

Chevron Retirees Association, San Joaquin Valley Chapter Newsletter

The Oil Patch

May 2015

President's Message by Gwen Scott

Hello retirees! I hope you are all enjoying this lovely weather while it lasts. I predict this summer is going to be a scorcher. I am busily trying to figure out how to water only three days a week and not lose my flowers and lawn. I have all of my garden except the lawns on a drip system, which saves a lot of water, but you really need to run drip water daily when it gets really hot. So I am in a quandary. I hope you all are pondering how to conserve water. It looks like we are in for some tight rationing before summers end.

In March we had a fun time listening to **Miles Muzio** our local weather guru speak on the drought and our local weather. He told us about the "Ridiculously Resilient Ridge" located out in the Pacific which blocks most of the weather we need.

We are still trying to secure a speaker for our May luncheon, hopefully Carla Musser at Chevron can scare us up and engineer to talk about fracking. We will see. Betty Bean is planning a BBQ for the Coastal Folks early this summer.

One bit of bad news, our luncheons at Hodels are going up to \$16 starting in May. (But I think the food is worth it..)

This Newsletter has a couple of articles reprinted from the AARP on loneliness and isolation. The tip I like best for dealing with your own loneliness is to: **Make someone else less lonely** - Take a look around and try and notice others who appear lonely. Take the time to get to know them. It could change your life!

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CHAPTER INFO.....Our

luncheon meetings are held on the 3rd Friday of every odd numbered month at Hodels, off Olive Drive. We meet at 11:00 am and start at 11:30. Our Board Meetings are held on the 1st Thursday of every odd numbered month at the Chevron Valley Credit Union, 5555 California Ave. We start at 9:00am.



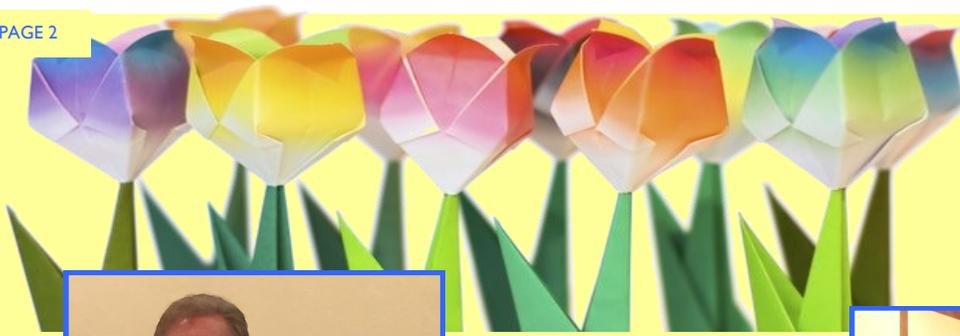
Check out our website at www.crabako.org

SAN JOAQUIN VALLEY CHEVRON RETIREES



WEB SITE ADDRESSES: CRA National: www.chevronretirees.org CVX Corporation: www.chevron.com
Texaco: www.texaco.com; Gulf History www.gulfhistory.org Company Store: www.chevronstore.com;
Matching Gift Program: www.easymatch.com; Publications: www.chevron.com/news/publications

HELLO, MAY.



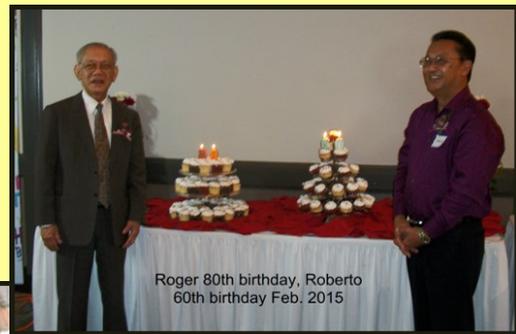
The Earth Laughs in
FLOWERS



Lyazzat & her mother Khamida Zilgarina visited Mike & Karen Polyniak from Kazakhstan. Mike & Lyazzat worked together in the same Operations Engineering Department for the Karachaganak Joint Venture Project in Aksai, Kazakhstan. Here pictured are Karen, Khamida,



Good Afternoon Gwen,
Your Newsletter editor is outstanding. You should send it to other chapter presidents and to your President & CEO of Chevron. Roger just turned 80 years old last Feb. 13. We had a big celebration for him with almost all (7) brothers & sisters in attendance. Roger is the oldest of the ten and his youngest brother Roberto turned 60 yrs.old Feb. 05. They celebrated their birthdays together at the Officers club in Marine Corps Air Station Miramar. Keep in touch.



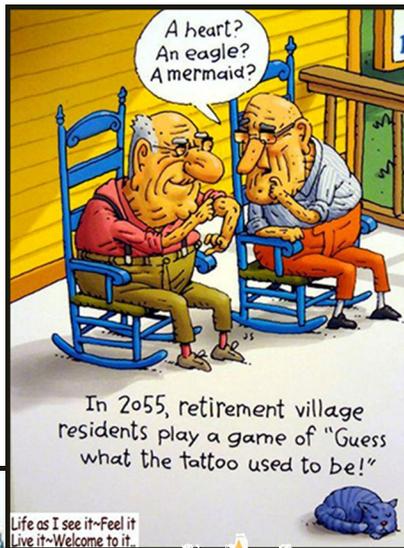
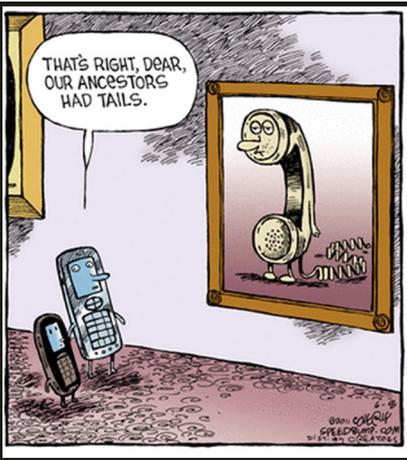
Roger 80th birthday, Roberto 60th birthday Feb. 2015



Chevron HES Group 2007—Can you find Ede Pacaldo and Karen Polyniak? You won't find me, I was taking the picture! Gwen

SOME LAUGHS!

- I was at the ATM the other day. An elderly lady approached and asked me to help check her balance. So I pushed her!
- **Alaska Grizzly Bear Notice:** In light of the rising frequency of human/grizzly bear conflicts, the Alaska Department of Fish and Game is advising tourists, hikers and fishermen to take extra precautions and keep alert for bears while traveling this summer. We advise that people wear noisy little bells on their clothing so as not to startle bears that are not expecting them. We also advise everyone to carry pepper spray with them in case of an encounter with a grizzly. It is also a good idea to watch out for fresh signs of bear activity. Outdoorsmen should recognize the difference between black bear and grizzly bear dung. Black bear dung is smaller and contains lots of berries and squirrel fur. Grizzly bear dung has little bells in it and smells like pepper.



Senility Prayer

God grant me the senility
to forget those people
I never liked anyway,
the good fortune
to run into those I do like,
and the eyesight
to tell the difference.
Amen.



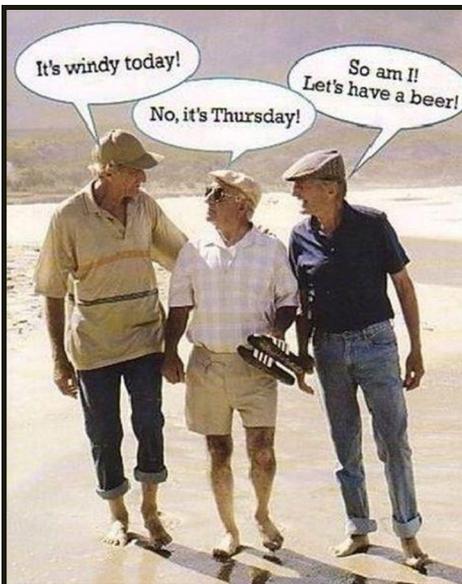
THE SEVEN DWARVES OF OLD AGE..

NAPPY WRINKLY SQUINTY

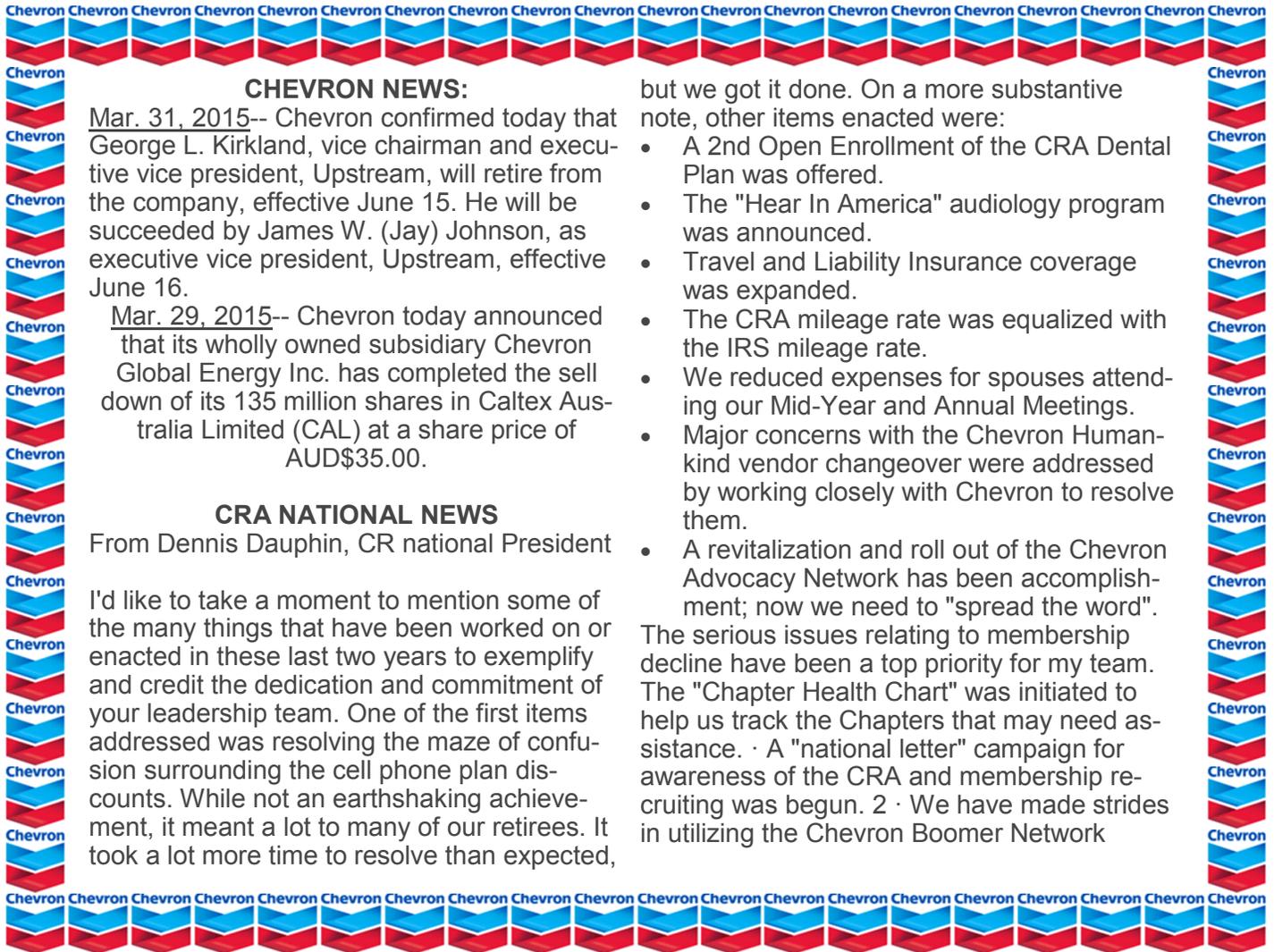
ROCKY SAGGY

FARTY LEAKY

Life as I see it-Feel it-Live it-Welcome to it.



I decided to take an aerobics class. I bent, twisted, gyrated and jumped up and down for an hour. But, by the time I got my leotard on, the class was over.



CHEVRON NEWS:

Mar. 31, 2015-- Chevron confirmed today that George L. Kirkland, vice chairman and executive vice president, Upstream, will retire from the company, effective June 15. He will be succeeded by James W. (Jay) Johnson, as executive vice president, Upstream, effective June 16.

Mar. 29, 2015-- Chevron today announced that its wholly owned subsidiary Chevron Global Energy Inc. has completed the sell down of its 135 million shares in Caltex Australia Limited (CAL) at a share price of AUD\$35.00.

CRA NATIONAL NEWS

From Dennis Dauphin, CR national President

I'd like to take a moment to mention some of the many things that have been worked on or enacted in these last two years to exemplify and credit the dedication and commitment of your leadership team. One of the first items addressed was resolving the maze of confusion surrounding the cell phone plan discounts. While not an earthshaking achievement, it meant a lot to many of our retirees. It took a lot more time to resolve than expected,

but we got it done. On a more substantive note, other items enacted were:

- A 2nd Open Enrollment of the CRA Dental Plan was offered.
- The "Hear In America" audiology program was announced.
- Travel and Liability Insurance coverage was expanded.
- The CRA mileage rate was equalized with the IRS mileage rate.
- We reduced expenses for spouses attending our Mid-Year and Annual Meetings.
- Major concerns with the Chevron Human-kind vendor changeover were addressed by working closely with Chevron to resolve them.
- A revitalization and roll out of the Chevron Advocacy Network has been accomplished; now we need to "spread the word".

The serious issues relating to membership decline have been a top priority for my team. The "Chapter Health Chart" was initiated to help us track the Chapters that may need assistance. · A "national letter" campaign for awareness of the CRA and membership recruiting was begun. 2 · We have made strides in utilizing the Chevron Boomer Network

It will be the little things that you will remember, the quiet moments, the smiles, the laughter. And although it may seem hard right now, it will be the memories of these little things that help to push away the pain and bring the smiles back again.

OUR CONDOLENCES

1. Louis Charles Candelaria – Getty-Chevron
2. Hugo Chiappone..... Texaco.... (Coastal)
3. James H Collins..... Texaco
4. Thurman L Horton.... Texaco
5. Geraldyn R Hughes.... Getty
6. David L Moren..... Chevron
7. Susan Newberg, widow of Peter (Chevron)
8. Peggy Jo Whitaker-NeyfieldGetty
9. Elza Powell.... Spouse of John.. Chevron
10. Leonard E Powell, Jr..... Texaco

11. Robert W Roberts..... Unocal
12. Ronald E Rofkahr..... Chevron
13. Richard Rutledge..... Getty.... (Coastal)
14. Paul J Slevkoff.... Getty
15. Carl Thompson..... Texaco
16. Louis F Villanueva..... Tidewater-Texaco
17. Gary Ward.... Getty.... (Coastal)
18. Floyd C Williams.... Texaco

GET WELL:

- * Wayne Morgan..... Hernia surgery
- * Charlie Foreshee..... Stomach problems

How much do you know about social isolation and chronic loneliness?

from: AARP Foundation, Updated July 2014

Nobody relishes the prospect of aging without a spouse or family member at their side, without friends to help them laugh at the ridiculous parts and support them through the difficult times. Yet that is just what many North American seniors face. As the baby boomer generation crosses the over-65 threshold, it grows; but many of our aging loved ones are still feeling alone in the crowd.



Loneliness, or social isolation, is the lack of social interaction or communication with family, friends or neighbors. Chronic loneliness, experts tell us, is an ever-present, self-perpetuating condition that pushes people away from the relationships that sustain us and make us happy. And studies show that isolation and loneliness can have powerful negative effects on health. Take the quiz below to learn more about chronic loneliness and how to keep it at bay.

QUIZ

1. Which age group says they suffer the most from chronic loneliness? 20s-30s 40s-50s 60s-70s 80s-90s
2. What percentage of adults age 45 and older is chronically lonely? 10%, 20%, 35%, 50%
3. Which of these factors likely contributes to the increase of loneliness in the United States? A) long term decline in civic engagement b) rapid increase in single-person households, c) the great recession d) all of the above
4. After age 50, Americans say their overall life satisfaction: a) goes up b) stays the same c) falls steadily d) none of the above
5. Which of these helps keep loneliness at bay? A) Email, texting and Twitter b) Working more than one job c) Socializing with former co-workers d) Moving to a new town
6. Which of these is a predictor of loneliness? A) gender b) race c) income d) U.S. geographic region
7. Compared to the general population, more people report being lonely who suffer from: a) anxiety b) chronic pain c) sleep disorders d) all of the above
8. Activities that build social connections can help fend off loneliness. A good example is: a) joining a book club b) volunteering at a school, hospital or non-profit organization c) attending religious services d) all of the above

9. How many confidants — those you know and trust, and who offer you support — do people seem to need to lower their chances of being lonely? a) zero b) one c) two d) three or more
10. Loneliness has been linked to which of these health risks? a) high blood pressure b) dementia c) alcohol and drug use d) all of the above

ANSWERS

1. **40s AND 50s** A survey conducted by AARP The Magazine and released in 2010 revealed that people in their 40s and 50s suffered the most from chronic loneliness.
2. The AARP The Magazine survey found **35 percent** of older Americans live with chronic loneliness, up from 20 percent a decade ago.
3. **D - All of the above:** The recession that started in 2007 has likely contributed to the rise. "The general effect of economic hard times in the past has been that people hunker down and withdraw from their communities," says Robert Putnam, Ph.D., whose book *Bowling Alone* charted a long-term decline in civic engagement. Add to that the jump in single-person households, and you end up with a society primed for loneliness.
4. **A - Goes up;** According to a Gallup survey, life satisfaction increases steadily after age 50. By age 85, most people are very happy, whether they live alone or not.
5. **C - Socializing with coworkers;** Only 16 percent of retirees who continue to interact regularly with former coworkers are lonely, compared with 42 percent who do not interact at all with former colleagues.
6. **C - Income;** In the survey, low-income respondents (those earning less than \$25,000 per year) were more likely to be lonely than those in the high-income bracket (more than \$75,000 per year).
7. **D - All of the above;** significantly fewer people who interact socially in these ways report being chronically lonely. All were considerably higher than the 35 percent who are lonely overall.
8. **D - All of the above;** Significantly fewer people who interact socially in these ways report being chronically lonely.
9. **D - Three or more;** Loneliness was much less common among those who had three or four confidants (32 percent), and it was lower still for those who had five or more (21 percent).
10. **D - All of the above;** John T. Cacioppo, Ph.D., of the University of Chicago, notes loneliness can be considered a serious health risk, similar to more established risks such as obesity or smoking



STATISTICS ON SENIOR ISOLATION:

- 11 million, or 28% of people aged 65 and older, lived alone in 2010.
- Senior isolation increases the risk of mortality.
- Feelings of loneliness can negatively affect both physical and mental health.
- Perceived loneliness contributes to cognitive decline and risk of dementia.
- Social isolation makes seniors more vulnerable to elder abuse.
- LGBT seniors are much more likely to be socially isolated.
- Social isolation in seniors is linked to long-term illness.
- Loneliness in seniors is a major risk factor for depression.
- Loneliness causes high blood pressure.
- Socially isolated seniors are more pessimistic about the future.
- Isolated seniors are more likely to need long-term care.
- Loss of a spouse is a major risk factor for loneliness and isolation .
- Transportation challenges can lead to social isolation.
- Caregivers of the elderly are also at risk for social isolation.
- Loneliness can be contagious.
- Lonely people are more likely to engage in unhealthy behavior. (Poor diet, lack of exercise, smoking, drinking)

SO WHAT CAN YOU DO ABOUT IT?

Volunteer: Volunteering can reduce social isolation and loneliness in seniors. In Bakersfield, we have plenty of opportunities to volunteer. If you need some help finding somewhere to donate your time and effort, check out:

- * **Volunteer Center; and their RSVP Senior Corp Program—1400 Chester Ave #J 661-395-9787**

Remember, Chevron will literally pay the organization you support for your volunteer time!

- * **Bakersfield Adult School**
(661) 835-1855

Get Moving Physical activity reduces senior isolation. Some ideas to start include:

- * Join a gym
- * Check out City of Bakersfield Recreation and Parks Department, or do some laps down at McMurtrey’s downtown.



Make someone else less lonely - Take a look around and try and notice others who appear lonely. Take the time to get to know them. It could change your life!

Get a Dog If your **nest is empty** — by circumstance or by choice — think about getting a dog. Known for their devotion and happy dances, dogs can take a big bite out of isolation. Just hanging out with a furry friend, studies show, has a revitalizing effect. Here, 10 benefits of later-life dog ownership.

Dogs Keep You Fit- Adopt a dog and ditch that pricey personal trainer. Dog owners walk approximately one hour longer per day than those without a fetching friend in their lives.

They Make You Healthier - dog-owning seniors have lower blood pressure and lower cholesterol than their pet-less peers. Having a dog also reduces the risk of heart attack.

Dogs Are Social Mediums - A natural-born icebreaker, your dog will introduce you to everyone from next-door neighbors to perfect strangers.

They Organize Your Day - A dog may keep you sane, showered and solvent. Dog owners exhibit higher degrees of self-discipline than those without.

Dogs Get You - Dogs are the only nonhuman animals who scan the left side of a face — the process whereby people, “read” emotions.

They Boost Quality of Life - Dogs help you stay safe and independent: They provide ears for the deaf, eyes for the blind and an early warning system at the approach of dangers.

They Can Be an Old Friend - No need for housebreaking and training when you adopt an older pooch.

Dogs Make You a Better Person - As the “bumper snicker” exhorts us, “Be the person your dog thinks you are.”

They Let you Be a Hero - 6 to 8 million dogs and cats wind up in animal shelters every year. The majority would make loyal and loving companions.



Take a Class: There are a plethora of opportunities to learn something new. In Bakersfield, consider these options:

- * The Levan Institute out of Bakersfield college: 661-395-4431
- * Elder College offered each Fall by the 60 Plus Club email: 60plus@csub.edu#Email

OUR NEXT LUNCHEON

Friday May 15, 2015 in Bakersfield at Hodel's Country Dining, located north of Olive Drive on Knudson Street, just west of Highway 99 – We will be in the smaller Harvest Room. Socializing begins around 11:00 am, with the program and meal starting around 11:30.

Send your reservation to Frank Lortscher: 12151 Cattle King Drive, Bakersfield, CA 93306, or call 661-871-1427 or email: uscfrank58@gmail.com

Note that Meal cost is now \$16.00 per person.

Please make your **reservation by Tuesday May 12th.**



Chevron Retiree's Association
Frank Lortscher - uscfrank58@gmail.com

Mail to: 12151 Cattle King Dr.
Bakersfield, CA 93306 or
Call 661-871-1427

SJV Luncheon May 15, 2015—\$16 per person

There will be _____ of us at the luncheon (Name/s):



If you find you can not make it to the luncheon please cancel your reservations as soon as possible.

Next Bakersfield Luncheon May 15th

The world according to Henny Youngman:

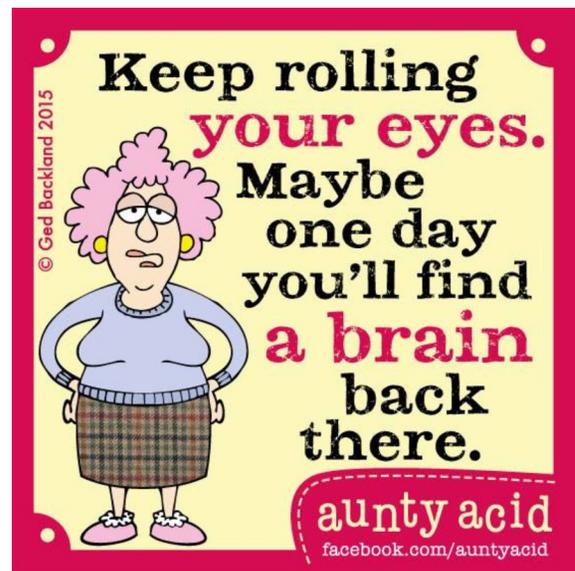
- ◇ You have a ready wit. Let me know when it's ready
- ◇ My wife will buy anything marked down. She brought home two dresses and an escalator.
- ◇ When my wife asked me to start a garden, the first thing I dug up was an excuse
- ◇ Hard work never killed anyone, but why take a chance?
- ◇ A penny saved isn't much
- ◇ Laugh and the world laughs with you. Cry and you have to blow you nose.

Being old is when:

Your friends like your new alligator shoes, and you're barefoot

- ◇ "getting lucky" means finding your car in the parking lot.
- ◇ Your sweetie says "let's go upstairs and make love," and you say "Honey, I can't do both."

Happy Mother's Day May 10th



The meek shall inherit the earth, but not the mineral rights
J. Paul Getty

**San Joaquin Valley Chapter
Chevron Retirees Assoc.
Karen Polyniak
PO Box 9334**

**memorial
★ DAY**

May 25