

Shellegram

Deer Park Manufacturing Complex

Thursday, April 10, 1975

Vol. 40, No. 13

PROVIDENT FUND BECOMES FASTER ON THE DRAW

There've been a few changes in making a withdrawal from the Shell Provident Fund, and it boils down to this: you get your money faster.

"Obviously, the Provident Fund is a saving-money-for-retirement plan, but the fund does recognize the fact that people might need large sums of money from time to time," says William Buker, manager policy and benefits.

"We would be remiss if we didn't build a withdrawal procedure into the program."

Withdrawals can be made once a year after five years of company service.

Recent procedural changes make it possible for withdrawals to be paid in two to four weeks rather than the previous four to six weeks.

Says Hank Mancini, supervisor-operations for the fund, "If a withdrawal direction is received by the fund before the 15th of the month, the check will be mailed on the first of the following month. Directions received between the 15th and the last day of the month will result in the checks being sent out on the 16th of the following month."

A second procedural change turns the regular withdrawal form into a postpaid self-

mailer. It can be folded, sealed and mailed directly to the Shell Provident Fund. It previously had to be turned in to Employee Relations for forwarding to the Provident Fund office.

Withdrawal forms still have to be picked up at Em-

ployee Relations.

One other point is that employees can withdraw up to 100 percent of their own contributions made since January 1, 1959. Neither earnings nor company contributions can be withdrawn

(Continued on page 2)

SUPERVISORY WORKSHOP HELD MARCH 16-21



The March 16-21 Supervisory Workshop was held at Kings Inn. Those participating included: F. J. Ackerman, H. H. Buchanan, E. P. Cashat, B. R. Cole, R. J. Hagan, J. M. Hatcher, J. G. Hunter, R. E. Keller, W. S. Mora, J. D. Lindsay, C. P. Luquette, G. J. Matherne, W. A. Moorman, P. C. Moore, F. Pierrrott, E. D. Polk, L. W. Roberts, W. H. Shields, D. R. Tregre, W. C. Ubermosky, C. L. Waters, G. O. Williams, R. Williams, and H. Woodard.

Coaches included: W. V. Hurston, F. L. Lewis, V. A. Maggio, D. E. Nicholson, J. Puyau, R. W. White and J. L. Werner.

ACTIVITIES CLUB DANCE

APRIL II

Friday night, April 11, will be the first SCORA club dance. It will go from 8 pm until midnight in the Chandelier Room of the SPJST Lodge 88 located at 15th and Beale in Houston (just off North Shephard).

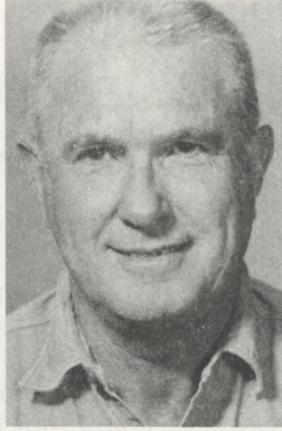
The dance will be free to members and their guest. There will be a charge of \$5 per couple for all others. The BYOB dance will be entertained by Bill Black's Nine-Piece Orchestra. So, see you there, partner....



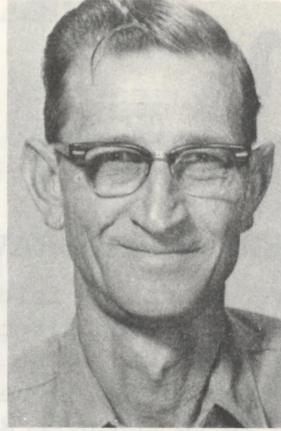
ELEVEN EMPLOYEES ELECT TO RETIRE FROM COMPLEX



Adams



Callender



Hall



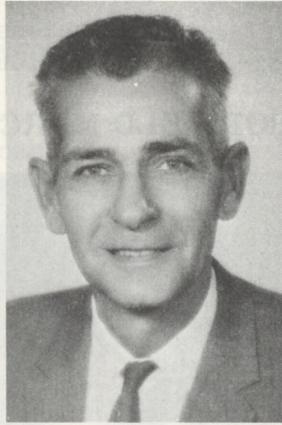
Lauter



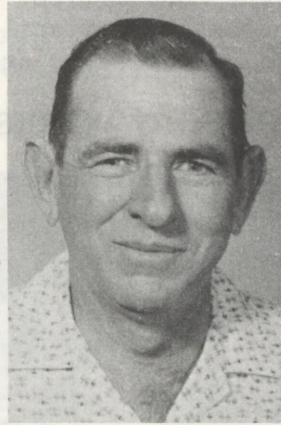
McClain



Miller



Peppers



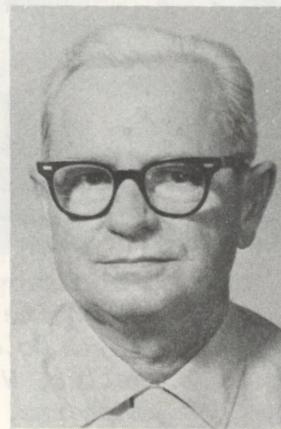
Smith



Vann



Williams



Young

YOUR NEIGHBOR MAY BE THE "FAT CAT"

The next time someone bugs you about the "fat cats" in the oil business, you might refer to a study recently released by the API which answers the question: "Who owns Big Oil?"

The study found that more than 14 million Americans are direct or indirect shareowners of the six largest U.S. oil companies. The figure was arrived at after the elimination of all duplication.

Together, these individuals own nine-tenths of the common stock of the companies. They represent more than 6.5 percent of the nation's total population. If data were available for the hundreds of

oil companies in this country, millions of additional individuals would be involved.

Although there may be a few millionaires in the group, the survey shows that the typical oil-company (Continued on page 3)

Provident fund becomes faster on the draw

until you retire or leave Shell's employment.

Members of the Provident Fund can determine the amount available to them by referring to their annual statements, or by calling the Provident Fund office on SSN 423-1830 or by the Bell system on 795-1820.

March 31 was the last day of work for eleven Shell employees. They will now begin a new way of life - that of a retiree.

Edward Adams accumulated some 30 years of company service at the time of his retirement. He left Shell as a wax helper in the Lubrication Department.

Adams and his wife, Mat Lee, will make their retirement home at 5523 Sweet Briar in Houston.

Harley I. Callender, operator No. 1, Resins Operations, is leaving with 25 years of company service.

He and his wife, Bessie Loree, will make 6201 Summit Crest in Houston their retirement home.

A. L. Hall, machinist No. 1, Maintenance Engineering, retired with 31 years of company service.

Hall and his wife, West will make their retirement home at 1307 Mosher Lane in Houston.

Bennie N. Lauter, line No. 1, Engineering Field, is retiring after some 25 years of company service.

He and his wife, Nevie Lee, will make 1513 Bonham Road in Houston their retirement home.

Frank M. McClain is retiring after some 36 years of company service. At the time of his retirement, he worked as a tinner No. 2 in the Engineering Field Department.

McClain will make 6407 Country Lane in Houston his retirement home.

James C. Miller, machinist No. 1, Engineering Field, is retiring with almost 30 years of company service.

He and his wife, Jewel (Continued on page 3)

your neighbor may be the "fat cat"

shareowner is a person with a good education who has worked hard, saved some money and invested part of it in common stocks.

The survey reveals that the 2,300,000 direct shareowners are distributed throughout the 50 states, with slightly greater concentrations in California, Florida, Texas, New Jersey, Massachusetts, Connecticut and Pennsylvania.

In addition to direct and indirect owners, the survey shows that shares in the six

companies are owned by 91 colleges and universities, nearly 200 mutual insurance companies and about 1,000 charitable and educational foundations.

Other highlights of the survey include these facts about direct shareowners:

- They are significantly older than the rest of the U.S. population. Half are more than 60 years of age. Eight out of ten are more than 45 years of age.
- Women outnumber men, 54 to 46 percent.
- Median family income is about \$16,400 a year.
- Retired persons make up 46 percent of the total. Their median family income is \$14,100 and their median age 70.6 years.
- Of the 53 percent of shareowners who are employed or whose spouses are employed, eight out of ten are white-collar workers. Most work at professional, technical or managerial jobs or are proprietors of businesses.
- In one-third of the employed households, more

than one person works either full- or part-time.

The survey shows that when oil companies are penalized by governmental action or damaged by political criticism, a lot of people get hurt. During the past year or so, while oil companies have been accused of all kinds of wrongdoing, prices of most oil stocks have dropped even more than those of most non-oil stocks. In that process, millions of Americans have been deprived of part of the value of their investment.

eleven employees elect to retire from complex

are making 1604 Isaac Cts. in Pasadena their retirement home.

Walter I. Peppers, boiler-maker No. 1, Engineering Field, is retiring after some 31 years of company service.

Peppers and his wife, Minnie Marie, will make 7823 West Bay Lane in Houston their retirement home.

L. D. Smith, operator No. 1/shift foreman relief, Resins Operations, is retiring with 25 years of company service.

He and his wife, Cora Belle, will make 707 English in Houston their retirement home.

William G. Vann, pipefitter No. 1, Engineering Field, is retiring after almost 31 years of company service.

Vann and his wife, Bertie, will make 10116 Buxton in Houston their retirement home.

Arthur Williams, sampler, Refinery Laboratory, is retiring after 27 years of company service.

He and his wife, Vera Lee, will make 4634 Larkspur in Houston their retirement home.

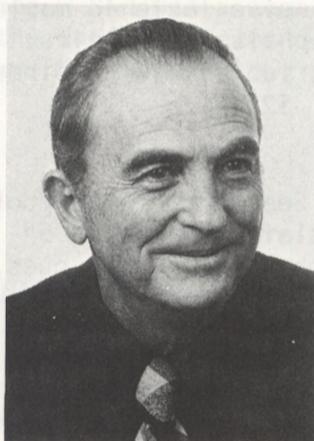
E. C. Young, instrumentman No. 1, Maintenance Engineering, is retiring after some 27 years of company service.

Young and his wife, Edith Lorayne, will make 1512 Hankamer in Pasadena their retirement home.

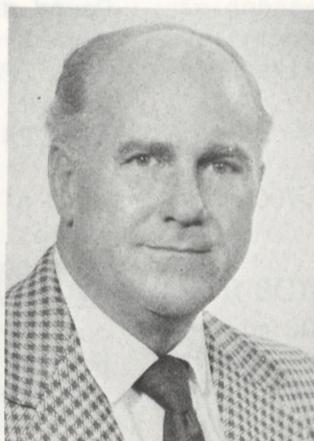


"And I'll write soon as I learn how."

SERVICE ANNIVERSARIES



25 Years W. R. Alford Gas Recovery



25 Years J. E. Bills Eng. Field



25 Years E. Burke Lubricating Oils



25 Years G. V. Hamilton Eng. Field

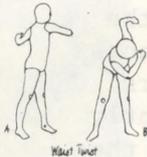


25 Years J. T. Hoke Eng. Field

Exercises For Office Workers



These exercises are designed for both men and women who spend most of their working days behind a desk. Although men often consider this sort of exercise to be for females, these are not only good slimming devices but are excellent conditioners for any sports activity and you'll feel better on the job.



Waist Twist

Warm-ups
Warm-ups are important in any exercise program—and the more out of shape you are, the more essential it is to spend a few minutes limbering up those stiff muscles and joints!

A few easy warm-ups include (1) loosening the shoulders by shrugging and (2) with arms behind back, standing straight, do easy bounces toward floor, then drop hands and do bounces to floor.

A good warm-up is the "dry swim." Stand with arms shoulder-high and do the "crawl"—first in the center, then swinging from side to side from waist. Then bend at waist and do same "crawl" motion.

At least five minutes of warm-ups should precede exercises or sports activity.



The Hydrant

Knee Bends—Heel Cord Stretches
This is good—and usually difficult—for women who wear high heels. After a while, the heel cords actually become shortened.

Keep feet flat on floor and arms in front for balance. Go down as far as possible without straining.

Hydrant (Upper Thighs and Seat)
Kneel on all fours. Bring one knee up, bent at same angle as for kneeling, and try to reach shoulder level. Maintain that elevation and straighten leg out. Then bring leg back to bent position

and extend it straight back. To begin with, do each leg three times and increase the number as you become more limber.

Waist Twist

This is good for waist, hips and midriff—some of the first places to be affected by the 40-hour work week syndrome.

It can be done several ways. Standing, one foot slightly forward, knee slightly bent, twist from waist, pushing hip forward, toe in towards body, shoulder back. Turn knee and foot out and repeat on other side. Alternate sides 15-20 times.

Then, bend forward from hips, and without moving head or hips, pretend you are socking someone. Do this several times, then repeat the erect twist, then return to bent twist.

Another variation is to lie on back, arms out to side. Keeping shoulders on the floor, raise knees to chest, keep together and rotate from side to side trying to keep knees and feet locked together.

One of the most aggravating things suffered by office-workers is back pain—from sitting in one position too long and too often, from hunching over a desk for hours on end, etc.

Try this for relief:

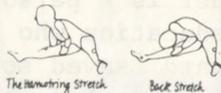
Lying on back, bring knee toward chest and pull in chest, alternating legs, and then both legs, rounding back toward head.

Bring one leg in toward chest, knee pointing out away from the body, foot in. Grab ankle with one hand, knee with the other and pull towards chest. Do this with first one leg and then the other. (This last one helps to realign the back without hurting.)

Tension Relievers

When you've had a bad day at the office, you know the meaning of tension. It hits all of us once in a while and the only important thing is getting rid of it fast! Here are some suggestions. For neck, shoulders, jawline:

1. Sit Indian style, turn head to one side as far as possible, then back to center and push down with the shoulders, then turn head to the other side.
2. Tip head to shoulder (ear toward shoulder) as far as possible.
3. Turn head to front, tip towards chest.
4. Lean head way back and chew as though you had a big wad of bubble gum in your mouth—this helps prevent or eliminate double chin too!
5. Close eyes, rotate head very slowly all the way around and then reverse direction. (This one is especially good during office hours when tension builds up. If it hurts, you really are tense!)



The Hamstring Stretch Back Stretch

Hamstring Stretch

If done regularly, this exercise helps to correct the stiffness that often causes or contributes to the pain of tension.

Sit on floor, legs comfortably apart and flat on floor. Put one hand on the ankle and the other just under the knee. Keeping your chin up and legs straight, try to pull the chest down onto the thigh in short easy bounces. Do 10 bounces, then shift to center with one hand firmly grasping each ankle and repeat bounces. Then repeat the motion on the other ankle and knee.

Back Stretch

Again, sit with legs apart and flat on floor. With your hands in same positions as in hamstring stretch, turn head to side and try to touch ear to knee. Do this ten times on each side. Then, with both hands on both ankles, try to bring the head close to the floor.



The Cat The Old Horse

Abdominals (Cat and Old Horse)

This is great for tightening all those sagging stomach muscles protruding over and under desk tops.

Start on hands and knees. Arch back and tuck head in and tighten abdominal muscles. Keep breathing! Hold for a count of five. Release, let head come up and body sag like an old horse.

This one can also be done in a standing position. Feet apart, bend knees, put hands on knees. Keep shoulders and knees still and pull in seat and abdominal muscles.

To do the same thing in a sitting position: kneel, sit back on feet and pull in muscles as described above.

CLASSIFIEDS

FOR SALE

1967 Olds 98, clean, good paint and motor, no rust, does not use oil. Look it over. \$895. 473-1274

French Provencal couch, newly upholstered, like new. \$190. 479-4888

1973 Honda CL100, 4,700 miles. \$300. 472-8994

1972 Honda SL175, 700 miles. \$500. 487-0584 or 487-4298

3-1/2-2 brick house, fenced yard, excellent condition, equity or conventional loan. 479-4465

1972 Vega Hatchback, air, automatic, radio, good condition, reasonably priced. 487-3783

Four-burner, built-in, yellow gas stove, Western Holly. \$35. Staircase railing with mahogany bannister, 18' long, short upstairs railing about 5' long. \$25 for both railings. Inquire at 1122 Glenmore, Pasadena.

1968 Chrysler Newport, 4-door with air, power. \$600.
1964 Ford Falcon, standard, air, excellent condition. \$700. 472-0945.

Round dinette table in maple with 6 upholstered chairs. \$65. Portable metal clothes closet. \$25. 479-2241

4' X 8' Sears Briarwood pool table, slatene top with 5" honeycomb base, 6 pool cues, rack, balls, brush, cover, cue rack, one year old, in perfect condition. \$250. 479-8191

1964 Cheverolet panel truck. \$350. 472-0391 after 5 pm

1974 Mustang II, 2-door 4 cyl., 2300 cc, 4-speed, 14,000 miles. \$2,700. 473-2150

23,000 BTU Whirlpool air conditioner, 1970 model. \$100. 497-0479

17' GE upright frostless freezer, freezes but needs work. \$60. 479-1772

One year old Whirlpool washing machine, white, electric Kenmore dryer, excellent condition. \$250 for both. Dinette set. 472-4839

18' fiberglass Deep Simi-75 hp Evinrude motor, big wheel tilt trailer. \$675
40 hp Evinrude with contr all electric. \$400. 196 Falcon stationwagon, new tires, radio, heater. \$1 473-4616

Large dining table and buffet, 4 formal dresses, size 16, must see to appreciate. Make offer. 479-2241

FREE

Male puppies, part Dachshund and part ???, real cute. 643-1671

PERSONAL

I would like to take this opportunity to thank you for my retirement gift. I enjoyed working with each and every one of you. We reside at 1016 Buxton Street in Houston.

- W. G. and Bertie Vann