

October 2015



NORCO

Newsline

Norco Manufacturing Complex



MOTIVA
ENTERPRISES LLC



SMOKE ALARMS SAVE LIVES. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. The right kind of smoke alarm - and one with working batteries - **CUTS THE CHANCES OF DYING IN A REPORTED FIRE IN HALF.**

Did you know that roughly half of home fire deaths result from fires reported between **11 p.m. and 7 a.m.,** when most people are asleep?



Addressing members of the Norco Community Advisory Panel (CAP), Norco Manufacturing Complex

Emergency Response Coordinator **Pat Beard** emphasized the importance of installing and maintaining smoke alarms in every bedroom, outside each sleeping area and on every level of a home. "The theme of Fire Prevention Week this year is 'Hear the Beep Where You Sleep,'" he said. "Studies and statistics show that almost two-thirds of home fire deaths resulted from incidents in homes with no smoke alarms or no working smoke alarms. Smoke alarms are key to a residential fire escape plan. Fire spreads fast; working alarms give you early warning so you can get outside quickly."

Beard shared the following **National Fire Prevention Association** information and guidelines for smoke alarms in the home:

SMOKE ALARMS SAVE LIVES

- **INSTALL SMOKE ALARMS** inside and outside each bedroom and sleeping area. Install alarms on every level of the home.
- **LARGE HOMES** may need extra smoke alarms.
- **IT IS BEST** to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- **TEST ALL SMOKE ALARMS** at least once a month. Press the test button to be sure the alarm is working.
- **THERE ARE TWO KINDS OF ALARMS.** Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- **A SMOKE ALARM** should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet from the stove.
- **PEOPLE WHO ARE HARD-OF-HEARING** or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- **REPLACE ALL SMOKE ALARMS** when they are 10 years old.



New Cookoff Crowns Champions

NMC Senior Administration Associate ANGELE CHAUVIN and Emergency Service Technician RAYMOND RICHARD were named the winners in the First Annual Shell and Motiva Enterprises High Octane Cook Off at the Delgado Community College Culinary School in a recent competition. The Norco Manufacturing Complex team competed against Motiva Convent Refinery and Shell Chemicals Mobile Refinery representatives to prepare dishes within a 90-minute time frame for judging based on taste, presentation and creativity.

Angele Chauvin and Raymond Richard take home the High Octane Cookoff trophy for the Norco Manufacturing Complex.

NMC HEALTH WELLNESS COORDINATOR KIRK VIDRINE, WHO COORDINATED THE COOKOFF explained that each team presented two dishes, one entrée and a chef's choice that met the Ochsner "Eat Fit Nola" nutrition guidelines for healthy meals. Chauvin and Richard prepared Open-Faced Meatball Sliders served on a panko crusted eggplant slice with homemade Marinara sauce and Ginger Soy Seared Tuna complemented with a creamy avocado wasabi puree.

Chauvin is a longtime fan of competitive cooking television shows and was excited to put her skills to the test. "It's a fun, friendly competition," she remarked. "Especially with people who enjoy cooking and enjoy being in the kitchen, it's a very good way to expose yourself and your skills and share your recipes as well."

"You don't need to go out and get fast food," Richard said. "You can cook healthy food at home inexpensively. It's a fun thing to do!"

Team Convent prepared a black bean and bison chili and a healthy version of a crab cake that included brown rice. Team Mobile offered a Cincinnati-style chili, switching out high calorie noodles with low carbohydrate Shirataki noodles, and pineapple jerk chicken lettuce wraps with corn and black bean quinoa.

Judges for the event were Director Shell Health Manager US

East Dr. James Fitko, Elmwood Fitness Center Dietitian Rebecca Miller, Delgado Culinary Arts and Hospitality Program Chef Joseph St. Paul, and Morning News Anchor for WDSU News Randi Rousseau.

"Shell Oil and Motiva Enterprises are dedicated to creating a 'Culture of Health' at our worksites," Vidrine explained. "Our goal is to improve the health and wellbeing of our employees, their families, and the communities they live in. A healthy cooking competition is one way we can move towards a healthier culture. This fun and energetic experience will help us pass healthy cooking ideas from one kitchen to another. When we become more passionate and inspired to cook our own food, we are less likely to become obese and more likely to have good nutritional value in our foods."

"When we become more passionate and inspired to cook our own food, we are less likely become obese and more likely to have good nutritional value in our foods."

KIRK VIDRINE | NMC Health and Wellness Coordinator

Angele Chauvin (left) lines plates with an avocado wasabi puree as a foundation for a Ginger Soy Seared Tuna dish.



Raymond Richard (right) mixes ingredients for Open-Faced Meatball Sliders as an entry in a High Octane Cookoff this summer.



Eat Fit Guidelines

Look for the Ochsner-approved seal on area restaurant menus to identify Eat Fit NOLA menu items, indicating that a menu item meets the following criteria:



ENTRÉE OR ENTRÉE SALAD:

- < Less than 600 calories
- < Less than 800 mg sodium
- < Less than 10% of calories from animal-based saturated fat
- ⊘ 0 grams trans fats
- ⊘ No white, refined starches
- < Less than 5 grams (1 teaspoon) of added sugar (e.g. honey, agave, sugar, etc)

APPETIZER, SOUP, SALAD, OR DESSERT:

- < Less than 300 calories
- < Less than 400 mg sodium
- < Less than 10% of calories from saturated fat
- < Less than 10% of calories from animal-based saturated fat
- ⊘ 0 grams trans fats
- ⊘ No white, refined starches
- < Less than 5 grams (1 teaspoon) of added sugar (e.g. honey, agave, sugar, etc)



"Celebrity" judges for the High Octane Cookoff were left to right: Chef Joseph St. Paul, Randi Rousseau, Rebecca Miller and Dr. James Fitko.

START Walking TODAY

Walking is **low-risk and easy** to start.

It can help **keep you fit and reduce your risk** of serious diseases, like **heart disease, stroke, diabetes** and more.

According to the American Heart Association, a regular walking program can also:

IMPROVE
your cholesterol
profile

LOWER
blood
pressure

INCREASE
your energy
and stamina

BOOST
"couch potato"
bone strength

PREVENT
weight
gain

GET READY

All you need to get started are comfortable clothes and supportive shoes. Layer loose clothing, keeping in mind that brisk exercise elevates the body's temperature. Shoes designed for walking or running are best. Make sure you have a little wiggle room between your longest toe (1/2") and the end of the shoe. Avoid cotton socks since they retain moisture and can promote blisters.

WORK ON YOUR TECHNIQUE

Begin with short distances. Start with a stroll that feels comfortable (perhaps 5-10 minutes) and gradually increase your time or distance each week by 10-20 percent by adding a few minutes or blocks. If it's easier on your joints and your schedule to take a couple of 10- to 20-minute walks instead of one long walk, do it!

FOCUS ON POSTURE

Keep your head lifted, tummy pulled in and shoulders relaxed. Swing your arms naturally. Avoid carrying hand weights since they put extra stress on your elbows and shoulders. Don't overstride. Select a comfortable, natural step length. If you want to move faster, pull your back leg through more quickly.

BREATHE DEEPLY

If you can't talk or catch your breath while walking, slow down. **At first, forget about walking speed. Just get out there and walk!**



The Heart Association recommends that **adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week**. Even short 10 minute activity sessions can be added up over the week to reach this goal.

If you are interested in lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles/hr). If that's too fast, choose a more comfortable pace.



Heart Walk.

Walk for Your Heart 11/7 @ 9 am

Join Norco Manufacturing Complex employees and their families in the American Heart Association's Heart Walk November 7 at Lasalle Park next to Zephyr Park. The 1.8 mile walk starts at 9 a.m.

The Heart Walk is the American Heart Association's premiere event that brings communities together to raise funds and celebrate progress in the fight against this country's No. 1 and No. 5 killers, heart diseases and stroke. Shell Deep Water is one of the major sponsors of the event.

For more information or to register for the Heart Walk, visit www.neworleansheartwalk.kintera.org.

A Pep Rally for the Community

NMC KICKS OFF UNITED WAY DRIVE

The spicy, flavorful aroma that only comes from homemade jambalaya and hearty gumbos drifted through the Norco Manufacturing Complex in early September as the site kicked off its annual campaign for the United Way of St. Charles with a cooking competition and fund-raising rally.

Hundreds of NMC employees filled the NMC Firehouse for the **BATTLE FOR THE PADDLE** and **BATTLE FOR**

THE SPOON contest. Jambalaya and gumbo chefs, representing departments and units throughout the site, participated in the football-themed event. WWL Radio sports reporters **Kristian Garic** and **T-Bob Hebert** were among the featured guests and celebrity judges along with State Senator **Gary Smith** and NMC retiree **Ronnie “Teddy Bear” Trosclair**.

GARIC AND HEBERT taped an interview with General Manager **Don Weaver**, which aired on their new Monday through Friday 8 p.m. to midnight show. Weaver emphasized NMC’s ongoing support of the community through financial contributions, volunteer time and employee participation on numerous United Way committees. In addition, NMC employees **Carmine Frangella**, **Elise Chauvin** and **Rochelle Touchard** are members on the United of Way of St. Charles Board of Directors.

THIRTEEN EMPLOYEE TEAMS PREPARED JAMBALAYA OR GUMBO ENTRIES for the cookoff and employee lunch. The competition determined NMC’s representatives for the United Way of St. Charles Battle for the Paddle.

“Kicking off the United Way campaign in line with the Shell/Motiva HERO (Helping Employees Reach Out) program, which supports non-profit programs and agencies, illustrates our commitment to being good neighbors,” Weaver said. “It’s not just about contributing financial support, although that is important, it is about lending a hand as volunteers in area schools, building playgrounds or wheelchair ramps, or helping in the aftermath of a flood or hurricane, for example.



NMC United Way Campaign Chair **Claudia Jenkins** encourages employees to actively participate in the company’s HERO program and to support the United Way of St. Charles.

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DON WEAVER | NMC General Manager

NMC General Manager talks gumbo, jambalaya, football and community commitment during a recent interview by WWL Radio’s Sports Reporter **Kristian Garic**.



THE BORNE IDENTITY TEAM of **Jody Borne** and **Gerard Borne** and **THE HOT ROD JOE & THE BOYS TEAM** of **Joe Waits**, **Gene Schexnaydre**, **Craig Catalano** and **Trey Haydel** tied for first place in the **JAMBALAYA COMPETITION**.



The **Borne Identity team** accepts first place honors in the Jambalaya Cookoff with congratulations from State Senator **Gary Smith** and WWL Radio’s **Kristian Garic** and **T-Bob Hebert**.



\$781,908

FOR UNITED Way

“What can you do to help others in St. Charles Parish?”

Weaver challenged employees, reminding them that Shell/Motiva matches their donations for greater community impact.

NMC UNITED WAY CAMPAIGN CHAIR

Claudia Jenkins encouraged 100% participation in the campaign, adding that United Way agencies and community impact programs touch everyone in St. Charles Parish in some way. **“By focusing on the areas of education, income and health, the United Way brings all of us together for a healthier and more productive community,”** she said. She asked those attending the kickoff to visit with United Way partner agencies displaying information at the event – Creative Family Solutions, St. Charles Community Health Center, Second Harvest Food Bank, Catholic Charities and the Therapeutic Riding Center.

The Prestige Worldwide Team of **Ricky Bourgeois, Travis Gilbert and Brent Torres** took second place for their jambalaya and The Break Time Team of **Keith Simon, Mike Duhe, Ben Vial and Kenneth Levet** took second place in the gumbo category. TEAM 4-D of **Marty Duhon, Darin Sibille, Dale St. Pierre and Mark Duhe** came in third in the jambalaya competition and the Crude Units Team of **Katrina Levron, Wendy Duhe, Tracy Martin, Kim Jackson, and Lynn Bonnette** took third in the gumbo contest.

THE TWO GUYS, A GIRL AND A POT TEAM of Gene Duhe, Jack Rozman and Sharon Zeno placed first in the gumbo cookoff.

Two Guys, a Girl and a Pot Team



Two Guys, a Girl and a Pot were the champions in the NMC United Way Gumbo Cookoff.



Ron Thompson was among hundreds of NMC employees showing support for the United Way of St. Charles while enjoying gumbo and jambalaya.



Cooking for the United Way – the team of **Kim Jackson, Tracy Martin, Wendy Duhe and Katrina Levron** prepare a jambalaya in the NMC Battle for the Paddle cookoff.

Hot Rod Joe & the Boys Team



Hot Rod Joe & the Boys took a first place Jambalaya Cookoff win, in a tie.



The National Association of Community Health Centers celebrates 50 years of service this year in providing comprehensive care to those with difficulty in accessing care. St. Charles Community Health Center joins the celebration with its four facilities in St. Charles Parish including Norco.

“Patients are treated at no cost or on a sliding fee scale depending on their income and insurance.”

JAMES COMEAUX | CEO of Access Health Louisiana

James Comeaux, CEO of Access Health Louisiana, which operates the St. Charles Community Health Centers, more than 23 million people in over 9200 communities across the United States and territories, are benefitting from quality, convenient primary care services in facilities that are not only close to their home but also affordable.

“Since the first Community Health Center in St. Charles Parish opened in Luling more than 10 years ago, thousands of area residents have had access to care that may not have been available to them previously.”

In providing an update to members of the Norco Community Advisory Panel (CAP) during a recent meeting, Comeaux explained that community health centers offer medical, dental, and behavioral and vision care – all services are available at the Norco facility. “Our goal is to improve the quality of life in the community with a focus on patient education and preventive medicine,” he said. “By removing or minimizing barriers of language, transportation, income and insurance coverage, healthcare is more accessible and affordable. Patients are treated at no cost or on a sliding fee scale depending on their income and insurance. Those who have insurance, but have financial difficulties in meeting a deductible or co-pay, for example, are also eligible for a sliding fee arrangement.”

Comeaux emphasized that the center is open to all members of the community whether they have a financial need or not. “All patients are welcomed and all patients are treated with the same respect and quality of care that each of us deserves,” he stated.

Access Health Louisiana also operates a center behind St. Charles Parish Hospital on Milling Avenue in Luling, the school-based Albert Cammon Wellness Center and the school-based Paradis Wellness Center.

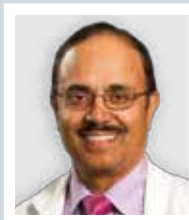
Call the St. Charles Community Health Center at 985-725-9330 or visit www.accesshealthla.org for more information.



PHYSICIANS INCLUDE:



V.N. DEVARAJAN, MD
(DR. RAJ)
Internal Medicine/
Nephrology



C. JAYAKRISHNAN, MD
(DR. JAY)
Internal Medicine/
Cardiology

Located on land donated by the Norco Manufacturing Complex at

16004 River Road in Norco,

the St. Charles Community Health Center offers:

- **Primary and Family Care**
- **Dental Services**
- **Behavior Services**
- **Vision Care**
- **Podiatrist**
- **Diabetes Education**
- **Other Educational and Support Services**
- **Norco Adult Day Care Center**

A regular Newsline feature spotlighting NMC employees who have served or are currently serving the United States as a member of the military.

KOONTZ CONNECTS WITH MILITARY LIFE

Dale K. Koontz, a GO-1 “B” shift operator and GO-1’s Department of Health and Safety Team Lead, has always been interested in the way things worked, especially electronics and technology. As a kid he would take things apart to learn how to fix them and learned how to do things by jumping in head-first.

“I always wanted to know how things worked,” he remembered. “Radios, stereos, computers, if something broke, like the lawn mower, I learned how to fix it. I wanted to put a phone in my room as a kid. I learned don’t cut the wires! It will shock you! But I found out what to do and installed the phone jack in my room. My dad was a chemical engineer and he had no interest and little time to make minor mechanical repairs. It just wasn’t his thing. My mom would tell me whatever you think you can do, go ahead and try it.”



He joined the Louisiana National Guard to pay for college, but instead found a job that he loved with the military. “I was interested in electronics,” he said. “In the military I built towers and radar systems, set up microwaves and other antenna needs for the Air Force, the FAA and other government agencies. I travelled all over the world building communication infrastructure. Anything permanent, we did it all.”

After being in the Guard for a while, he decided to make a change and joined the Air Force. “I liked what I was doing,” he said. “I enjoyed the work and I figured, well, this could be a career. The service installs a lot of discipline. Everyone depends on everyone to get his or her job done. If you don’t, it can get bad, especially while working on towers at 1,500 feet. All members of the team must be pulling their weight and playing their part in the big picture. I liked that and it’s similar to what I do at Shell.” But after four years, the Air Force started to downsize, changing his job description. “I didn’t want to retrain. I liked what I did and I enjoyed the work so I went back to the Guard.”

In the course of his service, Koontz has served all over the world. He enjoyed travelling and the opportunity to meet different people and learn different cultures. It wasn’t always easy though. “I found it very odd that different cultures were so different than what you’re used to,” he explained. “In Korea I went to a shopping mall to buy a battery for my camera. I asked for a Sony battery and the salesman starting yelling at me. I learned later that if it’s not made in Korea, it’s not sold in Korea. I didn’t know that Korea only imported raw materials – no finished retail products. In Italy when they have a holiday everything closes. The trains don’t run, the gas stations close, the stores close, everything! That was a culture shock for me and I got stuck in Rome for two days. In Germany, I

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DALE K. KOONTZ

GO-1 “B” shift operator and GO-1’s Department of Health and Safety Team Lead

understand it’s rude to ask for the bill at the end of your meal. It means you didn’t like the place and you’re ready to leave. They expect you to hang out, drink coffee, play cards and make a night of it. It’s just so different.”

“Even in our country, people in California are different from people in New York State. Things are not the same as in your home state and don’t assume they are.

He tried to use the saying ‘When in Rome...’ but sometimes it took a while to figure out. We learned to ask more questions before we travelled anywhere.”

Retired after 22 years of service, eighteen in the National Guard and four in the Air Force, the travel is what he misses the most. “I miss meeting all the different people,” he reflected. “I really like learning from everyone else’s experiences and learning different ways and habits.”

Koontz is happy to be working at Shell and appreciates the reputation Shell has in the community. “When I was looking for a job, everyone in the area spoke very highly of Shell. And though I didn’t realize it when I got hired, I’m seeing more and more that Shell is a big supporter of veterans, I appreciate that.”



Norco Newsline is published regularly to inform the community about activities at the Norco Manufacturing Complex. Please address inquiries to:

Rochelle Touchard, External Relations Manager
Norco Manufacturing Complex
 15536 River Road | P.O. Box 10 | Norco, LA 70079
504-465-6667

Numbers and Addresses to Know:

St. Charles Emergency Operations Center:
985-783-5050

Norco Site Supervisor:
504-465-7342

NMC Community Information Line
504-465-7483

www.shell.us/norco
www.motivaenterprises.com
www.norco-air.info

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NMC Hits the Greens

Contributing to the United Way of St. Charles is a good thing to do. It can also be fun. More than 120 NMC employees and associates played a round of golf in NMC's Annual United Way Golf Tournament in mid-September as part of the site's fund-raising efforts.

“Congratulations to all those who went home with trophies and thank you to all who participated in the support of our community,” said NMC Golf Committee Chair Jerry Flood.

“The real winners today however, are the men, women and children who need our help and will benefit from the United Way’s support. We can make a difference in their lives and in our community.”

JERRY FLOOD | NMC Golf Committee Chair



NMC Projects and Turnaround Manager **Earnest Maxwell**, center, hit the greens for the United Way with team members **Mike Fuller** and **Wolford “Tommy” Priest** of Turner Industries.



NMC United Way Golf Committee Chair **Jerry Flood**, left, presents the First Place award to fierce competitors on the greens and strong supporters of the United Way.

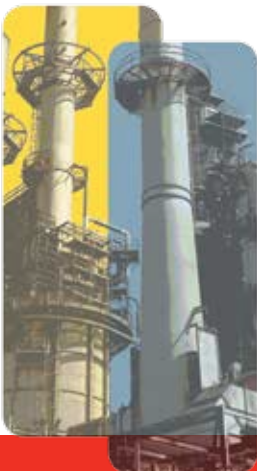


United Way of St. Charles Executive Director **John Dias**, left, thanks **Jeff Cancienne** and **Brian Noto** of Filter Resources for sponsoring a food tent at NMC's United Way Golf Tournament.



NMC General Manager **Don Weaver**, second from left, and site contractor representatives were among those generating support for the United Way.

Service ANNIVERSARIES Someone You Know Works for Norco



35 Years
 Michael Calabresi

25 Years
 Michael Keegan
 Keith Anderson
 Blair Bonin
 Terry Byers
 Ronald Dallimore
 Kevin Delatte
 Chris Duhe
 Glenn Ebeyer
 Betty Foret
 Joseph Hudnall

Joel Hymel
 Stanley Johnson
 Walter Johnson
 Patrick Meche
 Douglas Pitts
 Guillers Stipe
 Russell Wright

20 Years
 Charles Floyd

15 Years
 Steven Accardo

Nicklas Avocato
 Ellery Becnel
 Gerard Borne
 Lonnie Boudreaux
 Stephen Castille
 John Coniglio
 Gregory Cooper
 Dwight Davis
 William Hattala
 Kenneth Louque
 David Reed
 Robert Rivas
 Jimmy Smith

Mark Surmik
 Heath Weber

10 Years
 Mark Aubert
 Carey Clement
 Troy Oncale

5 Years
 Christopher Callahan
 Lauren Rayburn
 Terry Thompson
 Marko Verdes