

SEADRIFT/VICTORIA CHAPTER September 2010

Next Meeting

Sept. 9

5:30 pm Dutch treat dinner at The Golden Corral.

Program at 7:pm will be at the Electric CO-OP on Ben Wilson.

Elidia Wilson from the local Social Security office will give a presentation on Social Security and Medicare. She will be able to explain some of the workings of these programs.

Meetings

The last meeting planned this year is:
Dec. 9 at Clubhouse

CARBIDE RETIREE REUNION 2010 WOW!!

What a crowd. We had just over 500 signed up and 432 of them attended. Hope those who attended had a good time and got to see old coworkers that you do not see on a regular basis.

We appreciate all the DOW volunteers who took over activities that freed time for retirees to visit more. **Carl Harding** and his greeters provided a warm welcome for everyone. My personal thanks goes to **Bob Barber** from Texas City for working with the spread sheets to keep up with the information. **Jim Friedel** did a super job with the name tags. We also must give a special thanks to **Trish Ritthaler** and **Amy Boone** for the organization and guidance of the entire activity.

And last but not least thanks to **DOW** for sponsoring the reunion. [Continued page 4](#)

June Meeting

Christina Navarro, RN from the Advanced Home Health Services gave a presentation on Alzheimer Disease. Alzheimer is the most common form of dementia. Some facts that **Christina** gave are:

Alzheimer's is an irreversible disorder of the brain which cannot be cured and is always fatal. Fifty per cent of people over 85 has the disease.

Warning signs of the Alzheimer's are:

1. Forgetting how to perform everyday tasks at home.
2. Having trouble with language, often forgetting simple words.
3. Disoriented to time and place.
4. Having problems with thinking.
5. Showing poor judgment.
6. Misplacing things.
7. Having frequent changes in mood or behavior.
8. Showing drastic changes in personality.
9. Losing motivation for living a normal life.

Memorials

Marie L. McBryde widow of deceased retiree **Bruce McBryde** died April 30, 2010.

J. B. Horton, 88, of Temple, TX died June 19, 2010. **J. B.** retired in 1982 from the Electrical Department.

Dorothy Jordan, 81, of Victoria died July 3, 2010. **Dorothy** was wife of retiree **Richard "Goube" Jordan**.

Clifford Ashton, of Telferner died May 22, 2010.

Billie Fisher, 78, of Victoria died August 13, 2010. **Billie** was secretarial supervisor for the plant and retired in 1993 after 25 years service.

Congratulations 55 Years



Jim and Lorena Marie Wilson celebrated their 55th anniversary. **Jim** retired after 28 years service.

Congratulations 50 Years



William "Bill" and Lou Vann Shaw celebrated their 50th anniversary July 2, 2010. **Bill** retired in 1999 from Operations.

Change of Address

Truman Brauswell from 406 Oak Terrace, Edna, TX to 1818 CR 267, Ganado, TX 77962



Start Moving. Start Today! Join the 12% Solution for Physical Activity!

Take a Positive Step

Each year, through its 12% Solution program series, Dow Health Services encourages employees, retirees and their families to examine their lifestyle habits related to a targeted health risk, and start to make some very doable, yet impactful changes to improve that risk. This year's targeted risk is lack of physical activity.

It's well established that regular physical activity is one of the best things you can do to manage weight, increase energy, build resiliency and help avoid many health conditions such as diabetes and cardiovascular disease. Physical activity also helps reduce health care costs related to these conditions.

Be Part of the Solution

Dow Health Services invites you to be a part of the solution this year and use the global 12% Solution to Physical Activity program to boost your physical activity level. The program runs September 8 – October 21, 2010. Registration closes September 7 at 5pm Eastern Time (-4 GMT). To register, or for more information, visit <http://www.DowFamilyHealth.com> and click on "12% Solution to Physical Activity" under News and Features.

The 12% Solution to Physical Activity program is available free of charge to anyone who is ready to be more active. When it comes to developing a healthy lifestyle, you can't do it all in six weeks, but you can get started. That's what the 12% program is...a starting point!

Program Description

The 12% Solution to Physical Activity program will introduce four keys to improving your physical activity level, and the motivation to put them into practice. By committing to one or more of these behaviors over the 44 days, this program can help you create a sustainable, active lifestyle.

After registering for this voluntary, free Health Services program you'll benefit from:

- A Personal Action Plan and tracking form to track your progress and document personal observations
- Short weekly e-mails during the six weeks with a tip and motivation to continue
- Progress reporting in the middle and end of the program
- The positive support of Health Services and other participants

Start Moving. Start Today! Join Dow's global 12% Solution to Physical Activity Program!



IMPORTANT PHONE NUMBERS

Aetna Member Services
1-800-736-9369

Retiree Service Center
1-800-344-0661

Praxair Retiree Services
1-800-727-7878

Aetna Home Delievery
1-800-736-9369

24/7 Nurse Line
1-800-556 1555

****FIN NUMBERS****

CLIP AND KEEP FOR FUTURE REFERENCE

Coordinator Jim Friedel—576-5225
Ed Adkins—897-1070
D. L. “Buck” Buchanan—576-2595
Les Furman—575-3397
Ted Gill—785-4946
Paul Marinez—526-2882
Pete Terrell—552-3415
Ken Woodall—552-9429

Chapter Officers

Pres: Weldon Cummings—
578-4392
Vice Pres: Jim Friedel—
576-5225
Sec/Treas: Alyce Hartman--
573-6529
Newsletter: Weldon Cummings
578-4392

E Waste Days



What: Electronic Waste Day sponsored by City of Victoria and Bass Computers.

When: Sept. 17, 8:00am—5:00pm. & Sept 18, 8:00am—12:00pm

Where: Victoria Community Center Parking Lot.
2905 E. North Street, Victoria.

Item accepted:

Televisions	Computers	Laptops
Servers	Cell Phones	Monitors
Hard Drives	Cameras	Projectors
Desktop printers	Keyboards	Cables
Batteries	Communication equipment	

Items not accepted:

Medical Equipment	Appliances	Microwaves
Household Hazardous Waste		

Questions: Call City Environmental services @ 361 485-3230

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Several retirees were taking pictures during the event and some have been posted on our website. More will be posted. The site is: seadrifter.org

In addition, Photos by L-Ann Imaging took pictures.

To view and purchase photos taken at the 2010 UCC Retiree Reunion, go to:

www.findmyevent.com

Guest Password – Dow2010

They also have a good slide show of the pictures taken during the event.

Aline Hammond from Texas City was voted as best dressed cowgirl and **Larry Bruchmiller** from Seadrift as best cowboy.