

TEK RETIREE NEWS

ExTek

Tektronix
Retiree
Volunteer
Program



Web Page: www.TekRetirees.org

A Newsletter for and by Tek Retirees

February 2015

Credit Union Luncheon Update

The First Tech Federal Credit Union agreed to provide space and partially fund a luncheon for the Tek Retirees, however we needed to do the leg work to make it happen. This would include coming up with the rest of the funding, planning and ordering food from a vendor. In order to determine the cost we would need to know how many would attend which would require sending out a notice in our TRVP newsletter. Since no one has volunteered to manage this project we decided to not do a luncheon at this time. This does not preclude a luncheon at a future date. If there is anyone who would like to champion a luncheon please let us know at tek-retirees@tektronix.com.

Tektronix Plastics Department

(Continued from Nov 2014: TekRetirees.org)
by Al Foleen

In the late seventies we had a very severe snow and ice storm. I asked my wife if she wanted to go to work, she said yes. I drove her to work and I decided that I had some reports to finish so I drove over to Vancouver. When I got there the place was dark. No electricity. Rick Meyer was standing in the dark doorway when I drove up. I was going to go home and he said no-way. Bert Hippe had purchased a new 50 ton molding machine and it was on its way. About this time the phone rang, it was the railroad company telling us that the molding machine was on a flat car. They would stop the train for two hours to give us time to unload the machine. Rick jumped in his car to find out what needed to be done to get the molding machine off the flat car. Fortunately Bert, who was snow bound at home and of no help, had made prior arrangements with a moving company. When Rick got there the moving company was at the railroad waiting to unload the machine. They didn't let a little snow and ice stop them. Because of the weather there was no traffic to bother them going down the highway to the plant. As they were unloading the machine at the plant the lights came on. About this time the phone rings and it was the set-up engineer from the company to install the

new machine.

He was stranded at the airport. He could not find a taxi driver to take him to Vancouver. Rick drove over to pick him up.

When the engineer was installing the machine he was telling Rick and me what he was doing. This made no sense to us because neither Rick nor I were going to operate the machine. After a long phone call to the company they decided that the engineer could stay over an extra day to teach Bert and the machine operator how to run the machine.

The plastic department stayed in Vancouver until it was decided to purchase all the needed plastic parts. The company then sold all of the molding machines and related equipment and eliminated the plastics department.

(this is a nice volunteer opportunity. ed.)

Habitat for Humanity International

121 Habitat Street

Americus, GA 31709

(229) 924-6935 x2551 or x2552

publicinfo@habitat.org

An estimated 5.4 million American households face worst-case housing needs, according to the U.S. Department of Housing and Urban Development. Receiving little or no government housing assistance, these families are unable to find a decent place to live at a price they can afford to pay.

More than 1,500 Habitat for Humanity affiliates are at work in the United States, building houses in partnership with people in need of decent, affordable housing. Habitat houses are purchased by families at prices affordable to low-income Americans, thanks to the donated labor of Habitat volunteers, the support of partner organizations and the no-profit, no-interest terms of every Habitat for Humanity mortgage.

Habitat for Humanity has helped

change the lives of more than 30,000 American families since its first U.S. affiliate was founded in San Antonio, Texas, in 1978. Habitat affiliates build in all 50 U.S. states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. Each affiliate is an independent, locally managed organization which coordinates local construction and selects partner families without regard to race, religion or ethnic group. Use our **affiliate search engine** to locate a US Habitat affiliate near you.

Volunteers are vital to Habitat's mission. The vast majority of Habitat's work is done by volunteers, either on construction sites or in other areas. "We welcome people from all walks of life to help us build homes for families in need." **You don't need construction experience** to volunteer with Habitat, just a willingness to learn. If you don't know how to do a task, we will train you.

Many Opportunities Beyond Construction

Volunteers contribute more than muscle. Creativity, strategy, and technical skills are among the many invaluable traits volunteers bring to the organization. With a minimal staff, Willamette West Habitat for Humanity depends upon volunteer committees for support with projects like Family Selection, Family Partnering, Public Relations, and Volunteer Coordination.

Habitat for Humanity

We also offer opportunities in our Habitat ReStore, a volunteer-run building materials recycling center.

You Choose the Time Commitment

As a volunteer for Willamette West Habitat for Humanity, you can choose to volunteer as little or as often as you would like, from several days a week to once a year. All of these positions are a tremendous help that directly or indirectly result in the construction of simple, decent homes.

(continued on page 3)

TekWeek 40 Years Ago

condensed by Gary Hoselton

Activities! * Two Tek musical groups provided beer garden entertainment at Hillsboro's Happy Days celebration. "Four Grand", composed of Joe Peter and John Gibilisco (Lab Oscilloscope Group) and Mike Hathaway (Digital Manufacturing), played rock and roll, and "Ann & Lin", who were Ann Walker and Lin O'Toole (DPO/NDI Marketing), sang pop and folk music accompanied by a 12-string guitar. * Tek Scuba has a divers' information retrieval system to match divers with a buddy or a group. * The Tek Rock Club has added new books to their library. * The "Hits and Misses", captained by Karen Stratton, won the Tek Mixed Softball League, being undefeated for the season. * Tek's can see the World Football League's Portland Storm play Hawaii and New York for half price, \$3.75 reserved, and see the amazing Portland baseball Mavericks play rival Seattle Rainiers for \$2 box seat; all games at Civic Stadium. * Enjoying moderate southwesterly winds, Bob Verrinder (Digital Measurement Prod-

ucts) sailed his Hobie 16 to victory in the annual TekS'I Timothy Cup Race. Jack Peasley (Storage CRT Production) in a Sunflower was runnerup, while Larry Adams (5000 Series) sailing an Aqua Cat placed third. Fifteen skippers competed.

Trading Post (40 years ago!)

BANTY CHICKENS: 12 week old, \$1.75.

Crab apples for jelly, 75¢ per box.
645-0123

SHAG CARPET: 130 yards, blue and avocado, VG cond., \$4/yd. 246-4567

WIG: dark brown gypsy, \$12; cluster of ringlets, \$5. 648-8901 after 4

3 BR HOUSE: builtins, w/w, fam room, fp, garden space, near Tek. \$25,900.
636-2345

RENT 2 BR DUPLEX: water and garbage paid, walk to Tek, \$145/month. 644-6789

'74 PINTO WAGON: radial tires, radio, rack, 6000 miles, \$2700. 646-0123

'63 TEMPEST: convertible, 4 cylinder, new top, 4 speed, \$450. 648-4567

FREE BABY CATS: adorable, will deliver to Tek. Call Mary ext. 7808

computer problems at Our Lady of Fatima Roman Catholic Church in Secane, his son said.

Mr. Lenczynski's birthday was Feb. 29, and he enjoyed being a leap baby. "We gave him a Sweet 16 party when he was 64," his son said. In addition to his son, he is survived by his wife of 60 years, Mary McGowan Lenczynski; sons Fred and Michael; a daughter, Debbie; and three grandchildren. A Funeral Mass (will be) was said at 12:30 p.m. Saturday, July 30, at Our Lady of Fatima Church, 1 Fatima Dr., Secane. Friends may call from 11:30 a.m. Burial was in St. Charles Borromeo Cemetery, Drexel Hill.

Philadelphia Inquirer, The (PA) - July 29, 2011



Frederick A. "Fred" Lenczynski — d. 07/26/2011; at Tek: 27 years; retired Feb 1984

Frederick A. Lenczynski, 83, formerly of Secane, Pennsylvania, a retired sales manager who ran the electrical-engineering lab at Villanova University and taught computer courses, died of pneumonia Tuesday, July 26, at Broomall Nursing & Rehabilitation Center. Mr. Lenczynski grew up with 13 older siblings in Chester and graduated from St. James High School there, where he was an All-Catholic football player. He then served in the Army Air Force as a radar instructor at bases in Mississippi and Illinois. After his discharge, he studied engineering at what is now Drexel University and worked for Shallcross, an electronics-equipment company in Folsom.

In 1956, he joined another electronics equipment company, Tektronix. He started out as a field engineer for the firm in Montgomery County and eventually was promoted to district manager. He was the company's top salesman for 10 consecutive years, his son Bill said. He had an

outgoing personality and "never met a stranger," his son said. After retiring from Tektronix in the mid-1980s, Mr. Lenczynski oversaw the electrical-engineering lab at Villanova for 10 years.

He was past president of the Primos-Secane Civic Association and was a founding member of the Primos-Secane Swim Club in Clifton Heights, which held its first organizing meeting in his living room in the early 1960s. Mr. Lenczynski had been president of three computer clubs and a tropical fish club, his son said. In 1996, he taught a night course, "Personal Computers for the Novice," at Boscov's Department Store in the Granite Run Mall. He told The Inquirer he had previously taught the course at a Boscov's store in Delaware, demonstrating on a computer and using a large television screen. Many of his students were people who had little or no knowledge of computers and had to use one at work, he said. He was always quick to assist with



John Addis writes that the original obituary was rather sparse and "I received a more complete obituary from Harry Mayo (hlmayo2@gmail.com), and it is worth sending out separately."


Charitable match \$ to go away!

Effective January 1, 2015, Tektronix will no longer match retiree charitable donations as part of the Tektronix Matching Gift Program. The Tektronix Foundation has decided to focus more money directly on education and non-profit social service organizations within our communities. Thank you for your cooperation and understanding in this matter.

(con't from pg 1)

Washington County ReStore

13475 SW Millikan Way
(corner of SW Millikan Way and
SW Hocken Ave)
Beaverton, OR 97005

 503.906.3823

This is the old Tektronix building 002

Living to one Hundred (100)

from the Harvard Health Letter

They have a positive outlook. Perls says centenarians seem to have personalities that shed stress easily. An inability to control emotional stress has been linked to memory loss and heart disease.

They are friendly and maintain close ties with family and friends. Not surprisingly, positive relationships are associated with lower rates of depression. And lower rates of depression may result in lower rates of heart disease.

Many researchers think that people could add up to a decade to their lives if they emulated the centenarians. And, from what we know so far, they aren't doing anything mysterious. They're simply following the standard health commandments: don't smoke, keep trim, get exercise, manage stress, and avoid social isolation.

Forget about Generation X and Generation Y. Today, the nation's most intriguing demographic is Generation Roman numeral C -folks age 100 and over. In the United States, the number of centenarians doubled in the 1980s and did so again in the 1990s. The total now! exceeds 70,000. By 2050, according to mid-range projections, there could be over 800,000 Americans who celebrate the (continued on page 4)

Death Notices November, December 2014; January 2015

We are no longer able to get death notices or length of service information from the Tektronix data base.

We would appreciate any assistance retirees or members of their family can provide us. We have posted here the information we found in obituaries, newspapers or from family members or friends who have notified us. In order to ensure accuracy in our reporting we need: the name spelled out, date of birth and date of death. Also, we like to include their length of service at Tektronix when possible. To ensure accuracy in our reporting please leave your contact information - name, email, and/or phone number in case we have any questions.

The newsletter staff is in the office on Wednesday from 10:00 a.m. to 3:00 p.m. each week. You may call us on Wednesdays or leave a voicemail any time at 503-627-4056.

Or you may send an email to:
tek-retirees@tektronix.com

Donald W. Backstrand

— d. 04/22/2013; at Tek: 25 years

Patricia A. Backstrand

— d. 05/16/2013; at Tek: 11 years

Jessie L. Bollinger

— d. 09/05/2014

at Tek: 26 years; retired May 1983

Lou Bride

— d. 11/22/2014

at Tek 24 years; retired March 1979

Jean Camille (Hadden) Boswell

— d. 12/28/2014; at Tek: 30 years

Judy B. (Hanson) Bullock

— d. 11/19/2014

Dora Pauline Cook

— d. 07/24/2014

Linda Lee Duling

— d. 07/31/2014

at Tek: 38 years

Goldie Greco

— d. 12/02/2014

Gordon Michael "Mick" Haney

d. 08/18/2014; at Tek 20 years

William D. Harrison

— d. 11/04/2014

James G. Heisler

— d. 10/24/2014

Emery Robert "Bob" Jackson (ret. 1983)

— d. 01/19/2014; At Tek: 29 years

Lily Kee

— d. 11/15/2014

at Tek: 13 years; retired Nov 1993

Richard D. McGarvey

— d. 11/23/2014

at Tek: 15 years; retired Sept 1984

Ivan L. Pankey

— d. 11/14/2014

at Tek: 23 years; retired Apr 1995

Carol Rash

— d. 12/20/2014

Michael J. Ruscigno

— d. 11/18/2014

at Tek: 26 years; retired May 1983

John H. Seger

— d. 11/08/2014

At Tek: 27 years; retired Sept 1989

Judy B. Simonson

— d. 11/19/2014

Vera Stupers

— d. 12/01/2014

at Tek over 30 years; retired May 1996

Thomas Scogin

— d. 07/12/2014

Gary Allan Swain

— d. 08/08/2014

Harvey A. Swenson

— d. 11/17/2014

at Tek: 19 years; retired Apr 1986

William F. "Jack" Taylor

— d. 10/30/2014; at Tek: 12 years

James K. Theabolt

— d. 11/02/2014

at Tek: 25 years; retired March 1994

Carol L. Whitmore

— d. 05/27/2011

at Tek: 22 years; retired May 1983

John Raymond "Jack" Weigand

-- d. 01/05/15; many yrs @ Tek, Mt. Hood

Marjorie Ilene Wold

— d. 01/05/2015

at GAF, then Tek; retired in 1989

Shelby (Stevens) Zook

— d. late 11/2014

RETIREE BENEFIT INFORMATION & ADDRESS CHANGE PROCEEDURE

Retiree Medical and/or

Life Insurance

Anyone who is a past employee with Retiree Medical and/or Life Insurance will need to request information or make changes in writing to A & I. You must include your signature and Social Security number.

Tektronix Post Employment Services

A & I Benefit Plan Administrators, Inc.

1220 SW Morrison St., Suite 300

Portland, OR 97205-2222

Toll Free: 1-800-778-7956

Fax: 503-228-0149

401k Benefit

Anyone who has a 401k benefit must contact Fidelity for information or to change their address directly with them at:

1-800-835-5092

Cash Balance Plan

The Cash Balance Plan has been transferred to Danaher Pension Plan Processing Center with Hewitt. Questions or changes should be directed to:

1-800-580-7526

Tektronix Retiree Volunteer Program

M/S 22-037

PO Box 500

Beaverton, OR 97077 - 0001

Phone: 503-627-4056

Email Address:

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Tek Retiree News

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century mark. Studies show the same trend in other industrialized countries and recently in China. Indeed, demographers are now counting the number of supercentenarians, people age 110 and over.

The swelling population of people age 100 and over has given researchers an opportunity to answer some of the most fundamental questions about human health and longevity: What does it take to live a long life? How much do diet, exercise, and other lifestyle factors matter compared with "good" genes? And, perhaps most importantly, what is the quality of life among the "old old"? Does getting older inevitably mean getting sicker, or can people remain productive, social, and independent on their 100th birthday and beyond?

(to be continued in the May issue)

Editorial

by Gordon Long

I thank John Addis for providing the obituary for Fred Lenczynski, even though it is from 2011! I am amazed how much some people get involved and love it.

It is sad to have the Gift Matching program go away! Check out the Oregon Cultural Trust. They allow swapping your state taxes for a charitable contribution. The limits are \$1000 a couple, \$500 for a single person. There is plenty of time to file but the checks must be for 2014. Next year??

Tek is now a "great grandfather" for many companies. Bruce Hofer will be telling the Audio Precision history in a future issue. A-P started in 1984 would you believe?

The continuation of the living to age 100 article is available in the "on-line" edition.

Tektronix Retiree Volunteer Program

M/S 22-037, PO Box 500

Beaverton, OR 97077 - 0001

Quarterly Quote: G. Kelior on P.H.C. — With Lefty in a saloon talking up the barmaid. She says: Honey, I'm so old "my farts" are just dust!

Marconi's Cronies

Meet the 2nd Wed of each month
(except July and August)

12:00 p.m.

Details: Jack Riley: 503-235-5267

(no longer meeting — ed.)

Previous Tek-Employees Luncheon

11:30 a.m. 2nd Monday monthly

Peppermill Restaurant

17455 SW Farmington Road #26B

(Corner of Farmington

& Kinnaman Rd)

Aloha, OR 97007

Details: Annetta Spickelmier

503-649-2491

CALENDAR

Redmond Breakfasts

8:00 a.m. 1st Monday monthly
Shari's Restaurant; Redmond, OR

1565 SW Odem Medo Way

Spouses welcome

Details: Nick Hughes 541-548-1201

TERAC

6:00 p. m.

Round Table — Beaverton

Weekly on Friday

Tektronix Wilsonville

REUNION COMING SOON!

April 17th, 2015 4-7pm

McMenamin's Wilsonville Church

rose.marshall@Innovationframeworks.com

READ YOUR TEK-RETIREE NEWSLETTER ONLINE

Would you like to help save postage and read your Tek-Retiree Newsletter on our webpage? Send your name, address, phone number and email address to: mlscott@easystreet.net

We will send you a notice when the newsletter is posted each quarter. If your email is changed or rejected for any reason you will receive one phone call to request an update. If you don't respond we will return your newsletter to the US mail list. To preview the web page and previous issues of the newsletter go to: www.tekretirees.org

Please send questions, information or correspondence not involving the newsletter online to TVRP at tek-retirees@tektronix.com

Centenarian Studies

Most centenarians still die from heart disease, but they might have died much sooner without the medicines we now have to control cholesterol levels and hypertension.

Diet and other choices

Diet and other health habits play a role. There are a dozen or so centenarian studies. A health-advice book has been published based on findings from the centenarian study in Okinawa, where the average life expectancy, 81.2 years, is the highest in the world. There are active centenarian studies in Italy, Sweden, and Denmark. For the most part, results from these studies belie the myth that the oldest old are doddering and dependent. Some harsh demographic selection may come into play. Frail individuals die sooner, leaving only a relatively-robust group still alive. In fact, one of the rewards of living a long life is that, 834,000 for the most part, the "extra" years are healthy years. Physical activity is a 447,000 recurring theme: the people 324,000 in these studies are walkers, bikers, and golfers. In Okinawa, centenarians do tai chi and karate. People who live to 100 and beyond exercise their brains, too, by reading, 9 from painting, and playing j States, U.S. musical instruments. Some continue to work, an indication that our love affair with retirement may be a mixed blessing.

This isn't to say that centenarians escape unscathed. Although 75% of the people in the New England study were well enough to live at home and take care of themselves at age 95, this number dropped to 30% by age 102. About two-thirds of centenarians suffer from some form of dementia. Danish investigators, who have taken a decidedly less sunny view of extremely old age than their New England counterparts, published a study reporting that many of the centenarians in their study had cardiovascular disease (72%), urinary incontinence (60%), osteoarthritis of a major joint (54%), and dementia (51%). And life expectancy is short at 100. On average, centenarians will only live another year or two, although that might change as the size of the age group increases.

It is notable, however, that the period of serious illness and disability for the exceptionally long-lived tends to be brief. Aging experts say that compressing morbidity in this way should be our goal. The

Stanford researcher who coined the term, James F. Fries, has compared the ultimate in compressed morbidity to the "wonderful one-hoss shay" described in Oliver Wendell Holmes's poem "The Deacon's Masterpiece." The shay in Female Center the poem is a carriage built so carefully by the deacon that no single part breaks down for 100 years. Then it all "collapses 'all at once, and nothing first/ Just as bubbles do when they burst." Notwithstanding the Danish study centenarians approach this ideal, as they tend to live well into their nineties free of serious diseases such as cancer and Alzheimer's.

Good Genes

Traits that run in families are not necessarily genetic. After all, often share the same eating habits, other so-called environmental factors that influence health. Still, similarities within families are often a good clue of a strong genetic influence, and longevity does seem to run in families. The New England Centenarian Study, for example, has found that its subjects were four times more likely to have a sibling who lived past age 90 than people with an average life span.

Now the search is on for genetic attributes. Researchers have previously identified some forms of a gene called apolipoprotein E that increases the risk of cardiovascular disease and Alzheimer's disease. Studies have shown that those dangerous variants are rare among centenarians. Scientists have had success building long life into some animals. They've genetically engineered worms to live six times longer. Certain mice genes have been mutated so the animals live 30% longer than normal.

No one has found such a mutation in people. But several years ago Thomas Perls, director of the New England study, and Louis Kunkel, a molecular geneticist at Children's Hospital in Boston, believe they got closer by identifying a section of chromosome 4 that may predispose people to long life. They made their discovery by scanning the genes of 137 sets of very old siblings – one person 98 with a brother who was at least 91 or a sister who was at least 95. The siblings shared this distinctive section of chromosome 4.

Health Conditions

But genes aren't the whole story. Public health advances like sanitation and routine vaccination have greatly improved

the odds for long life. Indeed, it may be the intersection of genes with ever-changing health conditions that really determines how long we live. Today's centenarians may have survived so long partly because they had genes that protected them against infectious diseases prevalent in the early 20th century. Tomorrow's centenarians may need to have a different kind of genetic advantage attuned to 21st century circumstances. Medical interventions are starting to make a demographic difference, particularly with respect to mortality from cardiovascular disease, role, too. Okinawans lose their actuarial edge when they move to Western countries and, presumably, adopt a more Western lifestyle. Italian researchers reported that healthy centenarians had exceptionally high blood levels of vitamins A and E compared with healthy younger adults. The study didn't address, however, what causes high levels. Still, the authors theorized that vitamin-rich blood may both strengthen the immune system of these centenarians and defend them against damage done by oxygen free radicals, the reactive molecules that some researchers believe is the principal cause of aging.

It's not a centenarian study, but a large, long-term study of Seventh-Day Adventists in California has produced some valuable information about longevity because the Adventists, on average, live several years longer than their fellow Californians. By some reckonings, they even outlive the Okinawans. There is no reason to believe the Adventists have any special genes, so other factors probably explain their longevity. Researchers broke down their health habits in a statistical analysis published in the July 9, 2001, Archives of Internal Medicine. A great deal of physical activity, frequent consumption of nuts, not eating meat, and medium body weight each was found to add about 1.5-2.5 years of life.

Centenarians may well have a genetic head start on most of us, but in his 1999 book *Living to 100*, Perls argues that we can make choices that may help us catch up. Of course, we don't have complete free will over these choices; behavior of almost all kinds has a genetic component. Still, there are some lessons to be learned from the do's and don'ts of centenarians:

..They don't smoke or drink heavily.

..Those who had smoked didn't do so for long.

..They gained little or no weight during adulthood.

Being overweight makes people more vulnerable to many life-threatening illnesses, including heart disease, diabetes, cancer, and stroke.

..They don't overeat.

Okinawan centenarians consume 10%-20% fewer calories per day than typical Americans. And in animal studies, calorie-restricted diets have consistently increased the life span. The old Okinawans consume less fat, too. About 26% of their energy intake comes from fat, compared with 30% or more for Americans. And more of that fat is beneficial- omega-3 fatty acids and the unsaturated fats found in vegetable oils.

..They eat many fruits and vegetables.

The Okinawans have an average of seven servings a day.

..They get regular physical activity for as long as they are able.

Strength-building activities, such as climbing stairs or lifting small weights, are especially beneficial because they help slow the age-related loss of muscle mass.

..They challenge their minds.

Stimulating mental activity may help prevent age-related thinking and memory problems by stimulating communication between brain cells. Particularly among elderly men, decreased cognitive performance is strongly associated with mortality.

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from the Harvard Health Letter

(Continued from February TRN)

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No one has found such a mutation in people. But several years ago Thomas Perls, director of the New England study, and Louis Kunkel, a molecular geneticist at Children's Hospital in Boston, believe they got closer by identifying a section of chromosome 4 that may predispose people to long life. They made their discovery by scanning the genes of 137 sets of very old siblings – one person 98 with a brother who was at least 91 or a sister who was at least 95. The siblings shared this distinctive section of chromosome 4.

Health Conditions

But genes aren't the whole story. Public health advances like sanitation and routine vaccination have greatly improved the odds for long life. Indeed, it may be the intersection of genes with ever-changing health conditions that really determines how long we live. Today's centenarians may have survived so long partly because they had genes that protected them against infectious diseases prevalent in the early 20th century. Tomorrow's centenarians may need to have a different kind of genetic advantage attuned to 21st century circumstances. Medical interventions are starting to make a demographic difference, particularly with respect to mortality from cardiovascular disease. role, too. Okinawans lose their actuarial edge when they move to Western countries and, presumably, adopt a more Western lifestyle. Italian researchers reported that healthy centenarians had exceptionally high blood levels of vitamins A and E compared with healthy younger adults. The study didn't address, however, what causes high levels. Still, the authors theorized that vitamin-rich blood may both strengthen the immune system of these centenarians and defend them against damage done by oxygen free radicals, the reactive molecules that some researchers believe is the principal cause of aging.

TekWeek 40 Years Ago

condensed by Gary Hoselton

Shows! * Rapid-Scan Spectrometers were featured at the Tek booth during the 1974 **Biochemistry-Biophysics Meeting and Show** in Minneapolis. Ed Goff, Jere Marrs, Gerry Hull and Jim Nicholson manned the exhibit, receiving 130 inquiries from about 6,700 attendees. * Seventeen Turkish Air Force officers, in charge of electronic maintenance, were among 550 visitors to the **Tek exhibit van** during its one-week tour of Turkey. * Tek Sweden's IDD group displayed terminals and calculators, including the 4014, 4953, 4922, 31/53 and 154 Interface to the Texas Silent 700-printer, at the **International Federation of Information Processing Exhibition** in Stockholm, and said they had one of the most jammed stands with a continuous stream of people almost all day long. * Tek displayed an 80 foot booth at the **Wescon** show in Los Angeles, where 28,744 attendees produced 3,344 inquiries and 2,323 requests for calls. The booth emphasized IDD, calculator and portable products, and included an engineer's work station with TM500 instruments. Tek won first place award for the most effective booth of 60 feet and more, with HP second and DEC

third. The award was accepted by John Landis, Pacific Region Sales manager, Santa Clara; Dick Perkins, District Sales manager, Van Nuys; Ralph Show, Exhibits manager, Beaverton; and Dave Weathers, District Sales manager, Irvine.

Papers were presented by Bill Walker (Group Vice President), Ken Lindsay (Marketing/Sampling), Jack Grimes and Mona Saba (both Calculator Engineering), and Tom Gandy (High Frequency Devices). * New Telequipment products for UK market only, including the TVI 625-line television monitor plug-in, were demo'd at the **Leeds Electronics Exhibition**. 10,000 visitors were exposed to the Tek 5000 and 7000 series, the 466 100-MHz storage oscilloscope, and calculator products.

Trading Post

BANTY CHICKENS: 12 weeks old, \$1.75. Crab apples for jelly, 75¢ per box. 645-0123

SHAG CARPET: 130 yards, blue and avocado, VG cond., \$4/yd. 246-4567

WIG: dark brown gypsy, \$12; cluster of ringlets, \$5. 648-8901 after 4

3 BR HOUSE: builtins, w/w, fam room, fp, garden space, near Tek. \$25,900. 636-2345

RENT 2 BR DUPLEX: water and garbage paid, walk to Tek, \$145/month. 644-6789

It's not a centenarian study, but a large, long-term study of Seventh-Day Adventists in California has produced some valuable information about longevity because the Adventists, on average, live several years longer than their fellow Californians. By some reckonings, they even outlive the Okinawans. There is no reason to believe the Adventists have any special genes, so other factors probably explain their longevity. Researchers broke down their health habits in a statistical analysis published in the July 9, 2001, Archives of Internal Medicine. A great deal of physical activity, frequent consumption of nuts, not eating meat, and medium body weight each was found to add about 1.5-2.5 years of life.

Centenarians may well have a genetic head start on most of us, but in his 1999 book *Living to 100*, Perls argues that we can make choices that may help us catch up. Of course, we don't have complete free will over these choices; behavior of almost all kinds has a genetic

component. Still, there are some lessons to be learned from the do's and don'ts of centenarians:

..They don't smoke or drink heavily.

..Those who had smoked didn't do so for long.

..They gained little or no weight during adulthood.

Being overweight makes people more vulnerable to many life-threatening illnesses, including heart disease, diabetes, cancer, and stroke.

..They don't overeat.

Okinawan centenarians consume 10%-20% fewer calories per day than typical Americans. And in animal studies, calorie restricted diet have consistently increased the life span. The old Okinawans consume less fat, too. About 26% of their energy intake comes from fat, compared with 30% or more for Americans. And more of that fat is beneficial omega-3

fatty acids and the unsaturated fats found in vegetable oils.

..They eat many fruits and vegetables.

The Okinawans have an average of seven servings a day.

..They get regular physical activity for as long as they are able.

Strength-building activities, such as climbing stairs or lifting small weights, are especially beneficial because they help slow the age-related loss of muscle mass.

..They challenge their minds.

Stimulating mental activity may help prevent age-related thinking and memory problems by stimulating communication between brain cells. Particularly among elderly men, decreased cognitive performance is strongly associated with mortality.

Request for volunteer help at the vintageTEK Museum

Museum Store Manager

Duties:

Price and list items for sale on the Museum Web page. This will include determining the condition of items for sale and getting them fixed (if possible) if they are damaged and not fully operational. The Museum has volunteers capable of repairing broken or damaged donated equipment. Items for sale will need an accurate description so the buyer will know, reasonably well, exactly what he is buying.

Work with the Museum Information Technology Manager and the Museum Treasurer to work out any details that need their involvement.

Complete the Museum's application to get Museum Store items listed on eBay for exposure to a much larger than local buying audience.

Consider getting some items also listed on the local Craig's List.

Pack items for shipment to buyers.

Information Technology Manager

Duties:

Maintain the Museum Web Page and modify it for new applications. Work with our current Web Page volunteer who is not local. (I think he lives somewhere in the Southeastern U.S. and I am not certain of just how much he can do for us.)

I have since had a phone call with him and he is willing to help in any way he can, remotely, from the SE U.S.

Reply to Stan Griffiths at
w7ni@easystreet.net

Letter to the editor.

This note is a very long time overdue. Just a little about my self:

I retired from Tektronix in 1983. I was employed in the Plastics Department for over 12 years. Started working at the Beaverton plant in those early days. Then I was in the move and worked at Vancouver.

Thank you each and every one who publishes the Newsletter. I enjoy it so much, the articles are very very nice. I have enjoyed it for a long long time.

God bless you all. Lucy Ricks
P.S. Thank you for the Tektronix Plastics Department article in the November issue.

Editorial

by Gordon Long

The TRVP staff recently received a comment about the quarterly quote found on page 4: that it was found to be offensive. We apologize. Our intent is only to have a touch of humor.

THE GREAT OREGON STEAM-UP

by Louis Sowa

It is coming up on the Great Oregon Steam-up at Antique Powerland in Brooks. This is an event that has something for the whole family. Antique Powerland has a collection of non-profit museums. These museums are run by volunteers, so there is always a place for anyone interested in helping and learning. Powerland is one of the places that I personally am involved with. If you have a non-profit, volunteer run organization that you would like to spotlight send an article to the TRVP editor (see contact information on page 4). For more information about Antique Powerland visit: antiquepowerland.com

The Great Oregon Steam-Up is the largest event at Antique Powerland during the year and it involves all of the museums and many other participants. One of the unique aspects of the event is that most of the equipment is operating. We'll see you July 25-26, 2015 and August 1-2, 2015.

A parade takes place each day at

Death Notices

We are no longer able to get death notices or length of service information from the Tektronix data base.

We would appreciate any assistance retirees or members of their family can provide us. We have posted here the information we found in obituaries, newspapers or from family members or friends who have notified us. In order to ensure accuracy in our reporting we need: the name spelled out, date of birth and date of death. Also, we like to include their length of service at Tektronix when possible. To ensure accuracy in our reporting please leave your contact information – name, email, and/or phone number in case we have any questions.

The newsletter staff is in the office on Wednesday from 10:00 a.m. to 3:00 p.m. each week. You may call us on Wednesdays or leave a voicemail any time at 503-627-4056.

Or you may send an email to:
tek-retirees@tektronix.com

Clara E. Bergman — d. 07/31/2014

at Tek 12 years; retired July 1986

Richard Braniff — d. 03/27/2015

at Tek 24 years; retired May 1983

Mary Bretthauer — d. 02/24/2015

Louis Charles Broadbent

— d. 04/08/2015; at Tek 22 years

Don L. Clark — d. 04/04/2015

Betsy Corbett — d. 04/28/2015

Byron Waldo Flint — d. 03/01/2015

at Tek 39 years; retired Feb 1988

Judy B. Bullock (Hanson) —

d. 11/19/14; at Tek 24 years; retired 8/92

George E. Edens — d. 01/25/2015

February, March, April 2015

Kenny W. Herb — d. 12/20/2014
at Tek 26 years

Thomas Lee Hicks — d. 02/15/2015
at Tek 27 years; retired in 1991

Helmuth Kalmann — d. 03/11/2015
At Tek 29 years; retired in May 1983

Les Keisling — d. 03/05/2015
at Tek 29 years; retired May 1983

John Kretschmer — d. 12/18/2014
at Tek 27 years; retired in Aug 1991

David Francis Nelke — d. 01/06/2009
at Tek 33 years

Derrol E. Pennington — d. 01/08/2015
at Tek 21 years; retired Dec 1975

Patricia Jean "Trish" Rusk
— d. 03/14/2015

Charles M. Scott — d. 03/04/2015
at Tek 32 years; retired Mar 1993

Johannes "Hans" van Andel
— d. 03/12/2015

Bernard Wennermark — d. 07/19/2014
at Tek 20 years; retired Oct 1990

Clifton O. Wise Jr. — d. 04/26/2010
at Tek 31 years

Jonathan Wooldridge — d. 10/07/2014

Melle Zegel — d. 03/06/2015

RETIREE BENEFIT INFORMATION & ADDRESS CHANGE PROCEEDURE

Retiree Medical and/or Life Insurance

Anyone who is a past employee with Retiree Medical and/or Life Insurance will need to request information or make changes in writing to A & I. You must include your signature and Social Security number.

Tektronix Post Employment Services
A & I Benefit Plan Administrators, Inc.
1220 SW Morrison St., Suite 300
Portland, OR 97205-2222
Toll Free: 1-800-778-7956
Fax: 503-228-0149

401k Benefit

Anyone who has a 401k benefit must contact Fidelity for information or to change their address directly with them at:

1-800-835-5092

Cash Balance Plan

The Cash Balance Plan has been transferred to Danaher Pension Plan Processing Center with Hewitt. Questions or changes should be directed to:

1-800-580-7526

Tektronix Retiree Volunteer Program

M/S 22-037

PO Box 500

Beaverton, OR 97077 - 0001

Phone: 503-627-4056

Email Address:

Tek-Retirees@Tektronix.com

Tek Retiree News

Manager: **Louis Sowa**

Editor / Publisher: **Gordon Long**

TRVP Staff

John Addis • Gary Hoselton • Ray Kato

Paul Kristof • Pete Nelson

Neil Robin • Millie Scott • Judy Watkins

Emeritus: **Peggy Jo Berg • Jim Manuel**

Tek Retiree Newsletter is published quarterly by the Tektronix Retiree Volunteer Program. Send all correspondence to Tek Retiree News, M/S 22-037, PO Box 500, Beaverton, OR 97077

Office Telephone: 503-627-4056

Email: tek-retirees@tektronix.com

Manager's Cell Phone: 503-320-0440

TRVP Web Page: www.tekretirees.org

1:30 pm and it includes vintage tractors, trucks, and automobiles. The steam powered sawmill operates four times a day and the trolley tours the site perimeter all four days of the show.

Learn about the early machinery that made Oregon develop and grow.

Hear about innovators and manufacturers of times past. Machines on display include farm tractors and implements, early engines, crawlers, fire apparatus, vintage trucks and cars, logging gear, an early Oregon flour mill, and an authentic steam sawmill. Rides include an historic trolley and a miniature railroad.

Scheduled activities: Train and trolley rides, BIG parade, steam sawmilling, traditional tractor pulling, machinery demos, threshing, flour milling, fire apparatus demos, museum tours, kids pedal tractor pulling and a Youth Passport program.

Other Attractions: Blacksmithing, Brooks Depot Museum, a country store, models, early electricity exhibit, miniature farm display, Operation Lifesaver, swap meet and flea market sales, country music, and great food!

Gate Hours: 7:00 am - 6:00 pm

Admission: \$12

For more information visit:

<http://antiquepowerland.com/>

Tektronix Retiree Volunteer Program

M/S 22-037, PO Box 500

Beaverton, OR 97077 - 0001

Quarterly Quote: Women have cleaner thoughts than men: because they change their mind more often. anon

CALENDAR

Marconi's Cronies

Meet the 2nd Wed of each month
(except July and August)
12:00 p.m.

Details: Jack Riley: 503-235-5267

(no longer meeting — ed.)

Previous Tek-Employees Luncheon

11:30 a.m. 2nd Monday monthly
Peppermill Restaurant
17455 SW Farmington Road #26B
(Corner of Farmington
& Kinnaman Rd)
Aloha, OR 97007

Details: Annetta Spickelmier
503-649-2491

Redmond Breakfasts

8:00 a.m. 1st Monday monthly
Shari's Restaurant; Redmond, OR
1565 SW Odem Medo Way

Spouses welcome

Details: Nick Hughes 541-548-1201

TERAC

6:00 p. m.

Round Table — Beaverton
Weekly on Friday

CRT Luncheons

3rd Tuesday in Mar, May & Nov
@ 11:30 am

Details: Jack Neff: 503-554-7440
1301 E Fulton St, Apt # 233
Newberg, OR 97132—1870

(no longer meeting — ed.)

READ YOUR TEK-RETIREE NEWSLETTER ONLINE

Would you like to help save postage and read your Tek-Retiree Newsletter on our webpage? Send your name, address, phone number and email address to: **mlscott@easystreet.net**

We will send you a notice when the newsletter is posted each quarter. If your email is changed or rejected for any reason you will receive one phone call to request an update. If you don't respond we will return your newsletter to the US mail list. To preview the web page and previous issues of the newsletter go to: **www.tekretirees.org**

Please send questions, information or correspondence not involving the newsletter online to TVRP at **tek-retirees@tektronix.com**

A “not so fun” cruise

By Neil Bobin

Most of you who know us understand that we like to travel the world by sea. We've been on all continents except Antarctica. This usually means a one month adventure once a year starting in our winter or spring. In 2015, we planned a return to the Central and South Pacific. Some of the most isolated and beautiful islands in French Polynesia are in this region. This was a repeat for me but the first time for Marsha, my wife of 47+ years. One goal we had was to “swim with the sharks” on Bora Bora which we did. It turned out to be the highlight of our trip but things went downhill from there. Trips are often planned so that we can embark or disembark in our home town of Port Angeles WA or Victoria B.C. making transportation simpler. For this trip, we planned disembarkation in Port Angeles which was a lucky move as it turns out. We embarked in San Diego, April 14, 2015 for 33 days.

Health Background

Over the years I've picked up some medical baggage. In 1992, I was diagnosed with type 2 diabetes at age 52. And as it turned out, I learned to manage my blood glucose level well with diet, oral drugs and later long term insulin. My A1C's would run between 6.0 and 7.0. No diabetes side effects have been noted in over 23 years. Yes, you can do it too! Also noted was PVC's which are Pre-Ventricular Contractions of

the heart. Disturbing, but not usually serious. I was also treated for high blood pressure with good control over the years.

As a child I had a few bouts with pneumonia and was told to be careful as I was susceptible to lung troubles. In about 2011, I was diagnosed with [Sarcoidosis](#) which is a disease which can be benign or can turn into something more serious. After CAT scans and Bronchoscopy with a needle biopsy, it was determined that the disease was inactive but we must keep an eye on it. There is always the risk that it could go malignant but usually doesn't. It probably has been with me for many years lying dormant. I smoked and quit 49 years ago. I was smart enough to stop. I wonder if that's a leftover from those days. Also noted about that same time, 2011, was that I had AFib ([Atrial Fibrillation](#)) which is an erratic firing of a certain chamber of the heart. It starts out as intermittent but can end up continuous as mine has seem to have done in recent weeks and months. Managing this condition involves relaxing the heart by slowing the pulse and blood pressure. Additional solutions involve more invasive procedures.

As we approached the April 14th date for our trip, I noted that my energy level was down. I also had a cough. Normally, I walk 1 1/2 - 2 miles a day with my German shepherd but it was becoming more stressful. It did not seem serious enough to cancel the trip which involved a serious financial penalty if I did. This is one of the problems that contributes to

people traveling when they shouldn't. I was contributing to the “sickly” ranks aboard ship.

Living aboard ship for 33 days

Once on board, we started to enjoy life on the lazy sunny afternoons. On our way to Hawaii first and then the South Seas. My daily exercise plan of walking the promenade deck was growing more stressful and I was finding the use of the elevator more attractive, even for one floor. In any case, we did OK through Bora Bora for our shark encounter. I have many minutes of video which I'll edit in time and place on “You Tube” taken with our underwater GO PRO and Canon camera.

Now, it should be mentioned that cruise ships attract lots of older people that really should not go on these adventures. Some claim these ships are “old folk's homes floating on water”. Wheel chairs, walkers of all types, oxygen bottles, people trying to smoke and then breath oxygen a few minutes later are commonly seen. The majority are seen coughing with disrespectful habits of doing it in your face. Holland America seems to be the worst in attracting this population while Carnival has a younger healthier crowd. I will probably never travel on Holland America again at least for a longer voyage. Several people we met got off early because of health concerns. By the way, two people died on our voyage in the Marquesas' islands out of about 1300 passengers. Both were result of medical issues. We need to realize that

the cruise lines want us as passengers but they downplay potential hazards for senior citizens. Many seniors have been very successful, financially, in life and have more assets than they know what to do with. They are usually the biggest spenders and have accumulated many benefits that they're provided top notch accommodations and frills. The one thing they often don't have is good health. Medical facilities are limited aboard ship and always very busy during the cruise. Services can be very expensive, an example, an evacuation from Nuku Hiva to Papeete for medical reasons is \$63,000. It will come out of your pocket unless you carry exceptional insurance! The majority of medical insurance you carry on land will be invalid once you travel to foreign ports. You must sign-up for special traveler's medical insurance to be covered. Be sure it covers all your needs. By the time we left the Marquesas, I was feeling pretty bad and mostly stayed in our cabin during the seven day crossing to San Diego. By the time we reached San Diego I realized I needed help and visited the infirmary. A physician who worked in a Houston, Texas ER hospital was in residence. I had confidence in him and he gave me several drugs including anti-biotics in hopes of arresting my breathing problems. He also gave me some nebulizer treatments and put me on oxygen at night for sleeping. I was now in US waters and my regular medical insurance would kick in. I never want to take that risk again since I didn't purchase foreign medical coverage. I seemed to be stable so we stayed on the ship another three days till we reached Port Angeles which was our designated termination port. I had to be off loaded in a wheelchair. Staying overnight in our home, it was clear that I needed to get into hospital care the next day. The ER doctor at Olympic Medical Center, Port Angeles, admitted me.

Hospital

As it turned out, I had pneumonia along with the complications from the other diseases mentioned above. I was a wreck with my heart and lungs under stress. Several of the maintenance drugs had to be changed such as Metformin because it was not good for the kidneys. Besides fighting the lung infection, I had to slow the heart, clear the lungs, manage the AFib and keep my diabetes in control. Modern drugs have many good effects but they also carry negative ones. It's a balancing act and all my normal drug infusions were way out of whack. A whole new set had to be used. Prednisone is often a drug of choice as an anti-inflammatory and was used in my case but with it comes water retention which stresses other organs. Edema occurred in my legs which needed high priority for treatment. I spent a total of 6 days in the hospital to just get me well enough for home recovery.

Home Recovery

I've been out of the hospital for nearly three weeks now but under the care of three doctors and making a slow recovery. They tell me to measure progress on a weekly basis, not daily. My lungs are clear, blood thinners are rebalanced to reduce chance of stroke, and my blood glucose levels are coming back with long term insulin management and reduction of other temporary drugs. My biggest challenge now is to gain muscle strength back which I've lost due to a sedentary lifestyle over the last month or two. It will take me a good deal of the summer to come back.

Lessons learned:

Seriously manage your chronic medical problems throughout life. A physician once told me that the next best way for long life is to have a chronic medical problem and learn to manage it well. Diabetes is often a classic ex-

ample. Of course, the best way is to never get one but that involves some items out of your control.

Recognize your weaknesses particularly with the immune system as we age. You may feel good but can be compromised very easily. It's hard for many of us to accept that our bodies are wearing out and that every last one of us will perish. Take care of your health now to get the most out of life!

I'm a lifelong atheist and religion has no part in my life nor medical decisions. For those that find this difficult to understand, I would be happy to discuss privately.

Neil Robin
June 9, 2015
Port Angeles, WA
neil@robin-wood.com

To view a 6 minute video of swimming with the sharks :
If you are on line click [here](#)

Otherwise for those of you with internet access you can type in:
<https://youtu.be/xnVdxNWsXDY>
On your browser

HELP NEEDED AT THE TRVP

See the Editorial on
Page four

40 Years Ago

condensed by Gary Hoselton

Tek Grows! * Tek is purchasing land and hiring local architects for new field office/service centers adjacent to key locations. Irvine CA is complete, construction is under way for Dallas TX and Santa Clara CA facilities, and land is purchased for Chicago and Boston facilities. Ground is compacted and construction is starting for the first building at Wilsonville, a 272,000 square foot single story structure, the 200,000 SF General Purpose building (58) will soon be finished, and an 86,000 SF addition to the Metals building (19) and a 30,000SF building at Grass Valley Group are underway.

* 1974 was a summer for labor strikes, slowing and complicating a number of Tek construction projects locally and around the nation. A strike at the Kaiser Foundation Health Plan reduced service to emergencies only, and Kaiser refused to pay for care elsewhere.

News in the Tek world! * No more free coffee in cafeterias, now 10¢ per cup, lots of grouching; intent is to recover \$200,000 cost of coffee per year. * Tek receives its own ZIP code, 97077, in place of the Beaverton 97005 code. * Most buildings in the Tek Industrial Park lost power for a half hour midmorning when an oil pipeline failed in a PGE portable transformer at SW 141st Street. PGE emergency crews were back several weeks later when an underground 12,500 volt cable to Assembly West (47) failed, sending 400 series portables and 7000 series instrument workers home for twelve hours, made worse by it being the last week of the quarter and some were working overtime. A few weeks later, a new trench was dug and new primary plus alternate feeds were installed from the Utilities (22) building to the Assembly buildings (39 & 47) * A frequently hospitalized bright 11 year old boy with leukemia was building an oscilloscope, needing only a CRT to complete it, and had no means to acquire one. The University of Kansas Medical Center contacted Jim Gray, PST at the Tek Kansas City Service Center, who, in turn, passed request to Ed Srebnik (CRT Manufacturing manager). Ed sent one and Vern Isaac (Storage CRT Production) sent one. The hospital reported the boy was delighted to receive them, started to wire one into his instrument, but then lost his battle with the leukemia. * National Semiconductor's calculator PC board facility at Mountain View CA was completely destroyed by fire. A Tek 465 portable with cover installed was found in

the smoldering ruins and taken to the Tek service center, plugged in, and it performed within specs! * Phyllis Fillmore was promoted to manager of U.S. National Bank's Electronic Park branch, replacing Gary Patterson who transferred to the head office in Portland.

Death Notices

May, June, July, 2015

We are no longer able to get death notices or length of service information from the Tektronix data base.

We would appreciate any assistance retirees or members of their family can provide us. We have posted here the information we found in obituaries, newspapers or from family members or friends who have notified us. In order to ensure accuracy in our reporting we need: the name spelled out, date of birth and date of death. Also, we like to include their length of service at Tektronix when possible. To ensure accuracy in our reporting please leave your contact information – name, email, and/or phone number in case we have any questions.

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Or you may send an email to:
tek-retirees@tektronix.com

Warren Collier—d. July 26, 2015,
@TEK 31 years

Lucille Maybelle (Smith) Coker
— d. 06/04/2015; at Tek 18 years

Carl E. Dalbey — d. 05/03/2015
at Tek 21 years; retired July 1986

Shirlee Ann Dallenbach — d. 6/21/2015

Eva Florine Dunham — d. 01/13/2011
at Tek 20 years; retired June 1984

Gene Eggemeyer — d. 05/09/2015

Donald Ray Evans — d. 04/19/2015
at Tek 22 years; retired Oct 1991

James A. Gossett, Jr — d. 12/05/2014

Francis (Rob) Hunter — d. 09/16/2013
at Tek 12 years; retired Jan 1990

Norma Ann Kroetch — d. 06/13/2013
at Tek 16 years; retired Jan 1995

Gaby Ladger—d. July 21, 2015

Budd Leon Larson—d. July 20, 2015

James Artheur Mohr—d. July 16, 2015,
@TEK 23 years

Kenneth Leon Orchard—d, may 01,
2011, @TEK 25 years

Lois Perkins — d. 05/23/2015

Guy Leigh Williams — d. 02/16/2015

Thomas Orville Williams — d. 6/4/2015
At Tek 32 years; retired Nov 1988

Eugene Al Wilson — d. 04/09/2015
at Tek 36 years; retired June 1991

Debra Marie Wold — d. 06/08/2015

Ellis (Ed) L. Workman — d. 11/03/2013
at Tek 24 years; retired Nov 1983

Kathleen Catherine Wortman d. July
12, 2015

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Phone: 503-627-4056

Email Address:

Tek-Retirees@Tektronix.com

Tek Retiree News

Manager: **Louis Sowa**

Editor / Publisher: **Open**

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Paul Kristof • Pete Nelson

Neil Robin • Millie Scott • Judy Watkins

Emeritus: **Peggy Jo Berg • Jim Manuel**

Tek Retiree Newsletter is published quarterly by the Tektronix Retiree Volunteer Program. Send all correspondence to Tek Retiree News, M/S 22-037, PO Box 500, Beaverton, OR 97077

Office Telephone: 503-627-4056

Email: tek-retirees@tektronix.com

Manager's Cell Phone: 503-320-0440

TRVP Web Page: www.tekretirees.org

Tektronix Retiree Volunteer Program

M/S 22-037, PO Box 500

Beaverton, OR 97077 - 0001

EDITORIAL

By Louis Sowa

We regret to announce the passing of Gordon Long who was serving as our editor and publisher. More information about him as it becomes available

We were already in a staff bind so now it has become an extreme problem. We are in dire need of an editor and of a publisher. Also and anyone with a willingness to help

We have a very good work area in Building 22 provided by Tektronix. The company has also provided computers and other tools for our use.

JOB DESCRIPTIONS:

Editor: Provide content for the newsletter. For the thirteen years that I served as editor this was less of a problem than I expected. I am willing to help if desired until you become accomplished

Publisher: assemble and format the newsletter using Microsoft Publisher. I could also be of some assistance if desired.

Contact:

Office Telephone: 503-627-4056

Email: tek-retirees@tektronix.com

Manager's Cell Phone: 503-320-0440

CALENDAR

Previous Tek-Employees Luncheon

11:30 a.m. 2nd Monday monthly

Peppermill Restaurant

17455 SW Farmington Road #26B

(Corner of Farmington

& Kinnaman Rd)

Aloha, OR 97007

Details: Annetta Spickelmier

503-649-2491

Redmond Breakfasts

8:00 a.m. 1st Monday monthly
Shari's Restaurant; Redmond, OR

1565 SW Odessa Medo Way

Spouses welcome

Details: Nick Hughes 541-548-1201

TERAC

6:00 p. m.

Round Table — Beaverton

Weekly on Friday

READ YOUR TEK-RETIREE NEWSLETTER ONLINE

Would you like to help save postage and read your Tek-Retiree Newsletter on our webpage? Send your name, address, phone number and email address to: **mlscott@easystreet.net**

We will send you a notice when the newsletter is posted each quarter. If your email is changed or rejected for any reason you will receive one phone call to request an update. If you don't respond we will return your newsletter to the US mail list. To preview the web page and previous issues of the newsletter go to: **www.tekretirees.org**

Please send questions, information or correspondence not involving the newsletter online to TVRP at **tek-retirees@tektronix.com**

TEK RETIREE NEWS

Tektronix
Retiree
Volunteer
Program



Web Page: www.TekRetirees.org

A Newsletter for and by Tek Retirees

November 2015

TRVP Past and Present

By Louis Sowa

The intention of this article is to present some of the TRVP history and the present operation. In July 1996 Sharon Beatty was hired temporarily to help develop a program for Tektronix retired employees. She had previous experience with a similar program at Honeywell. Bob Boughman, Tektronix Human resources, announced the program on September 13, 1996. There was a letter sent out to retired employees. Later another letter which included Terminated Vested employees. Terminated vested are those of us that had Tektronix benefits, but were not yet receiving them. The original newsletter was called "ExTek", which is why we have decided to insert that into our current banner. Some thought that ExTek was somehow not appropriate so the newsletter banner was changed to "Tek Retirees News." The original newsletter staff was: Editor Nute Espy, staff members Dick Braniff, Eve Fitzgerald, Louis Sowa, and Jennie Lou Werlein. The TRVP development team consisted of: Warren Collier, Evelyn Marsh, Dick Duggan, Ed and Roz Srebnik, Jess Gard, and Harry Tanielian.

Our stated goal was: *to respond to the needs of the community, to serve the needs of the Tektronix Retiree community which may include physical, social, and emotional needs, and to make our community a better place to live.*

This was an ambitious goal. In the beginning Sharon was engaged full time. There were volunteers in the

office five days a week and were quite active. After Sharon's contract ran out the operations started to slowly contract. We were very fortunate to have Nute as the Editor/Publisher as he had experience and was very capable. I suggested something on the order of a "twenty-five Years ago" article taken from old Tek Weeks. He said "do it" so I started that feature which is now produced by Gary Hoselton. In these early days of the TRVP With the May 1998 newsletter Nute had recruited Peggy Berg to be the Publisher relieving him of some responsibility. I reluctantly agreed to act as editor starting with the August 2001 issue. I think Nute died the following May. Fortunately for TRVP Peggy was an outstanding Publisher and an asset to the organization in other ways as well. By this time several other people had become active, including Evelyn Marsh (now deceased), and Jim Manuel. Many of you may remember the great articles that Judy Watkins has written for us.

After Sharon left, Warren took the roll of "manager" We had team leader for each day, Some other people that became involved are Millie Scott (on line manager), Ray Arnett (database manager) and Neil Robin (webmaster). Ray did an excellent job taking over the database from me, however he has since died. Pete Nelson with assistance from Paul Kristof have taken over responsibility for the database. Most recently Ray Kato has joined us. Gordon Long took over the Publishing responsibility in February 2012 as Peggy retired from that function. Then as of November 2013 Gordon

took part of the editor role as well.

Currently our active members are: Louis Sowa, Pete Nelson, Millie Scott, Neil Robin, Paul Kristof, Ray Kato, and Gary Hoselton. Some other activities that the TRVP has provided are the PALS program (support for home bound), working with local schools with math and science and putting on a yearly luncheon for people that we knew were volunteering in the community. The TRVP has also done a number of one time projects such as helping provide computers for a quadriplegic home in Hillsboro.

Currently our major roll is to continue the newsletter and maintain a database and office.. Our original goal, in addition to producing a newsletter was to become active in the community. Sharon Beatty was an excellent promoter. She worked with the community and Tek retirees to match retiree skills with those needed in the local area.

HELP NEEDED

JOB DESCRIPTIONS:

Editor: Ray Kato has accepted the roll of editor. Thanks Ray

Publisher: assemble and format the newsletter using Microsoft Publisher. I could also be of some assistance if desired.

Office Assistant - General office help

Contact:

Office Telephone: 503-627-4056

Email: tek-retirees@tektronix.com

Manager's Cell Phone: 503-320-0440

Death Notices

We are no longer able to get death notices or length of service information from the Tektronix data base.

We would appreciate any assistance retirees or members of their family can provide us. We have posted here the information we found in obituaries, newspapers or from family members or friends who have notified us. In order to ensure accuracy in our reporting we need: the name spelled out, date of birth and date of death. Also, we like to include their length of service at Tektronix when possible. To ensure accuracy in our reporting please leave your contact information – name, email, and/or phone number in case we have any questions.

The newsletter staff is in the office on Wednesday from 10:00 a.m. to 3:00 p.m. each week. You may call us on Wednesdays or leave a voicemail at 503-627-4056. Or you may send an email to: tek-retirees@tektronix.com

Aguila, Ester S. –d10/14/2015 @ Tek 23 years

Breeze, Robert "Bob" –d8/20/2015 @Tek 18 years

Churchill, James Frank –d9/30/2015 @Tek 35 years

Duerden, William H. –d6/11/2015 @Tek 20 years

Forsberg, Charles Alton - d10/24/2015

French, Rick L. –d9/27/2015 @Tek 32 years

Johnson, Betty –d8/20/2015 @TEK 9 years

Kidd, Deane Elton - d810/17/2015@ Tek 42 years

McRae, Robert James—d9/15/2015 @Tek22 years

Martin, Lana Sue –d6/24/2015

Mickey, Nancy– d6/9/2015@ Tek 14 years

Phillips, Richard Edger—d10/9/2015

Pooley, Dick—d10/26/2015 @Tek 31years

Root, Frank Joseph Root–d 8/30/2015 @Tek 15 years

Swanson, Richard P.—d-9/19/2015 @Tek 22 years

Swartzfager John – d8/19/2015@Tek 31 years

Wetzler, Ronald Gene d8/22/2015 @Tek 31 years

Yong, Mi Kim—D9/9/2015 @Tek 20+ years

30 Years Ago

From 1985 Tekweek,

condensed by Gary Hoselton

Tek products on show! Tek exhibited at the 8th International Conference on Software Engineering, Imperial College, London, showing a line of Structured Analysis Tools which operate on VAX/VMS and VAX/UNIX systems and priced at \$16,500, requires a 4125 graphics terminal. Rainer Wieland (SDP Engineering) presented his paper "Code Generation from Data Flow Diagrams" at the event, attended by over 800 senior engineers from around the world. Jan Woods (Trade Shows) accepted Best Booth award at Northcon/85 show in Portland's Memorial Coliseum, attended by 14,000, where Tek exhibited the 1240 and DAS 9100 Logic Analyzers, the new 2430 digital oscilloscope and the 2465 and 2230 from Portable Instruments, and our capabilities in etched circuit boards from Forest Grove and general and high-tech magnetics from Special Support Manufacturing (S²M). Lots of excitement in the Tek booth (leased from Floating

Point Systems because it had lots of interior space for setups) at the 127th SMPTE (Society of Motion Picture and Television Engineers), where customers saw and demo'd to their friends the new SPG-170A NTSC Sync Generator, 751 Aural Monitor, and WFM-300 Component Analog Waveform Monitor and other new TV products. People literally lined up four and five deep to view the 751 with its electro luminescent panel that displayed ten parameters using bar-graphs.

Teks making things happen! Fresh out of Brooklyn Polytechnic Institute in 1962 with an MSEE, Arnie Frisch (Computer Based Instrumentation general manager), with Morris Engelson (Frequency Domain Instrumentation Division manager) founded Pentrix in Brooklyn, New York, to build a spectrum analyzer plug-in for Tek scopes. Tek purchased Pentrix in 1964, and Arnie and Morris came to Beaverton and grew the business. Arnie, now Tek's first chief engineer, advises aspiring engineers to learn both hardware and software, for the future is in their combined operation. I Tektronix now has eight chief engineers/scientists, which is the top level in a career path established to encourage outstanding engineers and scientists to continue in their technical careers. They are Arnie Frisch (Computer Based Instrumentation

RETIREE BENEFIT INFORMATION & ADDRESS CHANGE PROCEEDURE

Retiree Medical and/or Life Insurance

Anyone who is a past employee with Retiree Medical and/or Life Insurance will need to request information or make changes in writing to A & I. You must include your signature and Social Security number.

Tektronix Post Employment Services
A & I Benefit Plan Administrators, Inc.
1220 SW Morrison St., Suite 300
Portland, OR 97205-2222
Toll Free: 1-800-778-7956
Fax: 503-228-0149

401k Benefit

Anyone who has a 401k benefit must contact Fidelity for information or to change their address directly with them at:

1-800-835-5092

Cash Balance Plan

The Cash Balance Plan has been transferred to Danaher Pension Plan Processing Center with Hewitt. Questions or changes should be directed to:

1-800-580-7526

Tektronix Retiree Volunteer Program

M/S 22-037
PO Box 500

Beaverton, OR 97077 - 0001

Phone: 503-627-4056

Email Address:

Tek-Retirees@Tektronix.com

Trading Post (1985, 30 years ago!)

WOODSTOVE, Franklin, \$150; baby crib, \$15. 357-0123

HOTPOINT washing machine, \$60; Kitchenett set w/4 chairs, \$15. 656-4567

COMPUTER, TRS-80, Model 4P, portable 2 disk drives, 1 serial 2 parallel CP/M & software, \$575. 647-8901

CHOICE beef, grain fed, cut, wrapped & frozen, by the half, \$1.18/lb. 324-2345

'73 FIAT Spyder, 66K mi, rebuilt engine, redone int, gd body, new removable hard top. \$1500. 646-6789

'75 RABBIT, dependable, 61K mi, new brakes, clutch, burns regular gas, extra studded snow tires. \$1800. 644-0123

GOVT CAMP A-frame on Glade Trail, ski home from Timberline, slps 6+, \$150/wknd. 245-4567

CAPE KIWANDA beach house, slps 6, fully furnished, frplc, w/d, dswh, disp, \$80/wknd, \$240/wk. 244-8901

WILL store a small upright piano in my home, loving care. Jackie, 645-2345

BABYSITTING in my home, off 170th, nr TV Hwy, fncl yd, lunch incl, \$7/day. 642-6789

general manager), who became Tek's first chief engineer in 1981. Others are Val Garuts (Tek Labs), Thomas Reeder (TriQuint Semiconductor), Gene Andrews (Lab Instruments Division), Bob Holmes (Hybrid Circuits Operation), Phil Crosby (Tek Labs), Mayer Schwartz (Tek Labs), and Linley Gumm (Frequency Domain Instrumentation Division).

Activities! December 6th will be the 18th annual Tek Night at Timberline Lodge, with the entire lodge reserved for Tekers. There will be food and skiing galore, and last year the band played till 3:30 a.m. and Tekers still wanted to continue dancing. Round

trip buses will run from Beaverton. Tek daughters are featured in the Tualatin Hills Synchronized Swimming Club's water ballet show, "the Castaways" from Gilligan's Island at the Sunset Swim Center. They are

Jill Coyle, Rachael Coyle, Lisa Lowy, Melanie Meigs, Tracy Miller, Kimberly St. Romaine, and Erin Turner. 1 Holiday discounts available to Tek employees include \$15 group membership in Costco, 25% discount on Van Duyn's candies at their Christmas Outlet Store, and tickets for Pacific Ballet Theater's "The Nutcracker", plus year around discounts from various merchants and attractions. 1Teks entered the Redmond Christmas Parade, winning second place with their float representing 1910 and modern Christmas tree decoration. About 150 Redmond Tek's participated, singing and dancing and manning the float, scrounging materials from the community and preparing during noon and afterhours. 1Hundreds of IDG Wilsonville Tek's, working thru Clackamas County Health Department, "adopted" 46 families in distress as their Christmas charity, making direct contact with families to determine need and following thru. The families included some without food, some without a breadwinner, and some living in a car. One Wilsonville employee said "Believe me, it puts something like our shutdown days into perspective." 1Teks contributed 233 pints of blood to the Red Cross, 98 pints at Walker Road in October and 135 pints at Beaverton in November.

Dear Tek Retiree News,

By Bob Lawyer

I was employed at Tek for 31 years. I retired in 2008 under the Danaher Voluntary Separation Plan.

I was going through some of my old pictures and found three pictures of my 1976 Triumph TR6 covered with Mt. St. Helens ash.

My TR6 was my only car when Mt. St. Helens was erupting. It got covered with ash in the summer of 1980 when I was working swing shift in STS at the Walker Road Tek plant. Just before our 12:30am quitting time, our boss told us that it was ashing outside. This was the eruption that put the most ash on the Portland area. When I got off work

and walked to my car, the ash was coming down real thick and there was also a light rain mist falling as well. I pulled my shirt over my face as a filter so I wouldn't breathe as much ash. My TR6 was covered with ash. I opened the car door carefully so as not to get too much ash inside. I wondered what it was going to be like driving home in this stuff. My house was in Oak Grove, about 18 miles away. When I got on the Sunset Highway, a car passed me. It was almost like a whiteout for a short while. I finally made it home and took these pictures of the car in my garage. The ash was really hard to wash off, and was abrasive, but it all came off with lots of careful scrubbing. A few months later, I bought a older car to use as a daily driver and I parked my TR6 in the garage. I had used my TR6 as a daily driver for four years and wanted to make a show car out of it. I spent the next four years doing a major detail job on it. I had never done this kind of thing before. I sort of taught myself how to do it as I went along. When I finally got done in 1985, the car was gorgeous. I entered the car into the 1985 All British Field Meet in Portland, Oregon. It took 2nd place in the TR6 class. I was proud and very happy that my car had won a prize.

In 2002, I drove the TR6 to the Tek Car Show at the Beaverton Campus. I enjoyed the nice comments from my co-workers about my car. A picture of my car even showed up on the cover of the Tek internal web page along with several other cars that were in the show.

I kept the car in show condition. In 2008, for a variety of reasons, I sold it.



Tek Retiree News

Manager: **Louis Sowa**

Editor **Ray Kato**

Publisher: **Open**

TRVP Staff

John Addis • Gary Hoselton

Paul Kristof • Pete Nelson

Neil Robin • Millie Scott • Judy Watkins

Emeritus: **Peggy Jo Berg • Jim Manuel**

Tek Retiree Newsletter is published quarterly by the Tektronix Retiree Volunteer Program. Send all correspondence to Tek Retiree News, M/S 22-037, PO Box 500, Beaverton, OR 97077

Office Telephone: 503-627-4056

Email: tek-retirees@tektronix.com

Manager's Cell Phone: 503-320-0440

TRVP Web Page: www.tekretirees.org

Tektronix Retiree Volunteer Program

M/S 22-037, PO Box 500

Beaverton, OR 97077 - 0001

EDITORIAL

Address Changes: We need to be notified when your address changes. Email to: tek-retirees@tektronix.com

OR mail to: M/S 22-037, PO Box 500, Beaverton, OR 97077

TEKTOPICS which is on the WEB page <http://tekretirees.org/> has some nice reading about operations in Guernsey long ago.

Contact Don Tucker (w7wll@arrl.net) for further info

These were posted on an Australian Tourism Website and the answers are the actual responses by the webmaster, who obviously has a great sense of humor!

Q: I have never seen it rain on TV, how do the plants grow? (UK).

A: We import all plants fully grown and then just sit around watching them die.

Q: Will I be able to see kangaroos in the street? (Germany)

A: Depends how much you've been drinking.

Q: I want to walk from Perth to Sydney - can I follow the railroad tracks? (Sweden)

A: Sure, it's only three thousand miles, take lots of water.

CALENDAR

Previous Tek-Employees Luncheon

11:30 a.m. 2nd Monday monthly
Peppermill Restaurant
17455 SW Farmington Road #26B
(Corner of Farmington
& Kinnaman Rd)
Aloha, OR 97007
Details: Annetta Spickelmier
503-649-2491

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1565 SW Odem Medo Way
Spouses welcome
Details: Nick Hughes 541-548-1201

TERAC

6:00 p. m.
Round Table — Beaverton
Weekly on Friday

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