Accident Free
PREVENTION'S THE KEY

WOOD RIVER review

MARCH 1990
VOL. 55, NO. 3

"Quality is created by people"

by Kenny Bivens, Training Assistant

This year's third annual Complex Beacon of Quality Award luncheon highlighted the outstanding achievements of almost 100 WRMC Beacon of Quality Award recipients from 1989 and named Maintenance Supervisor **Dennis Bolton** as the recipient of the 1989 Complex Beacon of Quality award.

The luncheon, hosted by the Complex Management Team, was held in recognition of the personal contributions made by our 1989 Beacon of Quality award recipients, employees who, through their actions and deeds, have personified the quality principles. They all have the demonstrated commitment to continuous performance improvement, a mind set of "doing it right the first time, and an ability to meet customer requirements.

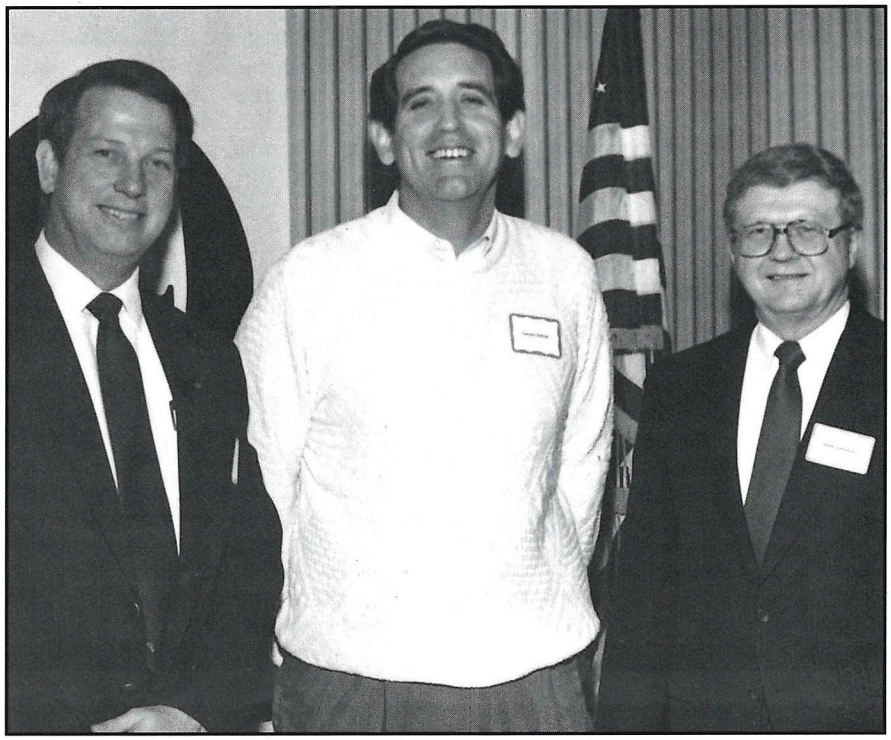
Complex Manager **Gayle Johnson** presented the 1989 Complex Beacon of Quality Award to Dennis Bolton, Maintenance Supervisor of the Complex Coordinating and Scheduling Group. Johnson commended Dennis and all the award recipients for their contributions to continuous improvement.

The following captures Dennis' personal contribution to WRMC last year as Utilities Electrical Supervisor:

Conforming to requirements - Dennis participated in a study that defined the boundaries and requirements of the Complex electrical system, and communicated with the suppliers and basic production units (BPUs) to assure reliable service.

Prevention - Dennis was instrumental in the development of prevention strategies on substation maintenance, PCB elimination, and transformer oil testing.

Error-free work - After the power distribution system experienced numerous power feeder failures, Dennis' root cause analysis resulted in the elimination of the problems.



Complex Manager Gayle Johnson (right) and Facilities Support Superintendent Bill Phelps (left) congratulate Dennis Bolton, who proudly received the 1989 Complex Beacon of Quality Award during a quality luncheon.

Measuring and tracking performance - Dennis promoted, planned, and/or implemented numerous performance measures related to distribution failures, relay reliability, and electrical manhole pumping. This improved our ability to better manage those systems.

Dennis will receive a specially designed "Ring of Quality" and a Beacon of Quality jacket designed for Complex award recipients.

Bill Phelps, Superintendent Facilities Support, was the Master of Ceremonies for the event. Phelps talked about the evolution of the Quality Improvement Process at Wood River. "Line organization management commitment to the quality process, and the training of our people in a manner that focuses on the application of the quality principles to the work that they do is essential to support our efforts," he said.

The guest speaker was **"Mac" McDonald**, General Manager Purchasing. He discussed the "Quality Revolution" in the United States, pointing out that U.S. industry has shown that it sees the need to truly incorporate the concepts of quality improvement into their operations because it can make us more reliable and efficient.

Phelps thanked **Joan Shapiro**, **Minnie Tindall**, **Gill Wimberly**, and myself for arranging and coordinating the luncheon. Congratulations to Dennis and all the 1989 award recipients!

Continued on page 2

Continued from page 1



Thanks to the Complex Beacon of Quality Luncheon sub-committee for putting together the luncheon this year: Joan Shapiro, Minnie Tindall, Gill Wimberly and Kenny Bivens.







1989 Beacon of Quality award recipients enjoy themselves at a luncheon in their honor.

What's happening in...

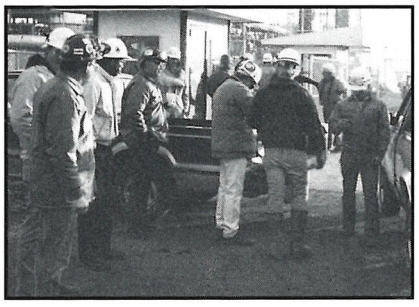
SAFETY:

Major Effluent Treatment Project

by Bill Carr, Superintendent Effluent Projects and Dave Levy, Project Engineer

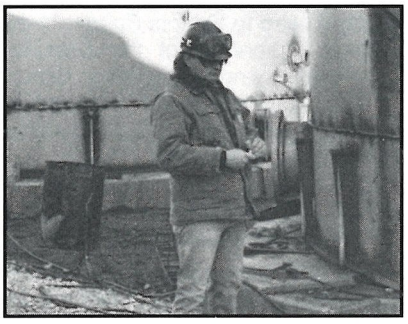
Construction of the Major Effluent Treating project is swinging into high gear with the contract force approaching 200 people. Completion of this work safely is a primary goal Shell has given Bechtel, the managing contractor for this work.

Last year, Bechtel completed a safety plan specifically for this project with input from various Shell organizations. It features a safety orientation program which every craftsman receives when he arrives on the jobsite, periodic safety discussions and meetings by Bechtel and the subcontractors, a recognition of safety milestones and adherence to Complex Rules and Regulations. Bechtel has twc full time safety professionals, a nurse and a dedicated safety/first aid trailer on site provided just for this project.



Environmental Operations' Bill Carr, Keith Sedlacek and Henry Vassar look on as Bechtel provides coffee and donuts to contractor personnel in appreciation for a recordable accident-free December 1989.

Mike Wilkey and **Keith Sedlacek** of Environmental Operations are on site and support operational interests and permit issuance. **Henry Vassar** of Maintenance and **David Levy** of Project Engineering support the project interests for Shell.



Mike Wilkey, Operator Environmental Operations preparesto write a safety work permit at the start of a day's construction activity.

The first 75,000 hours of work was completed last year with one recordable injury. The recordable rate for the project is currently less than the national average for construction work but above Shell's goal. The project safety program is currently being enhanced by Bechtel for continued improvements in performance in 1990.

WRMC names WESCO Supplier of the Year

by Karen L. Maple, Analyst-Purchasing

WESCO was recently named 1989 Supplier of the Year during an awards ceremony held by the Purchasing Department. WESCO is a division of Westinghouse Electric Corporation and supplies WRMC's electrical equipment.

Runners-up for the award included BW/IP International, Inc./BW Seals, which provides our mechanical seals; CT Supply, Inc., which supplies industrial tools and supplies; King Equipment, which supplies filters; and McJunkin Corporation, which supplies pipe, valves and fittings.

Some of you are familiar with **Jim Patrick**, our WESCO sales representative. One of Jim's first contributions to WRMC was an items database, which, in essence, is an automated catalogue. This makes order entry easier and greatly reduced the chance of incorrect material being ordered. Jim's long hours on this project alone have proven beneficial many times over.

The database is only one example of how the WESCO Corporation strives to meet our quality requirements. WESCO incorporated many of Shell's quality practices into its organization. For example, WESCO carried their and Shell's "zero defects" goal throughout their own organization and then down to their key suppliers, making that goal more realistic.

As **Marc Tinnell**, Manager, Purchasing and Administrative Services, has stated: "Through Wesco's own efforts, they have become highly respected at WRMC for first-class service and continuous product support. Each one of the Top Five suppliers has also made outstanding contributions to the way we do our business, and it is through supplier recognition that we show our appreciation."

We recognized our top five suppliers at a banquet held in their honor. Guest speakers **Gayle Johnson**, WRMC Complex Manager, **Mac McDonald**, General Manager, Purchasing, and Tinnell spoke on the quality supplier characteristics, WRMC's supplier management process, and WRMC's supplier recognition program.

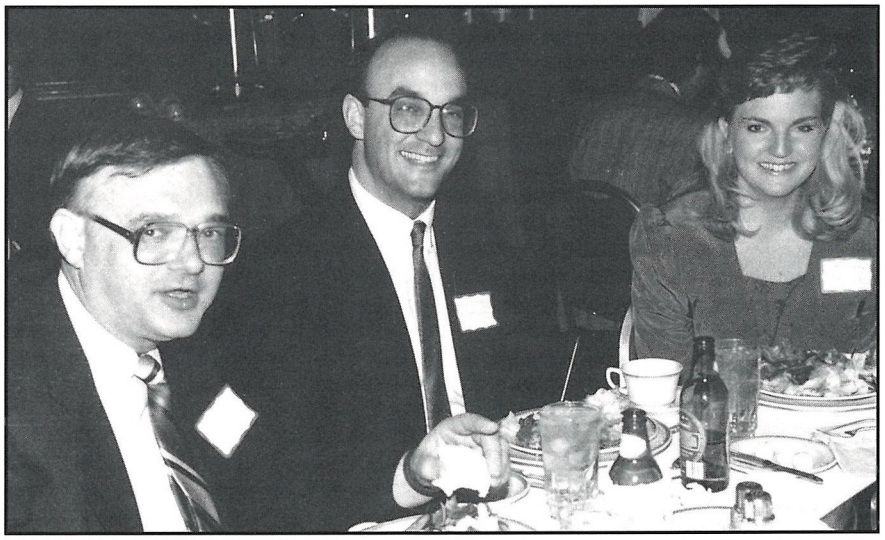
The trust-based partnership concept is still evolving. Suppliers, WRMC clients and Purchasing have all played important roles. We're working together as partners using the quality process to achieve our goals. It's important for all of us to share quality success stories, and we'll have plenty, as we continue to establish the Supplier of the Year award program as an exciting event here at WRMC.



The WESCO/WRMC client group (left to right): Mike Huntsman, Denny Tiede, Dennis Garofoli, Jim Cox, Rick Ralston, Leroy Ganzer, Steve Rogers, John Nichols, Jim Patrick, Greg Surniak, Donna Yates, Art Schoen, Danny Dietrich.



WRMC's Jim Huggard, Jerry Mueller, Francis Weisman and Jeff Dial represent some of the Materials Management group.



Denny Tiede, WRMC Technical Manager and Karen Maple, Analyst, P & AS, celebrate the occasion with Brig Warner's Dave Bretsch.

1989 Exemplary Attendance Honor Roll

Employee commitment to regular job attendance plays a key role in the efficiency and industry competitiveness of WRMC. To this end, the Complex would like to recognize the employees who exhibited exemplary attendance at WRMC throughout 1989. For some, this was another year of exemplary attendance. Most have not missed any time away from work. However, the list also includes those employees who have missed only eight or fewer hours of work in 1989 due to disability or personal leave. Only those employees who worked all year as a Shell employee are listed, not new hires. Employees are listed in the departments they were in at the end of the year. These employees are to be congratulated for achieving exemplary attendance.

Administration

JK Bagley
WE Carr
EG Johnson
MA Middlecoff
JL Newlin
WL Phelps Jr
JA Schrewe
WL Westerhold

Employee Relations

GT Baalman
HG Baxter
HA Birmingham
KD Bivens
JR Cook
FM Grush
LE Judge
PW Lotts
KA Palmer
KS Ruger
DW Sawyer
AJ Slivka
DL Taylor
BJ Wiechorst
DR Williams

Engineering

Administration
KW Jobe

Ctrl. System Engineering
RL Bertani
EH Boldt
MJ Breyer
RH Champion
DJ Crockett
JA Davis
GF Dougan
SH Effinger
RL Erfurdt
LG Franklin
SR Grissom
WB Hatfield
RA Heinz
AP Kulineiwicz
JM La Cour
DA Lewis
JN Mangoff Jr
GB Moellering
RA Moidel
LA Moore
BC Natalicchio
MA Piatt
DE Podulski
TC Rathgeb
BE Roberts
DD Soleta
O Wildhaber Jr

Electrical/Mechanical
HG Aabbott
DL Akridge
RE Catlett
HK Fischer
LL Ganzer
DW Garofoli
JA Groboski
JV Harbison
RL Hernadez
AP Morris
FM Roberts
BC Semmler
AJ Schoen
DL Schrumpf
MP Semko
DL St John
DW Stuart
GE Surniak
DA Tiede
WE Wood Jr
JW Wortham

Env Conservation
WC Bach
JN Brewster
MA Chihak
JD Rankin

Fuels
GW Chaffee
HS Hayes
JM La Cour
GL Larsen
M Mc Whorter
JT Slaby

Information Management
DM Banks
GR Peters

Logistics
PW Beall
DD Hutton
RD Strouse

Lubricants
LL Barringer
AM Madgavkar
BS Reinert

Pressure Equipment
RA Adams
EB Augustine
EJ Blanc
CW Bonds
CB Brooke
VN Cline
TR Drake
JR Fickert
JA Heinemeier
ME Hyndman
SD Line
KE Marsh
DJ Pile
WR Raffety
JD Rainey
WA Ridder
RE Sherman
CD Swarringim
W Wallace
GJ Weyhaupt
LD Wickiser
RW Wieneke
R Zippmann

Process Fuels
RW Arbesman
CM Bonsanti
PR Hays
AD Kiehne
WG McKee
JL Mueller
JW Nielson Jr
ES Petersen
PM Pizzini
TE Williams

Project Engineering
DB Bourbon
FM Budny
R Carril Jr
BE Dorris
WA Gusewelle
KH Hinkle
MT Hribar
SA Jacobs
RC Leckrone
LJ Leuck
J Manning
DL Ottwell
MA Riener
SJ Roderfeld
JR Stone
GF Yarnik

Financial

Administration
RL Boihem
MD Tindall

Accounting
J Augustine
JR Bodenstedt
JT Casey
JM Dempsey
MJ Fossen
DR Gonzalez
S Green
L Hall
RE Harris
JE Johnson
RM Tolbert
JF Wells
KK Wright

Computer Services
HD Banfield
AE George
ML Haynes
CD Latham
RR Merritt
LM Powers
FA Rogers
LE Rudolph
NR Schubauer
LW Shoemaker
RS Wassick

Security
RA Burton
KA Kramer
SA Krause
JA Laslie
CO Maguire
MJ Mc Craney
MR Parish
LF Pranger
RP Robinette
BG Wells
VD Young

Fuels

Administration
SC Franke
RM Redman

Alkylation
DL Ayers
JW Blair
JR Brisky
SC Fielder
LC Hagen
DA Jacober
DD Manning
LW Maxfield
DE Mueller Sr
RW Nelson
DM Peterson Sr
JF Ruehrup
GM Rybak
SA Scott
J Washington
DR Wright

Aromatics East
MJ Angel
RW Bianco
CE Campion
BE Cummins
RF Drew
BL Elliott
JG Funkhouser
WA Galbraith
ML Hipp
M Johnson
DL Kelly
JQ Keraghan
JL Mc Gibany
JW O Neal
DG Osterbuhr
JL Painter
RJ Sschlecht
FJ Shreve
RW Sury
JC Welsh

Aromatics West
MW Allison
DS Arnold
BD Callahan Jr
MR Carner
TJ Croxton
WG Frazer
ML Gutierrez
JD Leichsenring
WJ Potwora
AE Reams
LA Sicking
HL Sturm

Cracking
LT Allen
DA Bold
RB Brueggeman
L Cervantes
JR Cooper
DJ Cronin
JG Edwards
DL Gilworth
WL Goheen
ML Harmon
WF Hinton
KS Killam
CA Mellor
MW Pease
TL Pomatto
LG Wellen
SM Woods

Distilling
GS Bednar
TM Cusick
JA Deem
RE Diller
JD Downs
DL Erzen
AG Gallardo
EA Goeglein
JT Harmon
JH Hazelwood
RE Houston
LA Johnson
AW La Rosa
GK Lang
RJ Lynch
RG Mathenia
GE Ritter
JL Schreiber
TM Spurgeon
AC Weiss

Gas
RJ Anderson
JR Berra
AJ Cerny
AE Derenne
CF Drury
WL Fenton
WE Gracey
BW Huffman
DL Klotz
CA Kwas
RE Marshall
DW Miller Sr
MX Morrison
RJ Murray
KJ Nash
TJ Rizzo
JA Tolle
EL Uetz

Health & Safety

JA Brenkendorff
WM Cunningham
JN Grimes
VJ Grizzle
LW Hargrave
LD Heugatter
HR Lynn
PA Maher
GW Martin
DT Nash
RC Newell Jr
EP Perry
RC Pfeiffer
MW Stavely
PE Vogelbacher

Logistics

Administration
HC Olsen
AL Tutt

Dispatching Operations
PR Avilez
CL Barnett
DR Dona
WL Eengelke
JD Evans Jr
CE Hamberg
BW Hartwick
JL Hausman
EW King
LK Kraner
RL Lagemann
RM Mills
EA Mortimer
SB Pohlman Jr
BE Reilson
DW Robinette
J Sapienza
MP Scroggins
KD Simon
SA Smith
GR Strohmeier
SW Unverzagt
TW Walker
DS Wright

Dispatching - Shipping
PJ Aderholt
ED Bartosiak Jr
DH Bergman
DP Beyer
DB Brantley
RD Carter
SE Corey
MJ Delaney
H Dorn
AM Funk
DL Galliher
J Keenan
TL Longden
DN Miller
R Nelson
LM Oglesby
ST Slemer
GA Spencer
C Woolfolk Jr
EL Young
DL Zipprich

Econ & Scheduling
MD Booth
MR Lytton
LO Maslo
LM Mc Cormick
AK Peccola
CR Woodford

Env. Operations
TL Allen
TJ Bloodworth
GL Franke
GR Friemann
SL James
RW Lybarger
BJ Maslo
F Morre Jr
GL Perfetti
KG Sedlacek
MD Shaw
DA Snyders

Stock/Yield Analysis
JM Brooks
LJ Dumas
RE Grimm
RE Leggett
DM Lenger
J Sepulveda
JL Wood

Quality Assurance
JW Barnett
LE Basden
PA Cannes
WB Copeland
JV Gallacci
KW Gimmy
WE Gray
TA Green
KE Grigg
RC Hardy
CE Lott
CA Mc Kee
RL Miller
MV Ribbing
JL Rollins
GL Sanner
WP Vargo
RM Zerkel

Utilities
SL Adams
RE Barker
RJ Bryan
GJ Crainick
CD Crepps Jr
GO Machino Jr
DG Molkenbur
KH Pitt
HS Rice
MD Thompson
D Webb

Lubricants

Administration
KR Garwood
WH Generally
JD Mc Bride

Compounding
MG Adler
GL Allen
GD Bristol
JS Burch
LR Coles
LC Cox
KB Goeke
RS Holmes
ME Horan
GL Kessler
TG Kinder
DE Porter
GA Spears

Customer Service
PO Banouvz
JL Brueggeman
WE Lucas
GE Schmitt
GL Titchenal

Lubricants Processing
DP Bangert
MS Clemons
RL Duncan
TL Elrod
SK Emog
JR Faries
DR Henderson
RD Hettinger
PB Holman
KW Jouett
DC Kruckeberg
DL Lybarger
HS Ogden
WF Ortmann
DL Perkhiser
BM Pitchford
DL Schroeder
TW Shoemaker
CH Smith Jr
A Sokalsky
JD Wagner
WK Walton
RM Wellen

Maintenance

Administration
RJR Alexander
RN Berry
DW Martin
DW Patterson
JD Warrington
BS White

Projects/Planning
CJ Astrauskas Jr
DW Bolton
RF Burton
DE Campbell
GE Faulkner
JJ Fornero
JC Haefner
EL Hoskins
ET Kent
KE Kieffer
JL Kossina
PA Lamm
KJ Lamoreaux
LA Little
FH Menke
DW Ohm
RH Ooton
KR Rollins
HE Schaberg
BR Scheaffer Jr
RE Schobernd
JN Strohbeck
JG Uzunoff
HJ Vassar
PT Weinmann

Boilermaker
ME Brooks
ER Clark
TE Rogers
N Wheeler Jr

Elec/Instr Mech
JM Cox
KJ Mattingly
KA Thomas

Equip Opr
W Casey
GH Collins
CD Edwards
E Jones Jr

Insulator
OC Buhr
JC Lindquist
EM Meiners

Laborer
LE Branham
DG Dallas
ME Edwards
SS Waggoner
JA Witt

Machinist
FR Bazzell
JK Ingold

Pipefitter
JJ Baima
LJ Barbeau
KR Clark
DL Crotchett
D Galli
HF Green
RG Hassel Jr
SE Nailor
JP Newson
CW Owens
RL Riley Jr
RL Shireman
DL Ward

Shops
LA Bleier
MK Brokaw
CR Butler Jr
DL Caperton
LI Duty
DR Elliott
LL Ferrari
ML Frye
RC Goodman
LL Grable
GA Hachman
KP Hainaut
GM Helfer
DW Hines
OL Huffman
KD Largio
KD Lytle
UE Miller Jr
EW Nolan
MJ Peradotti
JE Propst
JK Rench
TJ Rengel
RL Rhoads
RC Romani
JR Schmid
OG Schwallenstecker
OH Warning

Boilermaker
GS Bumpus
DL Carpenter
DM Daniel
MG Kershaw
SD Lash
AW Perkinson
LR Raynor
LD Simms

Carpenter
DL Andrews

Craneman
TL Eldridge
KA Kraner
RE Marberry
CE Mays
PG Parks
DH Smith
LR Tiek

Elec/Instr Mech
GE Gindler
J Podnar
MR Smith

Equip Opr
AJ Anderson
GL Cooper
SG Kincade
RC Pond
RL Rea
J Swanson
WE Thompson

Garage
KV Brinker
PR Gernerally Sr
DP Hays
RJ Kerkemeyer
DW Mc Reynolds
KA Schoenleber

Insulator
GL Braswell
MV Cain
JD Slaton
BE Terry

Machinist
FT Bauman
DH Robben
RF Saragusa
DL Winters

Pipefitter
JE Anderson
SR Cruthis
SM Ervin
BG Ewing

Tinner
AG Fritzsche

Truck/Tractor
H Cyprian

Turnarounds
BB Burrow
JA Carpunky
WD Cooper
GD Cottingham
JE Darr
RS Ely
DM Garrett
HW Green
AA Hosto
CT Howland
LA Jones
GL Klucker
HN Kulp
JP Meisenheimer Jr
MF Rudolph
GA Spurgeon
DW Wiegmann

Boilermaker
GL Abner
MD Bechtold
JR Wells

Carpenter
JR Hartsock
DE Hunt
JD Myers
CW Vassier

Equip Opr
HW Olive

Insulator
E Sanders

Machinist
JW Keith

Pipefitter
RA Alford
RL Bishop
KE Darr
JM Dean
DK Diveley Jr
EJ Hayes
DR Mc Collum
BD Platto
S Skinner
VA Tepen

Pur & Admin Services

Administration
GM Tinnell

Purchasing
JL Dial
LL Hayes
JW Hughart
ML Huntsman
RJ Kubicek
KL Maple
JM Pellegrino
TL Saathoff
DW Shaw
PE Shaw
SM Soden
MD Tracy
LJ Williams
GD Wimberly

Administrative Services
JB Allred
A Barnes
BG Calmer
MK Campbell
C Carpenter
LA Fiala
PJ Laubscher
RE Mc Gill
NC Michener
BA Quigley
MM Rahn
SE Slayden

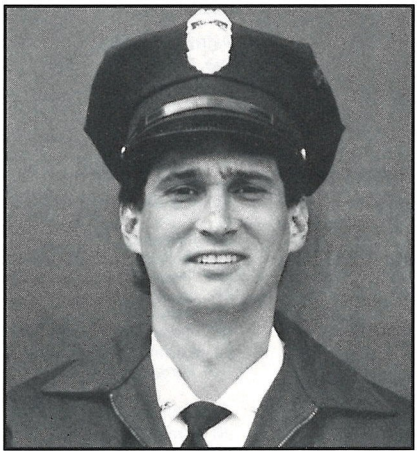


SRA Spring Dance

The SRA Sprng Dance will be held on ***May 5th*** at the K C Hall in Bethalto. The event will be catered by Moonlight Restaurant. Music will be provided by the Sama Lama and the Ding Dongs. Social hour will be from 6 - 7 p.m. Dinner will be served from 7 - 8 p.m. Dance will be held from 8 p.m. midnight. Beer and soda will be provided. Cost will be $10 per couple for SRA members and $15 per couple for non members. Send reservations to: **Sharon Rhoades**, RR #2, Bunker Hill, IL 62014; Phone: 618/278-4548 or 618/255-3174 no later than April 25th 1990. Make checks payable to the SRA.

EMERGENCY Dispatch

VFC Profile: Mike Gutierrez



When someone speaks about being a qualified member of the WRMC Volunteer Fire Crew, **Mike Gutierrez** fits the bill. He currently serves as Driver/Captain of Fire Crew 5. A Tester at the refinery lab, Mike also volunteers as a member of the Rescue and Medical Squad as a RAMS First Responder.

Mike has an outstanding set of credentials in the fire service. In his nine years of fire service experience, he's been certified by the Illinois State Fire Marshall as a Firefighter III, an Instructor I, and a Fire Apparatus Engineer. Mike also is a certified CPR Instructor for the Health and Safety Department. He has served as an instructor both at the WRMC Fire Training Grounds and at Shell's Fire School at Texas A&M University.

Mike is very involved in community fire service. He currently serves as training officer and president of the Long Lake Fire Department, which includes Pontoon Beach and Nameoki Township. He's an active member of the Madison County Firefighters Association.

Mike shows a great commitment to the WRMC and Long Lake Fire Departments. He feels that his duties help protect the lives, properties, and jobs of his fellow employees and neighbors. Mike lives in Nameoki Township with his wife, **Kelly**, and two children, **Jeremy**, 10, and **Raechel**, 6.

- Rick Haase

RAMS Profile: Darla Baker



In June of '85, two significant events happened in **Darla Baker's** life: She received an Associate's degree in Applied Science in drafting technology from Lewis and Clark Community College, and then joined Shell's WRMC. Darla is this month's featured RAMS member, and works in Project Engineering as a Clerk for the criterion-based training project.

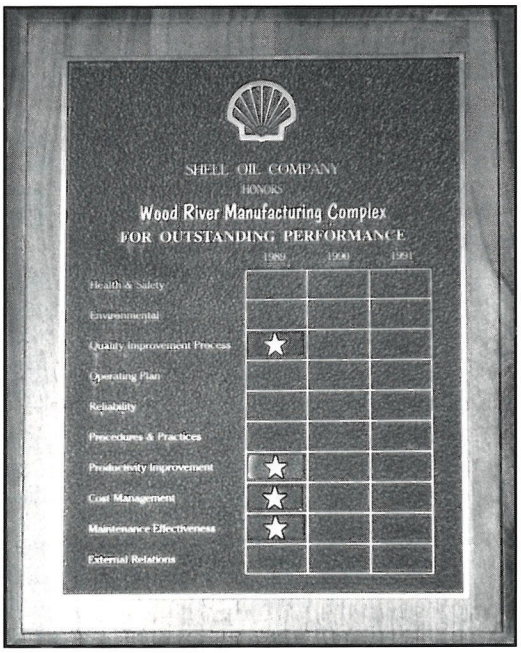
A charter member of RAMS, Darla's an Illinois certified First Responder. She became interested in the team because it's an "active safety program" which she said sounded interesting. Darla is also active as the governor of the Shell Recreation Association board. She enjoys participating in such SRA-sponsored activities as volleyball and softball. Darla lives with her two twin sons, **Jason** and **Justin**.

- Pamela Laubscher

WRMC receives "Four Star Rating"

Hollywood has its Oscars, and Shell's Refining and Marketing has its Star awards. At a Refining Performance Awards program in Houston last month, WRMC walked away with four stars. The Complex was given a plaque recognizing our performance in Quality Improvement, Productivity Improvement, Cost Management and Maintenance Effectiveness.

"I'm particularly pleased with our performance in the four areas," said Complex Manager **Gayle Johnson**. "They're vital to our business and we've laid the groundwork for top achievement in the other areas: Health & Safety; Environmental; Reliability; Procedures & Practices; and External Relations. I'm convinced we have our continous progress activities moving in the right direction and we will earn them all in a reasonable time."

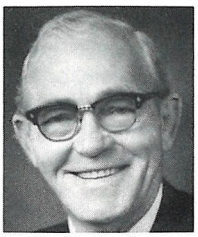


Facilities Support Superintendent **Bill Phelps** explained that WRMC has tied its goals process and plans for 1990 to the award categories in order to focus our activities on the areas judged to be the most important by the corporation.

"It's the people that count," he said, "and I'm confident that the people at WRMC have the talent and commitment to excellence that will indeed carry us to the top — making us America's Best refining location. Commitment is the difference that gives a location the competitive edge."

Manufacturing Star awards were begun in 1986 to recognize performance at all manufacturing locations in R&M, including refineries, distribution plants and marketing sales districts. WRMC's Star Award plaque is on display in the WRMC cafeteria.

In Remembrance


C. R. Bearden


G. W. Carson


H. L. Ebelage


C. Johnson

Charles R. Bearden, 66, died March 17. Mr. Bearden was an Insulator, Maintenance before retiring in 1984 after 31 years of service.

Gerald W. Carson, 71, died February 23. Mr. Carson was a Pipefitter, Maintenance before retiring in 1981 after 23 years of service.

Helen L. Ebelage, 85, died March 2. Ms. Ebelage was a Treasury Clerk before retiring in 1963 after 40 years of service.

Claude Johnson, 80, died March 16. Mr. Johnson was a Pipefitter in the Engineering Field before retiring in 1962 after 27 years of service.

SRA Happenings

W·R·M·C

Family Health FAIR



Date: Saturday, May 5, 1990

Where: Rox-Arena in Roxana Park, Roxana, Illinois

Time: 9 a.m. - 1 p.m.

Refreshments: Mineral Water, Juice Bar and Popcorn

The Family Health Fair will begin at 9 a.m. with the run starting at 9:30 a.m. and the walk starting at 10:30 a.m.All participants will receive a sweat band, with awards given to runners.

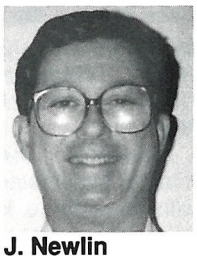
Twenty-five attendance prizes will be drawn every hour.

Highlights of Fair:

- Oral Cancer Screening
- Blood Pressure Screening
- Special Giveaways for the Family
- 25 attendance prizes drawn every hour
- Free coloring books for children
- Sweat bands for participants in the run or walk
- Fun run begins at 9:30 a.m. Prizes awarded
- Walk begins at 10:30 a.m.
- Puppet show (alcohol awareness)
- Famous crash dummies - Vince & Larry
- The Convincer
- McGruff the Safety Dog
- Children's photo I.D. card
- Fingerprinting
- Play area - Children's Palace
- Lung demonstration (well/emphysema/cancer)
- Leg demonstration (healthy/arthritis)

The Family Health Fair is being planned by the Complex Office Safety Team, assisted by the Safety Planning Group. The Family Health Fair run and walk is being coordinated by the Shell Recreation Association.

New To WRMC


J. Newlin

Jim Newlin is the new Complex Superintendent, replacing Paul Cuneo, who was transfered to Head Office. Jim and his wife Carol live in Edwardsville along with their two daughters, Catherine, 10, and Elizabeth, 8. Jim enjoys golfing, biking and fishing.

Classifieds

For Sale: 16-foot Carvelle ski boat with 85 HP Mercuty motor. Call 656-7634.

Mark Your Calendars!!



The third annual Fuels Picnic will be held on **Saturday, June 2, 1990.** All Fuels operations and support group employees and their families are invited to come and join in the fun. Our theme for the picnic will be "Fuels families and safety are #1!" The picnic will include food, music, games, and much more! Anyone interested in helping with set-up/ cleanup on the day of the picnic should contact **Nancy Yarnell** at x2222.

Attention all local pensioners!

There will be a golf tourney at Cloverleaf Golf Course on Good Friday, April 13. Hope to see you there!

Joe Lanzerotte,
Wood River
Shell Pensioners

PRESCRIPTION FOR LIFE

Heart — The logo for love



M. Stavely

by Marge Stavely, WRMC Occupational Health Nurse

Although the heart is associated with love, there is no chemical connection between the two. Who's to say why or how the heart became the symbol of love? Your heart is a unique organ; about the size of a fist, it's hollow, yet is your strongest muscle. Every day, it beats approximately 100,000 times and pumps about 2,100 gallons of blood. Heart disease is our country's number one killer. Thankfully, there are many things that we can do to keep our heart healthy. Of course, the three big risk factors to your heart are: high cholesterol, smoking, and high blood pressure. Other risk factors include lack of exercise, stress, obesity, diabetes, and age.

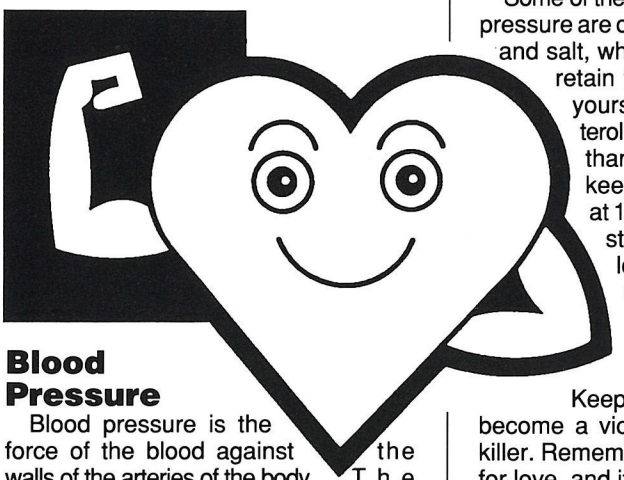
Cholesterol

Cholesterol is carried in your blood by two kinds of protein. The LDL or "bad cholesterol" clings to the artery lining and causes narrowing of the arteries, causing the heart to work harder to pump your blood around your system. The HDL "good cholesterol" moves the cholesterol out of your blood. The ratio of good to bad cholesterol can be improved through exercise and weight loss, and by lowering your intake of saturated fats.

Smoking

If you smoke, you're literally "playing with fire." Nicotine, carbon monoxide and other substances damage the artery's lining. Cholesterol will then attack the injured areas, which causes narrowing of the arteries. Smoking can also cause spasms of the artery muscles, reducing the blood flow to your heart.





Blood Pressure

Blood pressure is the force of the blood against the walls of the arteries of the body. The first number (systolic pressure) is the higher pressure, which is produced when the heart beats, and it measures how hard your heart works to pump blood. The second number (diastolic pressure) is the pressure of the blood on the arteries when the heart is resting between beats. The more difficult it is for the blood to flow through your body the higher the number.

Uncontrolled high blood pressure adds to the workload of the heart and arteries. The heart tends to become larger when it is forced to work harder than normal over a long period of time. A slightly enlarged heart may function well, but a heart that is much enlarged has a very hard time trying to keep up with the demands put upon it.

Some of the factors that elevate blood pressure are obesity, tobacco, alcohol, and salt, which causes the tissue to retain fluid. How can you help yourself? Keep your cholesterol within normal range (less than 200), don't smoke, and keep your systolic pressure at 140 or lower and your diastolic pressure at 90 or lower. When you need medical treatment, you and your doctor are a team. Your part is just as important as the doctor's. Keep your heart healthy; don't become a victim of our number one killer. Remember: the heart is the logo for love, and if you don't have the willpower to do what is necessary to keep your heart healthy for yourself... then do it for those that you love. Be healthy! Be happy!

Accident Free PREVENTION'S THE KEY

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March, 1990
Volume 4, Number 3

QUALITY

Congratulations to WRMC's top quality people

by Bill Cunningham, Senior Industrial Hygienist

This Beacon is dedicated to the WRMC employees singled out by their departments to receive the Beacon of Quality Award during the second half of 1989.

This group, along with Beacon Award recipients from the first half of 1989, were praised for their efforts at the Third Annual Complex Beacon of Quality Award Luncheon at the Ramada Inn in Alton.

The Beacon of Quality Award is presented to those employees who best demonstrate the principles of the quality process through their work.

They are awarded a plaque and certificate at ceremonies given by their departments in their honor. The Complex Beacon of Quality Award recipient also receives an insignia ring, a jacket and has his/her name inscribed on the Complex plaque hug in the cafeteria. Maintenance's **Dennis Bolton** received the 1989 Complex Beacon of Quality Award at the luncheon.



Paul Ahne
Fuels
Aromatics West



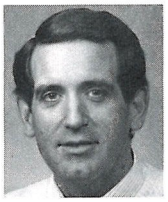
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Barbara Baggett
Financial
Computer Services



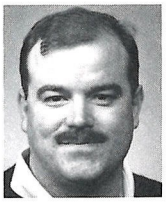
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Administration



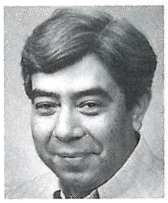
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Logistics
Utilities



Larry Bruhn
Maintenance



Mark Cain
Maintenance



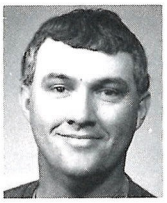
Leonard Cervantes
Fuels
Cracking



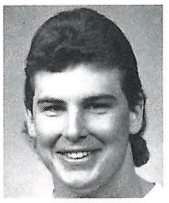
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Alan Derenne
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Gas



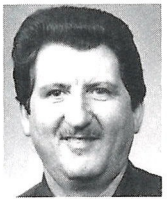
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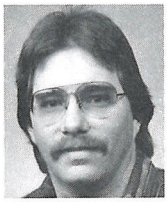
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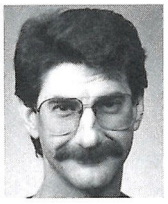
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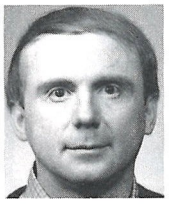
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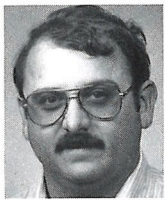
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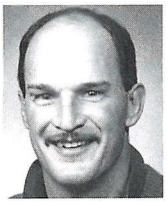
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Chris Haefner
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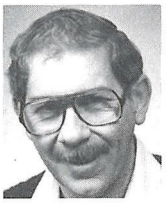
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Dave Halliday
Maintenance



Phil Hamilton
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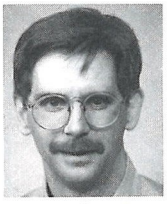
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Alkylation



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Purchasing



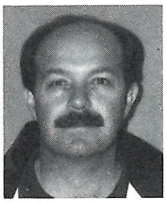
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Lube Processing



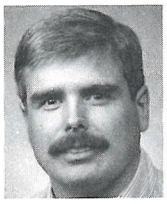
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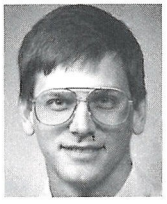
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Karl Killam
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Greg Larsen
Facilities Support
Engineering



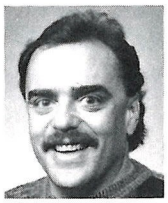
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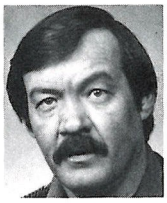
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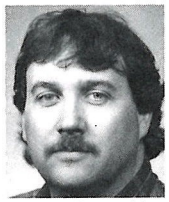
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Stock/Yield



Mark Leitner
Lubricants
Lube Processing



Harold Lynn
Heath & Safety



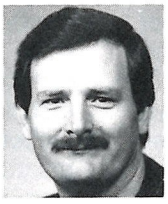
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Andy Macias
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Distilling



Doug Martin
Maintenance



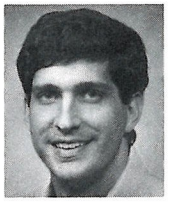
Ron Miller
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Scotty Monroe
Facilities Support
Engineering



Karen Nash
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Gas



Kent Peccola
Logistics
Econ & Sched



Lois Powers
Financial
Computer Services



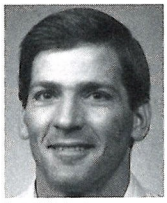
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Utilities



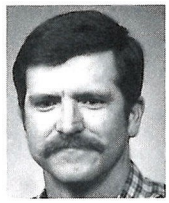
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Faye Rogers
Financial
Computer Services



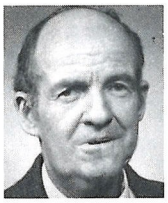
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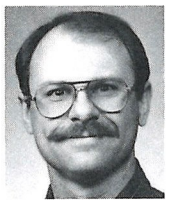
Mike Shaw
Logistics
Utilities



Terry Shipton
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Qual Assur



Gale Smay
Financial
Computer Services



Don Soleta
Facilities Support
Engineering



Jerry Spencer
Logistics
Shipping



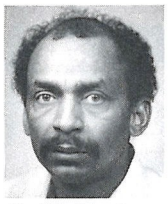
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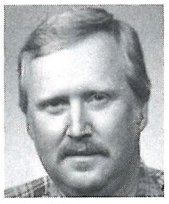
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Aromatics East



Rick Ufert
Lubricants
Lube Processing



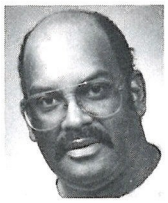
Jim Washington
Fuels
Alkylation



Alan Weiss
Fuels
Distilling



Don Wiegmann
Maintenance



Clarence Woolfolk
Logistics
Shipping



Ralf Zippmann
Facilities Support
Engineering

Photos Not Available

Randy Chasteen
Maintenance

Bob Frizzo
Logistics
Quality Assurance

Glen Hachman
Maintenance

Lee Metz
Logistics
Env. Operations

Cathy Mielke
Maintenance

Don Miller
Fuels/Gas
Maintenance

Basil Platto
Maintenance

Bruce Redman
Logistics
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Logistics
Quality Assurance

Dave Sarginson
Logistics
Utilities

Dave Zaksas
Fuels
Aromatics West

the Beacon

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