

CRA MARIN CHAPTER NEWS



Chevron Retirees Association
P. O. Box 6477
San Rafael, CA 94903-0467
Web Site: marincra.com

October 2019

MEETING NOTICE

The next luncheon meeting, on Wednesday, November 13th, will be held at The Club Restaurant at McInnis Park, 350 Smith Ranch Road, San Rafael. Our speaker will be Tyler Hilsabeck of the Buck Institute in Novato. Lunch will be choice of (1) Bay Shrimp Salad with Avocado, Cucumber, Tomatoes, Hard Boiled Egg and a side of Louis Dressing; or (2) Pork Scaloppini with Boneless Cutlet, Mushroom Sauce, Starch and Vegetable; or (3) Chicken Toscana with Wine, Mushroom and Artichoke Hearts; all with Strawberry Sundae, coffee, and iced tea. The cost will be \$31 per person. ***If you are receiving this newsletter by e-mail, we suggest that you immediately print the luncheon reservation page so that you won't forget it.***

Members needing a ride to luncheon: Call Ron Schafer at 415-388-1590 or Bill Schultz at 415-883-5488 and we will try to arrange transportation.

PRESIDENT'S MESSAGE

We are approaching the last luncheon meeting for 2019 and I want to remind you that it will be held on Wednesday, November 13 at The Club. I hope to see you there. Our speaker will be Tyler Hilsabeck of the Buck Institute.

Over the past several years, we've had many great speakers. I hope you were able to take advantage of the wide areas of interest we've covered. I personally have found that information given at our luncheons has been a great resource for discussing a number of topics with friends and neighbors. We have been fortunate to retain our membership level in spite of a shift in the new retirees' pool to other areas. The Company counts on us to keep our membership up and encourages retirees to participate in the Chevron Advocacy Network. By doing this, the Company continues to contribute to CRA and so we all benefit.

During my tenure as VP and President, I have tried to concentrate on about four categories of speakers that might contribute to your knowledge and background for discussions. These are Chevron Speakers (to inform us what new developments are occurring in the industry); scientific topics; local history; and other local activities. So much is available that sometimes I regret we only have four meetings a year. We've covered many subjects and if you saved any of our Newsletters you might review the list. A partial list is:

Lloyd Avram--Chevron National Manager State Government
Joe Geagea—Chevron
Bill Long—Marin Open Space
John Brochbaur—Marin Emergency Response
Tom Stienstra—Outdoorsman
Greg Poulos--Maritime Law attorney
Matt Stevens—SMART
Larry Rosenberger—Fair Issacs
Herb Heller—Auschwitz survivor
Cam Burks—Chevron Security
Herb Rowland—the Pacheco family in Marin
Whistlestop

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Marin Agriculture Land Trust
Rosie the Riveter Park
Buck Foundation
--and many more

Topics/speakers are chosen for their broad interest to our group and to encourage everyone to attend our luncheons. Furthermore, these luncheons are a great way to introduce new retirees to our organization and get them interested in taking part in our activities. We have over 100 members, so if you know of a retiree who has not been attending our luncheons, please ask them to come to our next meeting. We can arrange transportation if necessary.

Also, once again, I urge you to join the Chevron Advocacy Network (CAN) if you haven't done so. Like the luncheon topics, you can get information about the oil industry and the Company by reading Aunt Edna's messages. They too may be helpful to you to add a Company prospective at your social gatherings.

The Community Service Volunteering effort is another topic that I have emphasized. Again, Chevron benefits when you volunteer and the hours that you work are eligible for a Company contribution to your organization through the Humankind program (and may benefit you from a tax standpoint as well). Your organization can receive \$500 from Chevron for your contribution of 20 hours of volunteer work and Chevron will contribute another \$500 for an additional 20 hours (max \$1000). Service has always been one of the hallmarks of Chevron and you can participate. Refer to the CRA Humankind website for details. In addition, as you know, each year Chevron gives out two \$5,000 awards to two organizations where volunteers have done extraordinary work and made a significant contribution to improve humankind. If you are volunteering for an organization, you might consider applying for one of these awards to be given next April. An application (administered by Public Affairs to be submitted by March) entails a well-thought out description of what the organization does, how its work impacts society and what you as a volunteer do to make it successful. We are pleased that the Marin CRA has had two winners recently (Tom Hecht and Elaine Yamaguchi). Tom as you may recall works with an organization called Faith in Practice, to recruit, organize and co-lead volunteer teams of pediatric and gynecology surgeons on missions to Guatemala. Elaine volunteered for a program of paid summer internships called project Summer Experiences for the Economically Disadvantaged (SEED) hosted by Chevron and sponsored by the American Chemical Society held in Richmond.

Your volunteer activities would also be of interest to our group and therefore I suggest you send a short note about your work to Kirk Beales for insertion into our next issue of the Newsletter. Pictures are also appreciated. By the way, our Newsletter goes to other chapters so you would get wide coverage. Don't be afraid to "blow your own horn".

As a reminder, the medical plans enrollment dates are upon us, so if you want to change any of your plans, please get in touch with VIA, the Chevron agent, promptly for next year's coverage.

I want to thank all of you who have regularly attended our luncheons and for the Board for their support in keeping the organization running. We need to have people regularly step up to take positions on the Board and I encourage any of you to take that step.

Ron Schafer, President

ATTENDANCE AT THE AUGUST 2019 LUNCHEON

Dave Beach
Kirk Beales
Connie Berto
Frank Berto
Stu Brown
Nick Clark
Adrian D'Souza
Mike Elgie

Bruno Franchetti
Lew Gibbs
Patti Heidl
Jay Hubert
Patty Jones
Wayne Jones
Alan Klaasen
Bob Leedy

David Lesnini
James McGeeham
Tim Mossteller
Bernie Mulaskey
Karyn Nelson
Christina Oldenburg

Chuck Oldenburg
Joyce Peterson
Paul Premo
Gary Price
Vic Revenko
Ron Schafer
Norm Schoenstein
John Shook

Lillian Smithson
Bruce Stangeland
Jim Tighe

2020 MEMBERSHIP RENEWAL

In November our membership chair, Brad McCullough, will be sending out a reminder to renew your membership in the Marin CRA Chapter for 2020. A new option this year will be the ability to renew for multiple years (up to five), so you wouldn't have to renew again every year. More info will come from Brad in November.

ARE YOU INVOLVED IN VOLUNTEER WORK?

If so, keep track of the hours you spend and you can get a grant of \$500 or \$1,000 for your qualifying organization through Chevron Humankind. The website is noted on the last page of this newsletter.

ANNUAL ELECTION OF OFFICERS

We will hold the annual election of officers for our Chapter at the November luncheon. If you would be interested in serving as an officer, or in joining our Board, contact nominating chair Bill Schultz at 415-883-5488 or weschultz@pacbell.net.

FROM THE TIDBITS SECTION OF THE CHEVRON RETIREES WEBSITE

Examples of aphorisms - Short, Pointed Sentences to Express Wise or Clever Observations.

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humor, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Stroke a cat and you will have a permanent job.
10. No one has more driving ambition than the teenage boy who wants to buy a car.
11. There are no new sins; the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 a.m. - - - for example, it could be the right number. (Think about this one)!!
13. No one ever says "It's only a game" when their team is winning.
14. I've reached the age where 'happy hour' is a nap.
15. Be careful about reading the fine print - there's no way you're going to like it.
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Do you realize that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
18. Money can't buy happiness, but somehow it's more comfortable to cry in a Cadillac than a Ford.
19. After 70, if you don't wake up aching in every joint, you're probably dead.
20. Always be yourself - the people that matter don't mind, and the ones that mind don't matter.
21. Life isn't tied with a bow, but it's still a gift.

NOVEMBER LUNCHEON SPEAKER

Tyler Hilsabeck is a PhD Candidate in the Kapahi lab at the Buck Institute in Novato. He holds a bachelor's degree in physics from Texas Tech University and a master's degree in biology from the University of Texas at San Antonio. His PhD studies in both the Kapahi and Brem labs focus on using computational and biological tools to understand the relationships between metabolites, genes, and aging-related phenotypes in *Drosophila melanogaster*. He will be speaking about the work he is currently doing at Buck and how it is impacting the field of aging research, along with the work Buck is doing as a whole and the impact Buck has on our community and the world. The title of his talk is "The Science of Living Better Longer".



LUNCHEON INFORMATION

Date: Wednesday, November 13th, 2019
 Place: The Club Restaurant at McInnis Park, San Rafael
 Time: 11:00 AM No-host bar and fellowship
 12:00 PM Luncheon
 12:45 PM Program
 2:00 PM Adjourn

Our speaker: Tyler Hilsabeck of the Buck Institute in Novato

Luncheon: Lunch will be choice of (1) Bay Shrimp Salad with Avocado, Cucumber, Tomatoes, Hard Boiled Egg and a side of Louis Dressing; or (2) Pork Scaloppini with Boneless Cutlet, Mushroom Sauce, Starch and Vegetable; or (3) Chicken Toscana with Wine, Mushroom and Artichoke Hearts; all with Strawberry Sundae, coffee, and iced tea. **(Anyone who needs a vegetarian meal may write a note on this sheet. We can accommodate you.)**

Cost: \$31 per person

Please return the reservation form with payment by November 1st. To request cancellation with refund after that date or to inquire about space available, telephone Bill Schultz at 415-883-5488, Mike Elgie at 415-939-5601, or Pat Hines at 415-720-6063.

Luncheon Reservation November 13th

	<u>Name</u>	<u>Shrimp Salad / Pork Scaloppini / Chicken Toscana</u>	
Member:	_____	_____	_____

Spouse or Guest:	_____	_____	_____
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E-mail address: (unless you have already given it to us) _____

Luncheon Cost: \$31 per person (increased due to restaurant increase)

Luncheon: _____ Reservations at \$31 \$ _____

2019 Dues: The Membership Chair (Brad McCullough) will send you a note if you owe 2019 dues. You can reach him at marincramembership@gmail.com or send a note to the PO Box below if you have any questions.

Make your check payable to Chevron Retirees Association.

Members without Internet access: Check this line if you would like a printed copy of *Encore* brought to the luncheon for you. (Funds not available for mailing.) _____

Members needing a ride to luncheon: Call Ron Schafer at 415-388-1590 or Bill Schultz at 415-883-5488 and we will try to arrange transportation.

Mail to: Chevron Retirees Association
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LINKS

CRA Marin Chapter: www.marincra.com

Chevron Retirees: www.chevronretirees.org.

Chevron: www.chevron.com.

Texaco: www.texaco.com.

Caltex: www.caltex.com.

Chevron Advocacy Network: www.chevronadvocacynetwork.com/

Chevron Humankind: <https://chevron.yourcause.org>

MetLife Long Term Care: <http://www.metlife.com>.

For recreation activities for Bay Area retirees: <http://chevrec.chevron.com>.

For Discounts & Deals: <http://chevrec.chevron.com/deals/default.asp>.

The company store: <http://www.chevronstore.com>.

Benefits Connection website: <http://hr2.chevron.com>.

CVX and other Chevron publications: <http://www.chevron.com/news/publications>.

Gulf retirees may be interested in checking out the web page on Gulf history: www.gulphistory.org.

Learn about the Company's historical milestones: www.chevron.com/history.

UnitedHealthcare: <http://www.uhc.com>.

BlueCross BlueShield: <http://bcbs.com>.

Medicare: <http://www.medicare.gov>.

Energy issues: www.willyoujoinus.com.

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