

Encore News for Chevron Retirees

Chevron

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Web site: <u>www.chevronretirees.org</u>

## 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 <u>chevronadvocacynetwork.com</u> and click on the "Join Us" box. You can also get there via the <u>CRA home page</u>.

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

Best regards,

Míke

Mike Elgie Association President <u>melgie46@gmail.com</u> 415.472.5947

# **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."



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.

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."

# **Jim Conard Sings the Praises of Route 66**

When Miami, Okla., celebrated its 125<sup>th</sup> 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



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

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 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, <u>www.route66texaco.com</u>, 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 be 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.

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 HIPPAA 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



Al Horan, Benefits

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 – <u>www.myuhc.com</u>. 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 – <u>www.express-scripts.com</u>. 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.

<u>Health & Safety Related</u>: 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.?

<u>Quality Related</u>: 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.

<u>Equipment Related</u>: 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)?

<u>Club Characteristics</u>: 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, Nevelvn, 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

Franks, Henry H., Ret. 2004 Gabriele, John, Ret. 1988 Gadson, Roscoe T., Ret. 2004 Gallegos, Cora, Ret. 2004 Gann, Mamie L., Ret. 2004 Garcia, Aurelia, Ret. 1976 Gardiner, Linda F., Ret. 2009 Gibson, Barbara I., Ret. 1982 Gilbert, Mary, Ret. 2004 Gillespie, Harold E., Ret. 1983 Gilley, Fred A., Ret. 1992 Gilmore, Mary, Ret. 2004 Girbony, Joseph G., Ret. 1992 Grand, Irene J., Ret. 1974 Gravage, James A., Ret. 1983 Green, Robert E., Ret. 1985 Gregory, Sandra K., Ret. 2002 Gunn, R F., Ret. 1986 Guthrie, Ronnie W., Ret. 1994 Guzman, Jose G., Ret. 1985 Haines, Wilbur H., Ret. 1986 Hammer, Theodore F., Ret. 1986 Hancock, Mary, Ret. 2004 Hannemann, Manfred G., Ret. 1985 Haroski, Anthony A., Ret. 1983 Hart, Audie L., Ret. 2004 Henry, Noah O., Ret. 1984 Herrera, Lucy A., Ret. 2004 Hill, Jean, Ret. 1992 Holtz, E, Ret. 1986 Holzboog, D P., Ret. 1983 Horne, W L., Ret. 1982 Howell, James L., Ret. 1986 Hubbs, R B., Ret. 1986 Huckabee, CW., Ret. 1969 Huckins, K H., Ret. 1983 Jardine, W, Ret. 1985 Jessup, James, Ret. 2004 Jett, Richard, Ret. 1981 Johnson, Orris J., Ret. 2000 Jones, Helen H., Ret. 1977 Jones, Lorene, Ret. 2004 Kelley, Jeannie, Ret. 1995 Kellogg, Richard L., Ret. 1991 Kennedy, DW., Ret. 1986 Kerr, W W., Ret. 1983 Knox, Mildred, Ret. 2004 Kovacs, George, Ret. 1986 Kunz, Mildred, Ret. 2013 Lafaye, Shirley H., Ret. 1988 Lane, Alec C., Ret. 1992 Lang, A D., Ret. 1985 Larmeu, E J., Ret. 1986 Lee, Vonzetta, Ret. 2007 Leutwyler, John C., Ret. 1996 Linam, Richard D., Ret. 1992 Litwinowicz, Vincent K., Ret. 1986 Long, Alfred T., Ret. 1985 Machesky, Al, Ret. 1987 Maddaleni, Lilio, Ret. 2004 Madison, Lawrence D., Ret. 2004 Malloch, James A., Ret. 1985 Mansfield, J W., Ret. 1992 Massey, G R., Ret. 1981 McColley, M R., Ret. 1992 McIntire, Jack L., Ret. 1993 McNeil, James R., Ret. 1996 Meyer, William E., Ret. 1973 Middleton, WT., Ret. 1984

Midgett, William R., Ret. 1986 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 Newman, Joe, Ret. 2004 Newman, Leon, Ret. 2004 Nielson, Chris P., Ret. 1992 Nofsinger, Bobby, Ret. 2004 Ortega, Steve, Ret. 2004 Ortiz, John, Ret. 2004 O'Sullivan, Margaret M., Ret. 1984 Owens, Lorin B., Ret. 1980 Palmer, Angeline F., Ret. 1981 Palmer, Geoffrey M., Ret. 2009 Patterson, Clyde L., Ret. 1982 Payne, D A., Ret. 1985 Pease, Nancy, Ret. 1998 Pendley, Glen, Ret. 2004 Phillips, Raymond D., Ret. 1986 Phillips, Ruby P., Ret. 2004 Pickford, P J., Ret. 1989 Pinkston, Bessie, Ret. 2004 Pogue, Donald E., Ret. 1995 Polk, Russell R., Ret. 1997 Popken, Donald H., Ret. 1985 Pottorff, Ruth, Ret. 2004 Pratt, Andrew W., Ret. 1991 Prendiville, J J., Ret. 1984 Pressley, Homer, Ret. 2004 Propp, I A., Ret. 1984 Rader, Kenneth N., Ret. 1984 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 Ruano, Georgie, Ret. 1985 Runia, T, Ret. 1988 Sanders, Sudie E., Ret. 2004 Santistevan, Pete A., Ret. 2004 Savoie, Leslie M., Ret. 1985 Sawyer, William A., Ret. 1994 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

Stirsman, 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 Weddle-Cunningham, Emilie K., Ret. 2000 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

#### Getty

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 Loiodice, 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 Ragland, Dorwood E., Ret. 1989 Ransonet, Gerry P., Ret. 1999 Regnier, Violette R., Ret. 1972 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 Shparber, Ilya A., Ret. 2002 Sigur, Carroll J., Ret. 1985 Simmons, Herbert J., Ret. 1985 Smith, Freeman L., Ret. 1993 Snider, Willie C., Ret. 1977 Snyder, Frank P., Ret. 1989 Spaugh, Gifford W., Ret. 1984 Stallcup, Robert A., Ret. 1981 Stanley, Linda M., Ret. 1987 Surette, Reginald P., Ret. 1988 Sylvia, David A., Ret. 1986 Tepp, Arthur W., Ret. 1972 Terrebonne, Lionel J., Ret. 1983 Thacker, Herman E., Ret. 1987 Trahan, Russell J., Ret. 1978 Triebel, Walter H., Ret. 1989 Unger, Patricia A., Ret. 2002

Venable, Ernest J., Ret. 1989 Vidrine, Clovis, Ret. 1982 Waggoner, D B., Ret. 1996 Walker, Houston L., Ret. 1988 Walters, Russell G., Ret. 1989 Waltz, David W., Ret. 1994 Watkins, Ronald R., Ret. 1999 Weatherholt, Robert E., Ret. 1980 Weaver, Floyd C., Ret. 1982 Wida, Samuel, Ret. 1987 Williams, Norvel L., Ret. 1993 Wilson, Alva H., Ret. 1981

#### Unocal

Acuesta, Fred C., Ret. 1997 Aguirre, Chris S., Ret. 1985 Allee, Donovan C., Ret. 1982 Antrim, Velma E., Ret. 1987 Armstrong, Galina G., Ret. 1990 Baker, Wallace R., Ret. 1978 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 Facchetti, Sandrino, Ret. 1979 Falkenberg, Irene M., Ret. 1981 Farrell, Ruth A., Ret. 1992 Ferenc, John, Ret. 1985 Garber, David E., Ret. 1986 Glass, Richard W., Ret. 1982 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 Higdon, Cora M., Ret. 1984 Hoag, Erlend, Ret. 1995 Holloway, Bertha M., Ret. 1992 Howe, Charles R., Ret. 1984 Jesson, Robert T., Ret. 1986 Jiminez, Gene, Ret. 1990 Jirsa, Raymond J., Ret. 1989 Kacinskas, Henry A., Ret. 1997

King, Lois L., Ret. 1982 Knighton, Donald A., Ret. 1982 Koch, Lloyd W., Ret. 1975 Kolpin, Richard A., Ret. 2000 Koncki, Leopold, Ret. 1984 Lasalle Sr, Robert C., Ret. 1982 Lentz, Gary M., Ret. 1997 Lewis, William J., Ret. 1986 Mack, E Vincent., Ret. 1977 Madsen, Dorathy L., Ret. 1990 Mair, David, Ret. 1989 Manes, Donald H., Ret. 1983 Martinez, Robert A., Ret. 2002 Mayfield, Fawcett, Ret. 1978 McGaffic, Sylvia M., Ret. 1979 McNeil, Eugene, Ret. 1990 Miller, Darline A., Ret. 1990 Miller, Ibra, Ret. 1986 Minton, Henry W., Ret. 1987 Moore, Ernest, Ret. 1992 Mueller, Thomas O., Ret. 1995 Mullins, Everett D., Ret. 1992 Navarro, Diane, Ret. 1996 Nelson, Constance N., Ret. 1986 Ollison, Belton, Ret. 1997 Owens, Thomas P., Ret. 1992 Pavey, John H., Ret. 1983 Phillips, Eugene L., Ret. 1988 Pinnell, Frank H., Ret. 1986 Pizzo, Shirley M., Ret. 1986 Prince, Amos W., Ret. 1991 Puckett, Barbara C., Ret. 1994 Rael, Amador J., Ret. 1985 Reid, John M., Ret. 1986 Rivas, Imelda, Ret. 1986 Robertson, James E., Ret. 1989 Rood, Jack A., Ret. 1990 Sandiford, Burton B., Ret. 1982 Sash, Carl, Ret. 1995 Savage, Albert M., Ret. 1991 Savoie, James R., Ret. 1980 Schuhmann, David C., Ret. 1992 Scott, Klepper Mason., Ret. 1992 Shannahan, Grantlen O., Ret. 1989 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