



Published by the Chevron Retirees Association

Web site: www.chevronretirees.org

Second Quarter 2016

President's Letter

It was very fun over the past week to hear baseball on the radio again. It means that spring is just around the corner and winter is almost over. I'm looking forward to those long summer days.

Your CRA Leadership Team, made up of the National Officers (President, Secretary and Treasurer) along with the Area Vice Presidents, Committee Chairs and Past Presidents, have been busy during this winter period. Just after the Vancouver Annual Meeting, this group met for our annual Planning Meeting. There we reviewed issues raised at the Annual Meeting, ongoing CRA issues and any new ideas that may have been generated. Those items needing further study were assigned to a Committee. Over the winter these committees worked on the issues and came up with reports and recommendations.



Mike Elgie, President

At the end of January, the Leadership Team meets for a day and a half at our Mid-Year Meeting (MYM) to review and discuss the results of the various studies and the work of our standing committees. There is also time to discuss ideas and issues that may come out of the various Chapters and Areas around the Country. The reports and discussions are fine tuned, perhaps adjusted a bit, and then voted on for reporting out to all of the CRA Directors at the Annual Meeting in Philadelphia. Our Secretary, M.J. Stone, puts together minutes of this MYM and sends them out electronically to all Directors so that they can come to the Annual Meeting prepared to listen, question and discuss the various items on the agenda.

Some of the more intriguing issues that will be brought to the Annual Meeting are the Boomer Network, the future of Annual Meetings and the Chevron Advocacy Network.

Boomer Network

This refers to the various current Chevron employee groups that have been organized to have fairs, lectures, panels, etc. for those employees who are thinking about or getting ready to retire. While there are actually Boomer Networks within Chevron, there are also other organizations, health fairs and gatherings that also address the prospect of retirement. It is such a descriptive word for so many of us Boomers that we tend to use it as a generic reference to all similar groups.

We have set up a framework through our Area Vice Presidents to work with any Chevron location that is holding retirement-oriented meetings to have CRA representatives join them to discuss "Life after Chevron".

Our CRA folks have participated in very successful panel discussions in San Ramon and Houston as well as set up tables to hand out CRA information and answer questions. We are striving to reach out to new retirees before they retire to ensure that they know about us and hopefully get them energized to join us upon retirement.

There are so many different things out there for new retirees to join, take part in and enjoy that it is important that we ensure that these new retirees know about us. Like any organization, it is crucial to recruit new members and CRA is no different. Numbers are important to Chevron as they review their support for us so we need to get as many retirees as possible to join us. The larger the number of retirees we represent means a larger impact we can have when we discuss retiree issues with Chevron.

The last step in this process is the local chapters following up on lists of recent retirees living in their chapter area, inviting them to lunch or a meeting and hopefully getting them to join CRA.

Future of Annual Meetings

Over the years Chevron has pulled back from various areas of the U.S., with much of their activities focused in the West and the Gulf Coast. As a result, with few new retirees in many of our areas, we have seen chapters close or convert to Social Groups. Down the road this will continue, resulting in fewer chapters and Areas participating in the Annual Meeting and especially fewer Areas that may be able to host the meeting.

This not a crisis right now, but we feel we need to begin addressing the issue so that we have plans in place as things develop. The Planning and Research Committee, led by Paul Premo, has been investigating this issue. Before and during the MYM we brainstormed about what were the Critical Criteria for a successful Annual Meeting. We then performed a “hot dotting” exercise to narrow the list to those the group felt were the most important. The full list with numbers to show which were voted most important will be posted at the Annual Meeting for Directors to view and add post-it note suggestions for consideration. This will be an ongoing project of the Planning and Research Committee.

Chevron Advocacy Network (CAN)

In my 4Q15 President’s Letter I noted that when I asked John Watson where CRA could best assist Chevron, he promptly replied help with the Advocacy Network. We have been working with chapters and members ever since. We currently have 607 CRA members who have joined CAN. We have over 10,000 CRA members. Only 607 is not very good. We need to do better. The CAN program has been totally overhauled based on input from employees and retirees. One of our big suggestions was that CAN needed to keep members informed and involved periodically, not just when they might need help. They have responded with a very informative program.

You have a lot of options for your degree of involvement. You can just read the emails and links sent out and use that to be informed when discussing with friends and family or you can actively attend council meetings or various hearings to express opinions from an industry perspective. There are also many options in between.

If there is an issue for which Chevron would like assistance in contacting local government officials or even members of Congress, you can simply review a suggested letter developed by CAN and send it on to the official. Or you can modify the letter to fit your own perspective. Personally, I like to make such letters reflect my way of saying things, but that is just me. All can do as they please.

The bottom line is that this is an area that is important to Chevron and they have asked for our help. Chevron has been very good to us retirees with excellent benefits. CAN is an opportunity for us to support Chevron. Please go to chevronadvocacynetwork.com and click on the "Join Us" box. You can also get there via the [CRA home page](#).

I hope you all have a wonderful spring and look forward to seeing many of you in Philadelphia in May.

Best regards,

Mike

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CRA News Briefs

New Contributing Editor – Gregory Vitiello

With this issue, we welcome Gregory Vitiello, our new Contributing Editor. Greg is a free-lance writer based in New York. Greg's career before free-lancing included stints at Mobil (1973-1990) and Texaco (1993-1996). While at Mobil, he edited *Pegasus*, an external publication. At Texaco, he supervised a staff of professionals responsible for executive speeches. Greg has written speeches for Al DeCrane and Peter Bijur. He has been a free-lancer for Chevron since 2002.

Greg has written the three features in this edition. Welcome, Greg!



LeMay Car Museum Field Trip

In December, five Puget Sound Chapter members (Chuck Worthington, Mark Olivier, Bill VanRuff, Dave DuBois & Ray Airone) visited the LeMay Car Museum in Tacoma. The museum displays an extensive collection that brings back memories of yesterday's road trips. The various themed exhibitions were very interesting – Muscle Cars, NASCAR, Alternate Energy Cars & "British Invasion" Cars. Be sure to put this museum on your must see list.

(Source – Puget Sound Chapter newsletter)

A Day at the Track

In February, about 60 members of the Greater New Orleans Chapter spent a day at the New Orleans Fairgrounds enjoying thoroughbred racing. The group is planning a crawfish boil for its April meeting.

(Source – Greater New Orleans Chapter newsletter)



Tom Reinberger: At Home in Nature

A lifelong lover of the outdoors, Tom Reinberger didn't have a tough decision to make when he retired from Chevron in 1996. He quickly gravitated to volunteering for organizations dedicated to preserving nature. And he realized the satisfaction he received from "helping others to appreciate the natural world and cope with it."

He reminisced, "I'd loved hiking when I was a Boy Scout and later, teaching survival skills to kids when I became a Scout leader. Out on those trails, I'd had an almost religious feeling."



Tom Reinberger (left) and a fellow Glendora Trails Council member work to clear away underbrush employing a tool commonly used by firefighters for the same task.

As a volunteer, he returned to the trails of California's San Gabriel Mountains, just miles from his Glendora home, where he provided visitors with tips about the pleasures and perils of the forest. His organization, the Angeles Volunteer Association, operates a visitor center at Crystal Lake Campground and performs trail patrols in the San Gabriel River District of the Angeles National Forest.

Just a short drive from the center of Los Angeles, Crystal Lake is an appealing destination that has grown in popularity since the area was declared a national monument. "I'm amazed at how unprepared people can be," said Tom. "If they come at the wrong time of year, you have to warn them to come back at another time when the bears and mountain lions aren't so likely to pose a danger."

He recalled instances when he helped save visitors' lives. Once, a woman had received a puncture wound from a rattlesnake and Tom quickly calmed her down and removed her rings before her hand swelled up. "But I failed to notice that she was also wearing a bracelet, which an EMT eventually had to cut off," he said. Meanwhile, he was on his radio, calling for a helicopter that could take the woman to a nearby emergency room.

He chuckled as he described visitors intent on hiking through the mountains, which range from 6,000 to 8,000 feet with "tramp-ons or flip-flops on their feet." He added, "I feel in awe when I'm out there in the wild. I'm really just a cog. But my reward comes from helping to protect people's lives."

His other great satisfaction involves "being a kind of docent, informing people about nature and reminding them not to forget whose home it is."

Tom currently serves as the president of the Angeles Volunteer Association, where he draws on his years of administrative experience with Chevron. During his 35-year career with the company, Tom had a series of administrative jobs, culminating with the position of territory manager working with service station dealers in the Greater Los Angeles area. But while he still devotes time to the visitor center, he no longer conducts tours of the trails, leaving those duties to volunteers with "younger legs."

His years of dedicated service have been recognized by the community. In 2009, he received the William E. ("Buck") Dunham Award, which is given annually to an individual who makes an outstanding contribution to the youth of Glendora.

Preserving the Past

Tom is also secretary of the Glendora Preservation Foundation, which cultivated and maintains a miniature orange grove in the city's Centennial Heritage Park. The grove includes an 1899 house that has been restored to its original condition. The grounds include a windmill, hand-operated water pump and carriage house, along with some 80 orange and tangerine trees. "It's such a pastoral setting that it holds great appeal for people, whether they just like visiting a site where nothing is automated, or if they want to hold an event – such as a wedding or retirement party – on the grounds," Tom said.

Word about the Grove House has spread recently, partly as a result of a feature done on a local television program and partly through Tom's word-of-mouth efforts. "Ever since I joined a coordinating council, I've been getting the word out by talking at schools, food banks and other venues."

As he thinks back on his volunteer activities since his retirement, Tom feels rewarded. "The common thread for me has been the chance to pass useful information on to people."



Tom and other officers of the Glendora Preservation Foundation celebrated when the Grove House and its surrounding property were designated as a Centennial Heritage Park.

Jim Conard Sings the Praises of Route 66

When Miami, Okla., celebrated its 125th anniversary in March 2016, it featured a documentary in progress by Texaco retiree Jim Conard. The documentary focuses on historic highway Route 66 and the towns along the legendary "Mother Road" that epitomize American values and the commitment to education. One of the towns that figures prominently is Miami, Jim's birthplace.



Seen here in 1948, at age eight, Jim Conard frequented his father's Texaco service station in Miami, Okla., regularly after it was built in 1946,

No one is better equipped to tell this story. For Jim has a lifetime of associations with Route 66, which was built in 1926. Shortly after World War II ended, Jim's dad Odell Scott Conard bought a plot of land along the highway for a new home and a Texaco station that he ran for 18 years. By the age 13, Jim was working at the station, cleaning out the service bays and waiting on customers. One of those customers who left a particular impact on Jim was Mickey Mantle, the New York Yankees' star centerfielder and future Hall of Famer.

"Mickey was from Commerce, Oklahoma, and during the late 1950s he frequently came to visit his parents there," Jim recalls. "We were the first service station

out of Commerce, and so he'd often stop in to fill up his car. He was always smiling and his visits drew a lot of attention, both from the local people and the tourists. I was excited too, even though I was a St. Louis Cardinal fan."

A pivotal moment in Jim's life occurred at the station during his high school years. "Two ladies from Ohio stopped at the station to replace one of their tires. I ended up selling them two new tires and putting them on their car," says Jim. "The bill came to \$55. And the driver put an extra \$5 in my hand, saying 'Put this in your college fund. I know you're going to go to college.'"

Until then, Jim hadn't considered what he'd do after high school. But when Jim's father heard the story of the generous woman, he offered to send the boy to Northeastern Oklahoma A&M College (NEO), a two-year school located in Miami. From there, Jim earned an automatic entry into Oklahoma State University, from which he graduated.

However, Jim wasn't done with NEO. Shortly after he received his BS, the president of NEO invited him to become a business instructor there. "The assignment was supposed to be for 14 weeks, but it worked out so well that I stayed for two years."

Jim left teaching in 1963 when he joined Texaco as a sales representative trainee in the company's Tulsa, Okla. office. Appropriately for a young man who'd already cut his eyeteeth by working in his father's service station, Jim rose within the company's Marketing organization. He became retail manager for Texaco USA from 1981 to 1987 before retiring in 1995.

As someone with a strong vein of loyalty, Jim had collected many Texaco artifacts during his years with the company. He also prized the ID badge his father had worn while running the Miami service station. "I kept that badge in my center desk drawer wherever I was assigned," Jim says proudly.

The artifacts found a home at Miami's Dobson Museum in 2007, after the museum's director Judy Johnson expressed an interest in compiling a Texaco collection. "It made sense, because Texaco was always the iconic brand on Route 66," says Jim. "In those days, Texaco had stations in all 50 states and advertised itself as 'The Star of the American Road.'" So my wife Barbara and I packed up the collection and brought it with us on the 850-mile drive from Atlanta, where we were now living, to Miami."

Jim augmented his own collection through contributions from wholesalers, employees and other retirees. The exhibit includes three glass cases filled with photos, plaques, product cans, commemorative plates, cups, ashtrays, medals and toy planes – virtually all decorated with the Texaco Star. One of Jim's favorite items is an ashtray with a silver inscription celebrating Texaco's 50th anniversary in 1952.



Jim's niece Linda and her husband Rick Sadler visited the Texaco display at the Dobson Museum on a trip from their home in Carl Junction, Mo.



Jim took particular pride in showing the Texaco display to Carol Littleton, a noted Hollywood film editor who grew up in Miami, Okla.

Also during 2007, Jim contributed a website, www.route66texaco.com, which enables viewers to read about Texaco's history and Chevron's "power of Human Energy" and to listen to Texaco commercials. The site also provides links to other subjects connected with the town and the highway – including material about the Dobson Museum, the town's educational institutions and other local sites of interest. Viewers can also comb through the oral histories of families who traveled the road known as "the people's highway," many of them seeking better lives during the Great Depression.

More recently, Jim has enriched the museum's collection by contributing several objects of interest. They include a letter from General Douglas MacArthur (an Arkansas native) donated to the MacArthur Museum in Little Rock, Ark.; and a replica of a painting by Charles Bank Wilson of the legendary Native American athlete Jim Thorpe (also an Oklahoma native). In addition, Jim enriched the collection of the Oklahoma Sports Hall of Fame by donating an Olympic Torch that had been carried prior to the 1996 Atlanta Olympics. The torch, which he acquired after the Games, went to the Sports Hall of Fame in recognition of NEO college sports. Jim also coordinated the presentation of the Charles Banks Wilson donation of a painting of Will Rogers and a 22-inch sculpture of Mickey Mantle by Nick Calcagno to the Smithsonian National Museum of Natural History's American Enterprise Exhibit, on which Jim served as a voluntary energy adviser prior to its opening in 2015.

As the display and website grew, Jim received suggestions advising him to document the collection. One friend, an audio/visual producer, agreed to collaborate with him. And the pilot video of the documentary was born. Using still photographs and video for his visual material, Jim intercut interviews with people who grew along Route 66, including famous former residents such as Rear Admiral Jeff Trussler and film editor Carol Littleton ("ET," "The Big Chill").

Thus far, the pilot video of the documentary has been used as a fundraiser by Jim's former college, NEO, and has been shown to focus groups, which have provided comments that are helping Jim in planning a longer version that he hopes will have a wider audience on public broadcasting or another venue.

For Jim, the documentary's message is not limited to Miami and the other towns along Route 66. "The film could be a catalyst for people to gain a greater appreciation of the institutions – good education, churches, businesses – that underpin the values of their communities. The benchmark may become based on what we're calling 'The Magic of Miami.'"

Bob Dahlsgaard: What It Takes to Save Lives

After a 36-year career with Texaco, Bob Dahlsgaard cherishes the serenity of his home on a lake in rural Minnesota. But that serenity can be breached in a moment by a 911 call. As a first responder in an area encompassing 500 square miles of north central Minnesota, Bob must be ready to react to any emergency.

Bob became an Emergency Medical Technician (EMT) in 2000 after taking a 120-hour required course from the Minnesota Emergency Medical Service Board. He then joined a volunteer first responder unit in Outing, Minn., and a volunteer ambulance service based in Remer, 26 miles north of Outing. These are the only two services offering 911 emergency medical responses in this area of the state. And the closest hospitals are more than 25 miles away from either Outing or Remer.



Texaco retiree Bob Dahlsgaard works with a volunteer ambulance service based in Remer, MN

Just after receiving his EMT license, Bob's first call proved to be one of his most dramatic. "I got to the house where a man was having difficulty breathing, and he suddenly died right in front of me," Bob recalls. "But after I treated him with a defibrillator, he suddenly came back to life and even began talking to me. We were alone together for 25 minutes before the ambulance came. But after we set off and were halfway to the hospital, he went off again with cardiac arrest. Once again, I put the defibrillator on him, and he revived. I'm proud to say he's still alive today."

Bob adds that, for an EMT, speed is essential. But in the vast geographic area he must cover, speed of access is the constant challenge. And while he's saved lives in his 16 years as an EMT, he's saddened by the cases that ended in death. He recalls one from two years ago: "A guy fell out of a boat into the cold waters and went into cardiac arrest. We got him back on the beach and kept working on him, but he didn't make it."

Since Bob and his wife Linda split their year between Minnesota and Tucson, Arizona, he also serves as a street EMT for Southwest Ambulance, which operates some 40 ambulances for emergency services in the Tucson area. "I originally asked to become a volunteer with the organization because I wanted to keep my EMT skills up during our months in Arizona," Bob recalls. "They said, 'We don't take volunteers, but we'll hire you for \$7 an hour.'"

Bob obtained an EMT certificate from the state, but says "for what they pay, the job is still volunteer work."

He works with Southwest on ambulances, often for 24-hour shifts. "At 75, I'm getting a little old for 24-hour shifts, but I can still do them," Bob says. "It just takes me longer to recover."

Bob also serves as Southwest's liaison to hospitals and nursing centers and as back-up Emergency Medical Services' manager, supervising the organization's operations as needed. "My management experience with Texaco comes in handy here."



Seen here with an emergency patient in an ambulance in Remer, MN, Bob has answered more than 5,000 911 calls during his years as an EMT.

During his 36 years with Texaco, he began in the sales department in the company's Chicago office, moved around the United States in various sales and marketing positions, and ended his career as general manager for Uz-Texaco, a joint venture involved in manufacturing lubricants in Uzbekistan.

Sixteen years after leaving Texaco, Bob can boast of having answered more than 5,000 911 calls; being named EMT of the Year by Remer Ambulance; acted as president of Outing Quick Response, the first responder group, since 2000; and being nationally registered as an EMT, as well as being recertified every two years in both Minnesota and Arizona. He's also been a member of another salary ambulance operation in Brainerd, Minn.

Here's how he sums up his EMT experience: "I'm 75 and I'm not ready to retire. I feel that I'm accomplishing something. I've had a bundle of good outcomes, saving some lives and getting necessary care for so many others. And through periodic training, I've managed to remain current. In the end, it's all about dealing with people – something I know about through my Texaco experience, and here where the stakes are so high."

Benefits Corner *By Al Horan, Chair, CRA Benefits Committee*

In this article, I would like to update you on my activities during the first quarter. I would also like to make available tips and helpful information that you may find useful.

First Quarter Activities

During this quarter, I attended the Mid-Year Meeting and The Plains Area Meeting, I was also the guest speaker at the Unocal Gulf Coast Alumni Club Meeting, and I met with Chevron. At the Mid-Year Meeting I reviewed the activities of the Benefits Committee, provided an update on the various Chevron and CRA Benefits Plans and Programs, and I shared with the attendees the future activities that will be undertaken for the benefit of CRA Members. The main activities that are pursued by the Committee are to keep Members informed about benefits and related topics, assist Members with problems or questions, oversee the CRA sponsored Programs, and to interact with Chevron on benefits related matters. In carrying out these responsibilities we aim to complement Chevron and we also strive to be “honest brokers.” Next, I provided updates on the following aspects of the Chevron and CRA Benefits Plans and Programs: participation levels; an overview of their benefits and costs; and any issues faced by Members, Chevron or CRA regarding their administration. I also offered the attendees insight into communications pieces that are being worked on by the Committee, i.e. Benefits Committee Booklet and an Estate Planning Guide. Following the Annual Meeting I hope to share with you specific data regarding the Plans and Programs.



Al Horan, Benefits

At The Plains Area Meeting I was able to learn about the membership and other issues that are faced by the Chapters in this Area. I also learned about the activities that the Chapters offer to their Members. Finally, I shared with the Chapter Presidents some of the information that I presented at the Mid-Year Meeting. At the Unocal Gulf Coast Alumni Club Meeting I got to meet a great group of retirees. In addition to sharing our work experiences I was also fortunate to have a very tasty lunch. During my presentation I concentrated on the Benefits Committee activities and how we are there to help them. I also reviewed the Chevron and CRA Benefits Plans and Programs. Where possible, I tried to give them insight into how the Plans and Programs work and how to handle claims and administrative issues.

My meeting with Chevron was excellent. I got to meet the great people that work behind the scenes for the retirees in making available the world class Chevron Benefits Plans that are offered to eligible retirees and their families. It was also a good opportunity to discuss various issues that are important to many retirees. Here are some of the issues that were discussed/concluded: (1) ways of reducing retiree contributions for non-Medicare Medical Coverage (The average increase was approximately 20% per year over the past nine years.); (2) if discounted health club memberships can be made available through United Healthcare (Chevron is looking into this for us.); (3) some dentists are withdrawing from United Concordia's Provider Network because they feel that the reimbursement allowances are out of date (Chevron will be looking at the dental plans.); (4) the income tax withholding requirement on lump sum death benefits payable from the Pension Plan to beneficiaries of Unocal retirees (Chevron is not in a position to make any change at this time. Note, this is most likely a timing issue for survivors since at least a portion of the tax will probably be refunded when the income tax return is filed.); (5) Chevron has received the feedback that retirees would like to send documents to the Chevron Human Resources Service Center via email (Because of HIPAA requirements, Chevron is looking at ways to upload documents through the Benefits Connection website.); (6) Chevron concluded that self-directed Savings Plan withdrawals or transfers are not feasible (By “self-directed”, I'm referring to the ability to withdraw or transfer money from a specific investment/fund. Any retiree who still has their Savings Plan balance with Chevron and who is looking

for the flexibility of self-directed withdrawals/transfers may wish to consider rolling over their account balance to an IRA.); and (7) Chevron will take under advisement our desire for Getty annuities to be included in the consideration of any potential pension supplementation. However, given the current operating environment of the oil industry, I would not hold out hope for any increase in the near future. I will try to keep you updated on these and any other issues that may arise. However, in the interim please remember to take the survey offered by the service providers for the Chevron Benefits Program. This allows Chevron to gauge how their agents are servicing the retirees.

Tips and Helpful Information

I would like to share with you the following tips and information.

Have You Filed Your Income Tax Return?

For anyone who has not filed their income tax return for 2015, Steve Vizner from the Texaco Retirees Club of Connecticut reminds us that it is possible to download medical expenses for 2015 from the United Healthcare website – www.myuhc.com. Once you are signed into the website just click on “Claims & Accounts” and then click on “Claims Summary”. Likewise, it is also possible to obtain prescription drug costs for 2015 from Express Scripts website – www.express-scripts.com. Just go to “Manage Prescriptions/View Rx History & Balances”. Since most taxpayers are on a cash basis of reporting income and expenses it may be necessary to adjust the aforementioned expenses to a cash basis.

When preparing your income tax return don't forget to include your Medicare premiums and your Chevron Medical Coverage contributions. Also, don't forget that you should be able to deduct your mileage costs that were incurred to obtain medical care. IRS limits the mileage allowance to 14 cents per mile for 2015. In addition, you may be able to deduct the premiums you paid for Long Term Care Insurance. Be sure to review IRS Publication 502 since the deduction is limited.

Finally, if you are looking for a reliable computer program to help prepare your tax return, you may wish to consider using Turbo Tax. Turbo Tax is available on line and through various stores, including some large discount retailers like Sam's Club. The cost of the program starts at approximately \$40. The price varies based on the edition, i.e. Deluxe, Premier or Business.

Are You Looking for a Health Club?

If so, you may wish to consider the following points which have been prepared by Mark Engelbrecht (Member of the Benefits Committee). Remember, it's never too late to start exercising!

The International Health, Racquet & Sportsclub Association (IHRSA) points out that the number of health club members age 55 and older is the fastest growing segment of the health club population. The growth in memberships is a reflection, at least in part, of the emphasis that is being placed on preventive health care. Health club operators are realizing that seniors are a market that deserves attention.

Since health clubs vary in price and services, it's important to consider what services you are looking for and how much you have to spend. The goal should be to have an effective, satisfying, safe, and cost-effective experience that will facilitate having a long-term and consistent fitness regimen that fits your lifestyle. So, it pays to do your homework. And, of course, be sure to have your doctor approve your health club activities.

Here are some points to consider in assessing health clubs. You will need to decide what is important to you.

Health & Safety Related: Does the club have/offer: (1) exercise programs tailored to individual needs; (2) procedures to deal with medical emergencies, including certified administrators for CPR and AED; (3) cushioned floors to reduce shock or injury; (4) a clean, safe and well-lighted and maintained facility; (5) clean, safe and well maintained exercise equipment; and (5) special programs for people with arthritis, heart problems, etc.?

Quality Related: Does the club have/offer: (1) qualified staff who are certified instructors and who can answer questions; (2) membership in a professional association such as IHRSA – requires standards of conduct and management; (3) properly cooled/heated facility; (4) a congenial atmosphere where members are treated as individuals; (5) a membership group that welcomes seniors; (6) programs and classes that are geared to seniors; and (7) personal trainers?

Finance Related: Determine/ask for: (1) if the club offers discounts to seniors; (2) initiation fee and periodic fees; (3) if the fees are guaranteed and if so for how long; (4) the cancellation policy; (5) copy of any contract; (6) if a guest pass is available (allows you to check out the facility) or a tour of the facility; (7) the cost of personal trainers and classes; (8) if discounts are offered for family members; (9) if automatic payment of the periodic fee is possible; and (10) if the club carries liability insurance.

Equipment Related: Does the club have/offer: (1) quality, quantity and a variety of equipment (weight machines, free weights, treadmills, cycles, etc.); (2) the types of equipment you prefer; (3) information readily available on how to properly use the equipment; and (4) a pool (some doctors will recommend swimming or water aerobics for seniors)?

Club Characteristics: Is/Does the club (1) close to home or work; (2) have convenient parking; (3) provide towels, lockers, change rooms, steam room/sauna, massage therapy, etc.; (4) congested, i.e. waiting for machines, finding a parking space, etc.; and (5) provide music/television (can be useful while using treadmill, cycle, etc.)?

Finally, don't forget to try to speak to existing members to learn about their experiences with the club.

Are You Having Trouble Losing Weight? Are You Having Trouble Losing Weight? If you find that you are eating correctly and you are exercising but you are not losing weight, the problem may be sleep. Sleep deprivation can cause weight gain. Sleep is the only time the body recovers and rebuilds.

Sleep consists of four stages: Stage 1 – near-awake, Stage 2 – onset of sleep, Stage 3 – deep and restorative sleep, and Stage 4 – deep REM or dream state. It's during deep sleep that the body repairs itself. Accordingly, sleep needs to be made a priority.

How much sleep is necessary? The recommended minimum is 6 hours per night. But 6 hours would be equivalent to a D on a report card. The Centers for Disease Control and Prevention point out that about one-third of Americans get less than 7 hours sleep. To boost the D to an A it would be necessary to: work in a bright environment during the day; spend at least one hour outside each day; try to create stress free evenings; make your bedroom dark and cool; keep a pen and paper by your bedside to jot down important to-do's; and don't keep your phone by your bedside.

(Source: "Snooze Your Way to Weight Loss", Healthy Living, Dallas Morning News, March 6, 2016)

If you have questions, my contact information can be found below.

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Encore In Memoriam: July-September 2015

As reported by Chevron during this period

Amoseas

(No deaths reported)

Caltex

Cordes, Jolanthe H., Ret. 1970

Donnelly, Thomas R., Ret. 1984

Gordon, Alan, Ret. 1996

Hodgson, William Steel., Ret. 1989

Kaltenstein, Lawrence O., Ret. 1988

Webster, Derek John., Ret. 1996

Chevron

Abell, Jared, Ret. 1986

Addison, Joseph Q., Ret. 2004

Allen, Richard N., Ret. 1991

Anderson, C S., Ret. 1985

Asbury, Eldridge E., Ret. 1984

Aseltine, Richard J., Ret. 1986

Aymett, C A., Ret. 1982

Babcock, James, Ret. 2004

Bagby, Mckinley E., Ret. 1997

Baldwin, Bruce A., Ret. 1992

Ballantyne, Dale, Ret. 1990

Barnes, John, Ret. 2004

Barton, Pearlene E., Ret. 2010

Baxter, Donald M., Ret. 1983

Beard, Jacqueline R., Ret. 2004

Bergant, Elizabeth, Ret. 2004

Berryhill, Arthur B., Ret. 1990

Bickler, Wayne I., Ret. 1992

Blair, J T., Ret. 1992

Blanchard, Anthony, Ret. 1988

Boyd, V E., Ret. 1992

Broadwell, Jay E., Ret. 1986

Brown, G G., Ret. 1982

Brumbles, Joyce O., Ret. 1992

Bullard, Edwin G., Ret. 1991

Cabarle, Federico M., Ret. 1994

Camplin, Wilbur, Ret. 2004

Carlton, Marie K., Ret. 1989

Carter, Clarence E., Ret. 1986

Cearley, Ronnie T., Ret. 1992

Chan, Jacquelin M., Ret. 2012

Clemons, Dean D., Ret. 1995

Cole, Timothy M., Ret. 2012

Connell, Donovan J., Ret. 2000

Contreras, J, Ret. 1992

Cook, James L., Ret. 1992

Cook, William J., Ret. 1985

Cooper, Freddie C., Ret. 2014

Cooper, Harold D., Ret. 1991

Corcoran, Margaret E., Ret. 1990

Cordova, Beatrice S., Ret. 2004

Corier, James D., Ret. 2012

Crane, Kevin A., Ret. 2010

Dakis, Andrew N., Ret. 1995

Dardar, Milton M., Ret. 2004

Dean, N A., Ret. 1985

Decell, William L., Ret. 1986

Decker, David T., Ret. 2005

Deering, Gwyneth, Ret. 2004

Depriester, Coral L., Ret. 1982

Derosa, G J., Ret. 1984

Digert, Frederick E., Ret. 1981

Dooley, Gerald, Ret. 1995

Dries, Paul G., Ret. 2002

Eastwood, N A., Ret. 1992

Ennen, Wayne E., Ret. 1991

Evans, Nevelyn, Ret. 2004

Eymann, Arthur P., Ret. 1983

Fagundes, Carol A., Ret. 1992

Farmer, Mable, Ret. 2004

Ferguson, Mildred L., Ret. 2004

Fleming, Ann F., Ret. 1982

Fleming, C R., Ret. 1990

Forsberg, Philip T., Ret. 1992

Forsythe, A W., Ret. 1992

Fowler, Emmett T., Ret. 1992

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 Gadson, Roscoe T., Ret. 2004
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 Gann, Mamie L., Ret. 2004
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 Gilbert, Mary, Ret. 2004
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 Gunn, R F., Ret. 1986
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 Kellogg, Richard L., Ret. 1991
 Kennedy, D W., Ret. 1986
 Kerr, W W., Ret. 1983
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 Lane, Alec C., Ret. 1992
 Lang, A D., Ret. 1985
 Larmeu, E J., Ret. 1986
 Lee, Vonzetta, Ret. 2007
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 Long, Alfred T., Ret. 1985
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 Maddaleni, Lilio, Ret. 2004
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 Mitchell, Lester R., Ret. 1995
 Mojica, C B., Ret. 1989
 Montes, Ronald C., Ret. 1996
 Morgan, Edward L., Ret. 1995
 Morse Jr, William T., Ret. 2014
 Myers, Willie A., Ret. 1992
 Newman, Doris J., Ret. 2006
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 Nielson, Chris P., Ret. 1992
 Nofsinger, Bobby, Ret. 2004
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 Prendiville, J J., Ret. 1984
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 Rahmgren, Dorothy M., Ret. 1986
 Rennels, B E., Ret. 1989
 Rice, Julian A., Ret. 1980
 Rising, Richard B., Ret. 1988
 Roe, James E., Ret. 1995
 Rose, Herman J., Ret. 1985
 Rousis, John G., Ret. 1977
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 Runia, T, Ret. 1988
 Sanders, Sudie E., Ret. 2004
 Santistevan, Pete A., Ret. 2004
 Savoie, Leslie M., Ret. 1985
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 Schluter, Marilyn J., Ret. 1992
 Schmidt, Herbert A., Ret. 1981
 Schupp, Robert H., Ret. 1990
 Seiver, Vern R., Ret. 1983
 Sexton, J P., Ret. 1969
 Shea, Thomas P., Ret. 1993
 Shields, Lenora, Ret. 2004
 Shutt, Bertha, Ret. 2004
 Smith, Albert T., Ret. 1983
 Smith, Ben, Ret. 1984
 Smith, Maxine, Ret. 2004
 Smith, Rachel, Ret. 2004
 Smith, Ruby J., Ret. 2004
 Smith, W A., Ret. 1997
 Spear, Allen P., Ret. 1986
 Spear, Robert A., Ret. 1986
 Spriggs, Robert F., Ret. 1995
 Stallings, Richard L., Ret. 1992
 Steinkraus, W E., Ret. 1995
 Stewart, Burton S., Ret. 1990
 Stewart, Lorraine B., Ret. 2006
 Stirsmann, Rhonda, Ret. 1995
 Strawn, James R., Ret. 1992
 Sturges, Robert F., Ret. 1992
 Styles, James, Ret. 2004
 Sutherland, Clinton M., Ret. 1978
 Swift, Eugene K., Ret. 1986
 Szody, Doris M., Ret. 1989
 Tafoya, Ray, Ret. 1982
 Tate, Willa M., Ret. 2004
 Taylor, Wayne B., Ret. 1998
 Timur, A, Ret. 1992
 Tinnell, Charles H., Ret. 1997
 Topham, Gordon A., Ret. 1993
 Trujillo, Beatrice, Ret. 2002
 Tullos, R H., Ret. 1997
 Turner, Carlos A., Ret. 2005
 Vintson, Malinda G., Ret. 2004
 Wagner, Georgia, Ret. 2004
 Wallace, Myrtle, Ret. 2004
 Webb, Gerald R., Ret. 2008
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 Weldon, Willie R., Ret. 1990
 Werts, Pat P., Ret. 1986
 Wescott, Robert M., Ret. 1983
 Wheeler, Bobbie, Ret. 2004
 Wheeler, Edgar T., Ret. 1990
 White, Benjamin F., Ret. 1992
 Whitmer, Mary, Ret. 2004
 Wiemeyer, Vernon L., Ret. 1976
 Wilkinson, Marie, Ret. 2004
 Williams, Jackie M., Ret. 2004
 Willoughby, Edna L., Ret. 2004
 Wilson, Carla A., Ret. 2010
 Wing, Mary L., Ret. 1996
 Wisniewski, Rita P., Ret. 1987
 Wittie, Edgar D., Ret. 1990

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 Alexander, Atwood, Ret. 1976
 Arnspiger, Lyman K., Ret. 1994
 Bartlett, Victor E., Ret. 1984
 Boyd, Donald W., Ret. 1986
 Britton, Kyra M., Ret. 1985
 Butler, Nettie E., Ret. 1981
 Cloninger, Maurine, Ret. 1983
 Crum, Harry E., Ret. 1980
 Feddeck, Mary A., Ret. 1992
 Hammond, Alfred R., Ret. 1985
 Hills, Harry J., Ret. 1984
 Kirk, Chester L., Ret. 1983
 Klitsas, George J., Ret. 1990
 Lawrence, James R., Ret. 1990
 Ledbetter, Wayne D., Ret. 1982
 Legg, Wayne, Ret. 1987
 Lovejoy, David L., Ret. 1986
 Loveless, Doris R., Ret. 1999
 Mann, Eddie G., Ret. 1982
 Mayfield, John M., Ret. 2002
 Meller, Clarence, Ret. 1999
 Oberhelman, Howard C., Ret. 1983
 O'Sullivan, Robert E., Ret. 1985
 Perez, Pedro R., Ret. 1996
 Phillips, James C., Ret. 1998
 Powell, Marjorie J., Ret. 1983
 Reeves, Jack T., Ret. 1980
 Rost, William F., Ret. 1999
 Shira, Mickey W., Ret. 2002
 Smith, Lee E., Ret. 1986

Tharp, James W., Ret. 1981
Thompson, Craig D., Ret. 1985
Wells, Raymond L., Ret. 1976

Gulf

Ard, Mary H., Ret. 1983
Beatty, David A., Ret. 1986
Beckmann, Calvin H., Ret. 1983
Benick, Victor J., Ret. 1981
Bergant, Johann, Ret. 1985
Bonsall, James D., Ret. 1990
Briley, Paul H., Ret. 1986
Caldwell, James R., Ret. 1983
Carlson, David H., Ret. 1992
Castillo, Rene F., Ret. 1987
Charlton, William J., Ret. 1994
Clark, Carroll E., Ret. 2010
Clifton, Clarence C., Ret. 1983
Corder, Raymond L., Ret. 1986
Couch, Elton L., Ret. 1999
Crider, John E., Ret. 1989
Darder, Lodie J., Ret. 1983
De Moss, Fred T., Ret. 1978
Deboard, Robert E., Ret. 1992
Dempsey, Horace A., Ret. 1985
Dole, Robert M., Ret. 1992
Duncan, William C., Ret. 1983
Duty, Everett L., Ret. 1983
Eggert, Irving W., Ret. 1983
Ericson, Eric K., Ret. 1981
Evans, Gerald B., Ret. 1983
Fazakerly, Louise B., Ret. 1991
Fleming, Gerrold L., Ret. 1987
Foote, Dewey G., Ret. 1989
Franklin, Normak K., Ret. 1998
Fuller, Hanson B., Ret. 1990
Fuller, Luther L., Ret. 1985
Gaffney, Richard C., Ret. 1992
Garrett, Thomas, Ret. 1994
Gaughan, Arthur J., Ret. 1983
Geisman, Fabian A., Ret. 1999
Greer, Richard E., Ret. 1986
Gribben, Thomas L., Ret. 1983
Harris, William A., Ret. 1983
Harroun, Thaddaeus E., Ret. 1979
Hellstrom, Lennis K., Ret. 2011
Holloway, Pierre E., Ret. 1983
Howland, John W., Ret. 1977
Hritz, George A., Ret. 1983
Hubbard, Johnny F., Ret. 2014
Inderwish, Edward T., Ret. 1985
Jackson, John W., Ret. 1983
Jenkins, Jerry W., Ret. 1983
Jensen, Hans F., Ret. 1992
John, Lewis L., Ret. 1994
Joines, Okley G., Ret. 1984
Juneau, Gene L., Ret. 1995
Kelly, John R., Ret. 1979
Kominsky, Raymond, Ret. 1980
Krause, R L., Ret. 1976
Kusbit, Carl F., Ret. 1983
Lafferty, Thomas A., Ret. 1994
Larrabee, George J., Ret. 1983
Lee, Adrian, Ret. 1987
Leocadi, Kathryn G., Ret. 1980
Love, John L., Ret. 1981
Majewski, Robert J., Ret. 1983
Marks, Warren, Ret. 1982
Martin, Donald L., Ret. 1983

Martini, Herbert J., Ret. 1977
McGill, James L., Ret. 1976
McLaughlin, Edward J., Ret. 1994
Meaux, Shelton G., Ret. 1986
Minner, Edward F., Ret. 1985
Montgomery, Thurman E., Ret. 1998
Moore, John A., Ret. 1983
Moye, Thomas D., Ret. 1981
Murray, Vincent P., Ret. 1982
Nelson, Lawanna U., Ret. 1985
Nettle, Robert L., Ret. 1991
Ortiz, Pedro, Ret. 1992
Page, James L., Ret. 1992
Parr, Jerry D., Ret. 1996
Pope, Donald R., Ret. 2001
Pucek, Donald H., Ret. 1992
Puskar, Margaret, Ret. 1986
Roberts, Donald K., Ret. 1990
Rodrigue, Marvin D., Ret. 1984
Rowland, Donald R., Ret. 1987
Salley, Raymond, Ret. 1994
Senchak, Francis R., Ret. 1983
Sheridan, George L., Ret. 1976
Siefker, Keith D., Ret. 2002
Simmons, Joe P., Ret. 1983
Sizemore, Donald B., Ret. 1990
Smith, Donald R., Ret. 1983
Smith, Roy R., Ret. 1981
Smith, William E., Ret. 1979
Spicer, Randolph, Ret. 1990
Stone, Virgil D., Ret. 1985
Stutes, Oren D., Ret. 1985
Talkington, Gerald E., Ret. 1983
Taylor, Norman I., Ret. 1994
Theis, J E., Ret. 1983
Throgmorton, Donald L., Ret. 1989
Trahan, Gloria A., Ret. 1983
Turley, James L., Ret. 1992
Van Devender, Adrain L., Ret. 1978
Viale, Dominick J., Ret. 1985
Way, Frank J., Ret. 1986
Wells, Herman L., Ret. 1994
Whiteford, Ralph B., Ret. 1983
Williams, Curtis E., Ret. 1996
Williams, Earl, Ret. 1986
Williamson, Robert L., Ret. 1989
Wilson, Max L., Ret. 1994
Wolf, Arthur, Ret. 1990

MolyCorp

Duran, Louis E., Ret. 1991

Plexco

(No deaths reported)

Tenneco

Hopkins, Kenny W., Ret. 1977
Howard, William T., Ret. 1992
Ripley, Leon J., Ret. 2004
Wells, Charles R., Ret. 2010

Texaco

Ablewhite, Kenneth, Ret. 1981
Anderson, Andrew A., Ret. 1981
Anderson, James C., Ret. 1980
Armagno, Anne L., Ret. 1978
Arthur, W Lewis., Ret. 1985
Atkinson, Florence, Ret. 1992
Ault, James F., Ret. 1984

Baker, Roy R., Ret. 1983
Barnes, Leonard R., Ret. 2013
Bedwell, James C., Ret. 1984
Black, James C., Ret. 1989
Bolton, James W., Ret. 1980
Bounds, James B., Ret. 1978
Bradley, Lloyd W., Ret. 1983
Breaux, Harry, Ret. 1981
Brooks, Richard E., Ret. 1988
Carpenter, Robert S., Ret. 1976
Child, Edward T., Ret. 1994
Chrinian, Gerard E., Ret. 1994
Coleman, Clifford A., Ret. 1979
Conger, William E., Ret. 1996
Cooper, Barbara L., Ret. 1985
Cox, Everett D., Ret. 1984
Cox, James W., Ret. 1986
Craton, Ben N., Ret. 1982
Crippen, Russell D., Ret. 1998
Crochet, Gary P., Ret. 1999
Crochet, John L., Ret. 1981
Cupit, James H., Ret. 1992
Curtis, Raymond M., Ret. 1996
Cuthbert, Albert L., Ret. 1995
Day, Oscar L., Ret. 1985
Deck, Don C., Ret. 1994
Deyoung, Carl E., Ret. 1988
Dillman, Cortis C., Ret. 1988
Dilorenzo, Frank J., Ret. 1982
Dimond, Marvin L., Ret. 1990
Distler, George E., Ret. 1999
Doggett, Darrell P., Ret. 1994
Dubin, Eva L., Ret. 1982
Duperrouzel, Peter E., Ret. 1995
Dupuis, George W., Ret. 1983
Eason, Johnny L., Ret. 1989
Eck, Eugene L., Ret. 1986
Eckhart, Charles J., Ret. 1987
Elletson, Francis M., Ret. 1985
Ellis, Robert W., Ret. 1997
Elter, G B., Ret. 1979
Evers, Shirley, Ret. 2002
Fatino, Charlie C., Ret. 1996
Feller, Edward C., Ret. 1981
Fischer, Edward F., Ret. 1981
Ford, Willie, Ret. 1989
Gallegos, Edward E., Ret. 1979
Gardiner, Harry E., Ret. 1982
Gates, Billie J., Ret. 1986
Geer, Harry M., Ret. 1982
Gillian, Willard L., Ret. 1988
Ginsbern, Eleanor T., Ret. 1988
Glover, Charles M., Ret. 1982
Gonzalez, Berenice U., Ret. 1993
Gonzalez, Federico P., Ret. 1994
Groff, Gene W., Ret. 1994
Guillory, Sherman, Ret. 1990
Gurney, Richard D., Ret. 1988
Hankins, Mack E., Ret. 1986
Harrigan, Robert R., Ret. 1998
Harrington, Ronald R., Ret. 1999
Hartley, Lee, Ret. 1998
Havelka, George F., Ret. 1981
Heinritz, Cletus C., Ret. 1982
Hensley, Robert M., Ret. 1989
Howell, James G., Ret. 1981
Howlett, Harry E., Ret. 1989
Jackson, Joe M., Ret. 1989
Jones, Andrew A., Ret. 1993

Kelly, Aloysius L., Ret. 1995
 Keup, Lester C., Ret. 1989
 Kovar, Merle D., Ret. 1985
 Kreiling, Robert L., Ret. 1988
 Labbit, Carlton P., Ret. 1985
 Landry, Darrell C., Ret. 1988
 Lapalm, William G., Ret. 1989
 Larive, Jesse J., Ret. 1999
 Lasalle, Leonard C., Ret. 1985
 Lee, Gifford E., Ret. 1977
 Leverett, Joseph K., Ret. 1993
 Liepke, Glenn A., Ret. 1986
 Lirette, Curtis J., Ret. 1985
 Lirette, Marcus J., Ret. 1983
 Lockley, Eddie T., Ret. 1997
 Liodice, Nicholas, Ret. 1987
 Lopez, Celedonia V., Ret. 1985
 Luquet, Henry E., Ret. 1992
 Marty, Forrest B., Ret. 1981
 McBrayer, Maxwell, Ret. 1988
 McCall, James L., Ret. 1986
 McCulloch, Margaret J., Ret. 1981
 McGovern, John R., Ret. 1994
 McNutt, Gary T., Ret. 1993
 McPhail, Cecil A., Ret. 1989
 Meyers, Carl R., Ret. 1981
 Miner, James S., Ret. 1992
 Molony, Walter P., Ret. 1990
 Monroe, Donald C., Ret. 1990
 Moore, Robert L., Ret. 1996
 Morin, Steven R., Ret. 1995
 Nash, Jesse Hardman., Ret. 1994
 Oien, Joseph C., Ret. 1996
 Ottens, Axel R., Ret. 1987
 Parker, John R., Ret. 1991
 Parsley, Helen E., Ret. 1989
 Paxson, Kevin B., Ret. 2001
 Pitts, James W., Ret. 1982
 Plotzki, John J., Ret. 1987
 Polk, L C., Ret. 1999
 Prince, Meredist K., Ret. 2003
 Pullig, Thomas A., Ret. 1989
 Pyeatt, A F., Ret. 1985
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 Ransonet, Gerry P., Ret. 1999
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 Rehmet, Paul, Ret. 1994
 Riddle, Philip M., Ret. 1992
 Rieger, John M., Ret. 1986
 Rowe, Sam, Ret. 1994
 Roy, Frank A., Ret. 1982
 Sellers, Emmet G., Ret. 1986
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 Sigur, Carroll J., Ret. 1985
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 Surette, Reginald P., Ret. 1988
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 Tepp, Arthur W., Ret. 1972
 Terrebonne, Lionel J., Ret. 1983
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 Trahan, Russell J., Ret. 1978
 Triebel, Walter H., Ret. 1989
 Unger, Patricia A., Ret. 2002
 Venable, Ernest J., Ret. 1989
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 Williams, Norvel L., Ret. 1993
 Wilson, Alva H., Ret. 1981

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 Acuesta, Fred C., Ret. 1997
 Aguirre, Chris S., Ret. 1985
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 Antrim, Velma E., Ret. 1987
 Armstrong, Galina G., Ret. 1990
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 Barela, Elefar C., Ret. 1991
 Bauhof Jr, Carl H., Ret. 1981
 Bercovitz, John H., Ret. 1990
 Bewley, William L., Ret. 1983
 Blackwell, Sam D., Ret. 1980
 Blanchard, Joseph B., Ret. 1991
 Campion, Patricia O., Ret. 1992
 Carr, R L., Ret. 1978
 Castro, Brigido A., Ret. 1993
 Childers, Thelma, Ret. 1981
 Cole, Joan J., Ret. 1992
 Compton, Marilyn B., Ret. 1986
 Coon, John W., Ret. 1999
 Cosner, Dave, Ret. 1974
 Cresci, Dorothy H., Ret. 1983
 Crossman, Harold, Ret. 1990
 Davis, Helen G., Ret. 1986
 Dawson, M Corinne., Ret. 1991
 Deakin, Mary K., Ret. 1969
 Dickinson, Edward C., Ret. 1982
 Divinagracia, Severina G., Ret. 1992
 Dowell, Harold D., Ret. 1990
 Dunaway, Karrie K., Ret. 1992
 Dunn, Amiel, Ret. 1976
 Duran, Tony S., Ret. 1986
 Dutro, William E., Ret. 1985
 Erikson, Charles H., Ret. 1993
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 Falkenberg, Irene M., Ret. 1981
 Farrell, Ruth A., Ret. 1992
 Ferenc, John, Ret. 1985
 Garber, David E., Ret. 1986
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 Goldish, Elihu, Ret. 1986
 Grom, Duanne H., Ret. 1982
 Gunther, Karl, Ret. 1994
 Hale, John T., Ret. 1996
 Halm, Helene, Ret. 1986
 Hatten, Jerry L., Ret. 1994
 Hawkins, Lloyd, Ret. 1986
 Henderson, William E., Ret. 1961
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 Minton, Henry W., Ret. 1987
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 Robertson, James E., Ret. 1989
 Rood, Jack A., Ret. 1990
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 Sash, Carl, Ret. 1995
 Savage, Albert M., Ret. 1991
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 Skidmore, Clarence E., Ret. 1991
 Smith, Charles R., Ret. 1983
 Smith, Mary, Ret. 1996
 Snell, Eddie J., Ret. 1983
 Stanford, William M., Ret. 1991
 Steadman, Richard M., Ret. 1992
 Stolzke, Richard R., Ret. 1996
 Stover, Larry E., Ret. 1986
 Stukel, Raymond A., Ret. 1982
 Swan, Lynde M., Ret. 1978
 Tazelaar, Susan K., Ret. 1992
 Timmer, Richard W., Ret. 1992
 Turner, Elden H., Ret. 1982
 Ungaro, Anthony J., Ret. 1992
 Verret Jr, Alphonse P., Ret. 1981
 Villa, Louise Taylor., Ret. 1992
 Wagner, Elsie, Ret. 1992
 Walker, Norman J., Ret. 1982
 Walter, James D., Ret. 1997
 Webster, Richard C., Ret. 1997
 Widener, Homer W., Ret. 1985
 Williamson, Jacqueline K., Ret. 1992