

## 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 14<sup>th</sup> 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](mailto: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.

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

**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 Arthur Mohr**—d. July 16,2015,  
@TEK 23years

**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

### 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

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Editor / Publisher: **Open**

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**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

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**TRVP Web Page: [www.tekretirees.org](http://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](mailto: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 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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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](http://www.tekretirees.org)

Please send questions, information or correspondence not involving the newsletter online to TVRP at [tek-retirees@tektronix.com](mailto:tek-retirees@tektronix.com)