



Vol 9

July 2010

## R. PARKER SULLIVAN CLUB

### MARY'S MEMO

This could be my swan song if only I could sing. The past few years as President of your club have been both exciting and rewarding. As much as I enjoy this position I must step down as President of the R. Parker Sullivan club due to an overall heavy work load. As you might know, I have been involved with the Pioneers and have been Vice-President with Verizon West Chapter for the past two years.

This year I accepted the Presidency of the Chapter and just do not have the time to hold both offices and give them the attention that is required.

I will continue to be involved with RPS and help out when needed.

I leave this job in good hands. Dan Nelson, a two time past president of the club, has agreed to reassume the duties and give it another try. Please give him the same fine support that you gave me.

Be well and continue volunteering in your community.

**Mary Wellington**  
**Verizon West Chapter President**

### NELSON'S NOTES

Well it looks like you are stuck with me again. It was fun being president before and I don't see why it will be any different this time.

We were fortunate to have Mary as our president for the last couple of years. She did a wonderful job. She is always willing to take on more work it seems, however I guess everyone has their limits. Mary has told me that she will pitch in when needed and I plan to take her up on her offer often.

I look forward to working with all of you again during my term.

**Dan Nelson retread president**

### CARL LANTERMAN MEMBER HIGHLIGHTS

Carl began his career with GTE in 1966 in a Northern Area switch room after serving out his tour of duty in the Air Force in Germany. While working for GTE he began his college education in 1968 at Ventura College. After transferring to another position in Long Beach he continued his education at Cal

State Long Beach where he received his degree in 1971. That same year he took a position in Traffic Engineering. Carl continued his education and in 1975 received his Master degree in management and computer science. From 1975 to 1979 he worked in traffic facilities. In 1979 he moved up again to the Finance and Regulatory group where he remained until his retirement as an executive in 1993.

He disagrees with those who say that education is over rated. In his case he feels that education and his jobs have been very closely intertwined. Carl is a big time supporter of education.

Carl not only believes in education he also truly believes that god plays the largest roll in his success and who he has become.

After his retirement from GTE he merely began another multi faceted career. He first went to work for Walters Communication as a manager.

For a time he taught Digital Electronics at ITP in Oxnard. Later he became a Satellite Telephone Training Manager.

He held a key position with a large tool rental company.

He is a member of the Elks club in Thousand Oaks. Although he is involved in several of their committees he is most involved with Veterans. Carl spends about 40 hours a month working with veterans at the Sepulveda and Ventura homes. He arranges bingo and karaoke and takes them out to eat. He helps them with personal matters. He has collected several thousand dollars worth of useful

items for the veterans an on going project.

Carl recently cooked for 200 seniors in a program for concerned for aging.

Some of his hobbies: bowling, golf (he is an officer in the General Telephone Retirees Golf Association). He has been involved with making stained glass windows etc for the past 14 years. He is an active member of the ATOM club, The American Legion, The Elks and past member of the Thousand Oaks Chamber of Commerce. With everything he does it would seem that he would have to be twins. They must have been thinking about Carl when they came up with the expression "if you want to get something done give it to a busy person." It is really hard to believe that one person could be involved in so many activities.

Carl and his wife Eleonore have three sons and three granddaughters.

## **ELEANOR MOORE WAS ELECTED TO THE CHAPTER HALL OF FAME**

The following is the information used in the induction of Eleanor to the Hall of Fame:

Joining the Pioneers in 1969, Eleanor served as club and chapter secretary. She is the coordinator of the chapter's Health Kit project for local charities and has helped put together hundreds of kits over the past three years. These kits contain personal items

such as hair care products, toothbrush and paste, mouthwash, soap and washcloth, etc. and are wrapped in a bath size towel.

Eleanor volunteers for the Dictionary Project where "A Students Dictionary" is given to each 3rd grade student. She coordinates candy sales for three buildings several times a year and coordinates the annual Christmas luncheon for the R. Parker Sullivan Club. Eleanor volunteers at many election functions at a local college.

She works on yearly membership drives and helps new members with the Stitches from the Heart Project that sends handmade clothing, blankets and love to premature babies all across the nation. Eleanor has received the Pioneer of the Year award and was recognized by the election board for work during elections. She is willing to work on all club projects.

## **XMAS PARTY**

Because of its popularity the Christmas party will be held again at the Country Harvest. This year's get together will take place on **Saturday December 4<sup>th</sup> at 2PM.**

This restaurant was chosen again because of the location the better than average food and the price. Speaking of price the cost will only be \$15 per person after the club picks up a portion of the cost.

## **SAD TO REPORT**

**Connie Hartman**, a member of the R. Parker Sullivan club, passed away April 8 after a long bout with cancer.

She held many positions in the Ventura county area from operator to facility surveyor. Connie was well liked by everyone.

**Tony Crain** the son of GTE of California's former president passed on several months ago of cancer. He was also a GTE employee.

**John Woertink** died on March 9<sup>th</sup> after a brief battle with lung cancer, he was 81 years old.

John worked for GTE for 38 years before retiring in 1987 in a management position. His entire career was spent in the northern area. John was a very nice guy.

**Betty Pevito** passed away last month in Ventura. Betty had been a supervisor in Oxnard Traffic.

**John Carrick** died on June 16h. John held several positions including Engineering Supervisor with GTE.

**Bob (Mac) McLennan** passed away in April of this year. Mac as he was known retired from GTE in August of 1987 after a career that began in 1963. He retired as a PBX man in South Bay.

## **SCHOLARSHIPS REMINDER**

Time is running out for this year's scholarship program. In January the Telecom Pioneers of California again began offering scholarships to deserving college students.

In 2009 we provided fourteen awards to students. This year we hope to present at least five and hopefully more. It is very easy to enter the program. The only requirements are that the person applying be the relative of an active or retired employee of GTE/Verizon of California. The sponsor need not be a Telecom Pioneer to qualify for this program. The individual applying simply must have at least a 2.4 GPA and be carrying a minimum of 12 units and have completed one or more semesters of college. Applications must be returned by August 9<sup>th</sup> to be eligible for this year's award.

You will never find an easier way to make \$1,000. If you or someone you know is interested simply contact Dan Nelson Scholarship Chairperson at 818-884-4389 or e-mail him at [daanel@sbcglobal.net](mailto:daanel@sbcglobal.net) and he will mail you an easy to complete application.

Please don't put this on the back burner.

## **JEANNE AND LARRY STERMOLLE MOVED AWAY**

Jeanne and Larry have been long time members of the R. Parker Sullivan

club. They are both past officers on the board of directors.

They both worked on all of the club fund raisers as well as taking part in all of the other clubs events. Jeanne and Larry will be sorely missed.

They have recently moved to Stephenville, Texas to be near their son.

## **VERIZON NEWS RELEASE**

Verizon Rolls Out Hybrid Trucks on Long Island, First of 160 Alternative-Energy Company Vehicles Coming to New York

The company will add 1,100 Alternative-Energy Vehicles across the country to help conserve fuel, cut greenhouse gas emissions

GARDEN CITY, N.Y. - Five hybrid aerial-lift trucks were unveiled Friday (May 21). At Verizon's Long Island headquarters here, the first of 160 alternative-energy vehicles that the company will add to its fleet in New York this year as part of its commitment to conserving fuel, reducing greenhouse gas emissions and contributing to improved air quality in the communities it serves.

The five vehicles, also known as bucket trucks, have batteries that help power the engine and also provide the sole power for the mechanical boom that raises a four-sided platform, or "bucket," to enable a technician to work on overhead telephone lines or other equipment. In the traditional versions of Verizon's bucket trucks, the mechanical booms are powered by the trucks'

gasoline or diesel engines.

Heavy-duty chargers that plug into an electrical outlet are used to recharge the hybrid trucks' batteries. The batteries will be recharged at night, when power demand from the nation's grid -- generally the cleanest and most efficiently produced energy -- is low.

"I applaud Verizon's initiative to add hybrid aerial trucks to its already existing fleet of alternative-energy vehicles," said Kevin S. Law, president and CEO of the Long Island Power Authority. Earlier this year, LIPA introduced two hybrid bucket trucks into its fleet. These trucks have provided many green benefits including: improving our air quality, curbing noise pollution, increasing energy efficiency and providing financial savings for our customers.

On an annual basis, each of Verizon's five plug-in hybrid trucks is expected to use 750 to 1,500 fewer gallons of fuel and cut greenhouse gas emissions by an estimated 7 to 14 tons over the traditional models they replace. The hybrid system is also quieter than traditional models, which helps cut noise pollution. The five trucks will be based at the company's Woodbury garage and primarily serve the northern and central areas of Nassau County.

"Using lower-carbon alternatives to power our fleet and our highly intelligent broadband networks are just some of the ways we're reducing James Gowen, chief sustainability officer for Verizon." We're proud of the fact that as we increase the sustainability of our business we're also contributing to

improved air quality in New York."

Verizon is rolling out more than 1,100 alternative energy vehicles across the country this year, and increasing use of bio-diesel and flex-fuel (E85) to power 470 vehicles. The company will operate approximately 250 alternative energy vehicles in New York by the end of 2010.

In addition to replacing traditional fuel vehicles with cleaner, lower-carbon alternatives, Verizon employees have been reducing CO2 emissions by cutting engine idling.

Since 2008, Verizon employees have conserved more than 2.7 million gallons of fuel, the equivalent amount of GHG emitted by about 4,580 vehicles annually.

The company also operates the largest fuel-center-powered-by-fuel-cells facility of its kind in Garden City.

The facility, which earned the federal government's prestigious Energy Star Award, uses seven fuel cells capable of generating up to 1.2 megawatts annually, enough to supply the energy needs of more than 800 single-family households.

## **HEART ATTACK THE NEW ASPIRIN**

This recent article seems to make since.

Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets. Keep them by your bedside.

Why keep aspirin by your bedside?

### **About Heart Attacks**

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve one aspirin pouch in your mouth

### **Afterwards:**

- phone 911, then a neighbor or a family member who lives very close by
- say "heart attack!"
- say that you have taken 2 aspirins
- take a seat on a chair or sofa near the front door, and wait for their arrival and...do NOT lie down.

## **PASSED ALONG BY POLICE DEPARTMENT & COURTHOUSE**

Several things to be aware of this year...as gangs and robbers are now plotting different ways to get a person to "stop" their vehicle.

### **Please note:**

There is a gang initiation reported by the local police department that gangs are placing a car seat by the road...with a fake baby in it... waiting for a woman, of course, to stop and check on the baby...

Note that the location of this car seat will usually be beside a wooded or grassy (field) area ...and the person - woman - will be dragged into the woods- beaten and raped- usually left for dead.

### **DO NOT STOP. DIAL 9-1-1 AND INFORM THEM.....**

If you are driving at night and eggs are thrown at your windshield. Do not operate the wiper and spray any water because eggs mixed with water become milky and block your vision up to 92.5% so you are forced to stop beside the road and become a victim of robbers. This is a new technique used by robbers.

Please inform your friends and relatives

## **20 OXYMORON'S**

20. Synthetic natural gas
19. Passive aggression
18. Taped live
17. Clearly misunderstood

16. Peace force
15. Extinct Life
14. Temporary tax increase
13. Computer jock
12. Plastic glasses
11. Terribly pleased
10. Computer security
9. Political science
8. Tight slacks
7. Definite maybe
6. Pretty ugly
5. Twelve-ounce pound cake
4. Diet ice cream
3. Working vacation
2. Exact estimate
1. Microsoft Works

**VERY IMPORTANT  
SPONSORED BY VERIZON  
TELECOM PIONEERS**

***THE VIAL OF LIFE  
PROGRAM IS NATIONAL AND IS  
DESIGNED TO ASSIST***

***EMERGENCY TEAMS IN  
THE EVENT THAT YOU OR A  
FAMILY MEMBER IS FOUND  
HOME, IN A CAR, ETC ALONE OR  
UNCONSCIOUS AND UNABLE TO  
COMMUNICATE. TAKE A FEW  
MINUTES TO FILL OUT THE  
FORM AT THE END OF THIS  
NEWSLETTER. IT COULD SAVE  
YOUR OR A LOVED ONES LIFE.***

***PLACE THE FORM IN A  
CLEARLY MARKED ENVELOPE OR  
VILE IN AN EASY TO FIND  
LOCATION IN YOUR HOME, YOUR  
CAR AND/OR ON YOUR PERSON.***

***PLACE A STICKER ON THE  
FRONT DOOR WITH THE  
LOCATION OF THIS  
INFORMATION. PLACE A SECOND  
STICKER ON THE REFIGERATOR  
DOOR WITH THE SAME  
INFORMATION.***

**VIAL OF LIFE**

DATE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

BLIND: RIGHT \_\_\_\_\_ LEFT \_\_\_\_\_ BOTH \_\_\_\_\_

CONTACTS: YES \_\_\_\_\_ NO \_\_\_\_\_

GLASSES YES \_\_\_\_\_ NO \_\_\_\_\_

DEAF: YES \_\_\_\_\_ NO \_\_\_\_\_

APHASIZ: YES \_\_\_\_\_ NO \_\_\_\_\_

MUTE: YES \_\_\_\_\_ NO \_\_\_\_\_

DENTURES:  
UPPER \_\_\_\_\_ LOWER \_\_\_\_\_ BOTH \_\_\_\_\_

PRIMARY LANGUAGE: \_\_\_\_\_

RELIGION: \_\_\_\_\_

SS# \_\_\_\_\_

DOCTORS NAME \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

INSURANCE COMPANY \_\_\_\_\_

POLICY # \_\_\_\_\_

**IN CASE OF EMERGENCY NOTIFY:**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

*USE PENCIL TO FILL OUT THIS FORM  
AND UPDATE IT WHEN YOU OR YOUR  
DOCTOR CHANGES YOUR MEDICATION*

**HEALTH INFORMATION**

**CURRENT MEDICATIONS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ALLERGIES:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU HAVE**

- GLAUCOMA \_\_\_\_\_
- STROKE \_\_\_\_\_
- HIGH BLOOD PRESSURE \_\_\_\_\_
- DIABETES \_\_\_\_\_
- HEART CONDITION \_\_\_\_\_
- EPILEPSY \_\_\_\_\_
- HEPATITIS \_\_\_\_\_
- TUBERCULOSIS \_\_\_\_\_

**OTHERS (specify)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ARE YOU AND ORGAN DONOR?**

YES \_\_\_\_\_ NO \_\_\_\_\_

**DO YOU HAVE A LIVING WILL?**

YES \_\_\_\_\_ NO \_\_\_\_\_

**DO YOU HAVE A HEALTH CARE POWER  
OF ATTORNEY?**

YES \_\_\_\_\_ NO \_\_\_\_\_



Verizon West Pioneers #25  
R. Parker Sullivan Club  
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Newbury Park, CA 91320

## **2010/2011 Board of Directors**

<b>Position</b>	<b>Name</b>	<b>Telephone</b>
<b>President</b>	<b>Dan Nelson</b>	<b>818-884-4389</b>
<b>V-P</b>	<b>Mary Wellington</b>	<b>805-499-9935</b>
<b>Treasurer</b>	<b>Dan Nelson</b>	<b>818-884-4389</b>
<b>Director</b>	<b>Leo Gattenio</b>	<b>818-348-5401</b>
<b>Director</b>	<b>Walt Malang</b>	<b>805-492-3268</b>
<b>Dir</b>	<b>George Nichol</b>	<b>805-492-7074</b>
<b>Dir</b>	<b>Marlene Nichol</b>	<b>805-492-7074</b>
<b>Dir</b>	<b>Roger Schueller</b>	<b>805-241-3828</b>
<b>Trustee</b>	<b>M. Wellington</b>	<b>805-499-9935</b>
<b>Trustee</b>	<b>D. Nelson</b>	<b>818-884-4389</b>
<b>Trustee</b>	<b>Mel Harbert</b>	<b>949-855-9175</b>