When it comes to joint pains and problems, you need to be cautious with your doctor. All the x-rays, myelograms, scans, MRIs, and more often don't amount to a hill of beans when it comes to the real diagnosis of your problems. The minute most docs see loss of cartilage, arthritic spurs, spinal disk bulges, or "bone on bone," they are ready to leap to radical procedures like hip or knee replacement surgeries.

If you didn't need this surgery in the first place, it can be devastating. If you didn't need the surgery, and the surgery goes bad, it can ruin your life. The rule of thumb regarding joint pains and problems is that in almost all cases, the body can heal the problem within one to two years. That includes "bone on bone," all spinal disk problems, arthritis and osteoporosis, carpal tunnel syndrome, torticollis of the neck, chronic low back pain and sciatica, "dystonia" of the neck or back, costo-chondritis, spinal stenosis, weak or broken bones that will not heal, and most other joint problems.

Think this is not true because you just continue to suffer? Think this is not true because nobody could have a worse spine, hip, shoulder, or other joint than you? Think again. I used to take care of dozens of rodeo riders. Believe me, when it comes to "torn up joints," these guys have the market cornered. How about a shoulder that was dislocated 40 to 50 times? Or ripped apart hips, elbows and knees? These men had x-rays that made me shudder—with tons of arthritis spurs, globs of calcium deposits, and bones that seemingly had no cartilage at their ends.

Yet-they-were roping cows and riding broncs, amazingly with little or no pain! The message here is profound. Do not rush into a radical or even a "simple" surgery (there is no simple surgery). Instead exhaust all the possibilities at natural healing first. My files are stuffed with letters from people whose lives have been ruined by surgeons who performed joint surgeries that were not needed. When one of these surgeries goes radically bad, joint problems often can become permanent, irreversible, and a source of 24-hour-per-day pain for the rest of your life. So forget all the high-tech tests and diagnostic procedures. The real truth is that most docs don't really know what is going on in a "bad" joint. You can get 12 different interpretations from 12 different "joint experts" for the same MRI.

Think this can't be true? Five surgeons may give you five different opinions of a knee MRI. All will probably recommend knee arthroscopy. Hundreds of thousands of these standard knee "procedures" have been performed over the past years. Some people have never been the same. Just last year a study proved that these procedures were medically useless when compared with a sham placebo surgery—and that they should be halted. Nonetheless today docs are still going full-steam-ahead with these "surgeries."

What to Do

Always remember that your body can heal most joint problems provided it has the raw materials to work with and physical obstructions have been removed or alleviated. In almost all joint problems two products that incorporate **raw bone** must be used: **Biost** at a dose of three daily and **Calcifood Wafers** at a dose of six to nine daily. These are produced by Standard Process and are the only products I know of that utilize raw bone.

If there is inflammation at the same time, you can add three to six **Glucosamine Synergy** and a tablespoon of raw flax or cod liver oil to your daily protocol. Then allow eight to 18 months for healing. See the best joint professionals in your town to remove any impediments to getting well. These are usually chiropractors, osteopaths, or physical therapists. Always eliminate all dairy and wheat products for 30 days since these can keep joints inflamed in some people. And always keep in mind that if you have a pinched nerve, nothing short of an adjustment will cure you.

Likewise if you have chronic osteoporosis and a lack of sufficient raw bone, enzymes, and nutrients to rebuild joints, your skeleton will deteriorate. Your joints will suffer from a hardening and stiffening of ten-

dons and ligaments as calcium builds up to compensate for weak bones. In the spine this results in stenosis. It doesn't take a rocket scientist to realize that surgery cannot correct this problem. When the right nutrients are introduced, your bones will strengthen and the calcium buildup and hardening of the other tissues in joints will resolve.

Surgeries are wonderful when you really need them—especially at the hands of a real artist and expert. But for the most part doctors do not recognize the underlying cause of most joint problems. They cannot make a real diagnosis from most tests. They differ over exactly what is happening in joints. They refuse to recognize that subtle changes alter muscles and joints, and that these can be corrected by hand. They are too quick to order surgery and too slow to utilize nutrients of any kind. They fail to recognize that even their own surgeries would all go better if the supplements listed here were used before, during, and after their surgeries. And they are convinced they know everything about joints and you know nothing.

This is a bad combination. Always try to resist any surgery that can have lifelong, disastrous effects and that does not address or correct the underlying cause of the problem. And that holds true no matter what the tests show!

HEALTH ALERT

October 2003

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.

BE CAREFUL WHAT YOU WISH FOR

A man walks into a restaurant with a full-grown ostrich behind him. As he sits, the waitress comes over and asks for their orders. The man says, "I'll have a hamburger, fries and a coke," and turns to the ostrich, "What's yours?" "I'll have the same," says the ostrich. A short time later the waitress returns with the order. "That will be \$12.80 please," and the man reaches into his pocket and pulls out the exact change for payment.

The next day, the man and the ostrich come again and the man says, "I'll have a hamburger, fries and a coke," and the ostrich says, "I'll have the same." Once again the man reaches into his pocket and pays with exact change. This becomes a routine until late one evening, the two enter again. "The usual?" asks the waitress. "No, this is Friday night, so I will have a steak, baked potato and salad," says the man, "same for me," says the ostrich. A short time later the waitress comes with the order and says, "That will be \$26.82." Once again the man pulls exact change out of his pocket and places it on the table.

The waitress can't hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?" "Well," says the man, "several years ago I was cleaning the attic and I found an old lamp. When I rubbed it a Genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there." "That's brilliant!" says the waitress. "Most people would wish for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the man. The waitress asks, "One other thing, sir, what's with the ostrich?" The man sighs, pauses, and answers, "My second wish was for a tall chick with long legs who agrees with everything I say."

WOODY WOODWORTH—Norwalk, CT

Hi Ted, Check is enclosed along with my thanks for the *RUPANEWS*.

Two years into retirement and looks like the best times are all behind us. Golf has taken the place of PC's as my source of humiliation these days. A few of the local courses have developed "Block Fairway" space for me.

As soon as the pension goes South, I plan to apply for a posting at Home Depot. Still have my Captain's hat so that should get me a top spot in the plumbing department.

All the best, *Woody*

JAMES WRIGHT—East Brunswick, NJ

This January I reached 83 and this past year I really slowed up. Our only travel was to the Amvet State Convention in Atlantic City and the Capital Airlines picnic reunion. Thanks to RUPA for keeping us up to date on everything. We are praying that United can survive. *Jim*

RUSSELL J. WRIGHT—Golden, CO

Cap'n Ted: Twenty Nine Years on the Beach!

I hit a roadblock last summer. I need a new left knee so we started pre-surgery checks as standard. However, the doc called and said no go since I had had a heart attack. I had no symptoms and haven't had any up to now.

Major problem---! Can't get on my horse---so we're both eating and loafing.

Hi to everybody and copious quantities of thanks to the RUPA group.

Hang in there. Check to Cleve. *Russ*

IN MEMORIAM

NORMAN A. (BUZ) LITTLE

Norman A. Little, 70, of Worton, MD died on Nov. 24, 2004 at his home. Born on Oct. 13, 1934, in Baltimore, he was the son of the late Frank and Dorothy Bradburn Little. He is survived by his wife of 50 years, Rosemary Wanger Little, five sons, two daughters, eight grandchildren, and one brother.

A Mass of Christian Burial was held at Sacred Heart Catholic Church, Chestertown, MD.

JOHN W. MCCORMACK SR.

Ladies and Gentlemen,

I regret to inform you of the death of: John McCormack - CHIDD - retired Flight Dispatcher.

John "Jack" McCormack, Sr., 79, of Warrenton, died November 13, 2004. A Mass of Christian Burial will be said at 10 a.m. today at St. John's Catholic Church in Warrenton. Memorial contributions may be made to the Hospice of the Rapidan, P.O. Box 1715, Culpeper VA 22701. Moser Funeral Home in Warrenton is in charge of the arrangements.

Fraternally, *Jerry*

ALLAN "AL" PRATT

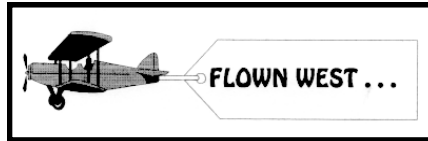
With Love and Respect, I want to share the passing of my Husband. Flying his final flight, Allan left his earthly home on Saturday, October 23 doing what he loved most in life, spending the day soaring above his home in Minden.

Allan was born and raised in up-state New York. After serving in the Air Force and graduating from San Jose State, he joined the



United family in November, 1967. Allan and I met in 1974 while he was flying his favorite 737, "Guppy" and I was a flight attendant based in Los Angeles. After 26 years of marriage, Allan and I have been blessed with two great young men, Devin and Loren. In the past few years they have come to be not only our sons, but also our best friends. After 30 years of flying, and 4 major back surgeries, it was time to enjoy the retirement years. In 2000 Allan and Barrie Nelson decided to take up the serenity of soaring. The two of them spent many hours soaring the air currents of Hawaii and Tahoe. In 2002 we moved from Sedona, AZ to Minden, NV, the soaring capital of the country. His greatest joy was giving friends and family rides and hearing them say "WAHOOO." Allan we miss your love and support. Fly in peace, my husband.

Karen



CHARLES W. METTLER	10/6/2004
MICHEL W. CRAIG*	10/13/2004
DOUGLAS R. WATERS*	10/16/2004
RAY H. COOPER	10/28/2004
JOHN "JACK" MCCORMACK, SR.,	11/13/2004
NORMAN A. (BUZ) LITTLE	11/24/2004
CHARLES "CHUCK" QUIMBY*	11/25/2004
RUFUS K. WARD	12/10/2004
WILLIAM F. MITCHELL	12/23/2004
ROBERT W. SARNIE	1/9/2005
CHARLES D. BARNARD	1/16/2005

* *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 Thu. SFO North Bay-Petaluma Sheraton
2nd Mon. SW FL—Olive Garden, Ft. Myers - 239-417-8462
2nd Tue. San Diego Co.—Quails' Inn, San Marcos - 760-723-9008
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—Hacienda (Even Mths) TBD (Odd Mths) 310-821-6207
3rd Thu. Ohio Northcoasters—TJ's Wooster (Always coed.) - 440-235-7595
3rd Thu. SEA Gooneybirds—Airport Marriott. - 425-893-9154
3rd Thu So. Oregon (MFR)—Pony Express, Jacksonville - 541-245-6896
3rd Thu. TPA Sundowners—Cuzzins (odd mths. Stag) - 727-787-5550
Last Wed Hawaii Ono Nenes—Mid Pacific Golf 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: February 16, 2005

Mailing: March 2, 2005



PERIODICALS

RUPANEWS

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