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Web site: www.chevronretirees.org

Third Quarter 2023

President's Letter

Welcome to Summer! There are lots of activities happening around the US and western Canada with chapter luncheons/activities and our first National CRA Zoom session. I hope you are getting out to enjoy your local outings and connect with others in your area. Linkage is going to be my buzzword for this note.



The first thing I think about when I think of linkage to Chevron is the Chevron Advocacy Network (CAN). Several CEO's have mentioned that this is the best way for retirees to show their support for Chevron and we need it now more than ever. Even if you just join CAN to read the information that is a great step in the right direction. We have a good start on retiree membership in CAN but we have a lot of room to grow. PLEASE JOIN! (<https://chevronadvocacynetwork.com/>). One of the metrics we have with Chevron is our retiree count in CAN, so help us get to 2000 retiree CAN members!

Chevron has a lot of information on their website, including press releases on current activities, publications like the annual report, the Climate Change Resilience Report, and lots of information on Sustainability. Links to these are shared on chapter websites, newsletters, the CRA website, and CRA publications. If you are looking for the latest Chevron news we have lots of places to find it.

It looks like full work for employees in office locations is going to continue at 3 days per week – Tuesday – Thursday, with the other days being work at home. This limits the opportunities for us to have activities with our currently-working Chevron colleagues. However, Chevron is looking to revive the Employee Networks, Health Fairs, and volunteering projects (including the Volunteer Week in September) with this new work schedule in mind. These activities are great opportunities to meet current employees, share your knowledge and skills, and it helps advertise the CRA in the best way possible – retirees enjoying life helping others. The move from Chevron Park to what used to be the Pac Bell / AT&T building in San Ramon is moving a little more slowly than first anticipated, now to happen in 1H 2024. Contra Costa Chapter had a luncheon where we were told about the move, saw pictures of what the different work areas were going to look like, and where Chevron will be in the building. The new space is 400,000 square feet, comprised of 3 levels plus garage/parking, with requisite security, and access to the existing, public restaurants in the building in a beautiful setting overlooking the lake.

Your Chevron Retirees Association met in Baltimore in May to handle the business of the Association and to spend time together. This is an annual gathering of retirees from all over the US and Western Canada, representing many different brands (Chevron, Texaco, Gulf, Getty, Skelly, etc.) that are now part of Chevron, and including folks from all different aspects of the company – Upstream, Downstream, Midstream, Corporate. This is a linkage of all the parts of CRA, all in one place. It is a wonderful event that brings us all together to meet each other, talk about our careers and our chapters, learn about other Chapter practices, hear from Chevron speakers, vote on official items, hand out the Public Service Awards, and build camaraderie. There are also spouse/guest tours to see the local sites. The proximity to Washington DC allowed several of us to spend a little extra time with our significant others to explore our nation's capital and all the wonderful museums that abound in the area. This was the first time my wife and I had been to Washington DC and we were amazed at the extent of the buildings, parks, museums, and overall beauty of the area. At the Annual Meeting we heard more about the next 3 Annual Meeting locations - Denver (2024), Dallas (2025), and Calgary (2026). We heard from Karen Knudsen and Colin Parfitt about what is happening with Chevron and the industry. And I was voted in as CRA President for another term, which I am thrilled about as I get to continue working with so many of the Committee Chairs and Chapter Presidents and hearing about all the great things they and our retirees are doing. This is my linkage to so many

areas of Chevron that I never knew about, and with people I've only met during retirement – what a wonderful thing it is to still meet new people and experience that feeling of newness as we go into and fully experience our golden years.

We also have a new Benefits Chair effective July 1, with Jim Bonwell replacing Bill Dodge. Welcome Jim and a big thanks for Bill for all his work over the last several years.

So welcome to Summer, the typical time for people to get out of their houses and meet with other people, do family or neighborhood activities, explore the outdoors, and travel to other places. It's also when kids get to break free from the confines of school to learn about the real world (just don't tell them that they're learning on summer vacation), while many of our retirees handle sitting for their grandkids since their parents still have to go to work. Enjoy your summer and whatever excitement it ends up bringing to you. This is a linkage to your neighborhood and family.

Brad

Brad McCullough, President, Chevron Retirees Association, CRACoCoevents@gmail.com

Chevron Retiree Association Special Interest

Public Service Award Winners 2023

Chevron presented each awardee with a check for \$5000 payable to the volunteer organization of their choice.

Jim Blevins was a winner distinguished by the enormous number of community service organizations (15) that he serves in the Pascagoula Mississippi area. He is a member of the CRA Singing River Chapter, where he was past Vice President.. He was recognized for his service and accomplishments for the City of Pascagoula, the community of Jackson County and the Gulf coast region for many years, including as mayor. Jim was never one to turn down a challenge, with a personality and the experience to have others agree to join and work with him.

Glen Parker of the Chevron Canada Chapter was recognized for a distinguished volunteer career with the Engineers and GeoScientists of British Columbia, and for his work on mobility aids for the TETRA and Disability Foundation, as well as his well-known leadership as a Community Advocate for salmon habitat in the "Fishing Highway" of British Columbia, among many community activities.

Their extraordinary and varied contributions to public service exemplify the active lives of many of our retirees.

New material for the National Web site – featuring you!

[Photo Album](#) links of various chapters and Areas as well as the National rotate on this redesigned home page of the National Website chevronretirees.org, with added emphasis on retirees meeting and enjoying each other's company, focusing on one of the key benefits of this organization. [Upcoming events](#) of chapters across the nation are regularly updated in About Us>Upcoming Events

BenefitsHub brings special discounts to retirees

Note the special value of the BenefitHub website as making available to [retirees' savings and discounts](#) that Chevron employees already receive for a number of goods and services. Just email Jim Bonwell at jbonwell@pacbell.net, our new Benefits Chair, to request a BenefitHub referral code. Your access will be authorized against our retiree database.

Chevron/Texaco employees/retirees Techron Advantage Card gas and other discounts

This card offers several per gallon discounts on fuel, ranging from 13c/gal to a 37c/gal incentive for the first 90 days to new customers. To read the benefits and download an application, click [ChevronTexaco Employees/Retirees Techron Advantage Card application](#) Please note, this application is for Employees/Retirees only.

Special Chevron Retiree Association Benefit - Your Personal Planning packet

These two Google queries:

- 1) "Chevron Retiree CRA Benefits" brings up a more detailed page where the link to the **Personal planning packet** is clearly shown in the last section
- 2) "Chevron Retirees Benefits" brings up your CRA Benefits home page

Medicare News

The "Official U.S. Government Site for Medicare" at www.medicare.gov is loaded with resource links! Among the useful resources you will find there is Medicare's [What does Medicare cost? | Medicare](#)

Chevron News Briefs

A few recent Chevron News briefs follow, a larger segment was recently published on Tidbits at this [link](#).

Chevron updates stockholders at annual meeting

May 31, 2023 Chevron Corporation (NYSE: CVX) today provided an overview of the company's business plans and operations at its annual meeting of stockholders.

"We're always pleased to be able to address our stockholders and the important questions on their minds. We believe Chevron is well positioned to lead in both traditional and new energy, while safely delivering higher returns, lower carbon and superior shareholder value," said Michael Wirth, Chevron's chairman and CEO. "We're at the center of one of the world's greatest challenges – meeting the energy needs of a growing world and doing so in lower carbon ways." The events of the past year demonstrated the vital role that affordable and reliable energy plays in the world economy, while Chevron continued to advance energy progress, delivering record U.S. oil and gas production with growth of nearly 4 percent in 2022. The company's investments in 2022 increased by more than 75 percent over 2021. Chevron completed the acquisition of Renewable Energy Group, Inc. last year to become the second-largest producer of bio-based diesel fuels in the United States.

"Our financial priorities have remained consistent, as we aim to reward stockholders with dividend growth, invest for long-term returns, maintain a strong balance sheet to mitigate commodity price risk and return surplus cash via share buy-backs through the cycle," Wirth said. The company has worked to reduce upstream greenhouse gas intensity through the execution of projects focused on energy efficiency, flaring reduction and methane management.

"Our capabilities, assets and customer relationships are distinct advantages," Wirth said. "We're building on these strengths as we aim to lead in lower carbon intensity oil, products and natural gas."

MOECO and Chevron to explore advanced closed loop geothermal pilot in Hokkaido Japan

June 22, 2023 Chevron New Energies Japan GK (Chevron New Energies Japan), a subsidiary of Chevron U.S.A. Inc., and Mitsui Oil Exploration Co., Ltd (MOECO) today announced execution of agreements to proceed with the pilot testing of advanced geothermal technology. Pursuant to these agreements, Chevron and MOECO will conduct pilot tests of a developing novel geothermal technology, specifically advanced closed loop (ACL) Technology.

In September 2022, Chevron New Energies International Pte, Ltd. signed a joint collaboration agreement (JCA) with MOECO to further explore the technical and commercial feasibility of advanced geothermal energy development and other new energies technology. The agreements to conduct pilot testing by Chevron New Energies Japan and MOECO is the first project contemplated by the JCA

ACL Technology involves subsurface heat exchange through conduction by heat circulating a working fluid from the surface through a loop of underground wells to generate electricity (through surface facilities) by utilizing sub surface geothermal heat (sub surface radiator). It does not require direct extraction of hot water (brine) or steam from under-ground reservoirs, as is the case with conventional geothermal technology.

ACL is gaining momentum worldwide as a novel technology that has the potential to unlock geothermal energy globally in multiple locations, closer to load and customers, promoting geothermal development which can be a lower carbon energy solution and a reliable baseload. The pilot test using this ACL technology is expected to be conducted in the Niseko region of Hokkaido, Japan, with the aim of derisking, scaling and commercializing geothermal power generation based on ACL technology with additional potential as a heat resource.

"Chevron believes that the future of energy is lower carbon and aims to be a leader in providing ever cleaner energy. Chevron and MOECO believe that geothermal can be a significant enabler in Japan's lower carbon and net zero journey," said Barbara Harrison, Vice President of Offsets and Emerging, Chevron New Energies International Pte, Ltd. "Geothermal development needs to be carried out with the final customer in mind

and with consideration of potential impacts to the environment and the local community. This milestone confirms the commitment of Chevron New Energies Japan and MOECO to testing out novel geothermal technologies that have the possibility to unlock Japan's geothermal potential while reducing potential community impact."

"We are pleased to launch this pilot test of ACL technology with Chevron New Energies. ACL technology has the potential to unlock geothermal development in Japan and around the world. We expect to open up a new geothermal business by collaborating with Chevron New Energies, which has advanced technology and extensive experience to tackle this challenging project," said Hirotaka Hamamoto, Chief Executive Officer of MOECO. "We, MOECO, a member of the Mitsui & CO's group company, aim to contribute to the stable supply of energy, achieving improved standards of living, and sustainable development of society through the promotion of renewable energy projects such as geothermal power generation."

Brightmark, Chevron U.S.A. partnership expands to Michigan with second largest renewable natural gas project

May 31, 2023 Brightmark RNG Holdings LLC is positioned to expand renewable natural gas (RNG) production with five new anaerobic digestion dairy farm projects in western Michigan, designed to convert animal waste to renewable fuels. Brightmark RNG Holdings LLC is a joint venture between Chevron U.S.A. Inc., a subsidiary of Chevron Corporation (NYSE: CVX), and Brightmark Fund Holdings LLC, a subsidiary of [Brightmark LLC](#). The Chevron-Brightmark renewable natural gas joint venture operates a nationwide system of RNG joint venture projects. The Castor Project, which processes manure from one large digester, is Brightmark and Chevron's second-largest RNG project. [Other Michigan projects in the joint venture](#) include Meadow Rock, Red Arrow, Willow Point, and SunRyz.

"We're excited to work with our partner Chevron and farmers in Michigan to progress the development of our RNG projects, which are designed to drive lower carbon intensity outcomes for organic waste and investment in local farmers and their surrounding communities supporting lower carbon solutions," said Bob Powell, founder and chief executive officer of Brightmark LLC. "We are growing our network of strategic relationships with farmers across the country in order to advance the reduction of the agricultural industry's carbon intensity by seeking renewable fuels from new sources and considering circularity challenges at increasing scale."

Anaerobic digestion is a circular technology that captures animal manure from partner sites and converts it into renewable natural gas, fertilizer, and water that can be recycled back into agricultural and energy systems for reuse. Including these Michigan projects, the Chevron-Brightmark RNG joint venture has a total of 20 RNG projects across the country.

"Transitioning to a lower carbon future is dependent, in part, on ambitious innovations and pragmatic solutions," said Andy Walz, president of Chevron Americas Products. "Launching these anaerobic digestion projects with Brightmark helps us develop new solutions for transportation, industry, and customers who rely on our products." The net reduction of greenhouse gas emissions from the manure processed at the anaerobic digestion dairy farm projects in Michigan is equivalent to [planting over 179,000 acres of forest each year](#). Additionally, these projects are expected to reduce land application of raw manure and improve odor, water quality, and nutrient management practices at farms.

"We have always strived to be stewards to our land, community, and industry. Brightmark is our valued partner in our efforts to advance a lower carbon energy business," stated Greg Stahl, lead farmer of The Castor Project. "We look forward to working with Brightmark and Chevron on these renewable natural gas projects in our shared pursuit to create value from underutilized resources."

Chevron announces agreement to acquire PDC energy

May 22, 2023 Chevron Corporation (NYSE: CVX) announced today that it has entered into a definitive agreement with PDC Energy, Inc. (NASDAQ: PDCE) to acquire all of the outstanding shares of PDC in an all-stock transaction valued at \$6.3 billion, or \$72 per share. Based on Chevron's closing price on May 19, 2023 and under the terms of the agreement, PDC shareholders will receive 0.4638 shares of Chevron for each PDC share. The total enterprise value, including debt, of the transaction is \$7.6 billion. The acquisition of PDC provides Chevron with high-quality assets expected to deliver higher returns in lower carbon intensity basins in the United States. PDC brings strong free cash flow, low breakeven production and development opportunities adjacent to Chevron's position in the Denver-Julesburg (DJ) Basin, as well as additional acreage to Chevron's leading position in the Permian Basin.

“PDC’s attractive and complementary assets strengthen Chevron’s position in key U.S. production basins,” said Chevron Chairman and CEO Mike Wirth. “This transaction is accretive to all important financial measures and enhances Chevron’s objective to safely deliver higher returns and lower carbon. We look forward to welcoming PDC’s team and shareholders to Chevron and continuing both companies’ focus on safe and reliable operations.” “The combination with Chevron is a great opportunity for PDC to maximize value for our shareholders. It provides a global portfolio of best-in-class assets,” said Bart Brookman, PDC President and CEO. “I look forward to blending our highly complementary organizations, and I’m excited that PDC’s assets will help propel Chevron toward our shared goal for a lower carbon energy future.”

Chevron Retiree Public Service Award Winners 2023

Jim Blevins: Devout about volunteering

Chevron retiree Jim Blevins is a devout believer in volunteerism, especially wherever he can help young people develop skills that will enrich their lives. He began his volunteer activities while working as a design engineer at the Pascagoula (Mississippi) Refinery and credits Chevron for supporting his involvement during his career with organizations such as the United Way, the Boy Scouts and the Kiwanis Club.

Jim also credits his 102-year-old mother for helping to nurture his volunteer spirit. “One of her biggest pleasures in life was being available every day, at any time of day, for the needs of our community,” says Jim. “And she passed that conviction on to me.”

“Being available every day, at any time of day” certainly describes Jim’s involvement in volunteer activities since his retirement. He says he often rushes home a couple of times a day to change clothes between meetings.

With the Kiwanis Club for the past 20 years, he has been recognized as Kiwanian of the Year and honored by the national Kiwanis organization as a “Distinguished President.” Jim’s 2022 projects included raising scholarship funds for students and landscaping for a local museum. As part of an annual Kiwanis program, he also reads to the second graders at all the local elementary schools.

Over the past 15 years, Jim has also helped to develop five-year plans for the local public school system. Jim’s ideas and input have been especially directed at the needs and resources of Pascagoula’s growing Hispanic community. “I encouraged the schools to develop a program that taught English as a special language and provided a resource library, computer availability, and tutoring programs,” said Jim.

He has also served as a volunteer karate instructor for the Koast Karate Club over the past five years. “Working with the young people gives me a chance to teach them discipline and focus and bring out those kids who are a little shy,” says Jim. In December 2022, the Mississippi Foundation selected Jim as instructor of the year.

Supporting the community

Jim has also focused his volunteer efforts on programs that support the city of Pascagoula and Jackson County. A former mayor of Pascagoula, for the past five years, he has been a board member of Pascagoula Pride, a committee devoted to improving the city’s image. Jim was part of a team that developed and executed a \$100,000 beautification/renovation project of Pascagoula’s premier Beach Park. “I’m proud of how the park has become a hub for concerts, 4th of July activities, fundraisers and other events,” says Jim. He tours the city looking for structures that need cleaning up or those that do not meet city codes, and confers with the city manager for corrective action.



For the past eight years, Jim has also been the city's event coordinator for "Cruisin' The Coast," a program designed to attract tourists and other visitors to Mississippi's Gulf Coast. The week-long program is highlighted by the state's biggest antique vehicle showcase. During the 2022 event, Jim served as the coordinator for over 2,000 cars and was a member of the judging committee, awarding plaques to the most outstanding entrants. "The program has helped attract people to the city and brought us substantial revenue," says Jim.



For the past six years, Jim has also served as a volunteer for the Pascagoula-based Mississippi Shipbuilding & Maritime Center, which commemorates the state's shipbuilding history. Built on the site of a former high school, the museum contains maritime displays and activities designed to appeal to young visitors. Jim is currently participating in fundraisers to operate and maintain the museum.

Another focal volunteer area for Jim has been his support for small businesses. He has been a member of the Jackson County Chamber of Commerce for the past 10 years and served as its Chamber Ambassador since 2013. "In that capacity, I welcome new businesses into the Coast communities and help them get exposure," says Jim. "Pascagoula is doing especially well, with new businesses setting up here every month." Jim's other volunteer activities include his support for the Bacot McCarty foundation, which assists those in need, including children with Down Syndrome and victims of domestic abuse; and for the Sheriff's Commission as an emergency responder.

He has also served as vice president of CRA's Singing River Chapter in the Gulf Coast Area, with responsibility for arranging guest speakers for the luncheons, and he has participated in community support activities such as the "BackPack Buddies" program, which gathered food and school supplies for local area schools.

Wherever Jim has served, his outlook has been the same: "Volunteer work is important. As retirees, we have time to get involved and make the community a better place. And we should put 100% into the work, just as we did at Chevron."

Glen Parker: Standing tall for the environment

Just after retiring from Chevron Canada in 2014, Glen Parker and his wife Dolores spent two months on the MacKenzie River, which flows across Canada's Northwest Territories to the Arctic Ocean. As they navigated the river in their 15-foot aluminum boat, Glen mused about volunteer possibilities that might await him. He soon realized that the answer was all around him -- in the waters, habitats and fish of Western Canada. He had embraced fishing since he was in his 30s. And he had been committed to environmental stewardship for decades, especially during his pre-retirement work as an Operational Excellence (OE) advisor for Chevron.

“That work was extremely rewarding,” he recalls. “My assignment involved coordinating reviews of Chevron’s non-operated joint ventures for potential process safety and environmental issues, and to initiate collaborative actions to address high risk issues. My work made me acutely aware of how much of the world has been impacted by human activity and how retirees can be part of managing these impacts.”



Glen got his first chance to manage environmental impacts as a volunteer when he joined the regional branch of Streamkeepers, an organization dedicated to identifying areas which would gain the greatest benefit from habitat restoration. Glen’s role was to help identify locations, work with consultants to find the best possible fix, seek out grant funding and donations to pay for the work and wade through the process of regulatory approval.

He recalls one memorable occasion when the construction of a major highway threatened local and marine mammals. “We were determined to find a compromise that made the area fish friendly and after rerouting a local stream, within a year the location had dozens of fish and a family of otters. Our efforts led to a multiyear project in which rezoning helped to create a conservation area. We eventually worked with consultants and established 16 projects over the next decade to ensure that a local estuary would have maximum ecological value.”

In early 2023, Glen expanded his personal involvement with Streamkeepers and engaged the Vancouver Chapter of Chevron Retirees to assist with a project at Taylor Creek in North Vancouver for planting native shrubs to help restore critical cutthroat trout habitat. Glen’s personal enthusiasm attracted many Chevron retirees to the event and persuaded the district of North Vancouver to provide plants and tools to assist in the activity.

“At first, people thought the river was dead, but we found the cutthroat trout in small pockets of water,” says Glen. “We decided to start restoring the habitat by replanting it with native vegetation and cleaning up the water. It was neat to work with the retirees and the experience helped to increase awareness of the impact that a group like ours can have for volunteering -- and on the environment.”

Glen adds, “Every river has a story. And some of these stories help to change a community’s perspective on the environment through involvement and hands-on engagement.”

Glen also provides organizational support and raises funds for the Seymour Salmonid Society, which works to preserve and enhance the fish populations of North Vancouver’s Seymour River and its environs. Since 1987, the society has been bringing the Seymour River fish stocks back to their historic levels through conservation stewardship practices, creation of new fish habitat, and educating both young and old through its programs and volunteer opportunities.

“In working with this organization, I’ve drawn upon my corporate experience by introducing Chevron’s risk matrix to all of its capital projects,” Glen says.

Tougher standards for waste treatment

In addition to the fish habitat restoration, Glen has advocated for more stringent environmental regulations, particularly regarding British Columbia’s sewage treatment standards, which have permitted waste to be dumped into the ocean. Glen argued for tougher sewage treatment standards, similar to those that exist in other Canadian provinces and other



countries, including the United States. “Some people called me ‘an activist’ or ‘an elder,’ but that didn’t stop me,” Glen says.

His initiative has helped to secure a commitment from the Metro Vancouver government to construct two sewage treatment plants with advanced treatment systems. “It’s a huge win for the environment and for the mindsets of people in the area,” Glen says.

Until recently, Glen was a member of the Engineers and Geoscientists of British Columbia Climate Change Advisory Group, serving on the organization’s Mentoring Committee and Editorial Board. “My interest in climate change attracted me to the organization and my contributions included writing up a policy statement that commits engineers to consider climate change in their designs. I was also on a subcommittee that introduced a risk management tool for use by the engineers.”

Glen continues to serve as a member of Tetra Society of North America, which recruits volunteers who work with clients to design and build assistive devices that are custom-made for individuals with disabilities. “The organization was started by a former mayor of Vancouver who was disabled,” Glen explains. “And I was convinced to join by my daughter, who is an engineer. Fortunately, I’m reasonably skilled at working with my hands and have worked on close to 80 projects. I’ve built lifts for kids who are paralyzed and a hoist for someone with MS to get into a kayak and many other devices that help disabled people improve their quality of life.”

As he nears the 10th anniversary of his retirement, Glen is still going strong as a volunteer with a special commitment to improving the environment.

Benefits Corner

3rd Quarter 2023

By Bill Dodge, Chair, CRA Benefits Committee

Included in this article:

- [Transition of Benefits Committee Chair](#)
- [Organizing Your Health - A guide to maintaining your family’s most important health records](#)



Transition of Benefits Committee Chair

This is my last Benefits Corner as the Chair, CRA Benefits Committee. I am “passing the Chair baton” so to speak to Jim Bonwell, a current CRA Benefits Committee member, who has agreed to step up and has been appointed to the position effective July 1, 2023 by the Association President, Brad McCullough. Jim retired from Chevron in December, 2020, became a CRA member and, in March, 2021, volunteered to serve on the CRA Benefits Committee. Jim has served as a valuable resource on the Committee due to his continued voluntary work with ChevRec’s BenefitHub and that he communicates frequently with Chevron retirees on the use of and questions about the BenefitHub website.

To assist Jim in his transition to the Chair position, I will be continuing to serve on the CRA Benefits Committee at least through the end of 2023. Please join me in welcoming Jim to his new role. Jim’s contact information is: Email: jbbonwell@pacbell.net Phone: 925-997-6072

Organizing *Your Health* - A guide to maintain your family’s most important health records. *

There is nothing more important than your health and the health of your family, including your pets. However, it can be overwhelming to keep track of everything: appointments, copays, medications, deductibles, allergies, blood types, etc. The list goes on.

That’s why organizing your household’s health is so vital. To play a more active role in managing your family’s and pet’s well-being, you should keep an up-to-date medical history and appointment schedule for both. Use these tips to help keep your health information organized.

Records

While your doctors have your health history, you should also keep track of you and your family's personal medical records and sensitive information somewhere that is easily accessible. You can either create a binder to keep track of this information or log it digitally on your computer. Your health insurance plan or health care provider may even have an app that will let you keep some of this information organized on your smartphone.



Important medical information to keep in your records includes but is not limited to:

- Family history of illness
- Blood types, immunization records, and allergies
- Hearing, vision, and dental exam results
- Dates and results of lab tests
- A list of chronic health problems, including symptoms and treatments
- Past and present medications
- Mental health treatment history
- History of childbirth
- Pet health history and vaccination records

Additional records to keep handy

In the same place, you should keep a history of any medical bills and payments, along with insurance information like your policy number and any paperwork you receive. You may even want to keep track of your progress toward your yearly deductible, as well as any legal documents, such as a living will or power of attorney.

In addition, keep tabs on the following information. If any is more than a year old, you can pack it away.

- Doctor's names, contact info, and role in your care
- Doctor's visit summaries and notes
- Hospital discharge summaries
- Pharmacy printouts of prescribed medications
- Emergency contact info for your family
- Veterinarians' names and contact info

Appointments

How often you and your family members need to visit medical professionals will largely depend on your age and overall health. You can follow these general guidelines to schedule appointments.

- **Physical exams:** Every two to three years if you're under fifty and in good health; at least once a year if you're fifty or older.
- **Dental exams:** Every six months.
- **Eye exams:** Every two years if you're under forty with vision problems, and every two to four years if you're forty or older.



You may need to schedule appointments with specialists throughout the year depending on existing or emerging conditions, including OB-GYNs, ophthalmologists, allergists, dermatologists, psychologists, radiologists, and gastroenterologists.

Keeping track of appointments

Make sure to write down the day and time of the appointment in a calendar that you look at regularly. You can create or buy a medical organizer to keep track of appointments and use it to take any notes about what to prepare ahead of time and what documents to bring along. If you need a more visible reminder, add a dry-erase board to a busy part of your home, such as your kitchen or office.

Your doctor or vet may provide appointment reminders, which can be helpful to keep you on track. Some offices will have a staff member call you a day or two ahead of the appointment, while others will allow you to register on a website for email or text reminders. Your health care provider may even offer an app that will remind you of upcoming appointments.

Remember to take notes

Before your appointments, write down any questions you want to address. By prioritizing questions, you can make the most of your time. It can also be helpful to take notes during these appointments, as it can be hard to remember everything you discussed. These notes can also help you prepare for future visits.

It is important to spend time organizing your health records for yourself and your household. By keeping your medical records and appointments in order, you can help make sure everyone in your home, including the four-legged friends, stays happy and healthy.

* Source: Start Healthy Magazine, May, 2023

Bill Dodge, Benefits Chair

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Encore In Memoriam: January-March 2023

As reported by Chevron during this period

Amoseas

(No deaths reported)

Caltex

Hatch, Gregory C., Ret. 1995
Platt, Leonard Scranton., Ret. 1988
Van Vessem, Johan Leendert., Ret. 1996

Chevron

Adams, Robert W., Ret. 1985
Addington, James W., Ret. 1993
Akers, Henry C., Ret. 1994
Allen, Abner C., Ret. 1994
Alvarado, Nicolas A., Ret. 1999
Andrews, John Q., Ret. 2008
Ankers, John W., Ret. 1993
Ash, Robert ., Ret. 2003
Badger, Margaret S., Ret. 2005
Badonie, Billy ., Ret. 1994
Bailey, L C., Ret. 1997
Ballasso, Carl W., Ret. 1986
Barlow, James P., Ret. 1990
Bean, Howard L., Ret. 2002
Beguiristain, Enriqueta R., Ret. 2004
Berry, Grant M., Ret. 1992
Biles, Allen R., Ret. 1994
Bonnin, Earl G., Ret. 1992
Brancati, Joseph P., Ret. 1986
Breedlove, Carl R., Ret. 2019
Brooks, Esther ., Ret. 1984
Broussard, Donald A., Ret. 1999
Brown, Melvin J., Ret. 2009
Brown, Reginald ., Ret. 2000
Bryant, Ted G., Ret. 1996
Burgess, Glenn B., Ret. 1990
Burluson, Sheldon L., Ret. 1999
Callais, Donald J., Ret. 1997
Callaway, Felix L., Ret. 2018
Canterbury, Anna C., Ret. 2015
Capdepon, Ronald S., Ret. 1983
Carroll, Gary L., Ret. 2002
Carver, Steven J., Ret. 2014
Castro, Gloria H., Ret. 1992
Choo, Ofelia M., Ret. 2002
Clark, Ivan D., Ret. 1992
Comeau, Michael G., Ret. 2012
Cornia, John O., Ret. 1994
Cornia, Marvin S., Ret. 1994
Csicsery, Sigmund M., Ret. 1986
Culver, Vera M., Ret. 1991
David, H J., Ret. 1992
David, Numa K., Ret. 1990
Dean, Stephen C., Ret. 2002
Dildine, Jerry T., Ret. 1995
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Sais, Dorothy D., Ret. 1985
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Odom, Bobby J., Ret. 1984

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Parker, James W., Ret. 1978
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Ronan, Thomas A., Ret. 1983
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Smith, Leon ., Ret. 1985
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Youkers, Donald J., Ret. 1986

MolyCorp

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Plexco

(No deaths reported)

Tenneco

(No deaths reported)

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