

**SEADRIFT/VICTORIA CHAPTER**

**August 2011**

**Next Meeting**

**September 8 at  
Victoria Electric Coop.**

**Dutchtreat dinner 5 to 6 p.m.**

**@**

**Golden Corral  
Program 7 p.m. at CO-OP**

**LINDA WOLFF** will speak at our meeting on  
**"Indianola-  
A Seaport with a Stormy History."**

**Future meetings**

December 8 at Clubhouse

**Program will be announced later.**

**JULY MEETING**



**Brad Fedorchak**, Seadrift Operations Site Leader, gave a very informative and meaningful update on the Seadrift plant operations and the Dow business status. He talked about the planned sale of the polypropylene unit and the Eagle Ford Shale development in the area. He also said that Dow gave \$60,000 in community grants to a number of charitable organizations in the area this year. **Brad** gave an excellent update on the various units in the plant where retirees had worked in previous years and then answered a number of questions. His talk was very well received and was appreciated by those attending.

**Bryan Nelson**, the Health Ambassador for the Seadrift Retirees, talked about "Health Change Success Stories" and he would like to hear from any retirees or spouses that would like to share a success story. (*My success story is presented later in the newsletter-Janie*) He also spoke about the "Move—Go For the Gold" program that is being sponsored by Dow this year.

**UNION CARBIDE RETIREE REUNION 2011**

Mark your calendars for Thursday, September 29<sup>th</sup>! The Carbide Retirees Reunion will take place this year in Texas City, Texas, at the Charles T. Doyle Center. Invitations have been mailed out and you should RSVP by September 15, 2011. Early birds who send their reservations in by September 1, 2011, will be entered in a special prize drawing. If you are interested in bus transportation to the event, please mark your RSVP card with your location. Your bus captain will contact you with details. So...fill out those cards and send 'em in!

## ...and now FOR A WORD FROM OUR HEALTH AMBASSADOR, BRYAN NELSON

### 12% Solution to Stress Management /Sept 7- Oct 20, 2011

Are you looking for some simple, concrete ways to better manage your stress? Many people want to reduce stress because it's such a persistent challenge, but they're often not sure how to do it successfully.

Dow Health Services invites you to participate in "12% Solution to Stress Management" and learn healthy habits that build your resilience to stress and reduce its negative impact on your life. This six-week global program will help you integrate key resiliency-building activities into your daily routine in only minutes per day.

You'll choose up to six different Paths to Resiliency and then complete simple daily activities to help you build skills in those area(s). The Stress Management Paths to chose from are:

- Self Care – taking care of yourself – physically, emotionally, mentally
- Perspective – keeping things in perspective, a positive reaction to a stressful event
- Control – taking control, or letting go of something you cannot control
- Demands – effectively managing life's demands
- Relationships – build/strengthen your personal relationships or support systems
- Mindfulness – attentive awareness of the present moment

You'll receive weekly e-mails with encouragement and information that will enhance your understanding of your personal path to resiliency.

At the end of the program, answer a short, optional survey about your experience with the program, and earn a chance in a lucky drawing for a resiliency-related prize.

The "12% Solution" refers to a program duration which is 12% of a year, or 44 days in length. This program is free of charge and open to retirees, and spouses/partners/dependents.

#### **Getting Started**

To get started on this program, or to learn more, go to: [www.DowFriends.com](http://www.DowFriends.com) - click on "Healthy Living" (left column), then on "Upcoming Events". The link "Learn More" at the end of the article sends you to the 12% Solution to Stress Management page on the DowFamilyHealth.com website. There the link "Register" takes you directly to the program's registration form.

#### MY PERSONAL HEALTH SUCCESS STORY By Janie Zeplin

This one is going to take some time to write! Most of you know me from my days in Distribution. I was diagnosed in 1994 with breast cancer. I had six months of chemotherapy after my mastectomy in September of that year. At the end of that I remained on a form of medication for five more years and remained cancer-free until it recurred on my lower spine in 2001. At that time I had two weeks of radiation to my spine which stopped it. Then in 2009 the doctors discovered (quite by accident) a tumor on my right kidney. They referred me to M. D. Anderson in Houston where it was found to be another type of cancer from the breast cancer. My right kidney was removed and no chemotherapy was necessary because it was caught so early. Then another lesion appeared on my lower spine. At first the doctors thought I would require radiation again but after checking they found that the previous radiation had burnt a portion of my spinal column and they elected to try alternative treatments. This has created a problem with my right foot responding to messages from my brain and I limp a little. I have been on injections of an "estrogen inhibitor" and infusions of a "bone builder". Apparently these medications are working because the lesion on my spine is no longer active. I will continue with this treatment until my doctors decide to stop it. But I am doing pretty well. My only complaint is that I can't dance any more!!! After being told the lesion was inactive following my tests last week, I really wanted to do a jig but my right foot just wouldn't cooperate!

Dora & Raul Arambula



Maria & Charlie Zirkelback



Mary Frances & Henry Schaar



Helen & Jim Friedel



Cathy & Bryan Nelson



Ed Akin & Glenn Hand



Cliff Townsend



Rose & Buck Curtis



# Celebrations



**Mac and Adene Johnson** celebrated their 70<sup>th</sup> wedding anniversary on April 2, 2011. **Mac** worked in Poly A and Oxide and lived in Victoria for 55 years. Mac retired January 3, 1987, after 33 years' service. The couple now resides in Conroe, Texas.



**B. J. and Lillian Berger** celebrated their 50<sup>th</sup> Wedding Anniversary on June 5, 2011, with Mass at Our Lady of Lourdes, blessing of their 50 years of marriage. A reception, lunch and dance was held at the Knights of Columbus Hall, Victoria, Texas. **B. J.** retired from Safety Department in 1994 after 34 ½ years of service.

## \*\*\*Fin Group\*\*\*

Coordinator Jim Friedel—576-5225  
Ed Akin—897-1726  
D. L. "Buck" Buchanan—576-2595  
Les Fuhrman—575-3397  
Ted Gill—785-4941  
Paul Martinez—526-2882  
Pete Terrell—552-3415  
Ken Woodall—552-9429

# Memorials

**Delphine "Tootie" Hanselka**, 81, of Victoria died May 17, 2011. **Tootie** worked in our Food Service area for 33 years.

**Randy Maddux**, 57, of Seadrift, died May 16, 2011. **Randy** was an Electrical Engineer for Union Carbide/Dow.

**Dwight Heath**, 88, of Victoria, died June 8, 2011. **Dwight** was Department Head of Distribution for Union Carbide at his retirement in 1984 after 38 years.

**Frank P. "Smitty" Smith**, 82, of Victoria, died June 30, 2011. **Smitty** was in our Seadrift Pipeline area until retiring.

**Kenneth Wooldridge**, 84, of Seadrift, died July 1, 2011. **Ken** retired from Union Carbide.

**Charles Argast**, 82, of Victoria, died June 29, 2011. **Charlie** retired after 30 years for Union Carbide.

**Loran Dean**, 89, of Port Lavaca, died June 30, 2011. **Loran** retired from Union Carbide.

**Everett A. Gauntt**, 83, of Victoria, died August 9, 2011. **Everett** retired from Union Carbide in 1994 after 34 years.

**Robert William Henley Sr.** 70 of Cibolo died on August 13, 2011. **Robert** worked for Union Carbide from 1961 to 1973.

## Chapter Officers

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