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Third Quarter 2016

President's Letter

It is so nice to feel the warm sun on your skin and the beautiful long days. Isn't summer great? I begin writing this letter at the Summer Solstice. This year it even comes at the same time as the full moon! Auspicious somehow? Hopefully all for the good.

CRA Annual Meeting

In mid May we held the CRA Annual Meeting in Philadelphia, the Cradle of Liberty. The spouses had a great tour of the various historical sites and lunch at the City Tavern, site of many dinners and discussions of our Founding Fathers. Carol and I were able to visit several of the sites before the meeting. It is a special feeling standing in the room where they debated and signed the Declaration of Independence.



Mike Elgie, President

To continue on the historical avenue, the Directors enjoyed a tour of the battleship New Jersey and dinner on the fantail afterwards. What a ship!

While the spouses did their touring, we did get some business done. We had reports out from the various committees' work over the past year. Significant among them were:

Membership – With Membership being a key focus for CRA, Vic Revenko's committee worked on several projects to get a better idea of ways to access new retirees, retain current members and recruit new members. The Membership Committee has been an Ad Hoc Committee for many years. It was voted to make it a full standing committee, reflecting its importance.

We also had two workshops from members of the Membership Committee. Paul Skakun presented one on Communications, making use of email and the Internet to reduce the chapter administration workload. John Ranslem presented the other on a different approach to dues, making them voluntary contributions. Both gentlemen are available for questions and more information.

Boomer Network – We have a sub-committee of Membership who coordinate with Chevron's Boomer Network. We use the "Boomer Network" term to encompass the various groups within Chevron who gather to learn more about Life After Chevron. This program was formally placed under Membership and is operational. Subsequent to the Annual Meeting several gatherings have occurred and a number additional are scheduled for this summer and fall. CRA has been invited to participate. Area Vice Presidents Kathy Henschel and Steve Ohnimus have been the primary leaders in this effort, representing Northern California and South Texas, major areas of Chevron employment. This

is important work. We find that often employees retire not really knowing about or understanding CRA. With all the decisions involved in retirement, the one page regarding CRA in the Retirement Binder often gets overlooked.

Communications – Frank Coe and his Communications Committee have had an extremely tough, busy year. Our longtime Encore editor, Walt Roessing, had to retire due because of family health issues. Frank basically had to write, edit, and publish Encore. He has now found a contributing editor, Greg Vitiello, to assist with the content, but is still acting as the overall editor.

In addition, the CRA Website has been updated. Much of this is "behind the scenes" work that Frank has worked with a consultant to achieve. It then allowed Frank to streamline and update the website itself. It also allows future Communications Chairs to maintain the website much more easily.

Frank has served as our Communications Chair for many years and has done a terrific job of simplifying the duties for future Chairs. Frank has advised that this is his last year as Chair, but he is willing to continue as Webmaster. Anyone interested in learning more about the Communications Chair position is encouraged to contact Frank to learn more about the job.

Future Annual Meetings – As noted in my last letter, we are studying what our Annual Meetings should be like in the future. Paul Premo's Planning and Research Committee will be continuing this study. We posted on the walls of the meeting room brainstorming that was done during he Mid Year Meeting. We asked Directors to add suggestions using yellow post-its and received many more ideas.

Vision 2025 - In a related, parallel effort, John Bulla, is heading up our Vision 2025. What might CRA look like in 2025 and what should we be doing to in the meantime? This is a "bottoms up" type of process so John requested Directors to give him ideas and suggestions before they left the meeting. He got many. John will review and come to our Mid-Year Meeting with recommendations to consider.

John Watson

We were very pleased to have John Watson join us for dinner on the last night of the Annual Meeting. John addressed the gathering after dinner and you will find a full report on his remarks in this Encore.

It has been a difficult year for Chevron and all the oil industry, but oil prices are expected to recover down the road and Chevron will be poised to do well.

On a lighter note, in my introduction to John, I included a highlight video of his eagle at the Pebble Beach Pro-Am golf tournament in February. John said he'd never quite had such an introduction.

In closing his remarks, John stressed the importance of the Chevron Advocacy Network (CAN). Chevron and all the oil companies are seeing an increasing amount of activism essentially geared to eliminate fossil fuels from use. We all know that is unrealistic, but many people do not fully understand that. It is crucial that we help educate our relatives, our neighbors and our politicians in order to counter the erroneous statements that come out of the activist community. More information is provided in the CAN article later in this Encore. We are seeking to increase CRA membership in CAN to 20% in 120 days. Chevron has provided very good careers and excellent retirement benefits for us. There are limited ways in which we can show our appreciation. Joining CAN is one. We need your help. If you have not already joined CAN, please do so this summer!

Leadership

As I began my first term of office I noted that three areas should be key: Membership, Leadership and Communications. As noted above, we are doing a number of things to retain and recruit new CRA members. Numbers count. We have made great strides in the Communications area as described above also.

In the Leadership area, we are always looking for future leaders. Assignments on the various committees are a great way to learn more about CRA. As with any organization, our future is only so good as our future leaders. We always need new blood.

Along those lines, we have had 15 new chapter presidents this past fiscal year. Twelve were in attendance in Philadelphia:

President Chapter

Glenn Hughes Chevron Canada Chapter
Peter Gilbert North Central Texas Chapter
Glenn Ewan Metropolitan Houston Chapter

Suzie Janowski Tulsa Chapter

Jerry Still Chevron Gulf Texaco Retirees Club

Judi Lipscomb Singing River

David Smith Southwest Mississippi Chapter

Fran Shirey Gulf Research Center Annuitants Club

Sel Larson Phoenix Chapter
Adrian D'Souza Contra Costa Chapter

Southern Arizona Chapter

Jaye Smith Southern Arizona Chapter Jerry Lohr Unocal Gulf Coast Alumni



Not attending were Daryl Brennick, Southern Oregon Chapter, Carl Duplantis, Chevron/Gulf Retirees Chapter, and Steve Wright, Central Alaska Chapter.

Congratulations and thank you to these new leaders.

Best regards,

Mike

Mike Elgie Association President melgie46@gmail.com 415.472.5947

Watson Is Keynote Speaker at CRA Annual **Meeting in Philadelphia**

Chevron Chairman and CEO John Watson delivered the keynote address to the CRA Annual Meeting for the sixth time since he assumed his current position. He was introduced by Mike Elgie, CRA President, who described Watson's educational background as a graduate in agricultural economics at the University of California Davis and recipient of an MBA from the University of Chicago.

Watson reviewed Chevron's current financial performance and long-term business strategies in his keynote address. Watson expressed his confidence that the company has the right priorities to prosper both over the short- and long-terms, despite the current imbalance between supply and demand. While Chevron keeps its focus on cutting costs, increasing overall efficiencies, maintaining a strong balance sheet and paying its dividend, the company also has a strong portfolio of global assets that will provide value for the decades ahead.

Watson said, "It's easy to get down in the dumps when prices are down like they are now, but we actually have a very good portfolio around the world." He emphasized that Chevron has "a position that is second to none in the Permian Basin," as well as strong assets elsewhere in the United States and around the world -- particularly in Australia, Canada and Kazakhstan.



John Watson

He added that while the company is pacing our investments, "the one project that will go forward is the next expansion at Tengiz." The Future Growth Project (FGP) is the next major phase in the development of Kazakhstan's massive Tengiz Field. Final investment decision is expected this year. The FGP is designed to utilize sour gas injection technology already being used in our Kazakhstan operations.

Watson also stressed that the Gorgon Project offshore Western Australia will be a long-lived project with a 40-year life span The project made its first shipment of liquefied natural gas in March 2016 and, Watson added, "It will be profitable and it will generate a lot of cash flow," for a long period of time.

In addition to projects such as Gorgon, which is just coming on stream, the company has numerous other projects on which it is currently waiting to move forward as markets rebalance and their economics improve.

Watson stressed that the oil and gas business will continue to be a vital industry in the coming decades. He said that, "You wouldn't know it by reading newspapers, we're not a popular industry at times, but we remain a vital industry."

With all experts estimating solid energy growth over the next 20 to 25 years, Watson added, "You're still going to see 50 percent of the energy come from oil and gas years from now. We're going to be around. People tend to vote with the lights on from what I have seen."

In the current business environment, Watson said, "Everyone is focusing on curtailing activity that's not essential and on getting more efficient in how they do their work, so that we can make money at a lower price. That's really a preoccupation for everyone in the business right now."

Two Bright Areas: Downstream & Chemicals

While the industry's upstream business generates most of the headlines, Watson stresses that "The downstream has been carrying the load the last few years, and it's been profitable for us." Another bright area has been the petrochemicals business, which has recorded positive results and where the company currently has a 50-percent-owned expansion project under construction in Texas."

"The Best in the Business": Safety and Environment

Watson had particularly strong praise for the company's safety and environmental record. "One thing that we're very proud of in our company is our long history of strong safety and environmental performance. By almost any environmental measure, we defined the best in the business, everything from driving safety, to how our vessels operate, to process safety work that we're doing. It's really a good story and it's essential. Public expectations are high and we deliver in a very positive way. I want every employee to go home safely, every day. I want people in the community to feel safe. We're not perfect, but we're working to get better every day."

Watson Praises Retirees for Advocacy

During his keynote remarks, Watson gave special praise to retirees who speak up for Chevron, especially through the Chevron Advocacy Network (CAN). He said, "We very much appreciate the work that you do to support us. We know you're vocal and we do appreciate that you represent this company so well."

He spoke of his visits to the offices of U.S. congressmen and senators, adding, "When you send letters and you send cards, it matters a lot. The squeaky wheel gets the oil, so to speak, and they do listen and they do care." Watson took particular relish in describing instances where assistants have logged in CAN members' cards and phone calls and told senators, "They're going crazy on this issue or that issue."

He encouraged members of the audience to join the CAN, adding: "I'm not far from joining you at some point. And I'll be just as vocal from the bleachers as you are."

Maintaining a Critical Workforce

Watson said that one of the company's greatest challenges is maintaining a critical workforce. He said that, unlike some companies during tight times, Chevron does not reduce staff indiscriminately. "We do a lot of work to try to understand what is the workload that we expect to have going forward and then we'll typically open up a lot of jobs and go through selections, to give everyone a chance to compete. So if you just happen to be in the wrong place at the wrong time, you still have a chance to compete for the opportunity."

He expressed pride that employee pulse surveys indicate that "even though they know we're making some of these hard decisions, they understand it, and they believe that the processes that we follow are fair. And that's all we can ask for."

Watson stressed the importance of continuing to "refresh" the company's workforce "One of the reasons the industry is having such a challenge now is that we went years in the '80s and '90s, when we didn't hire enough people. And so a lot of the people, baby boomers and others, are retiring, and the industry just doesn't have the talent."

He continued, "So we're trying to keep the hiring going, but obviously at a lower rate. And it's tough when you're going through workforce reduction." The company has responded by insulating all of its new hires from the recent cutbacks, and by continuing to recruit on college campuses and create other mechanisms to "keep the pipeline of new talent going."

The company is particularly concerned about maintaining enough talent in critical business areas. "For example, we're keeping a lot of drillers," Watson said, "because we know that we're going to need some of these people going forward. We're protecting some of the functional groups where we know we're going to need the expertise when things improve."

Harold Freund: Harvesting Good Will

The Chevron Retirees in Action (CRIA), based in Canada's Alberta Province, was winner of one of CRA's 2016 Public Service Awards. For this article, Encore interviewed Canadian Prairie Chapter (CPC) president and CRIA project coordinator Harold Freund about the group's volunteer initiatives – and his own passion for volunteering.

A native of Canada's Alberta Province, Chevron retiree Harold Freund is sensitive to the economic and social needs of the area's communities. He has demonstrated this concern while logging about 10,000 hours as a volunteer since he retired as Chevron Canada's business unit manager in Alberta in 1995.

A graduate of the University of Manitoba, Freund earned a Master's degree in geology before joining Chevron Canada in 1968. His positions with the company included a stint as district supervisor and another as chief of Development for all of Canada.

In 1996, when he joined the chapter and CRIA, he recalls, "I originally got involved because I was looking for something to do. But my volunteerism soon became a passion."

Harold continues, "Being a volunteer is a way of giving people a hand up. But we get back tenfold what we give. We're really fortunate to be part of such a great community."



Harold Freund and John Watson

As CRIA project coordinator for the past five years, he prides himself on "tying the organization's projects to our demographics." In recent years, CRIA's main concern has been helping to feed the area's indigent and elderly members.

One of Harold's favorite projects involves work on a local garden that yields anywhere from 5,000 to 20,000 pounds of produce each year. The project, a joint venture with other area energy companies, supports the Calgary Interfaith Food Bank.

"I've headed up the project for several years," says Harold. "Altogether we have about 24 volunteers who plant, weed and harvest the potatoes and other vegetables for distribution to the Food Bank's needy clients."

In an area economy that is heavily reliant on the energy industry, unemployment has risen sharply over the past year as oil prices dropped precipitously. "Demand at the food banks has risen by 40 percent," says Harold. "That's why we've targeted this need above all others."

The chapter also holds an annual Christmas luncheon for retirees, at which attendees make contributions to the Calgary Interfaith Food Bank. Last year, retirees donated \$8,500, which was matched by Chevron Canada.

Freund and his CRIA colleagues are also involved in collecting day-old pastries from 24 local Starbucks Coffee Shops, which they then deliver to food banks. "I've never weighed them," says Harold. "But we're talking about tons and tons of pastries."

In addition, members of the chapter sort products and create hampers for clients at the food bank.

The initiative to fight hunger exemplifies CRIA's changed focus over its 20-year existence. In its early years, the organization's programs included support for the Iris Campaign for the Schizophrenia Society, assisting the mentally handicapped at the Clubhouse Society, maintaining the Youville Women's Residence, and volunteering at the Kirby Centre, Girl Guides, and Women in Need thrift shops. In addition, the organization supported various efforts to improve the literacy of local residents.

"For example, we organized book sales to support Alberta Literacy," says Harold. "We found that about 24 percent of people in the area were not totally literate and providing them with books helped them improve their skills."

Changing Economic and Social Needs

In addition to the organization's current focus on feeding the hungry, Harold and other CRIA members conduct an annual cleanup of a local highway, as they have done for the past 16 years. And, in a different vein, they put on afternoon teas and socialize with members of the Carewest Seniors Care Facility. "We do the events up well, serving on English bone tea cups and engaging the seniors at the facility, who range in age all the way up to 110," says Harold.

As CPC president, Harold also meets regularly with the president of Chevron Canada's upstream organization in Calgary to discuss ways in which the two organizations can best leverage their joint commitment to support area needs.

In addition, he is active in extending CRIA's reach. "I'm trying to get Vancouver retirees involved in our organization," he says. "I tell them we must be doing something right. After all, the Alberta Treasury Branch and ExxonMobil in Alberta have said they want to model their volunteer programs after ours."

For someone who became a volunteer as a way of keeping busy, Harold has come a long way. He recognizes the benefits for himself and others who take an active role. "Just look at it this way," he says. "Volunteers live longer and keep their minds and bodies involved."

Wilma Lill: Juggling Priorities

Wilma Lill, the widow of Texaco retiree Joe Lill, has a long history of juggling priorities and being of service. Over the past 60 years, she has been a wife, mother of four, teacher, caregiver, steadfast volunteer spanning many causes, and president of various organizations – including the Skelly-Getty-Texaco Chapter of CRA.



Wilma Lill and John Watson

Through Joe, who had a 45-year career with the El Dorado (Kansas) Refinery, she developed a strong link to the plant's thousands of employees, family members and retirees. And through her position as 7th and 8th grade teacher at Towanda Circle School District in Kansas, she gained an early perspective on the aspirations and needs of the local children and their families.

Her role as a volunteer crystallized in 1956, when she joined an Extension Unit, sponsored by Kansas State University, which was formed to improve the everyday lives of the area's rural women. As residents of a small community north of Towanda, she and Joe were sensitive to the needs of rural families, who often struggled to maintain an adequate living.

The Extension Unit had a long life, merging in 1990 into the Legacy Fund of the National Association for Family and Community Education (FCE). Over the decades of her involvement, Wilma worked on a wide range of community programs, some with deep emotional and physical implications such as aging, maintaining a proper diet, dealing with obesity, managing chronic pain, being a caregiver, and improving family relationships. Other programs were more practical in nature, including moving one's household, learning how to recycle, refinishing furniture, and dealing with Gluten intolerance.

"I always enjoyed being among people, and through volunteering I had the chance to be of aid to many of them," said Wilma. "And through my teaching experience, I learned a lot of practical things that I was able to pass on to others."

Wilma served for four years as FCE's director for South Central Kansas. She subsequently became president of the Highland Chapter in Butler County, Kansas. She also volunteered for the United Methodist Women's Group, served as treasurer of the El Dorado Senior Center, held leadership positions in the Butler County 4-H Clubs and recently completed a seven-year stint as president of the condominium where she lives.

Meanwhile, she found time to support her husband Joe in his position as president of the Skelly-Getty-Texaco Retirees Club. Joe died in 2007, at roughly the same time that the retirees club disbanded. It was soon replaced by the Skelly-Getty-Texaco Chapter of CRA, which was in need of a president.

"I felt I should do whatever I could to help keep a retiree organization going in El Dorado," said Wilma. "And fortunately, I knew who to call to get it started. And, in fact, I enjoy holding office and doing the best I can."

The "best she can" as a volunteer extends quite far. It encompasses cooking meals for American Legion meetings, taking shut-ins to their doctors' appointments, buying groceries for people unable to get to the store, and visiting neighbors in hospitals and nursing homes.

"I once had a job taking care of elderly people and I developed the empathy to understand their needs," she said. "It's especially important to be there for them when they have no families to rely on for visits."

Friends often complain that Wilma isn't home when they try to reach her. Chances are, she's out in the community, helping others. "I tell them that's the way I want it," she said.

CRA News Briefs

Contra Costa Member Receives Prestigious Award

On March 15^{th,} one of Chevron's own, Mieczyslaw M. Boduszynski, was presented with the 2016 George A. Olah Award in Hydrocarbon or Petroleum Chemistry at the 251st meeting of the American Chemical Society held in San Diego, California. Mieczyslaw, "Mietek" to his friends and colleagues, was given the award "for his significant contributions to the understanding of the molecular composition of petroleum and his profound influence on a generation of petroleum chemists." The award was first established in 1948 and has been granted to industrial chemists just 16 times including nine times to scientists from Exxon-Mobil. Mietek is Chevron's *first* recipient

Chevron Advocacy Network: 20 in 120

During our Annual CRA Meeting in Philadelphia, we heard a lot about advocacy. On May 16th, representatives from Chevron's government affairs team provided an overview of the key issues of interest to the company and told us how we can make a difference by joining the Chevron Advocacy Network. Then, in his keynote remarks that evening, John Watson asked that we continue to focus on advocacy as an important way we can support the company.

The chapter presidents have taken this to heart and have launched a new "20 in 120" initiative with a goal of getting 20% of each CRA chapter registered for the Chevron Advocacy Network in 120 days. This would mean that, by Friday, September 16th, we would have 2,126 CRA members in the Chevron Advocacy Network.

Today, June 28th, marks the 43rd day of the initiative and we are currently at 853 retirees in the network. This is a good start but we're approaching the halfway point and we still have some work to do.

If you haven't joined the Chevron Advocacy Network, please go to www.chevronadvocacynetwork.com and click the blue box marked "Join Us".

This is a great way for us to make a difference for the company and for the millions of people who rely on the affordable, reliable energy that our industry provides. Thank you for your support.

Benefits Corner By Al Horan, Chair, CRA Benefits Committee

In this article, I would like to update you on activities during the second quarter. I would also like to make available tips and helpful information as well as other items that you may find interesting or useful.

Medical

I would like to share with you a personal experience I recently had with our medical system. While visiting my son and family I decided to go for a walk around a lake that is adjacent to their property. On the walk I was bitten by a dog that belonged to a gardener who was working on a neighbor's property. Unfortunately, the dog was not inoculated for rabies. As a result, my doctor recommended that I undertake a series of rabies injections. Here is where I



Al Horan, Benefits

learned first-hand how out of control our medical system really is. On my initial visit to the emergency room in my local hospital, I spent five hours at the facility and I received eight injections. (The serum, where I live, is only available through hospitals or public health facilities.) The cost of the initial visit was \$15,500. In addition to the initial visit I also had three follow up visits which involved additional injections. Bottom line, I spent twenty hours in the emergency room and the total cost, before Medicare's adjustment, was approximately \$20,000. My share of this cost was about \$500. (Thank goodness for Medicare and Chevron's Medical Plan.)

It's interesting to note that if I had not been covered by Medicare my share of the cost would have been materially more because United Healthcare would not have been able to achieve the same level of discount that is available to Medicare. Probably, my share of the cost under Chevron's Medical Plan (Option 1) would have been about \$2,000. This difference is caused by a substantial difference in Medicare and UHC allowable fees. The fees UHC allows are negotiated with medical facilities while the Medicare fees are set by law.

At the CRA Annual Meeting in May, Chevron shared with us that they are undertaking a review of health and welfare benefits that are offered and the vendors/administrators that provide them. This is part of their normal annual benefit review process; vendor reviews are conducted every three years. Benefit reviews involve internal Chevron teams from various disciplines, e.g. Procurement, Legal, Finance, etc. They may also engage an external benefits consulting firm. In selecting a vendor, Chevron considers criteria such as: adherence to plan design and services, customer service, account management, performance guarantees, cost, quality of network providers, and the location of network providers in relationship to Chevron employees and retirees. Any changes in the plan benefits and/or vendors/administrators are approved by Chevron's Senior Management/Executive Committee. Any changes will be effective January 1, 2017. Members are advised of benefit changes in advance of the Open Enrollment period, usually held in October.

Life Insurance

Many retirees are covered for Life Insurance through legacy plans that are offered by Chevron. These plans include the Life Insurance Plan for former Chevron employees, the Term Life Insurance Plan of Texaco, Inc. for former Texaco and Caltex employees, and Unocal Life Insurance Plan for former Unocal employees. These Plans allow retirees to name a beneficiary (ies) and to irrevocably assign coverage. To name a beneficiary, the retiree must either: complete a Designation of Beneficiary for Benefit Plans for Former Employees form (F – 73) which is available from the Chevron HR Service Center; or they can update a beneficiary designation online through the Benefits Connection website (http://hr2.chevron.com/retiree/BenefitsConnectionPopup.asp). A change in beneficiary can be made at any time.

The life insurance plans also allow the retiree to irrevocably assign benefits to one or more individuals or to an organization like a trust. Once the assignment is made it may not be changed by the retiree. The assignee becomes the owner of the coverage and they have the right to change the beneficiary and to convert all or any portion of the coverage to an individual whole life policy if the coverage ends or if it is reduced. It should be noted that the plans do not allow the assignment of the coverage as collateral for a loan. To assign coverage, please contact the Chevron HR Service Center for more information or to request the necessary forms. Their phone number is 888-825-5247.

Pension Supplementation

At the Annual Meeting, Chevron also shared with us the process and criteria used to determine if Pension Supplementation increases are necessary. First, each year Chevron reviews pension supplementation globally. The criteria to assess if a supplementation is needed/required are: adherence to laws and pension plan provisions; and alignment with local customs and common practice. The review takes into consideration: costs, the history of previous supplementations, the market practice and the business/economic justification for an increase (e.g. inflation).

Tips & Helpful Information

Audit Medical Bills: Steve Vizner, Member, Texaco Retirees Club of Connecticut, reminds us to audit bills received from medical providers because you could save money. In Steve's case he saved \$1,000. Be sure to download your explanation of benefits statements from Medicare and United Healthcare and compare the information shown on a bill to the statements before paying it. The explanation of benefits statements are available on Medicare's website, www.medicare.gov, and the UHC website, www.myuhc.com.

Your Medical History: Peter Gilbert, President, North Central Texas Chapter, reminds us that Apple iPhones allow individuals to enter their medical history. I understand that emergency rooms are trained to check iPhones for medical history. (A password is not required to access the data.) Sometimes having one's medical history can mean the difference between life and death. If you don't have an iPhone, don't worry, I can send you an Excel template that will allow you to record your history, medications and medical contacts. Just send me an email – awhoran@verizon.net. Whenever I travel I carry with me a copy of my history. It can also generally be given to a new medical provider in lieu of completing lengthy medical questionnaires.

Nursing Home Abuse: Paul Skakun, President, Hill Country Chapter, wishes to share with us a source for learning more about nursing home abuse and what the telltale signs of abuse are. We've all heard of or experienced nightmarish stories about nursing homes. Here's a way of learning more about nursing homes, laws and other helpful information. Just visit www.nursinghomeabuseguide.org. Also remember to check CRA's Advanced Care Planning booklet for additional guidance and resources which can be found on CRA's website, www.chevronretirees.org. Finally, don't forget to check the Medicare website, www.medicare.gov, to obtain specific information about nursing homes in your area.

Summer and Heat Related Illnesses: Mark Engelbrecht, Member, Benefits Committee reminds us that heat-related illnesses can be serious. Common examples are heat rash (prickly heat), sunburn, heat stroke, and heat cramps. Severe problems caused by sun exposure can result in skin damage, including skin cancer. Individuals who are not physically fit, have cardiovascular disease, have diabetes, have excess weight, are over the age of 50, or take certain medications may even be a higher risk to heat-related illnesses.

To avoid problems, here are ways to protect yourself: drink plenty of water or drink sport drinks (electrolyte fluids); wear a hat with a large brim; take frequent breaks (if possible in a shady area); try to be outside during the cooler parts of the day; wear loose fitting, light-colored clothing; and use sunscreen (at least SPF 15).

Be sure to consult your doctor if you see changes in your skin - changes in moles, skin discolorations, etc. Remember, skin damage from sun exposure can accumulate over a lifetime. For additional related information, go to the "Public and Patients" tab on the American Academy of Dermatology's website - www.aad.org.

Did You Know

Kindness: Studies show that practicing kindness can lead to better health, better relationships, a longer life and success in the workplace. Societies that are civil and caring focus on other people. By having empathy for others, individuals have better relationships and are more productive.

Tiredness: The National Sleep Foundation recommends that adults who are age 65 or older should aim for 7 to 8 hours sleep per night. Even with the appropriate amount of sleep we probably will not feel as rested as when we were younger and had a like number of hours sleep because of changes in our brain waves. The amplitude of the waves decrease with age and the results are lighter sleep patterns and restless nights. And as we know this is just one of the causes of broken sleep.

What to Eat and When to Eat It: For more energy eat a protein-packed breakfast. After strenuous activity, try refueling by eating a carbohydrate-protein combo. For weight loss eat your main meal at lunchtime. For an afternoon pick-me-up, grab a handful of nuts. For better sleep, fill up on fiber. For more information, please visit AARP's website – www.aarp.org and search for "What to Eat and When".

What's on the Horizon

Obesity: Researchers have found a correlation between obesity and the amount of nutrients contained in foods. Generally, there are more nutrients in organic/natural foods than non-organic/non-natural foods of a similar weight. Since the body requires a certain amount of nutrients, we are consuming more non-organic/non-natural foods to obtain the body's required amount of nutrients. This leads to obesity. They recommend that we eat organic/natural foods.

Cancer: If an individual is suspected of having cancer, their doctor may order certain blood tests as well as other laboratory tests. With the exception of blood cancers, blood tests generally cannot absolutely tell whether an individual has cancer. For most cancers a biopsy is usually necessary to make a definitive diagnosis.

There are experimental blood tests that are being developed to find cells that have broken away from an original cancer site and are now floating in the bloodstream. While more research is necessary, these advanced forms of testing may prove to be helpful in identifying cancers earlier, such as pancreatic cancer.

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

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Encore In Memoriam: January-March 2016

As reported by Chevron during this period

Amoseas

(No deaths reported)

Caltex

Cooper, Rita M., Ret. 1982 Kunreuther, Francis Edward., Ret. 1989

Chevron

Ahmad, N Aneesah., Ret. 2003 Ainsworth, Kenneth W., Ret. 2003 Allred, Jesse H., Ret. 1990 Alvidrez, Arthur, Ret. 1971 Anderson, Fred R., Ret. 1983 Anderson, Phyllis I., Ret. 1992 Armenta, Peter A., Ret. 1998 Arthur, John W.., Ret. 2013 Atherton, W R., Ret. 1986 Bailey, James W., Ret. 1986 Barnes, William A., Ret. 1992 Barnett, AO., Ret. 1984 Barnett, Elmer W., Ret. 1985 Baumert, Francis D., Ret. 1989 Bean, Niles S., Ret. 1990 Beeman, Delorse L., Ret. 1992 Bellomy, Robert C., Ret. 2005 Blake, Clarence F., Ret. 1986 Boshart, John W., Ret. 1986 Bower, D L., Ret. 1985 Bowlin, Ronald E., Ret. 1992 Brickey, Ralph N., Ret. 1974 Budd, Eli V., Ret. 1984 Buffington, George W., Ret. 1988 Chanak, Dorothy J., Ret. 1986 Cheatham, Allan M., Ret. 1992 Cheung, Crystal S., Ret. 2015 Childers, Kenneth R., Ret. 1991 Clyne, Thomas J., Ret. 1985 Coleman, J E., Ret. 2016 Collins, Harold E., Ret. 1980 Cooley, Beaumont B., Ret. 1983 Cox, Janice P., Ret. 2009 Crombie, Constance M., Ret. 1977 Cundiff, W A., Ret. 1985 Daunt, Cyril R., Ret. 1990 Davis, Ralph D., Ret. 2014 Demmel, Beverly J., Ret. 2015 Dimarco, Joseph B., Ret. 1986 Doan, L C., Ret. 1985 Eastenes, Joseph A., Ret. 1968 Eaton, Catherine R., Ret. 1990

Edison, Gregory T., Ret. 1995 Ehlers, AT., Ret. 1985 Ellinwood, Howard L., Ret. 1989 Elste, E G., Ret. 1995 Emmons, Billy R., Ret. 1992 Faircloth, Croom M., Ret. 1992 Felauer, Henry A., Ret. 1986 Foreman, A.C., Ret. 1983 Freeman, Virginia W., Ret. 1999 Gallino, Louie T., Ret. 1986 Gill, Thaddeus E., Ret. 1986 Glenn, James E., Ret. 1999 Godwin, Harold T., Ret. 1982 Gould, V, Ret. 1985 Greer, Dan E., Ret. 1993 Grenrood, Barbara S., Ret. 2003 Grub, John E., Ret. 1986 Harris, Cleve L., Ret. 1997 Hart, G Patrick., Ret. 1991 Hayward, Scott N., Ret. 2010 Hilleary, Hugh L., Ret. 1979 Hingle, Elson P., Ret. 1986 Hohol, Eugene J., Ret. 1995 Hughes, Michael J., Ret. 2001 Jansen, H H., Ret. 1986 Jenkins, Barbara A., Ret. 2006 Johnson, Joseph J., Ret. 1985 Jones, B E., Ret. 1982 Kearney, Michael J., Ret. 1986 Kendall, Donald L., Ret. 1983 Knapek, Joseph A., Ret. 1991 Lagen, Jack T., Ret. 1985 Lamb, Charles F., Ret. 1980 Lanford, Robert L., Ret. 1984 Lang, George A., Ret. 1976 Langemark, Svend, Ret. 1986 Larsen, Orvis V., Ret. 2000 Leen, Josephine, Ret. 1989 Lehnhardt, D E., Ret. 1980 Mantz, E R., Ret. 1985 Marchetti, Dominic J., Ret. 1976 Mason, David, Ret. 1992 McClure, John S., Ret. 1983 McDown, RO., Ret. 1983 McEntee, John T., Ret. 1989 McGreehan, Edward J., Ret. 1984 McPpeak, William D., Ret. 1994 Miller, Billy G., Ret. 1992 Moss, Ralph E., Ret. 1991 Mushmeche, Albert P., Ret. 2003

O'Brien, G, Ret. 1985 Pease, Jack L., Ret. 2007 Pepper, H G., Ret. 1992 Phelps, Ruth H., Ret. 1979 Pitts, Ralph L., Ret. 2000 Pool, Raymond C., Ret. 1991 Preszler, Bruce K., Ret. 1992 Ray, Louie H., Ret. 1986 Reeves, Robert G., Ret. 1986 Remus Jr, Paul E., Ret. 1979 Richardson, Anthony R., Ret. 2014 Robin, Frank, Ret. 1990 Rodin, Robert R., Ret. 1990 Ruland, Gregory C., Ret. 2008 Russell, Winifred E., Ret. 1982 Salvemini, R J., Ret. 1986 Salveson, James O., Ret. 1989 Samuel, Dennis M., Ret. 2009 Sawai, M. Ret. 1988 Schumacher, Godfried J., Ret. 1983 Sell, LG., Ret. 1985 Shaffer, Charles W., Ret. 1985 Shalla, Richard L., Ret. 1998 Shewchuk, Raymond J., Ret. 1999 Simmons, Melvin R., Ret. 1996 Skero, Warren D., Ret. 1994 Smith, Ben G., Ret. 1986 Smith, Vivian S., Ret. 2008 Snell, George R., Ret. 1986 Stager, James H., Ret. 1985 Stamper, Albert J., Ret. 1990 Stone, Edmund W., Ret. 1991 Suba, Paul J., Ret. 1982 Swallows, Charles O., Ret. 1995 Titus, James H., Ret. 1983 Touchard, J, Ret. 1985 Tremper, John P., Ret. 1985 Vaughan, Jack K., Ret. 1984 Von Moos, Joseph Z., Ret. 1980 Vukonich, Joseph S., Ret. 1994 Ward, Thelma, Ret. 1996 Whitaker, David C., Ret. 1991 Whitson, Andrew L., Ret. 1994 Wilson, Ira F., Ret. 1991 Woodruff, Wesley D., Ret. 1981 Wooten, Jackie D., Ret. 1990 Zut, William, Ret. 1996

Nuhfer, W S., Ret. 1985

Getty

Allan, Harry T., Ret. 1989 Ash, James G., Ret. 1993 Battles, Charles L., Ret. 1993 Billingsley, Donald W., Ret. 1996 Braddock, John L., Ret. 1995 Browning, Johnny W., Ret. 1987 Bryn, Mildred F., Ret. 1989 Bullington, John P., Ret. 1981 Capers, Tyrone R., Ret. 2007 Coleman, Harry R., Ret. 1999 Dalton, Raymond S., Ret. 1985 Delagarza, Lazaro, Ret. 1988 Dossett, Charles H., Ret. 1987 Duncan, Johnnie W., Ret. 1992 Ebbs, Edward L., Ret. 1984 Evans, Patricia G., Ret. 1987 Farnsworth, Jimmie J., Ret. 1978 Freiseis, Francis F., Ret. 1979 Graham, John B., Ret. 1985 Hann, Richard O., Ret. 1993 Hanson, Allen C., Ret. 1981 Hearn, William P., Ret. 1983 Knight, Robert S., Ret. 1994 Martin, Bobby E., Ret. 2001 Matsko, Michael J., Ret. 1979 May, James D., Ret. 1989 Paden, Merrill L., Ret. 1984 Reidy, Patrick J., Ret. 1983 Robinson, John A., Ret. 1986 Rogers, Robert E., Ret. 1984 Schouten, Frances J., Ret. 1985 Smith, Douglas R., Ret. 1983 Stinson, L Alan., Ret. 1995 Strawn, Dorothy K., Ret. 1985 Tate, Billy J., Ret. 1987 Wilkin, Jack C., Ret. 1987 Williams, Jackie L., Ret. 1999 Woodfin, Aaron E., Ret. 1989 Worsham, Lewis C., Ret. 1994

Gulf

Adams, Buddy L., Ret. 1992 Adcock, George E., Ret. 1984 Akin, Kenneth E., Ret. 1986 Anderson, Mary Aliene., Ret. 1983 Bauchspies, Frank T., Ret. 1985 Berger, Joseph, Ret. 1986 Boswell, Maurice J., Ret. 1983 Brown, Chester D., Ret. 1986 Bruda, Jack G., Ret. 1985 Bryson, James J., Ret. 1973 Burns, Charles L., Ret. 2007 Burt, George R., Ret. 1983 Capello, Joseph B., Ret. 1982 Cleveland, George H., Ret. 1980 Cochran, Michael D., Ret. 1985 Colesworthy, Clement G., Ret. 1986 Colombel, Carol A., Ret. 1983 Crovetto, Craig J., Ret. 1985 Crowder, Eileen A., Ret. 1983 Custer, Benny H., Ret. 1994 Daniel, Robert P., Ret. 1989 Davidson, Willie P., Ret. 1984 Dore, Harry J., Ret. 1981 Duckett, Gene H., Ret. 1996 Elender, Kenneth C., Ret. 1978 Elsasser, Martin, Ret. 1992 Flaherty, Walter A., Ret. 1983

Freeman, Ross E., Ret. 1983 Garcia, David, Ret. 1983 Gaunt, Leonard I., Ret. 1983 Geraci, Jimmie M., Ret. 1985 Gordon, Richard W., Ret. 1981 Groot, Herbert S., Ret. 1983 Hall, Milton C., Ret. 1988 Hankins, Barbara E., Ret. 1982 Harrigan, Elaine F., Ret. 1983 Hebert, Gabe, Ret. 1992 Hill, Warren K., Ret. 1982 Hodge, John S., Ret. 1996 Holiday, Mary L., Ret. 2014 How, Jean T., Ret. 1983 Humphries, Ira O., Ret. 1986 Irwin, Grady S., Ret. 1973 Jessop, Margaret A., Ret. 1988 Krupa, Anna, Ret. 1977 Lee, James E., Ret. 1987 Lewis, Helen B., Ret. 1985 Londa, Charles, Ret. 1982 Mc Allonis, Raymond W., Ret. 1979 McGuire, Robert F., Ret. 1991 McMahon, M Rose., Ret. 1985 Miller, Charles F., Ret. 1986 Myatt, Mary B., Ret. 1984 Myers, Dorris A., Ret. 1991 Ortiz, Juan M., Ret. 1992 Parkhurst, James A., Ret. 1982 Paterno, Edmund E., Ret. 1994 Petering, Gary L., Ret. 2000 Placke, Eunice M., Ret. 1986 Pool, David O., Ret. 1984 Porch, Bernice D., Ret. 1993 Potts, Joseph J., Ret. 1981 Pursch, Victor E., Ret. 1983 Reese, Anna J., Ret. 1982 Roye, Thelma M., Ret. 1992 Ruschok, Peter, Ret. 1986 Russell, Charles P., Ret. 1984 Salazar, Antonio, Ret. 1976 Saulsberry, Joseph W., Ret. 1988 Schnurr, Susan B., Ret. 2005 Shoemaker, Eileen D., Ret. 1979 Slate, Gordon L., Ret. 1986 Slaughter, Robert E., Ret. 1989 Snoek, Theodore B., Ret. 1975 Snokhous, Raymond J., Ret. 1983 Strange, James L., Ret. 1985 Terracina, Anthony, Ret. 1983 Thompson, Myron J., Ret. 1992 Tom, Raymond, Ret. 1994 Upton, James E., Ret. 1990 Vaught, Robert L., Ret. 1995 Wagner, William C., Ret. 1985 Watkins, Joel S., Ret. 1985 Westfall, Steve A., Ret. 1995 White, Roddy L., Ret. 1974 White, Rubin L., Ret. 1999 Willingham, Grady C., Ret. 1999 Wilson, Myrtle L., Ret. 2000 Woods, Phillip L., Ret. 1984 Worrell, John C., Ret. 1983 Wright, Clifford H., Ret. 1973 Yancey, Sara L., Ret. 1973

Fralich, Clifford A., Ret. 1983

MolyCorp

Bates, Steven J., Ret. 2009 Garcia, Bernabe P., Ret. 1986 McMullen, Duane A., Ret. 1995

Plexco

(No deaths reported)

Tenneco

(No deaths reported)

Texaco

Anderson, Rupert C., Ret. 1987 Andres, Albert M., Ret. 1989 Armstrong, Forrest, Ret. 1982 Barrow, Robert J., Ret. 1989 Barrows, Elise R., Ret. 1982 Benton, William J., Ret. 1982 Berdahl, Homer M., Ret. 1988 Bobo, James E., Ret. 1983 Borel, Milton C., Ret. 1984 Bostick, James W., Ret. 1984 Bourgeois, Warren J., Ret. 1989 Burns, Robert B., Ret. 1994 Burris, David P., Ret. 1989 Carriere, Anthony O., Ret. 1989 Cataldo, Maurice C., Ret. 1993 Chabert, Elvis M., Ret. 1983 Childs, Thomas D., Ret. 1988 Cost, Everett E., Ret. 1983 Cox, Clinton E., Ret. 1994 Crawford, Dale W., Ret. 1994 Crawford, William H., Ret. 1994 Croy, Charles H., Ret. 1979 Cuscurida, Michael, Ret. 1994 Davis, George N., Ret. 1973 Davis, Marvin L., Ret. 1989 Delafosse, John R., Ret. 1984 Delahoussaye, Donald A., Ret. 1994 Domingue, Kelly P., Ret. 1989 Duhon, Alton J., Ret. 1982 Elam, Robert E., Ret. 1999 Eme, Raymond T., Ret. 1993 Escalante, Henry P., Ret. 1990 Fagan, Peggy L., Ret. 1987 Ferguson, Joseph B., Ret. 1982 Finley, Margaret R., Ret. 1999 Fitzgerald, Errol R., Ret. 1996 Foyil, Elizabeth A., Ret. 1977 Francis, Paul, Ret. 1988 Franklin, Robert L., Ret. 1984 Fraser, James R., Ret. 1985 Freeman, Marion F., Ret. 1995 Garcia, Gilbert, Ret. 1994 Gary, Roma Mae., Ret. 1988 Gillespie, T G., Ret. 1985 Gilliland, Richard K., Ret. 1990 Grabczynski, Stanley, Ret. 1981 Haegelin, Joseph K., Ret. 1996 Hagan, John V., Ret. 1979 Hamilton, Fred C., Ret. 1998 Hawkins, William W., Ret. 1982 Hershberger, Roy A., Ret. 1977 Hess, David T., Ret. 2002 Hessler, George W., Ret. 1986 Hool, Robert G., Ret. 1982 Hornback, Dudley, Ret. 1982 Howarton, Ethridge E., Ret. 1983 Iappini, Robert, Ret. 2003

Jacobs, Peter B., Ret. 1979 Jensen, William J., Ret. 1991 Johnson, Indy C., Ret. 1989 Jones, Darryl C., Ret. 1996 Jones, Robert V., Ret. 1987 Knobloch, Donald J., Ret. 1989 Lampley, Elaine M., Ret. 1994 Lanouette, Sarah J., Ret. 1989 Laspisa, Roland L., Ret. 1987 Ledet, Larry J., Ret. 1994 Lozano, Joel, Ret. 1984 Malcik, August A., Ret. 1981 Malet, Sonya Y., Ret. 1995 Martin, Adrian E., Ret. 1990 Martin, Paul, Ret. 2015 McClay, John F., Ret. 1985 McDaniel, Alan R., Ret. 1989 McGahey, Dean C., Ret. 1990 McIntyre, Ernest L., Ret. 1981 Meier, Carl J., Ret. 1977 Monti, Charles P., Ret. 1987 Moore, Anna Mae., Ret. 1977 Morris, Paul W., Ret. 1995 Mullen, Timothy J., Ret. 1982 Murphy, John R., Ret. 2002 Napoleon, Domenico O., Ret. 1980 Newman, Charles V., Ret. 1996 Nicklas, Michael A., Ret. 1986 Nunez, R J., Ret. 1983 Ohlsson, Gustaf, Ret. 1987 Parker, Franklin E., Ret. 1989 Parks, Robert L., Ret. 1994 Parkyn, Charles H., Ret. 1984 Phelps, Windol E., Ret. 1994 Phillips, Troy L., Ret. 1989 Ping, Willard H., Ret. 1985 Pirone, Martino A., Ret. 1984 Potepan, Allan W., Ret. 1979 Powell, J.T., Ret. 1981 Powers, James J., Ret. 1979 Prescott, James E., Ret. 1985 Quegan, Edward, Ret. 1972 Randals, Rosevelt D., Ret. 1981 Remley, Melvin, Ret. 1993 Richard, Inez, Ret. 1980 Roach, James R., Ret. 1982 Rodeheaver, Robert E., Ret. 1981 Rogers, Pell S., Ret. 1989 Rosen, Saul, Ret. 1988 Ross, Herbert D., Ret. 1984 Rowe, Edward H., Ret. 1983 Russell, Billy T., Ret. 1993 Ryan, Sidney G., Ret. 1983 Schneider, John O., Ret. 1982 Sharp, James R., Ret. 1981 Shea, Raymond R., Ret. 1994 Sheffield, Roy C., Ret. 1996 Smith, Betty June., Ret. 1984 Smith, Harold E., Ret. 1988 Smith, Howard, Ret. 1985 Smith, Peggy J., Ret. 1985 Smith, Thomas C., Ret. 1995 Sodergren, Rodney M., Ret. 1987 Sommers, Thomas A., Ret. 1990 Soudelier, Leroy J., Ret. 1985 Spradley, Joyce Y., Ret. 1989 Steed, Robert E., Ret. 1989 Strother, Theron S., Ret. 1998 Stubblefield, Steven A., Ret. 1990

Taylor, Carter G., Ret. 1993 Thomas, Howard M., Ret. 1985 Thompson, George M., Ret. 2002 Trosper, Virgil R., Ret. 1999 Underwood, Charles C., Ret. 1985 Vandervoort, Kenneth L., Ret. 1985 Walker, Edgar B., Ret. 1984 Walsh, Joseph W., Ret. 1987 Wasson, Mildred S., Ret. 1982 Weber, Benjamin G., Ret. 1989 Wells, Bobby Joe., Ret. 1994 White, Albert D., Ret. 1980 Wilcox, Clinton D., Ret. 1983 Williams, Charles W., Ret. 1998 Williams, Holly J., Ret. 1994 Winlock, Phillip N., Ret. 2003 Winnen, Alvin T., Ret. 1984 Wooten, Perry R., Ret. 1989 Wornat, Orville T., Ret. 1994

Unocal

Allen, Kenneth L., Ret. 1999 Archer, Elise B., Ret. 1994 Atkinson, Douglas M., Ret. 1986 Barreto, Luis M., Ret. 1989 Bates, Donald C., Ret. 1986 Bence, Margaret C., Ret. 1983 Bennett, Floyd S., Ret. 1972 Blackledge, Everette D., Ret. 1970 Bonds, Edward E., Ret. 1997 Burkett, David L., Ret. 1997 Campbell, Jacqueline L., Ret. 1996 Camperi, Adeline I., Ret. 1989 Cardella, Anthony J., Ret. 1985 Cates, Wilson, Ret. 1981 Chrabot, Marion J., Ret. 1979 Costanza, Ruth W., Ret. 1973 Davis, Robert, Ret. 1992 Donavon, Bertha L., Ret. 1970 Dumbauld, Harry E., Ret. 1970 Dykhuizen, Alice E., Ret. 1988 Ewing, Mabel E., Ret. 1986 Foxen, William M., Ret. 1998 Franco, Joan F., Ret. 1992 Fukai, Henry H., Ret. 1985 Gregg, Curtis C., Ret. 1986 Gregory, James B., Ret. 1972 Hamre, Gary L., Ret. 1978 Hebert, Leo C., Ret. 1997 Henshaw, Langford W., Ret. 1989 Hunter, Kathryn E., Ret. 1996 Johnston, George R., Ret. 1986 Kittelson, Arnie C., Ret. 1986 Lavers, Elizabeth H., Ret. 1986 Laxa, Sixto S., Ret. 1994 Leblanc, Joseph S., Ret. 1997 Leskauskas, Edward, Ret. 1997 Loftus, Brian P., Ret. 1997 MacLean, Milton A., Ret. 1990 Masarky, N Henri., Ret. 1980 McCorkle, David, Ret. 1961 Mitrius, Martin, Ret. 1986 Mosbaugh, Alva G., Ret. 1986 Mulkiewicz, R S., Ret. 1986 Neuharth, Richard, Ret. 1990 Nunes, John E., Ret. 1989 Porter, Rosevelt F., Ret. 1997 Ouarfoot, Ann E., Ret. 1986 Raack, Walter E., Ret. 1986

Ressler, Irma D., Ret. 1975 Robinson, Walter, Ret. 1988 Rode, Clarence E., Ret. 1990 Roecker, Fred W., Ret. 1960 Roecker, Wilson F., Ret. 1969 Roome, Walter C., Ret. 1963 Samsel, Howard S., Ret. 1986 Sasaki, Mary T., Ret. 1986 Seller, Terrance V., Ret. 1999 Shaltz, John F., Ret. 1986 Sharp, Alice V., Ret. 1979 Smith, David F., Ret. 1978 Sorheim, Kevin P., Ret. 1999 Stevens, Newell A., Ret. 2000 Stofko, Edward R., Ret. 1982 Vasels, Waldtraut A., Ret. 2003 Vasquez, Robert W., Ret. 1989 Walker, Dean, Ret. 1993 Young, Paula M., Ret. 1995 Youngman, Allen E., Ret. 1990