

TEK RETIREE NEWS

ExTek

Tektronix
Retiree
Volunteer
Program



Web Page: www.TekRetirees.org

A Newsletter for and by Tek Retirees

May 2015

Living to one Hundred (100)

from the *Harvard Health Letter*

(Continued from February TRN)

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 dithering 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 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.

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'ed 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 An del
— 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

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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