



RUPANEWS

Journal of the Retired United Pilots Association

Volume 9 Number 4

(Journal 571)

April, 2007



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—RUPANEWS—

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

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

PRESIDENT'S MESSAGE

As of now, we have only six months until the Seattle Convention. Everything has been finalized and you will find all the information you need to make hotel reservations and sign up for the tours in this issue. By my calculations at this time, so far we have about forty members attending. There are only seventy rooms available at the special Convention rate, so the early bird gets the room. You don't want to miss this event that the Seattle volunteers have worked so hard to put together for you. The Everett assembly plant and the Boeing Museum are a must see for us pilot types. I toured the Museum ten years ago and it was fantastic. I've been told that it is even bigger and better now. Don't be the only kid on your block who hasn't seen it.

Every so often, especially of late, a member sends us a letter that is political in nature. Several years ago our esteemed Editor, the late Jock Savage, began strictly enforcing a policy of keeping the *RUPANEWS* nonpolitical. As stated in our Bylaws Article 2. Section 1: "The purpose of this organization is to enhance the welfare of and to maintain the friendships and association of its members." In adherence to this Bylaw, we retain the right to not print letters that our Editor and/or The Board of Directors deem to be political in nature. We have received letters and comments from the Right, Center and Left political factions and have done our best to exclude these from publication in the *RUPANEWS*.

I am sorry to report that Jim Olson, our Sec/Treasurer, has resigned due to health reasons. Jim does not anticipate flying West in the near future but his condition makes it hard for him to spend much time on the computer. The good news is that my dear friend, computer Guru and ex-RUPA webmaster, Bruce McLeod has volunteered to take over the office. I didn't even have to twist his arm. Really!!! No, I mean REALLY!!! Thank you Stephanie!!!

Please be advised that the new address to send your dues or information update is listed below. This information is also listed on the opposite page along with our 800-787-2429 number.

RUPA

PO BOX 8044

FOSTER CITY, CA 94404-8044

Bm1532@yahoo.com

Cheers, *Cleve*

THE NORTH SOUNDERS GATHERING

The North Sounders are a group of 50 some UAL pilot "graduates" residing north of Seattle from Everett/Snohomish/Monroe to the Canadian border. We gather at the Skagit Regional Airport restaurant (Burlington/Mt. Vernon) and invite and encourage all "fly-ins". Our meeting dates are sporadic (i.e.) 3 to 4 months apart. Our last outing was co-ed on Valentine's Day and thoroughly enjoyed by all. We missed all of our snowbirds and tour and cruise aficionados but will greet them at the May or June gathering. In attendance were Barbara and Carl Carlsen, Diane and Don Roberts, Kit and Tom Turner, Joanne and Wally Weller, Kathy and Alan Black, Madelaine and Glen De Vore, Mie and Ted Wood, John Bermingham and Chuck Bates.

For information regarding future function dates contact Chuck Bates, (360-678-9010) cfbates@whidbey.net or Ted Wood (360) 380-4151 teddywood@comcast.net.

NYSKYSRAPER LUNCHEON ANNOUNCEMENT

Pete Sofman

NY area luncheon coordinator

Pete Sofman -- Stamford, CT

1. Please set aside Wednesday June 20th for our next NYSkyscraper luncheon, to be held at the *Montclair Golf Club* in NJ. Same price as last year: \$35/person. Details to be sent out in May.

2. Please email me if you'd like to join our free RETUP (Retired United Pilots) online discussion group. Topics of interest include: tax-handling of bankruptcy settlement, URPBPA Updates, future litigation, obituaries, Medical insurance and Medicare, mergers, travel, passes, latest aviation news, and so forth.

Aloha, *Pete Sofman*

rupapetesofman@optonline.net

1-800-UAL-LIST, NEW AND IMPROVED

The automated, voice-activated telephone system for booking employee and companion travel, 1-800-UAL-LIST, has been upgraded to make it easier to use.

- * In response to feedback from employees, an improved call-flow design, better speech recognition, a new voice and reduction of background-noise interference have all been incorporated into this new, enhanced product.
- * In addition, companions can now make date and flight number changes to space-available listings, and check flight loads. Note that the sponsoring employee still must do the original booking for companion travelers.
- * Employees can continue to plan travel and list for flights on SkyNet, however 1-800-UAL-LIST gives employees an option when they are unable to access the Internet.
- * Access to the system within the United States is free. International direct dialing rates apply for calls made from outside the United States.
- * The service can be used for both non-revenue space available (NRSA) and non-revenue positive space (NRPS) travel.

Employees who have not tried 1-800-UAL-LIST, or those who haven't used it in awhile, are encouraged to use this improved employee tool when booking NRSA and NRPS travel.

ABOUT THE COVER:

A formation of current AIRBUS models, except of course, the A-380. THE SUPER TRANSPORTER is new.

DANA POINT RUPA LUNCHEON

Weather still has been too cool for the group to enjoy the outside deck seating ... summer will return. Our group enjoys a comfortable long table looking out on the harbor channel and the passing boats.

Present were Park Ames, Carlos Bernhard, Bruce Dunkle, Ted Simmons, John Grant, Rick Hoefler, Ed Judd, Bob McGowan, Jerry Meyer, Bill Rollins, and Bill Stewart.

Phone call to Tony Testa sent his regards to all. A recent hernia operation has him temporarily resting at home.

From the (4 Mar 2007) RUPA site the 'Gimli Glider' Incident the story of the 767 as a glider was discussed. Good Reading!

"An amusing side-note to the Gimli story is that after Flight 143 had landed safely, a group of Air Canada mechanics were dispatched to drive down and begin effecting repair. They piled into a van with all their tools. They reportedly ran out of fuel enroute, finding themselves stranded somewhere in the backwoods of Manitoba"

CONCERNED ABOUT TOO MANY CARBS IN YOUR DIET?

For those of you who watch what you eat, here's the final word on nutrition and health.

It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION:

Eat and drink what you like. speaking English is apparently what kills you.

Our next meeting is Tuesday 17th of April

Regards to all

TED

HAWAII ONO NENES

Dear Ono Nene,

We had our February lunch the last day of the month at the Brew Moon. In attendance were Jan & Ray Brice, Dave Crooks, Alice & Buddy Decosterd, Clarita & Rick Kaapuni, Janine & Duke Miller, and Corky & Jim Sorensen. The usual subjects, health, pension, Bush, news of others, were well hashed over. We have all decided that a picnic as of yore would be in order, so we'll try to make it happen. Since some of us work, I would like to canvas when we should meet. It has been suggested that Saturday brunch would also work. So please respond with your preferences.

Aloha, *Jim*

DENVER GOOD OL' BOYS

The turnout for the March meeting of DEN Good ol' boys was all that could be hoped for, and a good time was had. Following a rousing happy hour, the dinner bell sounded at somewhere near noon and the trenchermen lined up in good order. The menu included prime rib and the scribe noted no complaints.

Following the repast, guest, Michael Lipford was introduced, and he told of a project he is involved with Metro State Univ. and solicited our help, to which request we acceded.

There was only one 'infirm' report, that being delivered by Jim Newman about the continuing difficulties of Ben Colkitt. Our best goes out to Ben. It was also noted that the reason for Bob Sannwald's continuing absence is that he has taken a job instructing at the Air Force Academy, thus is unable to grace us with his presence.

The meeting ultimately devolved into fertilizer slinging and socializing, but it adjourned at an appropriate hour.

Those in attendance included: Tom Hess, Phil Spicer, Curly Baker, Jim Harris, Dick Garbrick, Larry Walters, Pete Cecchinelli, Jim (Clark) Newman, Al Dorsey, Dick Shipman, Bill Hoygaard, Maury Mahoney, Bill Fife, Mack Connelley, Jim Krasno, Joe Kenney, Guy Casey, Jack Davis, Ralph Wright, A.J. Hartzler, Casey Walker, John Allen, Chuck Hamm, Stanley Boehm, Cliff Lawson, Duane Searle, Russ Wright, Rick Madsen, Chuck Fellows, Fritz Meyer, Tom Gordon, Ed Cutler, Ray Bowman, Russ Ward, Rick Bebee, David Horwitz, Bob Stemple, and the scribe and coordinator, *Ted Wilkinson*

TREASURE COAST SUNBIRDS

We met on the usual 2nd Tues. of the month, and a hearty meal and camaraderie was enjoyed by (almost) all. We were happy to have Percy Wood back with us after going through the difficulty of leaving Mariner Sands (after 20+ yrs.) and moving into assisted living with his beloved wife, Mary. He is an amazing guy and always has had an objective view/opinion of the relationship that should exist between management and labor.

We had 31 last month (co-ed), and 13 on Mar.13. Present were Bill Cole, Andy Lambert, Stan Smilan, Jack Boisseau, Skip LaRocque, Clay Grant, Bill Northup, John Pinter, Frank Gugliemino, Bob Schaet, Percy Wood, Ted Osinski, and me.

There was a suggestion (by SS) that we consider re-locating our monthly gatherings to a more Southerly location, which was soundly rejected by all (almost). But then again, SS is most probably getting used to rejection by now. (Just kidding, Stan). Our next gathering is on April 10, at *Mariner Sands CC*, and will be our last until November 13th (2nd Tues.). In line with Pres. Cleve's call to the "youth of the group" in the March *RUPANEWS*, I am seriously looking for a replacement for my old & haggard bod. In his absence, Bob Langevine was highly recommended by a majority present, and I couldn't agree more. So, Bob, will you step up to the plate????? Aside from Bob helping with the TCS communication, another young (it's all relative) member of our group, John Pinter, has also been of considerable assistance. We all appreciate their efforts, as we do your's Ted, Cleve, Jim O., et al.

Until next time,

Jim Dowd

JAR HEAD MATH

The Korean War, in which the Marine Corps fought and won some of its most brutal battles, was not without its gallows humor. During one such conflict a ROK (Republic of Korea) commander, whose unit was fighting along with the Marines, called legendary Marine General Chesty Puller, to report a major Chinese attack in his sector.

"How many Chinese are attacking you?" asked Puller.

"Many, many Chinese!" replied the excited Korean officer.

General Puller asked for another count and got the same answer, "Many, many, many Chinese!"

"dammit!" swore Puller, "Put my Marine liaison officer on the radio."

In a minute, an American voice came over the air: "Yes sir?"

"Lieutenant," growled Chesty, "exactly how many Chinese you got up there?"

"General, we got a whole shitload of Chinese up here!"

"Thank God." exclaimed Puller, "At least there's someone up there who knows how to count."

PONDERISMS

I used to eat a lot of natural foods until I learned that most people die of natural causes.

Garden Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

Never take life seriously. Nobody gets out alive anyway.

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

How is it, one careless match can start a forest fire, but it takes a whole box to start a campfire?

Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here and drink whatever comes out?"

Who was the first person to say, "See that chicken there? I'm gonna eat the next thing that comes outta its butt."

Why does your OB-GYN leave the room when you get undressed if he's going to look up there anyway?

Do illiterate people get the full effect of Alphabet Soup?

Why doesn't glue stick to the inside of the bottle?

Do you ever wonder why you gave me your email address?

2007 RUPA CONVENTION TOURS

The members of the *Seattle Gooneybirds* have selected a number of tours for our enjoyment for his years Convention. All of the tours will be operated by the Seattle Gray Line Tour Company. All of the tours will be on 47 passenger busses and will require a minimum of 32 passengers per tour for the tour to operate. Please keep this in mind when you sign up for a tour. If there are not enough passengers signed up for a certain tour, you may be moved to your second choice. The buses we will be using do have restrooms. We plan to have four tours on Friday, four tours on Saturday and two tours on Sunday. The Sunday tours will arrive back at the hotel in plenty of time for you to relax and freshen up before attending the Banquet. Some walking will be involved in each of the tours so be sure to have comfortable shoes. On Sunday the 23rd we will have our Farewell Banquet and general meeting. After dinner we will have a short talk by Dr. Bonnie Dunbar. Dr. Dunbar became a NASA astronaut in August 1981. She is a veteran of five space flights, and has logged more than 1,208 hours (50 days) in space. We hope you will be able to attend her most interesting presentation. We only had eight players sign up for golf at our last Convention. If you wish to have a golf tournament at this Convention, let us know well in advance so one can be set up. The price for the Seattle City Sights Tour has been reduced from \$38.00 to \$30.00 and the tour shortened to 4 hours so the people on the tour could get back to the hotel in time for the General Meeting. A note from Joshua Krohn, Manager of Sightseeing sales and Operations for Gray Lines of Seattle says "While the Royal Argosy Dinner Cruise is a little pricy, it is an incredible experience! The food is 4 – 5 star quality, and the staff treats you as if you own the boat." The same can be said of the Tillicum Village Dinner. Members of the Seattle Gooneybirds highly recommend this tour.

Friday, Sept. 21.

The Boeing Everett tour \$43.00. – Depart the Hotel at 9:30 am. Leave the hotel in the morning for the Boeing Future of Flight Tour. The Future of Flight Aviation Center is a cutting-edge facility featuring 28,000 square feet of interactive aviation exhibits. You will watch a brief moving about Boeing in the Boeing Theater, then travel a short distance to the Boeing factory where you enter the world's largest building by volume (472 million cubic feet of space). We will view the assembly line for the 747 and the 787. This is a 4 hour tour, including travel time; lunch will be available at the company cafeteria at your expense.

Tacoma Museums Tour \$55.00. –Depart the Hotel at 9:00 am. Depart the hotel and travel to the Greater Tacoma Museum District, where you will be able to enjoy the Museum of Glass, the Tacoma Art Museum and the Museum of Natural History. Admission to all three Museums is included with this tour. Lunch will be on your own. This is a 6 hour tour, including travel time.

Tillicum Village Dinner Cruise \$98.00. –Depart the Hotel at 3:30. This is an evening tour. The bus will depart the hotel and deliver you to the Argosy Cruises dock on the downtown waterfront to board the vessel which will take you to Blake Island. Tillicum Village is a Northwest American Native Site. In the Chinook language, "Tillicum" means "friendly people". Here you will enjoy a meal of salmon cooked on cedar stakes over an open fire. It will be served in a traditional cedar longhouse, surrounded by Northwest Coast native crafts and artwork. After dinner you will be entertained with ceremonial dances, myths, and legends of the native culture. This is a 5 hour tour.

Cruise the Locks Tour \$68.00. –Depart the Hotel at 11:00. Seattle is a city of meandering waterways – from Puget Sound to Lakes Washington and Union. Enjoy the scenery and lively narration as your guide tells you all about Seattle's maritime highlights on this Argosy boat tour. The bus will pick you up at the hotel and will join the Locks Cruise Vessel at its departure point. Lunch is on your own. This is a 4 hour tour.

Saturday, Sept. 22.

Museum of Flight Tour \$33.00. –Depart the Hotel at 9:00 am. Depart the hotel for the Seattle Museum of Flight, the largest air and space museum in the West. You may take a tour through the museum with a docent if you wish or proceed on your own. There are more than 150 historic air and spacecraft, interactive exhibits, personal stories and educational activities to view. Also visit the William E. Boeing Red Barn., the original manufacturing facility of the Boeing Airplane Company, or browse the Personal Courage Wing, home to an impressive collection of WWI and WWII fighter planes and war memorabilia. Lunch is available on your own at the cafeteria. This is a 4 hour tour.

Woodinville Winery and Brewery Tour \$45.00. –Depart the Hotel at 10:30. You will depart the hotel and travel to the Woodinville Wine District, where you will enjoy tours and tasting at the Columbia Winery, Chateau Ste Michelle and the Redhook Brewery. Admission to the tasting locations and tasting fees are included in this 5 hour tour.

Royal Argosy Dinner Cruise \$120.00. – Depart the Hotel at 6:00 pm. This is another evening tour. You will be picked up at the hotel and delivered to the Argosy Cruises dock on the downtown waterfront. You will enjoy dinner while cruising on Elliot Bay and viewing the Seattle skyline at night. This is a 5 hour tour.

Tacoma Museums Tour \$55.00. –Depart the Hotel at 9:00 am. See previous description of this tour.

Sunday, Sept. 23.

Seattle City Sights Tour \$30.00. –Depart the Hotel at 9:00 am. This tour will include the following locations in the Greater Seattle Area.. The tour will include the City Center, the Sports Stadiums, The International District, The Montlake Cut, University of Washington, the Fisherman’s Terminal, The Ballard Locks, Seattle Center, the EMP museum, Seattle Shopping district, the Seattle Waterfront, Queen Anne neighborhood, the Fremont neighborhood, the Space Needle and a 45 minute stop at the Pike Place Market. This is a 4 hour tour. Cost of lunch not included. This tour has been shortened so you can return to the hotel early enough to attend the business meeting.

Cruise the Locks Tour \$68.00. –Depart the Hotel at 11:00 am. See previous description of this tour.



RUPA 2007 CONVENTION REGISTRATION FORM

The convention will be held at the *SeaTac Marriott* in Seattle, Washington on Sept. 20-23. To make a reservation, call the hotel at 1-800-314-0925. Mention RUPA and receive a rate of \$119/night. You are encouraged to register early so that the organization can make the proper arrangements.

NAME _____ SPOUSE/GUEST _____
E-Mail Address and Phone # _____

Registration Fee: \$13.00 per person \$ _____

Thursday Dinner Buffet: \$18.00 per person (Sept.20) \$ _____

Sunday Banquet: \$27.00 per person (Sept. 23) \$ _____

Banquet Dinner Selection: Salmon _____ Pork Chop _____

TOURS:

Friday, Sept. 21

Boeing Everett Tour \$43.00 pp \$ _____

Tacoma Museums Tour \$55.00pp \$ _____

Tillicum Village Dinner Cruise \$98.00 pp \$ _____

Cruise the Locks Tour \$68.00 pp \$ _____

First Attendee: Name _____

1st Choice _____ 2nd Choice _____

Second Attendee: Name _____

1st Choice _____ 2nd Choice _____

Saturday, Sept. 22

Museum of Flight Tour \$33.00 pp \$ _____

Tacoma Museums Tour \$55.00 pp \$ _____

Woodinville Winery and Brewery tour \$45.00 pp \$ _____

Royal Argosy Dinner Cruise \$120.00 pp \$ _____

First Attendee: Name _____

1st Choice _____ 2nd Choice _____

Second Attendee: Name _____

1st Choice _____ 2nd Choice _____

Sunday, Sept. 23

Seattle City Sights Tour \$30.00 pp \$ _____

Cruise the Locks Tour \$68.00 pp \$ _____

First Attendee: Name _____

1st Choice _____ 2nd Choice _____

Second Attendee: Name _____

1st Choice _____ 2nd Choice _____

Interested in a Golf Tournament? Yes _____ No _____ Price to be determined

Total for First Choice Tours, Registration and Dinners \$ _____

If awarded second choice tour, an adjustment will be made upon registration.

Complete form and make a copy for your records. Determine total amount and send a check made out to RUPA, along with a completed registration form to:

Ron Jersey, 3 Pheasant Ln. Gorham ME 04038. Phone (207) 839-6943

THE NORTH BAY RUPA LUNCH GROUP

The North Bay RUPA lunch group met for its March gathering at the *Petaluma Sheraton's Tolay Room* on the first Wednesday, March 7th. The latest on items of interest were presented, and the monthly report from Health and Welfare Chairman George Hise was put forward for the attendees consideration. This month, George showed articles about recent studies of chocolate, and its benefits for mind and body, as well as the recent report that older pilots may, in fact, be safer than younger pilots...something most of us already suspected! Considerable discussion was held regarding the recent W2 problems with uaua, as well as the deductibility of ESOP3 shares that had been issued, and taxed at that time. A "thank you" to the BB members that have helped others with their valuable insight in these matters...particularly Bob Falco! Comments were relayed on the "new 1-800-list" operation and some apparent shortcomings. Some recent airline incidents were reported, such as the AA emergency return to Dallas last year, and the recent arrest of a NWA pass rider. Barney Hagen brought some great photos of a China Air B-747...with the F/O's forward window support "fixed" with a large glob of "600 mph" tape!.. ("OK Thru!") John Baczynski brought handouts for all, on this year's Reno Air Races, to be held in the fall.

Call-ins, unable to attend were Jerry Nemier (flu), Micky Orchard (flu), Sam Orchard (knee problem)...also from Rick Saber...enjoying tropical libations in Costa Rica...(groans of "pity" from the audience)...

In Attendance: Bob Haygooni, (First Timer! Welcome!) Bill Greene, Tom Grey, Dick Lammerding, Bill McGuire, Al Milotich, J.R. Hastings, Ron and Audrey Perry, Barney Hagen, Jim Mansfield, Phil Simon, Ted Graves, Larry Whyman, George Hise, Woody Lockhart, John Reed, Gardner Bride, Bill Smith, John Baczynski, Ken Corbin, Leon Scarbrough, Deke Holman, Bob and Doris Donegan.

SEATTLE GOONEY BIRDS

The Seattle Gooney Birds met Thursday March 15 at the *Marriott*. Those attending were: Howard Holder, Jim Barber, Dick Anderson, Rich Hurst, Bob Reid, Jim Chilton, Bob Howard, Eric Malm, Dave Fahrenbach, Ralph Vrtacnik, Dean Turner, Dick Wiesner, Rex Joseph, Herb Marks, Chuck Westpfahl, John Turberville, Bill Stoneman, Bill Brett, Bob Wulff, Ray Dapp, Tom Smith, Gerry Pryde, Keith Blue, Doug Christensen, Brent Revert.

Bob Reid encouraged us all to attend and to invite our friends around the system to join us here for the RUPA national convention September 20-23.

Bob Howard is once again organizing the United Airlines Retirees Golf Tournament. It will take place at the *Allenmore Golf Course* (Tacoma) on June 20, 2007. Register yourself or your foursome with Bob at 253 -627-7211. First tee time is 10:00AM. Senior rate (62 and +) \$28.00, under 62 - \$34.50.

Seattle people and visitors in May! May 17 is the date for the *Gala Gooney Birds Co-ed luncheon* at the *Marriott*. \$25.00 per person includes parking. Your check will be your reservation. Please send checks to Brent Revert, 9016-159th PL NE, Redmond, WA 98052-7518, or to Bill Brett, 41020 - 228th AVE SE, Enumclaw, WA 98022-9056.

<p align="center">United Airlines Historical Foundation</p>

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

GEEZER STORIES

A very elderly gentleman, (mid nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel smelling slightly of a good after-shave, presenting a well looked-after image, walks into an upscale cocktail lounge. Seated at the bar is an elderly lady, about mid eighties.

The gentleman walks over, sits alongside of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

An elderly gentleman had serious hearing problems for a number of years.

He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says, "I feel just like a newborn baby."

"Really!? Like a newborn baby!?"

"Yep. No hair, no teeth, and I think I just wet my pants."

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know...The one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Hospital regulations require a wheelchair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair.

"Want anything while I'm in the kitchen?" he asks.

"Will you get me a bowl of ice cream?"

"Sure."

"Don't you think you should write it down so you can remember it?" she asks.

"No, I can remember it."

"Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?"

He says, "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that, write it down?" she asks.

Irritated, he says, "I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!"

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs.

She stares at the plate for a moment.

"Where's my toast?"

Keep Reading

A senior citizen said to his eighty-year old buddy: "So I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good looking?"

"Not really."

"Is she a good cook?"

"Naw, she can't cook too well."

"Does she have lots of money?"

"Nope! Poor as a church mouse."

"Well, then, is she good in bed?"

"I don't know."

"Why in the world do you want to marry her then?"

"Because she can still drive!"

Keep Reading

Three old guys are out walking. First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday!"

Third one says, "So am I. Let's go get a beer ."

Keep Reading

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."

Keep Reading

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur; be careful.'"

Keep Reading

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split.

The waitress asked kindly, "Crushed nuts?"

"No," he replied, "Arthritis."

SW FLORIDA RUPA MEETING

March 12, 2007

Clear skies and warm temperatures greeted the *SW FLA RUPA* group who managed to make their way through the traffic of snowbirds and spring breakers to the *Olive Garden* for our monthly meeting.

Turn out was one of the largest of the season. Featured speaker was Mr. David Helms, pilot, author and theorist on the fate of Amelia Earhart. Mr. Helms related the facts relating to the final leg of Amelia's around the world flight in 1937. He constructed the probable chain of events that lead to the fatal flight. An earlier attempt ended with an accident while taking off in Hawaii and the aircraft was returned to the States for repairs. Two of the crew elected not to go along on the next attempt. One was an expert radio operator. Link one. Link two was fatigue, Earhart and Noonan had been flying for four weeks and 22,000 miles. On take off from Lae, New Guinea, the Electra was 5,000 lbs over gross then early in the flight clouds forced Amelia to climb to 12,000', this ate into her reserve fuel, link three. Next the head winds were stronger than forecast, more reserve gone, and link four. Arriving in the Howland Island area early in the morning was probably not conducive to sighting a small flat island, link five. Howland Island was charted about six miles short of its actual position, link six. Finally Amelia was not well trained in the use of the latest radio equipment she had on board.

Mr. Helms believes that Amelia ditched at sea somewhere on a 25-mile wide arc 15 to 45 miles north west of Howland Island.

Many interesting articles can be found by searching *Google* for Amelia Earhart.

Attending: Bill Bates, Neil Bretthauer, M/M Lewis Brubaker, Gene Chapman, M/M Will Collins, Norbert Cudnowski, Rip Curtiss, Jim David, Jim Good, M/M Ray Hill, Skip Irwin, Don Kincaid, M/M Bob Maben, Al May, Faith Osborn, Ed and Dot Prose, M/M King Purton, Jim Ralph, Jim Sutton, Mamie Thompson, Ellis VanAlstine, M/M Ray White, Tom Willman, out of town RUPA guest Bob Blessin. Guests M/M Manfred Schalberg, Frank Hoffmann, speaker David Helms and his wife Andrea.

Truly, *Gary and Janice Crittenden*

THE SE FL GOLD COAST LUNCHEON

The March RUPA group met at the *Flaming Pit Restaurant* on Thursday, the 8th.

Two of our friends have departed since our February meeting. If you were not previously aware, Noel Summer and Hank Fischer both passed away in February. We will miss them.

Present in March were Stan Blaschke, Lyn Wordell, Walt Kimmey, Jim Good, Hambone Wilson, Ed Wheeler, Glen Hall, Les Eaton, Richard Farmer, Paul Livingway, Tom Llewellyn, Jimmy Carter, Dave Peat, Art Jackson, Warren Hepler and me, Jerry Bradley.

Next lunch will be on April 12 and will likely be our last for the winter season. I hope we get a great turnout before many of us launch off for places North. See you then.

Jerry

THE HUSBAND STORE

A store that sells new husbands has just opened in New York City, where a woman may go to choose a husband. Among the instructions at the Entrance is a description of how the store operates:

You may visit this store ONLY ONCE! There are six floors and the value of the product increases as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to the Husband Store to find a husband.

On the first floor the sign on the door reads:

Floor 1 - These men Have Jobs.

The second floor sign reads:

Floor 2 - These men Have Jobs and Love Kids.

The third floor sign reads:

Floor 3 - These men Have Jobs, Love Kids, and are Extremely Good Looking.

"Wow," she thinks, but feels compelled to keep going.

She goes to the fourth floor and the sign reads:

Floor 4 - These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help with Housework.

"Oh, mercy me!" she exclaims, "I can hardly stand it!"

Still, she goes to the fifth floor and the sign reads:

Floor 5 - These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

She is so tempted to stay, but she goes on to the sixth floor and the Sign reads:

Floor 6 - You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at the Husband Store.

To avoid gender bias charges, the store's owner also opened a New Wives store just across the street.

The first floor has wives that love sex.

The second floor has wives that love sex and have money.

The third through sixth floors have never been visited.

PADDY

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord, take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish whiskey!"

Miraculously, a parking place appeared.

Paddy looked up again and said, "Never mind, I found one."

THE LAS VEGAS HIGH ROLLERS

The Las Vegas High Rollers held their monthly meeting on February 20 at the *Memphis BarBeque*.

In attendance were: Andy Anderson, Bruce Fisher and guest Linda, Ed & Judy Fullerton, Curtis Guess, Clyde House, Gerry and Susanna Johnson, Gene Lamski, Dave Munyon, Tim & Marilyn Parker, Don & Betty Swirnow and Jim Tight.

Once again, a good time was had by all.

*Andy Anderson &
Gerry Johnson*

THE PHOENIX ROADRUNNERS

The Phoenix Roadrunners met at the *McCormick Ranch Golf Club* on Friday March 9th. We continued to have problems with our previous meeting place so we have signed up for our future meetings at the above Club. I will add the address at the bottom of letter. Everyone was very happy with the change, the food, service, and beautiful view of the Lake & Golf Course from our Room. Nice to have food served to us after many yrs. of Buffet. So glad to have Phil McDonald & Pat with us, also Rick & Dick Cooley, Shirley & John Prestigaard, all of us have to have a whirl of the Medical List so look forward to the next meeting with you in your favorite seat, & Millie & Frenchy will certainly try to return to our old position with the help of the Killmon's.

The Highlight of our meeting was Magician Shawn Greer. Shawn went around the tables with his one on one card tricks so we saw heads shaking & popping eyes he is excellent. After lunch he performed 45 min. for the whole group. Each yr. Shawn is sponsored by Bill Dutton IV memory of his Father Capt. Bill Dutton III flew west a few yrs. back.

Our next meeting will be April 20th (unavailable for 13th) at *McCormick Ranch Golf Club* 7505 E. McCormick Parkway, Scottsdale, AZ. Put this on your calendar now, as this will be our last meeting for the yr. Hope we have a big turn out, until then Stay Up Right & Look Forward To Tomorrow,

Frenchy & Millie

In Attendance: Fred Anderson, Mike Carlin, Dick & Rich Cooley, Russ Cottle & guest Dorothy Sneddon, Don & Jan Eiken, Shawn Greer, Ralph Johnson, Don & Bev. Karahskos from Green Valley, Ken & P.J. Killmon, Corrine Kenny, Cory Liston, J.O. Martin, Phil & Pat McDonald, Bill Morrison, Gene Paquette, John & Shirley Prestigaard, Charlie Schwob, Don & Sharon Jackley, Dave Specht, Jerry Smith & guest Ed Griffith, Bob Steeneck, Billy Walker.

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:

RUPA, PO Box 8044, Foster City, CA 94404-8044 — or —

E-mail: bm1532@yahoo.com — or — phone: 800-787-2429

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

WHEN INSULTS HAD CLASS...

"He inherited some good instincts from his Quaker forebears, but by diligent hard work, he overcame them."

-- James Reston (about Richard Nixon)

"In order to avoid being called a flirt, she always yielded easily."

-- Charles, Count Talleyrand

"He loves nature in spite of what it did to him."

-- Forrest Tucker

"He has all the virtues I dislike and none of the vices I admire."

-- Winston Churchill

"A modest little person, with much to be modest about."

-- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."

-- Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."

-- William Faulkner (about Ernest Hemingway)

"Poor Faulkner. Does he really think big emotions come from big words?"

-- Ernest Hemingway (about William Faulkner)

"Thank you for sending me a copy of your book; I'll waste no time reading it."

-- Moses Hadas

"He can compress the most words into the smallest idea of any man I know."

-- Abraham Lincoln

"I've had a perfectly wonderful evening. But this wasn't it."

-- Groucho Marx

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."

-- Mark Twain

"He has no enemies, but is intensely disliked by his friends."

-- Oscar Wilde

"I am enclosing two tickets to the first night of my new play. Bring a friend... if you have one."

-- George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second... if there is one."

-- Winston Churchill, in response

"I feel so miserable without you; it's almost like having you here."

-- Stephen Bishop

"He is a self-made man and worships his creator."

-- John Bright

"I've just learned about his illness. Let's hope it's nothing trivial."

-- Irvin S. Cobb

"He is not only dull himself; he is the cause of dullness in others."

-- Samuel Johnson

"He had delusions of adequacy."

-- Walter Kerr

"There's nothing wrong with you that reincarnation won't cure." -

- Jack E. Leonard

"He has the attention span of a lightning bolt."

-- Robert Redford

"They never open their mouths without subtracting from the sum of human knowledge."

-- Thomas Brackett Reed

"Why do you sit there looking like an envelope without any address on it?"

-- Mark Twain

"His mother should have thrown him away and kept the stork."

-- Mae West

"Some cause happiness wherever they go; others, whenever they go."

-- Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination."

-- Andrew Lang (1844-1912)

"He has Van Gogh's ear for music."

-- Billy Wilder

United Airlines Retired Pilots Foundation, Inc.

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

LETTERS

RICHARD J. BELLACK—San Antonio, TX

The computer check (easy part) went out on time, but running a little late on the letter. I will add my thanks to all of those who work so hard on getting the news published every month.

Just about this time last year I bought a Cirrus SR-22 and have been able to get a fair amount of flying in. We still go down to Zihuatanejo in the winter and found I can fly down with the Cirrus as fast as with Mexicana who stops in MEX. It takes 5 hours and about 60 gallons of fuel. Less than the price of one ticket on Mexicana, if I don't add in the cost, etc, etc. etc. and the good part is I can have it washed and waxed and a tip for the guy in flight planning for \$60, a great deal. When we flew back in May we headed SE and stopped in San Cristobal de la Casas in Chiapas. Very nice little town at 7,000' and would recommend it if you get down that way. We then headed over to Tikal, which I never got to visit even though I flew a number of GUA layovers. Spent a couple of days and enjoyed touring the ruins, they are still excavating the area. We flew east to Cozumel and then to Playa del Carman for a couple of days. Stopped at Veracruz on the way back and then up to San Antonio.

Gloria's mother has not been well so in July we headed to Poole (England) and spent 3 weeks visiting and helping out our son and Gloria's sisters who live there and had a wedding to go to just south of Rome so took our son and Gloria's sister with us and spent 10 days in Rome, Pisa, Amalfi coast, Capri and enjoyed the wine. As it was my asset manager who was getting married, Andrea Paesano a good Italian name, we got to see and enjoy all the sites the local way.

Flew back to SAN to have the Annual done and spent August and September there with a couple of trips up to Reno and the Bay area. Flew back in September and stopped off in ABQ as they were having a celebration for the certification of the Eclipse 500 with a factory tour and a ride, nice airplane.

Still involved with commercial real estate in the San Antonio area which keeps me busy. Have

always wanted to cruise the eastern seaboard and do the intercostals waterway up to Boston and/or maybe to Canada so have been looking for a boat in Florida. Big problem is that not enough time to do everything and have thought it might be interesting if I could find 2 or 3 others that wanted to do the eastern seaboard and Caribbean for a couple of years. Looking at a 50-60' power boat. Anyone interested might give me a call (619) 840-4884.

Spent Christmas back in Poole and came back with a cold and ear block that lasted a week. I told Gloria never again in the winter. Back down to Mexico where we were involved in a fund raiser for the schools and the children of Zihua. A great success and raised just under \$90,000. Enough to get our 2nd school started and to help a number of the children.

Wishing all a prosper and happy year,

Dick

210 824-6776 Home
619 840-4884 Mobil
210 568-4737 Fax
RBellack@hotmail.com
8050 Oakdell Way #703
San Antonio, TX 78240

MARTY BERG—Saratoga, CA

MDW-SFO A.S.B.S.1981-1985

Hi Ted,

Flying home, middle of night, we heard a private jet on frequency. My copilot asked, "Who's on board"?

The other pilot responded, "The President of the Board".

My guy said, excitedly "FRANK SINATRA"?!!!

The other pilot responded, "No, just our chairman."

BETTY P. BERGBOWER—Easton, PA

Hi Ted,

Sorry this is a little late. Tom belonged to the *PHX Roadrunners*, when we lived in Scottsdale, AZ. We both could attend the meetings, which were great, social hour, lunch and a speaker or entertainment. After Tom passed away, I moved back to

Pennsylvania & because of the newsletter I can read about the PHX meetings and the great friends I met there. I also recognize some of the names, who were on the line when I was a Stewardess from 1955 to 1964. Unfortunately, in those days we had to quit when we got married.

Thank you for all your time and effort in putting the newsletter together.

Sent my check to Jim.

Sincerely,

Betty P. Bergbower

GEORGE AND SHANNON BRINKMAN—
New Carlisle, IN

Hi Ted and fellow pilots, Life is good---enjoying three months in Daytona Beach (winter), seven months at our cottage in Michigan (summer), with stopovers at our home in Indiana (fall and spring). Our health is very good. We have made quite a few trips to the Creation Museum (being built close to the Cincinnati airport) to provide volunteer help. The museum is going to open May 28th and it is going to be awesome!! First class all of the way with state of the art everything. Basically the museum will show that scientifically there is just as much evidence to support a young earth (6-8,000 yrs) as opposed to "millions of years" Also, the museum shows that the first 11 chapters of Genesis can be trusted as true. It seems that everywhere--- evolution is presented as fact, instead of the theory it is. Anyway, neither can be proved (creation or evolution)----but there are two sides to the story. Visit it and you will thank me silently. Also the kids will love it, lots of dinosaurs and so on.

WALT BULLARD—Wilmington, NC

Gentlemen: My membership renewal check is in the mail to Jim Olson; only a month late this year, rather than the several months late last year. Hey, I'm improving!

No news to relate; still enjoying relatively good health; another year older and a little balder. The good part of that is one can only get SO bald; when the last hair's gone, that's as bad as it gets!

Kudos to everybody who works on *RUPANEWS*, reunions, etc. It's the people that always made UAL special. Too bad we were led by a bunch of scoundrels.

Best regards to all,

Walt

waltbullardusn@aol.com

ROBERT J. CLUPPER—Livingston, TX

Seems like time is flying by at jet speed anymore, I didn't do much this Year but did build three more longaberger baskets at the factory four Miles northwest of Dresden, Ohio for a total I've built now of 30, why do I do that? For fun of course and to give them away as presents! If you get a chance to stop by there be sure and see their corporate headquarters on the east side of Newark, Ohio, it's the largest basket you will ever see!!

Remembering years ago is what we do best isn't it, may I tell you about a parachute jump I made in February of 1966, I was flying co-pilot on the DC8 with Captain Glen Gronquist, if you have flown with Glen you know he was a fine pilot, a fine gentleman, and an airplane nut ! I have permission from Glen's wife Marie to tell this story! Glen would probably have never jumped from an airplane but he knew about the old barnstorming parachutists and he was interested in watching me jump from his Fairchild 22 to see just how it looked from the top end!!! I was delighted as a part of the fun of parachuting is the different aircraft to jump from and I had never jumped from a Fairchild 22 before!! We arranged to meet on February 16th, 1966 at the Sonoma County Airport, Schelville, California!! My dad flew with me in my airplane, (an Aeronca Champ) to the airport and of course I had my two parachutes packed and ready to unpack in the air!!! The main parachute was a surplus navy all white 32 foot round canopy that I had dyed a deep blue color with Rit dye in my bathtub, a common way of putting some color into the sky at the time!! It had been modified to an inverted double tee modification and I could get maybe 8 miles an hour forward push from it if I was lucky, fortunately that day the winds were about 8 mph!!!

Glen owned the airplane with Sherwood Verger and both Glen and Verge were there when my dad and I arrived, Verge wasn't sure this was a good idea but Glen and I were eager, I looked at the front cockpit and realized there was no way I could get in that cockpit with my parachutes on, but I told Glen it would be no problem if I sat on the gear strut side saddle on the takeoff and climb and I didn't think the extra drag would be a problem for the airplane. Glen said, "Put your parachutes on and let's see how it looks!!!" So in minutes I had my parachutes on and was sitting on the gear strut hanging onto the wing strut with a big smile on my face, I'm sure and Glen said, "Let's go!!!" Hot dog, it was my 221st parachute jump!! Verge propped us and we taxied to the end of the runway, Glen ran the engine up, and away we went!!! The airplane jumped off the ground and I could see already this was going to be a fun ride that you can't get at the County Fair!!! No problem climbing, at 1800 feet I was looking at Glen when there was a very loud noise and a piece of carbon, I thought, went between my helmet and the wing strut only a few inches away and barely went a few inches below the horizontal stabilizer, I looked back at Glen and he was stretching looking out his cockpit forward and I looked that way and lo and behold there was a spark plug lead flapping in the breeze. That was a sparkplug that just flew by my head, the one aimed right at my helmet, fortunately for me, it missed!!! Ha! I leaned forward and yelled to Glen to head for the middle of the airport, he did, and we were at 2300 feet having climbed 500 feet minus one each spark plug!!! I believe that engine was a 165 Warner; I could be wrong on that, but it was doing a fine job of running minus one sparkplug and I got off and smiled at Glen as I left as I figured it maybe was safer if I left the airplane!!! I opened my trusty deep blue canopy and enjoyed the ride down to make a neat standup landing right next to my dad and Verge in the middle of the Sonoma County Airport!!! I asked my dad and Verge if they heard a loud noise and my dad said, "Yes, sounded like someone shooting rabbits with a Shot gun." I told them it was a sparkplug from the engine and it wasn't long until Glen landed close by and taxied by us and the engine sounded like thisPhyftt Phyftt Phyftt Phyftt !

What fun for me and Glen was smiling too!!! Glen told me later the plug was cross threaded and a simple solution was replace the insert and a new plug and the engine was eager to go again and I was too, but we never accomplished that. I had sooo much fun parachuting, made many more parachute jumps and some of them are etched in my head and I don't think I will ever forget them, this jump I know is one of them!!! Wouldn't it be neat if airplanes could talk, that engine would say ... "Yup, I almost got me a parachutist one day years ago!!!" Ha !

Thanks to all you people who make this newsletter possible, we all appreciate your efforts!!!

Sincerely, *Bob Clupper*, airplane/parachute nut.

MDW, SFO, LAX, ORD
Cell phone 574-952-7470

[Bob: Entertaining letter, but a lot of work for me. I won't print the next letter if it is in ALL CAPITALS -Ed.]

MICHAEL CONDE—Thousand Oaks, CA

Hi Ted, We had a really quiet year. Those of you who know me well know I have suffered from lung disease for more than half my life. Every now and then it catches up with me. I got ill in October, 2005 and have been battling chronic bronchitis ever since. For a long time I could not even talk on the phone. Things are finally looking up. The reason I mention this is that I made a good decision and selected all new doctors. I picked a group of Afghanis that all work together sharing my information. Having a team of four specialists working together has made a big difference. The other thing I have become aware of is look out for drug interactions and side effects. I have had adverse reactions to about a third of my prescriptions.

Since flying is out of the question I bought a Lotus sports car. Rosa and I go up in the mountains and scare the hell out of motorcyclists. It really keeps the arteries open.....Highly recommended!

Thanks to all for a great magazine. *Mike*

SAY GOODBYE TO HEARTBURN —PERMANENTLY!

If you are one of the millions of adult Americans with heartburn, this report is sure to bring you great hope. I'm going to tell you about a safe and incredibly effective option that can rid you of heartburn for good.

You read that right! A Brazilian study has shown that you can completely eliminate heartburn (also known as GERD - gastroesophageal reflux disease) with some common and inexpensive dietary supplements.

In the study, Dr. Ricardo Pereira followed 351 patients with heartburn. They entered his surveillance program between January 2001 and December 2005. Their average age at the beginning of the study was 44 years, with a range from 18 to 88 years. And 60 of them were women. All of the participants were screened with endoscopy to be sure that there were no acute breaks in their intestinal lining.

The study was single blind. That means that the subjects themselves did not know what they were receiving, but the researchers did. Participants had to have moderate to severe heartburn or regurgitation at least weekly. They were divided into two separate groups. The group with 175 subjects received supplements. The second group, with 176 participants, received a popular proton pump inhibitor (omeprazole — 20 mg daily).

Participants kept symptom diaries on a scale of 0-4. Zero was no pain, and 4 was terrible pain. With only seven days of treatment, the subjects taking the dietary supplements had some relief of their symptoms. After 40 days, 100 of the nutritionally supported subjects said their symptoms were gone!

The people on the drug didn't fare nearly as well. Yes, after nine days of treatment, the subjects taking omeprazole reported marked improvement in symptoms. But after 40 days, only 65.7% of subjects said their symptoms were gone. Another 2.3% reported partial relief. And the remainder continued to experience symptoms as bad as they were before treatment.

And, as expected, those taking the drug had more side effects. Two subjects in the omeprazole group withdrew from the study because of persistent headaches. The supplement group also experienced one side effect — somnolence or sleepiness, which occurred in almost the entire group (90.3%). But none of them complained, as the supplements actually improved their sleep.

So what was the magic concoction? Dr. Pereira combined the supplements melatonin (6 mg daily), L-tryptophan (200 mg daily), vitamin B6 (25 mg daily), folic acid (10 mg daily), vitamin B12 (50 mcg daily), methionine (100 mg daily), and betaine (100 mg daily). Dr. Pereira named the concoction Tripiridardo.

Why did he use melatonin? It inhibits gastric acid secretion and nitric oxide (NO) synthesis. NO relaxes the sphincter muscle that protects your esophagus from the acid. When the sphincter relaxes, it allows acid to escape from your stomach. Melatonin might help keep your sphincter tighter by reducing NO. Melatonin can also cause sleepiness, the one effect noted from the supplement group.

The other supplements may work by reducing inflammation and pain and promoting healing.

Here's an example of how well the combination works: One male patient in the study weighed 176 pounds before developing an esophageal ulcer due to GERD. He quickly lost half his weight to 88 pounds. After 32 days of treatment with the nutrients, he had recovered 66 pounds to 154 pounds. After nine months of treatment, his weight was back to 176 pounds. And endoscopy proved that the ulcer had vanished!

This is huge news. Millions of Americans suffer from this nagging condition with no relief. All they can do is pop petrochemical drugs or down antacids. Now we have evidence that a safe combination of supplements might stop your pain and literally heal the condition.

You know it would be a lot cheaper to study and test supplements than toxic drugs. But that's just not going to happen. Big Pharma gets its profits from patented synthetic petrochemicals. And their ONLY motivation is profit - not truth or service to you. If this news gets out in a big way, it might not be too long before melatonin is removed from the shelves. After all, it could wipe out a multibillion dollar class of chemical medicine.

When I talked to Dr. Pereira, he said, "These results demonstrated clearly that the Australian scientists who got the Nobel Prize of Medicine in 2005 are completely WRONG when they said that ulcers are healed with antibiotics and omeprazole (or other proton pump inhibitors)."

He added that all "my research was done with my own money because the Brazilian Government Agencies are bankrupted."

How many of us in alternative medicine can afford to do research like this? We just can't. Dr. Pereira is a saint. I hope that further studies on his formulation can be conducted. Do you think that the Nobel committee will award him with the world's most prestigious prize for curing the condition with common nutrients?

If you're suffering from reflux, consider these supplements as an alternative to your pain or your prescriptions. A healed stomach would be a lot nicer than a lifetime of an expensive and possibly dangerous chemical. I'd suggest taking it before bed to maximize your benefit from the melatonin. If you do try the combination, please be sure to drop me a line and let me know how it works for you.

Ref. *J. Pineal Res*, 2006; 41(3): 195-200.

Robert Jay Rowen, M.D.

SECOND OPINION

February 2007

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.

BEN CONKLIN—Sebring, FL

Hi Jim & All,

This makes retirement year #25. Wife & I will celebrate 64 years next month so we have a lot to be thankful for. We keep the doctors busy but all in all doing OK. We are selling our home here in Florida and moving to our condo in PA. When ever it sells that is. Will be about 12 miles from our son Ben and the grand kids. So time does move on doesn't it?!!

Still enjoy the journal, best regards to all. Check will follow.

Ben

F.V. "CORT" DE PEYSTER—Lopez Island, WA

Ted,

First and foremost, many thanks to you and the outstanding crew for making this publication a continuing reality.

I joined the proud ranks of "real Ruparians" effective Jan. 1, 2007.

I'm not sure if you have room for pictures, but attached, just in case any one really cares, a pic from my last flight with my family just prior to departure KSFO-YSSY. (I'm the one in uniform.)



Anyhow bittersweet ending of a long career from number last on the list, DC-6 plumber and through good luck, timing and the grace of God, to the -400. I was so looking forward to retirement, but alas, like so many of our compatriots, I now join

them ,out of a job, little pension and looking for work to support the family, put the kids through college and support my 88 year old mother.

Well, enough of whining. I'm blessed I have a great family, we are all in good health and I had an excellent run at UAL through the good old days.

I take with me some great memories of fantastic mentors, that guided me in my fledgling years. I so enjoy reading about these fine men on the pages here in and am so saddened when I read of those "gone west."

I see many of our old pals at the "bootleg" RUPA monthly meetings in Reno which has been great. I hope to make it down to the "North Bay" lunch once in a while to see old Marin and Sonoma friends, and perhaps a "North Sounders" meeting here in North West Washington now that I am a man of leisure.

Nancy and I shuttle between Reno, NV and Lopez Island, WA (hoping we can keep them both).

Our 19 year old son, Brooks is a sophomore at University of Washington (Seattle) majoring in International Relations.

Our 17 year old daughter, Alexandra is a Junior in High School.

Until next year, warm regards to all.

Cort

DCA-ORD-SFO 1967-2007
127 Lopez Island WA 98261
Tel 360-468-4774
CortReno@AOL.COM

BILL EADS—Palm Desert, CA

Dear Ted:

I'm not late, I'm not on time, I'm early! For almost eight years I have read each issue of the *RUPANEWS* and thoroughly enjoy the letters from my fellow retired pilots. Many of these letters I find a bit hard to believe, some are a little sad, but all are interesting. If there is a common thread, it does seem that at least 50% of these annual letters start with the fact that "once again I'm late" with the letter, check, etc.

Probably none of these pilots were ever late for a flight or ever late to pick up their paychecks! What is it with the retired life that makes us now tardy? Perhaps we're just too damn busy with our lives after UAL!

My main reason for writing this annual letter a few months early (June is my normal month) is to inform those who read this that my new book *When Flying Was Fun!* has been published and is now available on-line and at selected bookstores. I sincerely believe that most of the RUPA members will enjoy this book that covers four decades of aviation - the sixties through the nineties. These stories and anecdotes cover both military and commercial aviation and many Ruparians will recognize some of the characters I mention - first names only of course!

We all feel that we flew during those years "when flying was fun" regardless of which decades were involved. I only wonder if current and future pilots of UAL and other carriers will feel the same when they retire. For more information on the book, visit my web site: www.publishedauthors.net/billeads or contact me at my e-mail address: whenflyingwasfun@aol.com. I'll be happy to send a signed copy via priority mail to anyone who requests it.

Bill

MIKE HEPPELEN—Crystal Lake, IL

Hi Ted

Where have the last 12 years gone? It seems like yesterday that I completed my career with UAL. Other than prostate cancer and a new hip, things have been going well. Actually even with those two health problems Peg and I have been busy. I have completed building two airplanes and am rebuilding a Citabria for an American Captain where I hangar my RV-8. We also have been on five safaris to South Africa.

Being upset with the Episcopal Church for the last few years, Peg and I started an Anglican Church last year, which uses the services we had in the Episcopal Church prior to 1976. It has been a lot of work, however also rewarding for all the nice people that we have welcomed into our congregation.

I wasn't ready to retire at 60, yet looking back at my career I found that other than the great people that I worked with, I didn't miss airline flying at all. I did miss flying, however light planes make up for that. Check to Jim.

Mike

DTWFO ORDFO

GEORGE & PAT KROSSE—Newport Beach, CA

Hi Ted,

Finally reached 4 score and 4. Not bad for an amateur and as the old cliché, "If I had known.....".

Not much traveling this last year, but a nice long cruise up the Amazon for a few days to Manaus, Brazil. Ended up in Tampa for a seat on Ted back home.

Pat and I do most of our flying on Southwest with a reservation and just a little more cost than the charges on United.

Thanks to the producers, folders, and stuffers for the *RUPANEWS*.

George and Pat

new e-mail gkrosse@sbcglobal.net

MARV KRUKOPF—International Falls, MN

Almost didn't make it to my 76th B-Day this year. I was flying with a friend of mine last August in his Grumman Traveler when the engine lost almost all power at 150 feet on takeoff from a grass strip. There wasn't enough runway remaining to land on and was forced to cross a road, clear a ditch and plant it hard in a grove of young poplar trees. Didn't move over 15 feet after impact. Got roughed-up a bit and had some vision problems for a week or so after the crash.

It was determined that the shop that performed the annual inspection had installed a new carburetor air filter incorrectly.

The new filter was installed downstream of the retainer assembly and so after 3.5 hours of operation the foam filter dislodged and was sucked into the carburetor throat therefore choking off almost all air to the engine. The good news is that

the repair shop had insurance to cover such a mistake and my friend was reimbursed for his totally wrecked plane.

Had the wreck caught fire, the cause of the power loss would never have been determined. Don't want a ride like that again.

Checks in the mail!

Maru

LARRY LARSEN—Sammamish, WA

Year 11 of retirement has come and gone and I found me a golfing buddy from Minnesota so now I can play golf year-round even at 30 degrees because he thinks it's balmy. I have also added a couple of airplanes to my RC squadron - a T-34 and a T-28. I am reliving my youth. The T-28 is heavier than it should be so it lands pretty hot. It kind of reminds me of landing in Milwaukee in the winter - you hope it stops before you run out of runway! The local field caretaker has offered to mow an extra 100 feet of runway when I come up to fly. Talk to you next year.

Larry

WILLIAM W. LAWRENCE—Snohomish, WA

Hi Ted,

Didn't know who to send this "blast" to so you're it. *[You're right. Just letters here and checks and addresses elsewhere—except for you.-Ed.]*

My 90th birthday isn't 'til August however, since I'm no longer buying green bananas, why take a chance on not being here in August. My check is enclosed.

In truth, Oneida and I are in pretty good shape for the shape we're in and plan on being around a while longer.

I appreciate the work you guys do and enjoying keeping in touch, though I find fewer and fewer familiar names in the bulletin.

Kindest regards,

Bill

CHARLES (CHUCK) LEWIS—Montgomery, AL

Ted, Jim and All,

Time has flown by! It has been almost eleven years since I was forced to stop flying for medical reasons. It is a shame what has happened to the company and our pensions. Anyway, thank God for the "B" Fund!

Bette and I currently reside in Montgomery, Alabama, close to our youngest son and his family (two Alabama grandchildren—a girl and a boy!). Our other two sons and our oldest granddaughter live in Boise, Idaho. We enjoyed spending time with Charlie and Audrey Walther on our trip to Boise last September.

It seems that the older we get, the more time we spend in doctors' offices. I won't go into detail on that, but we are grateful for the miracles of modern medicine that keep us going. My latest encounter with the medical profession resulted in a new left knee. It has worked so well I wonder why I didn't replace the old painful one sooner.

Thank you for the *RUPANEWS* that keeps us in touch with fellow UAL retirees. It has been our lifeline down here in Alabama during the past few very trying years. We appreciate the good work done by all the RUPA volunteers.

Regards to all,

Chuck Lewis

WINSTON (BILL) MCCALL—Avon Park, FL

Yep, A month late as usual. Have enclosed funds to cover the next two years, at least I will have one year on time.

Ann and I are really enjoying our retirement now that I am five years in remission from Mantel Cell Lymphoma, an insidious and usually fatal form of Cancer.

Just celebrated my 80th birthday in January with a cruise in the Caribbean, it seems only yesterday that I set the brakes on the 747 for the last time. Still waiting for them to relax the age 60 law and I will be right back at the controls. Yeah-right.

YOU guys keep up the great work, both Ann and I enjoy reading the latest.

Best regards, *Bill* SFOFO

TERROR ON AN AMERICAN AIRLINES FLIGHT

The information below was posted on the Delta Pilots Forum.

This happened on Flt 63, Paris to MIA, a few weeks ago. There were 2 maybe 4 mid-eastern types causing minor disturbance from the get-go. It was nothing that the FA's couldn't deal with, but in hindsight, they seemed to be pushing the envelope. There was cross-cabin activity, hanging out in the fwd galley, complaining about everything, etc. Mid-Atlantic, the FO called to return to the cockpit after his crew-rest break. One of the perps who was in the fwd galley was instructed by a FA to go aft, but didn't. As the cockpit door opened, another perp suddenly appeared from around the galley, dropped his shoulder into FO while the first one got in the way of the FO's attempt to block the other...here I'm not certain...so....wait for the movie.

The FO (one of our first FFDO's) was about to pull his flashlight to use as a weapon in a counter attack, but not knowing how many more perps he might have to fight, first called "lockdown" to the FB, inside the cockpit, who slammed the door. As soon as the perps heard the word lockdown, they retreated to their seats.

The crew considered diverting, but since the threat diminished and seemed to be contained, they pressed on towards MIA. Flight was met in MIA by FBI, FAMS (Federal Air Marshals) (none aboard, by the way), AA Security suits, etc. During the de-briefing, which lasted several hours, the FAMs told the pilots that they would have "dropped" both of the perps with the first shove near the cockpit door. The Perps, who claimed to not understand English once they were on the ground in Miami, were detained for four days and deported to Paris, where they are free.

AA is putting together a training film, use of carts when opening the cockpit door will no longer be optional and a few other new procedures.

JOHN MC DANDEL—Pasadena, CA

It is now coming up on my 6th year since retirement on April Fools Day, 2001.

My wife retired two years ago from teaching school in Covina, Ca. We are both enjoying our time off together. It is like being back in college, but without finals. Like many of you, most of our travel these days is spent visiting our children.

Lisa, our oldest daughter is currently teaching math in the public school system in Fresno CA. and has two children. Janeen is our second daughter. She is a LCDR in the USN. Janeen is expecting her first child in May. She is graduating this June from the Tri-Services Orthodontics Program in San Antonio, TX. Her next assignment will be at the USN Base in Yokosuka, Japan. Prior to her specialty school Janeen had two tours in Iraq. Her first tour was on the ground with the 1st Div. of the U.S. Marine Corps out of Camp Pendleton in 2003. Her second tour was spent aboard the USS Denver as the ship's dentist delivering more U.S. Marines to Iraq also in 2003. Deborah, our youngest daughter, is graduating from the University of Conn. Dental School this May and will be attending Harvard's three year Dental Residency Program on a scholarship in Prosthodontics beginning this June.

Needless to say we are going to be having busy summer chasing after our kids. Lastly, I want to say thanks to all of you who work on producing the *RUPANEWS*. Every one of us enjoys reading it!

John

JIM MC GIVERN—Black Diamond Ranch, FL

Jim and Ted: Here's a couple of years worth—sorry it's a bit late. Thanks for all the good work, to you, the chairmen and board and all who work on our behalves. Fifty bucks are in the mail.

Fellow Ruparians:

Retirement has been great so far (seven years off the 47-400—amazing, the time). I still put my old hat on, grab the toilet plunger sitting "you know where," and reminisce once in a while, but miss flying less than I thought I would—especially in today's world. Still fly little machines once in a while though. Thinking about getting into R.C. and Hamming more. Had "bicoastal homes" for the last 16, but finally had to sell one place, due to "you know why." We had a hell of a time deciding which to sell but finally just recently sold the San Mateo, CA home and opted for home of record at

(www.BlackDiamondRanch.com). You must check it out if you wish to experience the very best golf community in the country (rated #1 in Florida and "top-100" golf course in the world, etc.). The folks here are great, but we'll miss seeing our friends in CA as often as we'd like. Handicap index was down to 1.9 for a short while following retirement, but now up to 5 and headed higher, I'm afraid—arthritis taking its toll. Managed to survive colon cancer and a mild heart attack since retiring, but both are completely under control and I feel fine most of the time. I still buy green bananas, anyway. My wife, Elaine is playing a lot of golf too—she gets her handicap down to single digit occasionally too, but that is creeping up as well—lately a 12. We have a few time shares that we enjoy—our favorite is in Marbeila, Spain where we enjoy two weeks a year of (you guessed it) more golf. I renewed my real estate license this last year, so come on down and let me sell you a great house for anywhere from \$275K to 2.5 mil. here at BDR's 45 holes of Tom Fazio-designed golf—much cheaper outside the gates. Citrus County is growing like crazy and the weather is fantastic. We seem to miss all the hurricanes here too. Lots of rolling-hill horse farms around and only 1:20 from Tampa and Orlando, between the Suncoast Parkway and I-75. Whatever... life goes on. You all hang in there now. Say howdy, if you wish: JamesMcGiven@gmail.com .

Jem

GARY E. MCGAUGHEY—Denver, CO

Dear Ted, A little news from my part of the world:
March 21, 2007

Greetings to All,

The check got sent in on time, however, a little slow on recording the events of the last year. I am sure that most, if not all have been waiting with bated breath to hear of my recent exciting adventures.

Five years of retirement, each one seems to get better. Most of my time during the previous twelve months has been spent in Colorado, what a delight. I have been out hiking in the mountains several times a week, snow-shoeing and x-country

skiing in the winter. Add weekly visit to the resorts for a little down hill skiing, life is great!

I was able to enjoy a few visits with my daughters and grand children and looking forward to renting a motor home and spending a week with all of them this coming June.

I really enjoy reading the news letter, thank you all that make that possible. Wishing everyone a great year, God Bless.

Gary

BILL PARIS—Gainesville, GA

Hi To All,

Have not written in awhile, actually not much to report that would be of interest to anyone. It is getting to the point where I recognize fewer and fewer names. Guess I must be getting senior, can't bring myself to use the word old. Someone said you can age but you don't have to be old.

There is one thing that is worth considering and that is the new shingles vaccine. I had an outbreak of shingles a couple of years ago on the right side of my head. It cleared up fairly quickly but reappeared in force a year later and got into my right eye. As of now I do not have any vision in the right eye. Cornea has become very cloudy with lots of scaring. Cornea transplant may be an option down the road, but with the virus present in the body the experts say there is not a very good chance of success. So I am learning to live with one eye. I guess the point is, consider the new shingles vaccine. May not prevent the virus from becoming active but could make for a lesser attack.

I am still able to ride the Harley and we plan to attend Bike Week at Myrtle Beach again this year. Next plan to do some fishing on the Gulf Coast of Florida this spring.

Son and daughter are both doing very well. Both have become very successful in their businesses. Up to six grand kids now and one great grand daughter. Son still lives in beautiful northern Virginia. Daughter just moved to scenic San Diego.

Check is enclosed for renewal. Thanks to all those who take the time to put the news letter together. Certainly brings back thoughts of better times.

Hope everyone has a Healthy and Happy 2008.

Sincerely, *Bill Paris*

DAN PORTER—Woodland, CA

Thanks Ted and also to the folders and stuffers that get out the *RUPANEWS*. I'm starting my 6th year of retirement, 2 of which were not working. We were on my retirement trip scuba diving in Indonesia when 9/11 happened and we heard about it a couple days later on Australian shortwave. I spent a couple years after the bankruptcy notice flying King Air 90's for a local charter company and when they were bought out by XOJet, flying 90's, 200's and got a single pilot rating on the Raytheon Premier IA. Through the charter company I met a King Air owner and I now fly only for him. He is a great guy and a good pilot and the best boss I ever had. He has brought the fun back into flying for me. My wife has some health issues with Rheumatoid Arthritis and from a virus of unknown pathology she picked up on the trip to Indonesia in '01 which limits our travel. My youngest daughter graduated from Cal Poly with a BS in Aero Engineering and is working for a start-up company north of San Francisco. My oldest daughter is a late bloomer just like me. I'm sure many of the Captains I flew with in my first few years would agree with the last statement. I like to spend good weather days riding the mountain roads of Napa and Sonoma Counties on one of my 2 sport motorcycles with occasional track days thrown in to keep me sharp. If anyone has had the "green laser" treatment for BPH in California, call or send an email.

Dan Porter - 530-304-6225 - airporter01@gmail.com

LLOYD PRICE—Livingston, TX

The check is in the mail to Capt Olson. Ginny and I are doing fine touring the country in our motor home calling Apache Junction home in winter and

Creede, CO our summer home. We enjoy the technology of the B 767 and beyond, as the RV industry has taken a page from the airline industry and in many ways surpassed it with their own glass cockpits, GPS, XM radio, Tivo DVR's and large projection TV's etc. Wireless internet access also helps stay in touch with our 3 boys and 6 grandkids. Of course we do have to cook our own meals. They don't yet come with Flight Attendants.

The last three years we have been blessed to be able to be puppy raisers for an organization called Canine Companions for Independence (cci.org). They provide dogs for the disabled, usually someone who is confined to a wheel chair. We get the pup when he is 8 weeks old and teach them 30 basic commands during the next 16 months. We are trained twice a month to do this. It is a wonderful program and opportunity to help someone who really needs help and companionship. They wear cute little capes which enable them to accompany their foster parent wherever they go except the operating room and cruise ships. They travel with you at your feet on the airline without cost. They are protected by the Americans Disabilities Act in most states. CCI is the largest organization of its kind in the US and provides dogs free of charge to those in need. If you know someone who could benefit from a helper dog check it out. Also if anyone loves dogs and would like to be a puppy raiser, many are needed as the program is expanded each year.

The breeds involved are Golden Retrievers, Labrador Retrievers and crosses between the two. We turn our 2nd puppy in Feb 24th and get our third March 7th. I'm 76 yrs and find this effort very rewarding. Be glad to answer any questions at 602 568 2656. I lost 25 pounds raising these guys as they got me away from the computer. It is a win-win situation, but beware you do get attached to these animals. They become your best friend.

It's truly a labor of love.

God is good. All the time!

Lloyd

THE NEXT BIG DRUG SCANDAL THREATENS YOUR BONES — EVEN IF YOU'RE A MAN

By Robert Jay Rowen, M.D.

You were some of the first people in the country to know about the problems with Vioxx. I told you about the drug's problems years before anyone else knew about it. You were also the first to know about the problems with statins. That debacle has yet to unfold in the news media. But it will. And you can tell everyone you knew about it years before it happened.

Now there's another drug that's going to take a huge hit. I told you about its potential problems several years ago. The story has yet to hit the mainstream. But trust me, it will. This one is simply too big. In fact, it's a bigger story than Vioxx and statins. That's because this story is about the most widely prescribed drugs on the market — antacids.

Thanks to a new study, researchers now know that these drugs, which doctors dole out like water for heartburn, stomach acid, reflux, and indigestion, significantly increase your risk for osteoporotic hip fractures.

Dr. Yu-Xiao Yang of the University of Pennsylvania School of Medicine, led the study. And, amazingly, it was published in the widely read *Journal of the American Medical Association*. His group followed a large British database to identify 13,566 patients over 50 with hip fractures. They compared these to a matched group of 135,386 healthy people.

Their research found that just one year of using these drugs increases your risk of hip fractures by 44%. But it gets worse. Long-term users who were given higher doses had as much as 260% the normal risk.

And men weren't immune. In fact, they were at an even greater risk. They had about twice the risk of suffering a hip fracture as did women. That's likely because men don't think about osteoporosis as much as the gentler sex. So they're less likely to take calcium or other supplements to stop bone loss.

Why do antacids cause such a big jump in risk? The first part of the answer is simple. But for some reason (money), Big Pharma doesn't get it. The drug companies think God made a mistake when He created your stomach to make acid. He didn't! He put the acid there for a reason. Acid is essential to pull off and dissolve alkaline minerals, such as calcium, from your food. Without acid, you just won't absorb calcium well. That right there is enough to explain the link to osteoporosis.

However, there are lots of other minerals that are acid-dependent for absorption. If the scientists looked, I'm sure that they'd find deficiencies in zinc, manganese, and copper - all of which are induced by blocking mineral-digesting acids. They'd probably find vitamin B12 problems as well. That critical nutrient must have a functioning stomach for absorption.

However, mineral deficiency isn't the drugs' only link to osteoporosis. And most people missed this when they looked at the study. One of the hottest new forms of antacid is called the proton pump inhibitors. The name comes from their action on the body — they inhibit the pumps inside cells that secrete protons into your stomach's cavity.

Not surprisingly, the proton pump inhibitors don't just selectively single out your stomach cells. They'll hit all cells that have proton (acid) pumps. One key cell is the osteoclast, the cells that resorb old bone. These cells make and secrete acid to dissolve away old inflexible bone to make way for new vibrant bone. This is

called bone remodeling. It's absolutely essential for a healthy skeletal system. Certain osteoporosis drugs kill off osteoclasts. Since old bone isn't removed, your bones do get denser. But they also get more brittle.

Here's the moral of the story: All drugs are designed to block a function (block pain, acid, blood pressure, fever, etc.). When your doctor recommends a drug, find out what its biochemical mechanism of blocking is. Then study what that blocked function was doing to your body's functions — or ask your doctor to tell you.

If you do have heartburn, reread last month's issue. In that issue, I told you how you can get rid of heartburn permanently. [*Article is in this issue. –Ed.*] I told you how you can use the supplements melatonin (6 mg daily), L-tryptophan (200 mg daily), vitamin B6 (25 mg daily), folic acid (10 mg daily), vitamin B12 (50 mcg daily), methionine (100 mg daily), and betaine (100 mg daily) to fight heartburn.

You can also use natural stomach strengthening remedies such as comfrey, ginger, DGL, curcumin, and aloe.

Ref: Journal of the American Medical Association, December 27, 2006.

MAD WIFE DISEASE:

A guy was sitting quietly reading his paper when his wife walked up behind him and whacked him on the head with a magazine.

"What was that for?" he asked.

"That was for the piece of paper in your pants pocket with the name Laura Lou written on it," she replied.

"Two weeks ago when I went to the races, Laura Lou was the name of one of the horses I bet on," he explained.

"Oh honey, I'm sorry," she said. "I should have known there was a good explanation "

Three days later he was watching a ball game on TV when she walked up and hit him in the head again, this time with the iron skillet, which knocked him out cold.

When he came to, he asked, "What the hell was that for?"

"Your horse called." she replied...

KING PURTON—Brandon, FL

When I retired in 1990, I had a nice easy letdown from flying in that I had a part time job spraying mosquito's (legalized DC-3 buzzing) for two years. Over the next several years, I got into teaching sailing as well as racing. Several of us founded the Naples (FL) Community Sailing Center and taught over a thousand kids how to sail.

Eight years ago, I moved to Brandon, FL (a Tampa suburb) to be closer to our boys and our grandchildren. In 2004, I introduced my thirteen year old grandson, Cameron, to sailing and in his first year, he came in second in the 2005 Optimist (8' sailboat with square bow) Green Fleet National Championships in Norfolk, VA. In his second year, he came in the top 10% in the US Nationals and was chosen to represent the US at the Danish National Championships in July of 2006. This year he was in the top 7% at the Optimist Mid Winters in New Orleans and will be representing the US at the Dutch Nationals in Amsterdam in April of 2007.

I also started my eleven year old granddaughter, Samantha, in sailing two years ago and she also came in second in the 2006 Green Fleet (first year sailors) National Championships. At the New Orleans Mid Winters she qualified to be invited to the 2007 National Team Trials and time will tell if she will be invited to represent the US in international competition. Over the last year, we have traveled to North Carolina, New Jersey, Louisiana, plus nine cities in Florida for regattas. July of '07 will see us in Minneapolis.

March marks my 77th birthday and as I reminisce, I have had a full, healthy, and exciting lifetime flying fighters, flying almost all the airplanes United had to offer, continuing my love of speed by racing my Melges 24, and now passing on my love of the water to Cam and Sam in a close bonding with them and family. Am I blessed? You bet I am!!!

King

KEN AND LOIS SCHROEDER—Rapid City, SD

Dear all you endearing and enduring ladies whose husbands/companions have mothballed their uniforms and hung up their spurs: My name is Lois Schroeder. My roommate is a retired 67 year

old captain named Ken or Kenny to some of you. He tells everyone he once was a heavy equipment operator. They think road graders, I think. We have been married since 1999; before which he enjoyed 11 years of bachelorhood. We met on Christmas Day 1998 in Kansas City just before pushback. We flew to Denver in the early morning darkness as Captain Kenny narrated about all the blinking red lights being Santa and Rudolph zipping around at the speed of light delivering presents before sunrise. The kids aboard were mesmerized as they pressed to the windows. So were I and the other F/As. All this and he can fly too? I found out later that he had been on the stage in his first life (actually he still is). He retired from the Navy as a captain and he retired from UAL as a 767 captain and he insists I address him as "my Captain". Of course he calls me his sky Goddess. We have an eeneey meeneey middle class life (It was much better earlier).

My captain is 30 pounds overweight and somewhat round. I say get in shape; he says round IS a shape. After breakfast of ham, eggs and hash browns, he asks what's for lunch; I say go get a job! So he taught school. The system wanted him to teach third grade reading though he wanted to teach algebra, geometry, trig, chemistry or biology. So he quit.

We live near the 14th green of a PGA sanctioned golf course. He has played 16 holes in 6 years! He hates it when others point and giggle when he is out there. We do live on Mulligan mile. He also swore to our minister that he had sworn off swearing.

My captain cares mostly for hunting, fishing and boating. None off these require a daily shower. Need I elaborate? My captain is very pragmatically protective and supportive; though he is some concerned that he may be a pedophile. I am 10 years younger. You know? If he were 17?

He wants me to continue working. He likes his free time and week old leftovers. He has an English bred yellow lab female. He ordered the dog and I got to decide who would answer his commands; she complies.

We were out the other day and saw a disheveled old man; long beard, shabbily dressed, and pushing

a contraband Safeway cart loaded with rags, cans and plastic bags. My captain was certain he was a retired UAL Captain we know.

We are generally happy but monkeys are genuinely happy. Go to the zoo and see for yourself

I asked my captain if he had anything to add. He asked that both of his friends from 31 years at UAL get in touch. Do not call collect. There I said it all and I am glad. *Lois*

Change email: kennyaschroeder@aol.com
SFO-DCA-NAVY-LAX--DEN-ORD-DEN
1969-71 &1979-2000

JIM SHIPP—Battle Ground, WA

Fellow Retirees of the real UAL,

Last year was a bit tough for me as my parents both passed on. I was fortunate however to enjoy them for so many years even after retirement!

Naty and I still have our big trawler boat and we spend 6 months a year cruising the inland waterways and chasing a few fish. I also am in the process of downsizing and selling off toys and property to assist in my new lower income. I personally lost \$5620 per month! My floatplane was the first to go, and perhaps the Cub will be next. I am very sorry that we did not do an organized picket of all the terminals to get our loss of retirement in the news media. It just seemed that the judges and politicians were determined to jump any way UAL mgt. directed.

I seem to find it difficult to accept my senior age and deterioration, however when I read about those with real health problems, I guess I better be thankful that so good...so far!

I look forward to the *RUPANEWS* as it is the only real contact I have with the many fine pilots that I had the honor to fly with. Thanks to all!!

Jim

WHIT SIMPSON—Nashville, Tennessee

Dear Ted, As another April rolls around the corner I begin to wonder where the time goes. This will be the Big 65 for me and a lot of my RUPA flying friends. Anyway, life is good in Tennessee! As I

said last year, thank goodness for the PBGC, SSA, and the B fund. To Hell with UAL. We'll all get through this together and meet on the other side. SMILE

My best to everyone, *Whit*

STAN SMILAN—Lake Worth, FL

Missed sending an annual letter in November. Been wrestling with the Veterans Administration for the last six years – it can be an adversarial process that places an overwhelming burden on veterans. The VA's disability determination system is a bureaucratic nightmare.

During the last election my 15-yr old grandson was my campaign manager for the state Senate, and he called me to tell me that the first 8000 votes posted had us ahead with 52%.

Thanks to small contributions from a handful of fellow pilots we launched a campaign to create some awareness about a fatally flawed evacuation plan at a nuclear plant in Southeast Florida.

I ran against the second most powerful politician in the state -- by evening's end his \$641,000 campaign won out against my \$1,593 in contributions from the pilots. Lesson learned: 'Big Government' has been replaced by 'Big-Business' – we've been outbid for control of our government.

My 10-yr old grandson wants to manage my next campaign – at breakfast this morning he told me that instead of spending so much in Iraq we should use the money to develop alternative fuels. He just tested at the college freshman level for reading skills. I think we need this kid in Congress.

Incidentally, if the airlines are trying to get longer range with less fuel, how come we allow the legacy utilities to send forty percent of the BTU's up the smokestack in centralized electric power plants – instead of using decentralized cogeneration plants to recapture those BTU's and get more energy and work from the same amount of fuel? Use your search engine to look up Decentralized Cogeneration.

I think we should turn my 10-yr old loose on this problem. Anyone care to make a campaign contribution for the little guy? Last year he won a First Prize at our county-schools science fair.

Stan

A PICTORIAL HISTORY OF THE ELY, NEVADA AIRPORT

- (#1) This is the ceremony when the airport first opened in Ely, Nevada in 1955. Former mayor of Ely, N. E. Broadbent, hands Captain J.W. Stephenson the first mail bag to be sent by air.
- (#2) Speaking at the ceremony at the opening of the Ely Airport was Darwin Lambert, editor of the Ely Daily Times. Also attending was N. E. Broadbent, and Governor Charlie Russell.
- (#3) The first five Irish Sisters of Mercy arrive in Ely August 16, 1958.



JIM TROSKY—McHenry, IL

Ted,

Check's in the mail.

Same O, same O for 2006. Lovely bride of 46 years, mucho grandchildren and 5 great grandchildren. The good Lord has certainly blessed this tribe in more ways than one. Got back into general aviation with a C-150..naturally it is IFR certified and you don't want to know why. Liked this so much that I purchased a beautiful C-170B in SLC and am waiting to pick it up. My current 150 is for sale.

Spending the winters in the PHX area and the rest of the time in northern Illinois and southern Wisconsin...does it get any better than that? Retired 8 years now and despite ALPO's attempt to bankrupt me...life is very good.

I truly appreciate all of you who make this publication the gem that it is. Good memories are worth their weight in gold. Thank you.

Jim Trosky ORD/LAX N2999C@aol.com

It's hard to be nostalgic when you can't remember anything.

ED WHEELER—Pompano Beach, FL

Check enclosed for dues and some extra for postage.

I really retired this time, sold my Charterboat fishing business of 45 years, and retired from the Miami Dade PD after 35 years as a Reserve Officer in the Aviation section. Haven't rode on UAL since I retired, few cruises here and there and in good health. See that MIA will be United Express only in April! Thanks for your good work.

Ed Wheeler, mostly MIA.

MIKE O. WILLIAMS—Elizabeth, CO

Well, another year and still kicking! It has been a quiet year and nothing major bad has happened. The Bonanza broke on landing here at Elizabeth and it is now gone, so I am having withdrawals every time I go into the hanger. It sure seems big without an airplane in it. We did

buy a 5th wheel trailer and have enjoyed it. Have met a lot of nice people that also like to travel. Patti and I were honored at The Elizabeth Stampede last year as Pioneers of the rodeo and that was a honor and a lot of fun. Denver's KYGO radio station interviewed Patti and ask what it took to be nominated as pioneers and she said "Just get old!" Lots of laughs were heard. Thanks again for all the helpers that put out the *NEWS*. We know how important it is for volunteers as our rodeo is all volunteer.

Mike

DICK WOODIN—Kenai, AK

To: Ted Larusson, Editor: *RUPANEWS*

I wrote really great letters the past two years, telling of my encounters with bears, moose and giant salmon. But neither letter showed up in the News Letter. Lost in cyber space I guess. I suppose since I have nothing of interest to report this year, I will get published.

We moved to Alaska after my retirement in 1988. We heard later that our friends in Seattle were taking bets on how long we would last. Nineteen years later Miriam and I are still here and loving it. True, the winters are long, but we don't have to worry about hurricanes or tornadoes. And there are no terrorists in their motor homes this time of year.

I keep my CFI current so I can do check rides and transition training for the 20 pilots we have in our CAP Squadron. They are a good bunch and are quite tolerant of an opinionated old geezer. Also belong to an RC Model Club. Have lots of fun building the models. Flying them is a lesson in humility. Fortunately some of the young guys in the club are good tree climbers. We had an old timer contest this past week end. That term refers to the era of the model design, not the age of the contestants. The models are replicas of the old free flight models from the 1940s. We add radio control so they don't get lost. We fly off a frozen lake in the Kenai Mountains. The object being to see who can stay airborne the longest after an 18 second engine run. I didn't win but at least I stayed out of the trees...this time.

I keep making plans to attend a *Gooney Bird* lunch in SEA but seem to fizzle out when faced with the hassle of making the trip. UAL does not even fly between ANC and SEA during the winter months. I will try to make it in April. Honest.

Regards, *Dick Woodin*

[Dick: It is true that I had a meltdown about a year ago. I made a request to everyone that did not get published, to send another letter. Sometimes I misplace letters, but it is not intentional. Whatever I've done to lose your letter, let me know. —Ed.]

GERRY ZIMMERMAN—Brighton, CO

Hi Ted and all,

Time still flies and I am still getting older. Just passed the big 80. Still active with no health issues. Went skiing on my birthday and enjoyed it. I am still flying my planes and in fact just flew the Bonanza from Denver to our second home in Savannah, GA. Stopped and overnighted in Branson, MO to take in a dinner show.

I play a round of golf now and then. I plan on a round or two in the next few days here in GA.

Missed the big snows that Denver had. Was Golfing in Savannah.

You guys do good work with the newsletter. I enjoy!

Gerry

IN MEMORIAM

SYLVANUS "SCOTTIE" DEVINE has flown west.

He was one of a kind. I met Scottie many years ago when I was a Flight Engineer flying out of Chicago-Midway. He was living in Hinsdale, Illinois and I visited him and his big black police dog. The dog scared me. Many years later I transferred to San Francisco and shortly thereafter Scottie, Emily and

their harem transferred out to San Francisco. He and I had many arguments (discussions) about seniority, politics, etc.

Scottie and I agreed that the pensions on United had a lot to be desired even back in those days. We decided to meet with the late Captain Silver of Eastern Air Lines at Chicago-O'Hare inasmuch as Eastern had the only Retired Pilots Foundation at that time. We were able to start a Foundation on United Air Lines some years later. Many pilots, widows and families had the opportunity to take advantage of the foundation when times are low.

Some years later he and I and many other UAL pilots had the opportunity to see the fallacy of the Age 60 rule, which is to be eliminated this year. We protested this ruling and were able to extend (through the courts), the opportunity for pilots to fly as flight engineers to an age where the individual is able to fly as long as he is able to pass a physical examination. This rule is still in effect at the present time. It is too bad that the Age 60 rule is changed many years after Scottie and hundreds of other pilots were not able to take advantage of this change.

We wish you Blue Skies, Tailwinds and good weather for your journey to the West.

Happy Landings.

Fraternally,

John X Stefanki

HARRY (MAC) DUNLAP JR.,

born in Greenwich, Connecticut, passed away peacefully at his home in Tucson, Arizona. He graduated from Phillips Andover Academy and afterwards from Dartmouth College in 1952. He served with the Air Force after graduating from flight school in Marana, Arizona. He continued his life of flying, serving first with Pan American Airways in the east, and later moved to Denver where he became a Captain/senior pilot for United Airlines. Ultimately he served as instructor in the Flight Training Center in Denver. Besides his love of flying, Mac was known and appreciated on the

tennis courts from Paris to Denver to Arizona. Over the years he competed successfully, winning many awards, as a champion tennis player. His love of tennis was equaled only by his desire to help others become as knowledgeable and capable as he. He served as a volunteer instructor, coach, character builder for young men and women at Camp Pemigewasset, New Hampshire for many summers.

Mac was a participating member of St. Philips in the Hills Episcopal Church in Tucson and dearly loved by all. Mac is survived by his wife, Barbara; his son, Will and: three grandchildren. Mac spread his love, kindness, enthusiasm to friends, family and students.

Hi Ted,

I don't believe RUPA has ever been informed of the passing of Harry (Mac) Dunlap in February of 2006. Several former UAL pilots were at his service and perhaps each of us thought the other would let you know. Mac was a very good friend of mine and we shared the love of flying and tennis together. He took me along to Camp Pemigewasset near his beloved alma mater Dartmouth College in New Hampshire as his assistant in the tennis program which he ran for 7 weeks in the summer for probably 10 years. The kids and the staff loved him for his dedication and faithful service. He was a giant and enriched the lives of many he touched including mine.

Leukemia entered his body and he called and told me he was going to beat it. He did much research into the disease and was fortunate and brave enough to enter into several experimental drug programs which prolonged his life probably 4 years. He was able to return to his beloved courts in Tucson, AZ and play recreational tennis with many of his friends.

We had Thanksgiving dinner with Mac and his beloved wife Barbara in their home in Tucson 3 months before he died. He hosted us and another family, put on a great feast we'll never forget. Barbara had been diagnosed with early Alzheimer's and wasn't able to help much.

Mac helped many with his talents, time and resources, from the flight deck to the training center to the tennis courts to his church. We miss him dearly and sorry it took so long to write this sad piece of news. His wife has moved to live with their only child Will, in Austin, Texas.

The attached obituary I believe is incorrect in stating that he once worked for Pan Am. I'm sure it was TWA from whom he was furloughed before joining United.

Lloyd Price

BILL MESTON

Hi Ted,

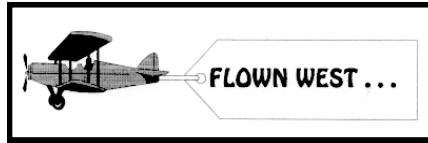
I wanted you to know that Bill Meston, former RUPA member, passed away today, Friday March 9. Funeral services will be on Wed. March 14, at 2 PM at Peace Lutheran church in Arvada, Co. 5675 Field St. He was a resident of Springwood Retirement Community (assisted living) in Denver until shortly prior to his death. Bill served as a Flight Manager in the Denver flight office for several years.

Thank you,

John Thielen,

NOEL B. SUMMER

Noel B. Summer, 81, of Pompano Beach, FL, passed away February 17, 2007. Noel was born in Minerva, OH on February 9, 1926 to Arthur & Bertha Summer. He has been a resident of South Florida since 1972, having previously resided in New Jersey. Noel proudly served his country in the United States Marine Corps in the South Pacific during WWII. He was a member of the Masonic Lodge in Minerva, OH for over 50 years, the Experimental Aircraft Association, the International Aerobatic Club (chapter 23, # 269), the Quiet Birdman and the Fraternal Order of Elks (BPOE # 1898). Noel is survived by his loving wife, Mary Ellen Summer; 4 children, 10 grandchildren and 3 great-grandchildren.



HARRY DUNLAP, JR.	02/2006
ALVIN D. YATES	01/01/2007
WALTER L. MULLER	01/12/2007
EUGENE E. CURRY	01/19/2007
RONALD W. ARNOLD	01/25/2007
NOEL B. SUMMER	02/17/2007
BILL MESTON	03/09/2007



HIGH FLIGHT

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

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

John Gillespie Magee, Jr., September 3, 1941

RUPA'S SOCIAL CALENDAR

Monthly Scheduled Lunches

1st Wed. SFO North Bay—*Petaluma Sheraton*
2nd Mon. SW FL—*Olive Garden, Ft. Myers* - 239-417-8462
2nd Tue. San Diego Co—*San Marcos CC* - 760-723-9008
2nd Tue. Nov-Apr Treasure Coast Sunbirds—*Mariner Sands CC* - 772-286-6667
2nd Thu. Oct-Apr. SE FL Gold Coast— *Flaming Pit* - 561-272-1860
2nd Fri. PHX Roadrunners—*McCormick Ranch Golf Club* - 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* - 702-558-9422 or 702-565-7175
3rd Tue. Dana Point CA— *Wind & Sea Restaurant* - 949-496-2691
3rd Thu. LAX—(Even Mo.) *Hacienda* - 310-821-6207;
3rd Thu. LAXV—(Odd Mo.) *Mimi's, Chatsworth* - 818-992-8908
3rd Thu. Ohio Northcoasters—*TJ's Wooster* (Always coed.) - 440-235-7595
3rd Thu. SEA Gooneybirds—*Airport Marriott* - 425-702-0989
3rd Thu. So. Oregon (MFR)—*Pony Express, Jacksonville* - 541-245-6896
3rd Thu. TPA Sundowners—*Daddy's Grill* - 727-787-5550
Last Thu. Hawaii Ono Nenes—*Mid Pacific Country Club*

Bi-Monthly Scheduled Lunches

1st Wed Mar, Jul, Nov. Chicago Area—*Itasca CC* - 630-832-3002
2nd Tue Jan, May, Sep. McHenry (ORD)—*Warsaw Inn* - 815-459-5314
3rd Thu Feb, Apr, Jun, Oct, Dec. NE FL —*Spruce Creek CC* - 386-760-0797

Quarterly Scheduled Lunches

3rd Wed. Jan, Apr, Jul, Oct. Washington Area—*Westwood CC* - 540-338-4574

Semi-Annually Scheduled Lunches

2nd Tue. 11:30am May, Nov. Inland Empire RUPA---*Davenport hotel, Spokane*---509-455-8888
3rd Wed. June 20th at Noon NYSkyscrapers--- *Montclair Golf Club, NJ*

Deadline: April 18, 2007

Mailing: May 2, 2007



RUPANEWS
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