ALUMNI NEWSLETTER

Martinez Refining Company



October 2024 Edition 223

◆ SAVE THE DATES FOR 2024/2025 EVENTS!

◆ Toys for Tots on November 12th

Special

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in this

♦ New Alumni Members— membership at 347!

- Photo links to 2024 events and website
- ♦ Alumni Scholarship Recipients 1993 2024
- ◆ Scrapbooking/Crafting CANCELLED
- edition: ◆ Museum Facelift and Construction Update
 - ♦ Share your Retirement and Scholarship Stories
 - ♦ Donate Used Eyeglasses and Hearing Aids
 - ◆ Interest for Reno Snow Train—Please RSVP!

- ♦ Humor Corner
- Martinez Community Garden (Don Sanders)
- ♦ Scholarship Recipient Story by Joshua Chen
- ♦ Food for Thought
- ♦ Birthdays, Obituaries, & Anniversaries Benefit Info.
- ♦ 2024 Calendar of Events
- ◆ Toys for Tots Flier November 12th, 2024
- ◆ Payment form for single/multiple Alumni events
- ◆ Alumni Membership Application

SAVE THE DATES FOR 2024 and 2025

November 9th Scrapbooking/Crafting - CANCELLED—REFUNDS WILL BE MAILED

November 12th Toys for Tots (new toys and donations accepted at Musuem)
November TBD Decorating Inside and Outside of Clubhouse for Christmas

December TBD Lighting Ceremony at the Clubhouse by MRC January TBD Annual Breakfast and Canned Food Drive

February TBD Crab Feed

March TBD Annual Membership Meeting

The Alumni Museum now has a new phone number, **(925) 293-4162**. Finally, we have gotten a phone installed where you can leave messages. Remember we will pick up the messages on Tuesday and Thursday. Email is still the best contact, mrcmtzalumni22@gmail.com for immediate response to your questions/concerns.

TOYS FOR TOTS LUNCHEON ON NOVEMBER 12TH

Last year's toy drive was exceptional. In an effort again this year to increase toy donations for those less fortunate, we will begin accepting new, unwrapped toys at the Museum on Tuesdays & Thursdays (9:00 am to Noon) between now and November 10th. For those of you that would like to support the event, but will be unable to attend in person or unable to do the shopping, we will also accept donations....and we'll do the shopping for you (whether you are attending or not). MRC will also be supporting the toy drive by collecting toys at the site to donate. Admission cost will



be \$10.00 per person for lunch and/or **bring a new, unwrapped toy(s). The toys will be donated** to Martinez Shelter, Inc. and La Casa Ujima in Martinez. Hope to see you there!

ALUMNI MEMBERSHIP REACHES HIGH OF 347!

FYI WE NOW HAVE 79 MRC ACTIVE EMPLOYEES. Thanks to all the folks joining the Alumni to support the group. The membership form is found on the last page of this newsletter. Please pass on to those retirees/employees that have not joined us. Great work by current members reaching out to fellow coworkers and friends to join us.



Victor Slagle

Dan Sabalesky

Natalia Recko

Here are a few facts about our members: Members reside in the following countries and states: Australia, Arizona, Colorado, Florida, Idaho, Kansas, Montana, Nevada, Oregon, Pennsylvania, Texas, & Washington.

Looking for current or previous Alumni newsletters or photos from recent or previous events, check out this link to the MRC Alumni web site for the items as they become available for viewing.

PHOTO ARCHIVES OF EVENTS

Crab Feed 2024 from February 20th. Open this hyperlink to check out all the photos from the event.

Annual Alumni Meeting on March 19th. Open this <u>hyperlink</u> to check out all the photos from the event.

Annual Alumni Reunion on April 18th, Open this <u>hyperlink</u> to check out all the photos from the event.

Scholarship Awards from May 2024, to view the photos of the event just open this hyperlink.

Bocce Tournament on July 13th, to view the photos of the event just open this **hyperlink**.

Mare Island Tour on July 18th, to view the photos of the event just open this **hyperlink**.



Open hyperlink this to view the Alumni scholarship photos from 1993 to current. This hyperlink opens the scholarship list of recipients.

Alumni Scholarship History Now added to the Alumni Web Page

The compilation of the history of scholarships awarded from 1993 to 2024 is now available on the web site to look back at the number of scholarships presented to support education of the Alumni families and MRC employees that applied for a scholarship.

Hope you enjoy the lookback of these recipients.

SCRAPBOOKING/CRAFTING EVENT ON NOVEMBER 9th

Unfortunately, due to the late date which we were able to get scheduled at the Clubhouse we did not get enough folks signed up to hold this event this year. We will plan a spring event and try again. For those folks that have sent in your registration fees, your checks or payments will be refunded.



Museum Gets a Facelift

We replaced the missing and tattered awnings Museum to give the building a great new look.

The remodeling work continues on the Museum Annex to get the renovation completed to allow us to use the Annex for educational presentations and add displays from the over-crowded Museum.



The Martinez Historic Home Tour - October 5th 2024



"The MRC Alumni Museum is behind the Refinery Clubhouse parking lot. It depicts the history of oil refining in Martinez -- beginning with the construction of the Refinery in 1915. The Museum is staffed with docents who are retired Shell employees." (from the Home Tour Article).

The Museum was open for the Home Tour visitors. We had 20 - 25 folks that stopped by to see the Museum and check out the displays and old photographs. There were also some vintage cars on the tour route and in the Museum parking lot for folks to enjoy.

Requesting submittal of stories for Alumni Scholarship Recipients for Successes/Journeys and Alumni Stories of Hobbies/Travel Adventures/Volunteering in Retirement

Please submit your stories/photos about scholarship recipients or retirement adventures to mrcmtzalumni22 @gmail.com.

We would love to share these stories from Alumni scholarship sponsors of their children, grandchildren or greatgrandchildren that received a scholarship from the MRC Alumni/EAA or MRC and where their journeys have taken them.

Also would love to hear what Alumni retirees are doing in their spare time. Share your hobbies, volunteer efforts or great travel adventures.

DONATE USED EYEGLASSES and HEARING AIDS

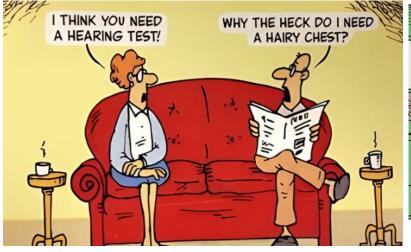
The Alumni will collect used eyeglasses and hearing aids for The Lions Club at events and at the Museum. The collection box is available on Tuesdays and Thursday mornings from 9:00 am to noon at the Museum. Through your kindness we can help to offer the gift of sight or sound to those in need. Marj Leeds will pick up the donated items for The Lions Club.



Any interest in a Reno Snow Train trip? Please indicate your interest by clicking on this email address (mrcmzralumni22@gmail.com) to indicate your interest.

HUMOR CORNER





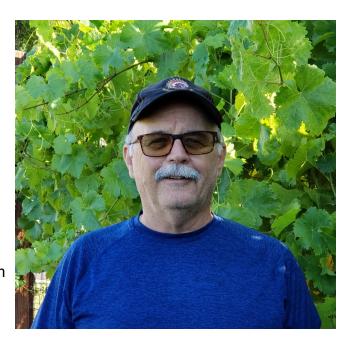


Don Sanders and the Martinez Community Garden

A big thank you to Don and several other volunteers for their work this summer to plant, weed and harvest the produce in the community garden. Thanks also to Bob and Bambi Barker's generosity allowing the use of their property for the community garden.

As of July 27, the garden had produced about 600 pounds of tomatoes, various types of squash, grapes, and peppers. The yield for the season should be around 1,200 pounds. The produce harvested from the garden is all donated to Loaves and Fishes.

Thanks to Jon Marangoni for the photos of the garden.

















Scholarship Lookback by Joshua Chen (son of Andy Chen) Alumni scholarship recipient in 2015



I have wanted to pursue a career in medicine since being introduced to rare disease patients and families as a high school volunteer at Katie's Clinic for Rett Syndrome. When I became a student at UC Berkeley, I chose to study chemical engineering to better understand how chemistry is applied in biological systems. I was especially fascinated by enzyme reaction kinetics and mechanisms, factors key to catalytic function in all biological reactors whether enclosed by cell membranes or stainless steel. Every semester, I noticed more parallels between the engineering problem solving tools I was developing and the medical evaluations and decision making I had observed in clinic. Each overlap made me increasingly excited to explore the possibilities my engineering skillset could bring to the practice of medicine.

After graduating, I worked as a scribe in UCSF's Male Reproductive Health specialty and saw first hand how medical innovation had redefined the possibilities for patients struggling with male factor infertility. IVF/ICSI gave patients with even one sperm the chance to have a child, while sperm cryopreservation allowed patients to travel back in time to a previous version of themselves, expanding the options for recently diagnosed cancer patients or gender dysphoria patients whose treatments could impact fertility. I was amazed by how these science fiction-like treatments could help our patients whose dreams of parenthood were fading. In the clinic's annual deluge of holiday cards from longing duos turned beaming trios, I saw the real-world results of medical innovation and was further inspired by our ability to deliver success and happiness to the people we served.

Forced out of the clinic during the COVID-19 pandemic, I became determined to leverage my engineering background to impact medicine through biopharmaceutical drug development. First, I worked in new drug discovery at Lawrence Berkeley National Laboratory exploring the cutting edge of targeted oncological therapeutic-diagnostic radionuclide treatments. Drawn to the rapidly advancing field of gene therapy as mRNA vaccines gained traction, I joined Nutcracker Therapeutics, an mRNA therapeutics startup, as a bioprocess engineer. Most recently, I worked as a senior engineer at Senti Biosciences, a CAR-NK cell therapy company. At each stop in my journey, I have gained and developed research skills, engineering tools, and a deeper understanding of the pharmaceutical pipeline. While I will leverage these experiences to drive therapeutic development in the future, each has further confirmed my conviction to return to the clinic as a physician. Working elsewhere, I am able to fully appreciate how much I miss the clinic – nothing compares to providing innovative solutions, guidance, and compassionate support at the bedside to patients in need.

I can already see the impact I hope to have on my future patients during my weekend volunteer shifts at the local pediatric office where I was once a patient. Working with these young patients, I am reminded of the transformative power of medical innovation – whether it be state-of-art technology to help patients communicate, a precision treatment to help them conceive, or a routine vaccination to keep them healthy. Having just started as a medical student at the University of Michigan Medical School, I am excited to pursue a career as a physician-scientist to build meaningful connections with my patients, develop treatments to meet unmet needs, and, most importantly, bring hope to future patients and families.

RUN THE DISHWASHER TWICE



When I was at one of my lowest (mental) points in life, I couldn't get out of bed some days. I had no energy or motivation and was barely getting by.

I had therapy once per week, and on this particular week, I didn't have much to 'bring' to the session. He asked how my week was and I really had nothing to say.

"What are you struggling with?" he asked.

I gestured around me and said "I dunno man. Life."

Not satisfied with my answer, he said "No, what exactly are you worried about right now? What feels overwhelming? When you go home after this session, what issue will be staring at you?"

I knew the answer, but it was so ridiculous that I didn't want to say it. I wanted to have something more substantial. Something more profound. But I didn't. So I told him,

"Honestly? The dishes. It's stupid, I know, but the more I look at them the more I CAN'T do them because I'll have to scrub them before I put them in the dishwasher, because the dishwasher sucks, and I just can't stand and scrub the dishes."

I felt like an idiot even saying it. What kind of grown woman is undone by a stack of dishes? There are people out there with actual problems, and I'm whining to my therapist about dishes? But my therapist nodded in understanding and then said:

"RUN THE DISHWASHER TWICE."

I began to tell him that you're not supposed to, but he stopped me.

"Why the hell aren't you supposed to? If you don't want to scrub the dishes and your dishwasher sucks, run it twice. Run it three times, who cares? Rules do not exist, so stop giving yourself rules."

It blew my mind in a way that I don't think I can properly express.

That day, I went home and tossed my smelly dishes haphazardly into the dishwasher and ran it three times. I felt like I had conquered a dragon. The next day, I took a shower lying down. A few days later. I folded my laundry and put them wherever they fit. There were no longer arbitrary rules I had to follow, and it gave me the freedom to make accomplishments again.

Now that I'm in a healthier place, I rinse off my dishes and put them in the dishwasher properly. I shower standing up. I sort my laundry. But at a time when living was a struggle instead of a blessing, I learned an incredibly important lesson:

THERE ARE NO RULES. RUN THE DISHWASHER TWICE!

Credit ~ Kate Scott



Daniel Riccabona and Tom Rizzo, October 4th

Steve Papenfus, October 5th

Sue Clark and Emily White, October 6th

Mildred Suzara, October 10th

Dan Glaze, October 11th

Gerry Tandberg, October 12th

Desiree Morales, October 14th

Janet Hecker and Terry Horton, October 20th

Carl Langhorst, October 22nd

Murray Shelton and Darrel Robinson, October 23rd

Brian Nippa, October 24th

Maggie Barnum, October 25th

Malcolm Synigal, October 26th

Jerry Schubert, October 28th

Donald Chamblee, October 30th

HAPPY SE ANNIVERSARY

Kris and Nancy Koller, September 27th

Don and Mary Diermier, October 1st 40s

Erick and Donna Spangler, October 1st 30s

Rick and Karen Airoldi, October 3rd 10s

Glenda Robertson and Janet Hantke 10s

Carl and Kathy Nielsen, October 8th 50s

Robert and Irene Scheive, October 8th 10s

Brian and Karen Gaetano, October 11th

Tony and Linda English, October 12th

Terry and Diane Seelye, October 12th 50s

Harry and Linki Dhillion, October 14th

Desiree Morales and Miguel Marquez, October 18th

Travis and Tiffany Vandevoir, October 3rd 20s

Neriah and Vivian Treff, October 15th 8 yrs

Jessica and Andrew Scheiber, October 17th 10s

Jon and Kimberly Marangoni, October 19th 20s

Victor Slagle and Alice Miller, October 21st 3 yrs

Felicitas and Ski Sinosky, October 23rd 40s

Current Board Members and Officers

Museum Phone number (925) 293-4162

Chairman—Brenda Hill

Vice Chairman—Rodger Engebrethson

Treasurer—Jeff Facer

Secretary—Dina Cotten

Board Member—Allan Robbins

Board Member—Jon Marangoni

Board Member- John Wellner

Board Member—Anne Fincke

Board Member—Bob Canning (historian)

SHELL—BENEFITS, MEDICAL, PENSION

SHELL BENEFITS SERVICE CENTER The old Shell Benefits number has been disconnected. The new phone referenced below is to a dedicated department who can further assist you on your Shell Benefits inquiry, you may directly contact them thru the following:

800-307-4355 Also as a backup for assistance, try reaching out to the Fidelity Patient Advocate (Stephanie,

877-208-0936 Ext. 23411).

Attention Please: Are YOU and YOUR SPOUSE 65 AND ELIGIBLE FOR

All retirees must be enrolled in Medicare Part "B" to enroll in the Medicare Senior Advantage Plan with Kaiser or their HMO.

Persons not a member of Kaiser must contact their HMO for application and approval.

Please follow these steps concerning Medical

Coverage with your HMO or Kaiser.

MEDICARE?

- **1.** You need to contact your HMO or Kaiser for an application 90 days prior to your 65th birthday. Call Kaiser for an application at 1-800-747-2189.
- **2.** Complete and return the application to your HMO or Kaiser for approval.

The way to get started is to quit talking and begin doing. Walt Disney

Obituaries

Please email us if you know of other Alumni that have passed.

Gale (Wylie) Weiss - July 12, 2024

Reta Simmons (Associate Member) 8/24/24 Age 93, wife of Duane Simmons

MARTINEZ REFINING COMPANY ALUMNI 2024 SCHEDULE OF ACTIVITIES P.O. Box 1093 Martinez, CA 94553 MRCMTZALUMNI22@GMAIL.COM

Proposed event schedule of activities for 2024 (cost and dates subject to change).

Please note that event pricing is for members in good standing (current on dues). Alumni that are non-members (dues not paid) MRC retirees or active employees may attend the events or any scheduled trips, however the pricing for non-members may be higher. Tickets will be available on a first-come first-served basis, members in good standing getting priority for events if there is limited availability of seating or tickets.

DATE	DESCRIPTION	MEMBER COST/PERSON	COORDINATOR	COMMENTS
Jan. 10 th , 2024 Wednesday	MRC Annual Alumni Break- fast and Canned Food Drive @ Clubhouse	Breakfast \$10.00 and/or a donation of non-perishable food/canned goods is required.	TBD	Drop-in from 9:00 am to 11:30 am. RSVP by 12/20/23
Feb. 20 th , 2024 Tuesday	Crab Feed @ Noon Club- house	\$55 per member	Brenda, Jon and Jeff	Members & Guest Payment by 2/12/24 Limit of 60 tickets
March 19 th , 2024 Tuesday	Membership Meeting- open 10:45 am, meeting @ 11:00 am, lunch served @ 11:45 am	Free (Members Only)	Brenda Hill Dina Cotten	RSVP by 3/4/24 for Lunch
April 18th, 2024 Thursday	Retiree Reunion/Open House – Mexican Buffett	\$10 at the door per member	Brenda Hill Dina Cotten	RSVP by 3/15/24 for lunch order
May 6 th , 2024 Monday	Scholarship Lunch @ Zio Fraedo's	\$10/person	Brenda Hill	Payment due by 4/26/24 Scholarship Applica- tions due 4/1/24
May 22 nd , 2024 Wednesday	MRC Annual Picnic @ Club- house – The event will be held indoors again this year.	\$10.00 per person. Alumni member and a guest (Children, grandchildren and great grandchildren are \$5.00 each over the age of 5.)	Alumni BOD	RSVP via reservation form by 5/13/24
July 13th, 2024 Saturday	Bocce Tournament Registration @ 8:30 am and Starting @ 9:00 am Lunch and t-shirts provided	\$10.00 per person. Alumni members and their guest/and or family members (children over 10 - free) Sign up by 6/6 to receive a t-shirt.	Phyllis D'Alo, Michael Gonzalez, Michael Anselmo & Todd Long	Bocce Courts Reserved for 7/13/24
July 18th, 2024	Mare Island Tour— includes lunch and trans- portation	\$20.00 per person - Do- cent will be Dan Glaze	Brenda Hill	Mare Island Museum
September 4, 2024	Chili Bingo—Honoring our Veterans	\$10 per person - Veterans are free	Brenda Hill/ Dina Cotton	RSVP via reservation form by 8/20/24
November 9th, 2024 – CANCELLED	Scrapbooking/Crafting- All Day Event hosted by EAA and Alumni	All –day event, \$40.00 per person— Checks will be returned	Dina Cotten	All day event at the Clubhouse
Nov. 12 th , 2024	Luncheon & Toys for Tots Drive	\$10.00 and/or a new toy per person for Alumni mem- ber and a guest.	Brenda Hill Dina Cotten	RSVP via reservation form by 10/31/2024
TBD	Texas Holden EAA/Alumni Sponsored			
November TBD	Volunteers to assist MRC employees with decorating Clubhouse			Assist with the holiday decorations – lunch provided
December TBD	Annual Lighting Ceremony @ the Clubhouse			
January 2025 TBD	Volunteers to assist with removing and storing holiday decorations @ Clubhouse			9

TOYS FOR TOTS LUNCHEON



Date: November 12th, 2024

Time: Doors open @ 10:30 - Lunch served at noon (catered event)

Location: MRC Clubhouse

Please RSVP by filling out the form below and mail or email the form back to the MRC Alumni, @ P.O. Box 1093, Martinez, CA. 94553 or mrcmtzalumni22@gmail.com. Deadline to register for lunch is October 30th. For those still working at the site, flier and payment can be mailed via intercompany mail addressed to Museum Alumni or dropped off at the Museum through the mail slot or in person.

Admission cost will be \$10.00 per person for lunch AND/OR/BOTH *bring a new, upwrapped toy(s)* for donation to Martinez Shelter, Inc. and La Casa Ujima in Martinez. NOTE: In an effort to increase donations to those less fortunate, we will accept new, unwrapped toys at the Museum on Tuesdays and Thursdays (9:00 am to noon) between now and November 10th. For those that would like to participate, but will be unable to attend in person or unable to do the shopping we will also accept cash contributions....and we'll do the shopping for you (whether you are attending or not). Checks should be made payable to "Alumni General Fund". We are also partnering with MRC personnel (Dominic Aliano as the MRC focal point) in a joint toy drive effort to increase the toys collected for donation. Note: this toy drive replaces the previous Angel Program done in previous years for employees to donate toys. Please remember that MRC personnel are welcome to join the Alumni as a member or attend as a guest for this event if a toy is donated.

Please advise if you will be paying for lunch or bringing a new, unwrapped toy(s).					
I plan on attending the luncheon on November 12th.					
Alumni Member's Name and phone number:					
If bringing a guest, please provide their name.					
Admission cost for lunch is \$10.00 per person AND/OR/BOTH bring a new, un-					

wrapped toy(s). This form can be mailed to the Martinez Refining Company Alumni, P.O. Box 1093, Martinez, CA. 94553 or emailed to mrcmtzalumni22@gmail.com.

Single or Multiple Payment(s)

Please make check payable to "Alumni General Fund" and mail to Martinez Refining Company Alumni at P. O. Box 1093 Martinez, CA 94553

This payment sheet is being provided for your convenience to eliminate multiple payments/mailings for annual dues renewal and/or events you plan on attending in the future. **Complete the appropriate portion of this form, print the form and mail with the appropriate payment.** Additional details and reminders for events will be emailed separately as the event gets closer. Please provide a contact name & phone number or email

Annual Dues Renewal – Please of dues paid and it will be recorded ing if you information has change	l as necessary. <i>Please</i>	complete the membe	rship form and include in the	
Indicate the amount for du			□ 2026 □ 2027 □ 202	28
Annual Bocce Tournament @ Ma Alumni members and a guest and o	rtinez Bocce Court – Ju	Ily 13th – Beginners o		
Member's Name:	Guest's Nar	ne(s):		
Please indicate the children's name	es and ages that are att	ending		
Response and payment due by	July 6 th . Amount Paid	for Bocce Tourname	ent \$	
Mare Island Tour – July 18th –	\$20.00 per person – P	lease reply by July	1 st .	
Member's Name:	Guest's Nam	e:	Amt. Paid	
Bingo – September 4th – To hono person.	or and thank our Veterar	s, lunch and bingo will	be free. Alumni guest \$10.00 p	er
Member's Name:	r's Name:			
Guest's Name(s):				
Please provide cell or email contact mation:			_	
Response and payment due by 0	October 21 st . Amount	Paid for Bingo \$		
Toys for Tots – November 12 th – person or donate a new toy. We a to pay for lunch and donate a toy a Member's Name:	re happy to accept dona is well. All funds collecte	tions to purchase toysed for lunch and donate	and also you are more than welled are used to purchase toys.	lcome
Guest's Name(s):		_ □ \$10.00 for lunch	☐ Donating a new toy(s) ☐	Both
Please provide cell or email contact				
Response and payment due by 0	October 31 st . Amount	Paid or Donated Toy	rs for Tots Amount \$	

MRC (Martinez Refining Company) Alumni Membership Form & Dues

This information requested below is to allow the Alumni Newsletter to congratulate and celebrate folks on birthdays and milestone anniversaries. Please forward this form to other Martinez Refining Company retirees and active employees that would be interested in joining.

NAME:	Date	Date Submitted:		
Email Address:				
Phone Number(s): □Cell				
Street Address:				
City:	State:	Zip:		
Birthdate:				
Wedding Anniversary Date:				
Spouse or Significant Other's Name:				
Date of Retirement: Month:	Date:	Year:		
Please indicate the amount paid (\$5.00 performed for which dues are being paid.	er year), payment meth	od, and indicate the year(s)		
Amount: \$ ☐ Check (P Dues for ☐ 2024 ☐ 2025 ☐ 2026 ☐ 202		ral Fund) Cash		
Mail your money and this form to the Mail Martinez, CA. 94553. For those working at the reficompany mail addressed to "Museum Alumni". Scott deliv	inery, correspondence, RSVPs, an			

Disclaimer: Alumni Reunion Photos/Video

Please note that the Martinez Refining Company (MRC) Alumni owns/uses photographs and/or video taken of Alumni members and/or group shots taken at events. Those photos are shared in the Alumni and the MRC Martinez Minute newsletters and to be posted on Alumni web pages, in publications, news releases, online, and in other communications related to the mission of the MRC Alumni, Martinez Refining Company and PBF Energy. By joining the Alumni and attending the events you approve of these photos and the use thereof.

Revised May 2024