

Volume 23, Number 2 Spring 2024

Table of Contents

President's Letter	P.1
Announcements & Events	P.1,2
Vivity Reaches One Million Milestone	P.3
Alcon Celebrates Lunar New Year	P.3
Terry Kim Joins Alcon as Chief Medical	
Officer & Head, Global Medical Safety	P.4
Alcon Celebrates Five Years	P.4
Alcon Leads Pioneering Social Impact	
Initiative in Geneva	P.5
Alcon Celebrates those practicing Ramadan	P.5
Black History Month - February	P.6
Women's History Month - March	P.6
Earth Month - April	P.6
April is National Volunteer Month	P.7
SCRUM – Building a City with Lego in	P.7
Poland	
Global National Sales Meetings	P. 7
Batam First in Asia to produce Surgical	
Products	P.7
Alcon Reports Fourth Quarter and Full Year	
2023 Results	P.8
Land North of Alcon Sold	P.8
Retiree News	P.9-14

(extended depth of focus) having reached one million implants worldwide. Alcon's financial results start on page 9 for 2023 with an outlook for 2024. On page 5, read about Alcon Geneva's initiative to raise eyecare awareness.

Alcon retiree news starts on page 10 and includes photos of our April 5th luncheon. On page 14, some of our members shared their pictures of the Total Eclipse of the Sun and what they were doing at the time. Many thanks to our members for their contributions.

A special thanks to our editor, Annabelle Corboy, for the excellent preparation! Please continue to send us news and photos. Let us know what you're doing. Are you traveling now? Send them to Annabelle at ara.newsletter@gmail.com.

I'm looking forward to seeing you at the June 7th luncheon!!

With Warmest Regards, Pat Cappelletti President, Alcon Retirees Association pcappelletti@Alcon-ara.com

President's Letter

Dear ARA Members,

I hope you are having a nice spring. So good to see that all this rain is bringing us green lawns and lovely flowers.

Many thanks to Alcon for sponsoring and hosting our luncheons, giving us the opportunity to get together with old friends and colleagues, have lunch and hear a presentation. Please join us for our next luncheon, Friday, June 7th, at the Alcon Crossroads (old cafeteria). Our speaker will be Jill Ames, Manager, Alcon Foundation, who will speak to us about the Foundation, their partners, and their impact on eye care and our local community. She will also go over Alcon's Corporate Giving programs.

Our first luncheon this year took place April 5th. Fred Schneiweiss, Doctor of Pharmacy, Director, Pharmacoepidemiology, Alcon R&D, retired, spoke to us on "The Lowdown on Vitamins (or everything I need to know about vitamins)". See page 11 for three of his slides as well as a link to more slides from his presentation.

Enjoy all the excellent articles in this Spring 2024 edition of the In Hindsight newsletter. See page 3 for an article on Alcon's Vivity IOLs with EDOF



Becoming an ARA member

Here are the steps to joining the ARA:

- (1) Retire from Alcon (or Alcon/Novartis if you retired before 2020)
- (2) Go to <u>alcon-ara.com</u> and click on **Not a Member?** Sign up Today
- (3) Fill in the Member Sign Up form, then click **Send**. (Make sure to note the password you select since you will use it to login as a member.)
- (4) Soon, you will receive an email from an ARA admin asking for information to confirm your retirement date and where you worked at Alcon. Please be sure to respond or your registration will not proceed.
- (5) Within a day or so after your response is received, you'll get an email confirming your membership. Follow instructions in the email regarding login and dues.

Announcements continued on next page

Announcements continued

ARA Dues

Dues are \$10 a year; your dues cover expenses for the website and other activities.

Mail Dues to: Alcon Retirees Association P.O. Box 173416 Arlington, Texas 76003-3416

ARA Website

Want to see more? Go to the ARA website www.alcon-ara.com for all the latest information. Photos from past ARA events are posted on the website. Login to the Members Section and click the News button to find the link to the Gallery. And Thank You to Janet Mattern (janet.alcon.ara@gmail.com) who posts our updates on the website.

Retiree News

We would love to have some stories from our retirees to share in our ARA newsletter. We are especially interested in photos of places & people -vacations or, if you've moved away from Fort Worth, where you live now. Do you have a second career? If you retired from Alcon and took up a new line of work, we'd love to hear about it. And last, if you're doing volunteer work, we'd like to be able to share that, too. You can contact us at ara.newsletter@gmail.com. Just send a note and we will get back with you to get more details.

Alcon Fort Worth Campus

The company store is open and is located within the new cafeteria. Hours are 7am – 4pm and checkout is Self Service. If you have questions, you can call Amanda Jones, 817-551-8351.



The process for entering the campus remains the same – arrive during normal business hours, stop at the guard gate, and show your gold retiree card, and park in visitor parking.



The Facility

Free membership for retirees!

More than 7,000 square feet of health and wellness equipment. Top-of-the-line cardio and strength equipment. Outdoor TRX and Rogue workout stations. Indoor cycle studio, Group exercise studio. Outdoor running/walking track. Locker Rooms.

Click here to enroll:

Select "Fitness Center Membership-Alcon Retiree"

And now, there are two pickleball courts, with court-side boxes holding equipment.



Questions?

Contact Jared East Fitness Manager, Alcon Jared.East@Alcon.com Phone: (817) 568-6222



2024 ARA Luncheons and Lupper

Mark your calendars for the remaining 2024 ARA programs: **June 7, September 20**, and ending with the Holiday Lupper on **December 6**.

All luncheons are held on the Alcon Fort Worth campus in the Crossroads Conference Center (old cafeteria) and include a buffet lunch. We are now requesting that members make a reservation. We need to know how many are attending in order to have appropriate seating and food. Email us at ARA-RSVP@alcon-ara.com

All ARA members, spouses, and guests are welcome to attend. Except for the Lupper, lunch is complimentary for members, with a charge of \$10 for guests. For the Lupper, the fee for members is \$10 and for guests, \$15.

Please remember to bring your Alcon Retiree Gold Card for access to the Fort Worth campus. Alcon Corporate Security will reserve parking places — look for the orange street cones.

Watch for more information on these events on our website and in our emails.

Vivity, the World's Leading EDOF IOL, Reaches One Million Milestone



- Vivity is the most implanted extended depth of focus (EDOF) intraocular lens (IOL) globally
- Milestone underscores the impact of Vivity's first-of-its-kind, patented wavefront-shaping technology, which simplifies presbyopia correction for surgeons and patients
- Vivity demonstrates excellent outcomes, with real-world Vivity Registry data from more than 900 cataract patients, including patients with certain mild comorbidities as well as postrefractive eyes

March 6, 2024 - FORT WORTH, Texas--(BUSINESS WIRE)-- Alcon (SIX/NYSE: ALC), the global leader in eye care dedicated to helping people see brilliantly, today proudly announces AcrySof® IQ Vivity® and Clareon® Vivity extended depth of focus (EDOF) intraocular lenses (IOLs) have surpassed more than one million implants worldwide. Vivity is the most implanted EDOF IOL globally. Alcon is the global leader in IOLs—every four seconds an eye is implanted with an Alcon IOL—and continues to innovate in this space to address patients' unmet needs.

"We are proud to celebrate the one million Vivity eyes empowering cataract patients to see the world with high quality vision from distance to functional near—day and night," said Sean Clark, President, Global Surgical Franchise at Alcon. "This milestone embodies our commitment to addressing the diverse vision needs of today's patients, who desire less dependence on glasses post-surgery and low visual disturbances, with a game-changing presbyopia-correcting intraocular lens (PCIOL) option that expands the patient candidacy pool."

Vivity uses Alcon's patented non-diffractive Wavefront-Shaping X-WAVE™ technology, an advanced optical principle that simultaneously stretches and shifts light without splitting it—balancing quality of vision and maximizing range of vision. The optic delivers excellent distance and intermediate vision, as well as functional near vision. The unique mechanism of action is not refractive, does not introduce spherical aberrations and has ultimately expanded PCIOL access to even more patients. Vivity is designed to simplify presbyopia correction, prioritizing patient satisfaction while minimizing surgeon and clinic chair time.

Recent, large-scale real-world data underscores the impact of Vivity on patients across the globe. The Vivity Registry Study includes patients with common mild comorbidities like glaucoma, dry eye and retinopathy/maculopathy, as well as post-refractive eyes. The Registry data demonstrates high patient satisfaction among several patient cohorts, as the vast majority of patients (92%) report they are satisfied with their sight.

Additionally, more than 91% of patients report no haloes, glares, or starbursts.

Vivity is available in more than 80 countries, including Australia, Brazil, Canada, China, France, Germany, Japan, India, Italy, Russia, South Korea, Spain, U.K. and U.S. Alcon offers a family of leading IOLs designed to meet the unique vision needs of patients, including Vivity and PanOptix®—the most implanted PCIOLs worldwide—as well as monofocal and toric options. PanOptix surpassed one million implants in early 2022 and is the most implanted trifocal worldwide. For more information, please visit www.ClareonIOL.com

To see the full article including references, click here.

Alcon Celebrates Lunar New Year

February 10, 2024 - #LunarNewYear is such a beautiful time to spend with loved ones and celebrate all that is ahead this year. Alcon wishes everyone a healthy, prosperous, and joyful Year of the Dragon!



Lori McLaughlin posted on FB these photos from the celebration in the Alcon Cafeteria.



Terry Kim, MD, Joins Alcon as Chief Medical Officer and Head of Global Medical Safety



March 26, 2024 – Alcon, the global leader in eye care dedicated to helping people see brilliantly, today announced Terry Kim, MD, Professor of Ophthalmology at Duke University Eye Center, will join the company in April as Chief Medical Officer (CMO) and Head of Global Medical Safety. Dr. Terry Kim is a highly esteemed ophthalmologist specializing in cornea, cataract, and refractive surgeries. He currently serves as Duke Eye Center's Chief of the Cornea and External Disease Division, Director of the Refractive Surgery Service, and Director of the Duke Sports Vision Center.

As CMO, Dr. Kim will continue to integrate scientific and clinical priorities across Alcon's Surgical and Vision Care franchises, with a focus on meeting the needs of patients and eye care practitioners across the globe. Dr. Kim will also support the development of Surgical and Vision Care clinical evidence, and represent Alcon to academic, scientific and industry communities, as well as government agencies.

"Dr. Kim is an exceptional addition to our team, and we look forward to leveraging his world-class cataract-refractive experience to build upon the efforts spearheaded by Dr. Lane," said Franck Leveiller, Chief Scientific Officer, Global Head R&D, Alcon. "Bringing Dr. Kim to Alcon is a testament to our ongoing commitment in leveraging experts to inform our innovations aimed at meeting the evolving needs of Eye Care Professionals and their patients. Dr. Kim's expertise—in partnership with leading industry professionals—will help us continue to advance our mission to deliver bold innovations."

Dr. Kim received his medical degree from Duke University School of Medicine and completed his ophthalmic training at Emory Eye Center and Wills Eye Hospital. He has served as Past President of the American Society of Cataract and Refractive Surgery (ASCRS) and has received multiple awards throughout his career, including the Achievement Award and the Senior Achievement Award from the American Academy of Ophthalmology (AAO). He has been recognized by continual annual listings in America's Best Eye Doctors (Newsweek), Best Doctors in America, America's Top Ophthalmologists, and The Ophthalmologist Power List. Dr. Kim serves on multiple boards, sits on the editorial board for several peer-reviewed journals and trade publications, and consults for the Food and Drug Administration's Ophthalmic Devices Panel.



Dr. Kim will succeed Stephen S. Lane, MD, who is retiring after seven years of service at Alcon and 39 years in ophthalmology. Throughout his tenure at Alcon, Dr. Lane advised and collaborated with some of the most brilliant minds in the industry, playing a critical role in advancing Alcon innovations. Dr. Lane proudly advocated for clinicians, surgeons, and patients worldwide, while supporting cornerstone initiatives, including the development of Clareon®, Vivity®, and next-generation instrumentation, as well as the acquisition of ophthalmic pharmaceuticals. He also led the advancement of the Medical Safety team, the global expansion of advisory boards and keyopinion-leader partnerships.

Alcon Celebrates Five Years



April 8, 2024 – Since spinning off from our parent company five years ago, Alcon has soared. Now we only have our eyes on the future, no longer the past, and can't wait to achieve more with each coming year. During our fifth anniversary as an independent company, Alcon reflects on the amazing achievements of the past years but is now solely looking towards the future of helping more people.



Alcon Leads Pioneering Social Impact Initiative in Geneva to Raise Eye Care Awareness Along with Swiss Partners



- Alcon HQ led a pioneering collaborative community program in Geneva, Switzerland, to raise awareness of glaucoma and dry eye with the Geneva University Hospital and eye care companies
- From March 12 to 14, the company built an "eye" village in Geneva's most-visited shopping mall, and over 325 glaucoma and dry eye tests were provided to the Geneva population by eye care specialists
- Over 50 Alcon Geneva associates volunteered their time across three days reaching about 60,000 visitors

Geneva, March 27, 2024 - Alcon, the global leader in eye care, headquartered in Geneva, Switzerland, conducted a pioneering initiative named Village de la Vue in Western Switzerland's mostvisited shopping mall. As part of World Glaucoma Week, the collaborative community program brought together industry partners and local eye care experts to make a brilliant impact in the community by raising awareness of the importance of regularly going to see the ophthalmologist and the critical issues of glaucoma and dry eye diseases.

Globally, nearly 160.7 million individuals who have moderate to severe vision loss are of working age. The cost of the loss in productivity resulting from this impairment is estimated to be \$411 billion annually. Even the slightest vision impairment can reduce productivity by 10 percent and accuracy by 22 percent.

Over 50 Alcon associates volunteered their time to help visitors experience a range of activities, from virtual reality kits that helped visitors learn more about their eyes, to educational games designed to raise the importance of regular eye check-ups. The initiative received an overwhelming response from the community, reaching up to 60,000 visitors in the mall.

The success of the event was evident in the significant engagement and participation it garnered. Eye Care Professionals from the Geneva Order of Ophthalmologists, Geneva University Hospital (HUG), and optician volunteers supervised more than 125 glaucoma tests and 200 dry eye tests. During the event, over 200 people pledged to see their eye care specialist within a year. Additionally, more than 450 iris images were captured and shared with attendees, courtesy of Alcon.

""We have been honoured to stand alongside other eye care experts for this pilot program, contributing to our efforts of helping people see brilliantly," commented Raj Narayanan, President, International at Alcon. "While some countries benefit from stronger healthcare systems, it's a reality that regular eye check-ups are often overlooked, and by the time issues arise, it can be too late. This initiative not only showcases our incredible collaboration with Geneva's stakeholders but also underscores the importance for proactive measures in maintaining vision health as a fundamental component of overall well-being."

The event was indeed the result of a collaborative effort from different actors in the eye care industry, such as Alcon, Haag-Streit and Pro-Lens. In addition to their contributions, opticians, including Alain Afflelou, Acuitis and Visilab, also partnered to ensure the success of the initiative. Together, these collaborative efforts with the support of the Geneva Order of Ophthalmologists and Geneva University Hospital (HUG) underscore the commitment of the eye care community to promote vision health and provide valuable resources to the public.

Alcon has played a pivotal role in bringing Village de la Vue to life as part of its company-wide volunteering initiative Alcon in Action (AiA). The company hopes to gather even more support from the local community, industry leaders and Eye Care Professionals to renew this program in the coming years. Every year, Alcon looks for meaningful opportunities to increase access to quality eye care. AiA is an element of Alcon's overall social impact and sustainability strategy, which focuses on three pillars: Brilliant Lives, Brilliant Innovation and Brilliant Planet.

For the full media release click here



Ramadan Recognition

March 10 - Ramadan is an impactful and thoughtful time for many around the world and Alcon celebrates all who are practicing this month and wish them each peace and health.





Alcon

Black History Month - February







February 29, 2024 - This #BlackHistoryMonth, Alcon was delighted to host Dr. Mildred Olivier and Dr. Eydie G. Miller-Ellis as they shared their journeys in ophthalmology, insights as glaucoma specialists, and vision for expanding diversity in ophthalmology. Their efforts continue to influence change and help more Black physicians enter and succeed in eye care. Learn more:

https://www.rabbvenable.com/



February 16, 2024 - This #BlackHistoryMonth, Alcon recognizes the innumerable impacts that people of African ancestry have made in our cultures, communities, and lives. Dr. Patricia E. Bath-an accomplished ophthalmologist—conquered tremendous challenges as a Black woman to invent laserphaco. Her invention, laserphaco, is a technology and technique in use today to help restore the sight of cataract patients. Alcon is proud to recognize her, along with all people of African ancestry who have endured, overcame, and changed the world.

Women's History Month - March

Women's History Month



March 12, 2024 - This #WomensHistoryMonth, Alcon recognizes the countless women who have impacted the world. Among them is Raquel C. Bono, MD, MBA, FACS, who has not only brought her valuable experience and expertise to our Board of Directors but has

paved the way for so many as the first Asian-American woman promoted to Vice Admiral in the U.S. Navy's history. This month and every month, Alcon celebrates women like her who have challenged limitations and influenced change.



Nicole Bang, Country Franchise Head of Vision Care. Korea – Proudest Achievement - I can think of a recent one: leading Korea to be Country of the Year for two consecutive years. I'm so proud of the team who executed well with strong ownership and commitment. We are motivated to challenge ourselves to win Country of the Year again, three times in a row!

March 28, 2024 – Whether leading a team, challenging barriers, or inspiring inclusion, every woman at Alcon and beyond has unique superpowers that contribute to a more brilliant world. This #WomensHistoryMonth, hear from more of Alcon's inspiring female leaders and their experiences:

https://www.alcon.com/featu.../women-alconinspire-inclusion

Earth Month - April





April 22, 2024 - #EarthDay inspires individuals around the world to contemplate sustainability, and we at Alcon are no different. Today and every day, we are making further strides to improve our environmental footprint and strive to not only help people #SeeBrilliantly, but to continue seeing the beauty of the world brilliantly.

April is National Volunteer Month

April 15, 2024 - #NationalVolunteerMonth is a perfect opportunity to reflect on some of the amazing ways Alcon associates have impacted the world through volunteerism initiatives like Alcon in Action, Alcon Children's Vision Program, and so much more. Hear from those who have given their time to make the world a better place:

https://www.alcon.com/.../alcon-associates-make-brilliant...

Strengthening communities, helping people, giving time and more to those in our own neighborhoods—that is what Alcon is dedicated to each day. This National Volunteer Month, hear from associates around the globe who have helped others through volunteerism initiatives.









SCRUM - Building a City with Lego in Poland



February 15, 2024 - At Alcon Poland, we are committed to creating a positive impact in our local community. Recently, our dedicated teams in Warsaw joined forces with Fundacja Dobrych Inicjatyw to provide foster children an educational trip filled with joy, learning, and shared experiences. Our associates were delighted to serve one of its many global communities and help shape a better future for its people, one meaningful event at a time. Watch a video of the event on Facebook here.

Global National Sales Meetings



National Sales Meeting

April 16, 2024 - Alcon teams from around the globe came together in the first quarter for our annual National Sales and Kick-off Meetings. It was an opportunity to recharge, celebrate, and exchange invaluable insights. We extend our heartfelt appreciation to every associate for their unwavering dedication, which fuels our journey towards an outstanding 2024 and beyond!



National Sales Meeting
——Middle East——







National Sales Meeting
——LATAM———



National Sales Meeting

Batam First in Asia to produce Surgical Products

For nearly 30 years, Alcon Batam has manufactured life-changing vision care innovation. This year, they expanded their capabilities to also produce Alcon's surgical products—the first manufacturing site in Asia to do so! We are proud of this team's dedication to delivering quality products and their commitment to excellence in helping more people.





Alcon Reports Fourth Quarter and Full Year 2023 Results

- Q4 2023 sales of \$2.3 billion, up 8%, or 10% constant currency⁽¹⁾ (cc)
- Q4 2023 diluted EPS of \$0.86, compared to a loss in the prior year⁽³⁾; core diluted EPS⁽²⁾ of \$0.70 up 67%, or 78% cc
- FY 2023 sales of \$9.4 billion, up 8%, or 10% cc
- FY 2023 diluted EPS of \$1.96, up 188%; core diluted EPS of \$2.74, up 22%, or 33% cc
- FY 2024 outlook: 6% to 8% cc sales growth, 13% to 16% cc core diluted EPS growth



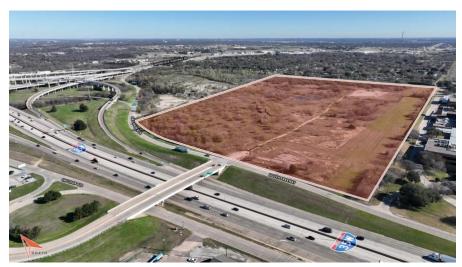
For full report click here.

February 27, 2024 - GENEVA--(BUSINESS WIRE)-- Alcon (SIX/NYSE:ALC), the global leader in eye care, reported its financial results for the three and twelve months ended December 31, 2023. For the fourth quarter of 2023, sales were \$2.3 billion, an increase of 8% on a reported basis and 10% on a constant currency basis(1), as compared to the same quarter of the previous year. Alcon reported diluted earnings per share of \$0.86 and core diluted earnings per share(2) of \$0.70 in the fourth quarter of 2023.

David J. Endicott, Alcon's Chief Executive Officer, said, "2023 was an excellent year for Alcon, and I'm proud of what our team accomplished. We delivered solid top-line growth in both franchises on the back of healthy markets. We also grew earnings and expanded margins, all while successfully completing our transformation program and advancing our product pipeline."

Mr. Endicott continued, "As we look forward into 2024, we are excited about completing development on several innovative products that will continue to support our customers and their patients. As a result, we expect to continue to outpace market growth, deliver operating leverage and create long-term shareholder value."

Land North of Alcon Sold



February 21, 2024 – Younger Partners announced that Reserve Capital Partners, a Dallas-based commercial real estate firm has purchased the 58 acres just north of Alcon. The company plans to convert the land into an industrial development. The property is zoned for light industrial use.

Justin Toon, with Industrial Reserve, represented Reserve Capital Partners, which is based in Dallas. Younger Partners did not disclose the seller of the acreage. According to the Fort Worth Report, the land was appraised at \$479,202, per Tarrant Appraisal District records. "It was a private, family-held property, and I think it was time for them to think beyond the hold," Michael Ytem, senior vice president at Younger Partners, said. "And so they wanted to dispose of it in some form or fashion, so they brought us on board."

"This property possesses great potential for the buyer with its location near major roadways in a fast-growing area of the southwest Metroplex," Carter Crow, principal for Younger Partners, the agency that brokered the deal, said in a press release.

Photo above from Younger Partners. Information from FortWorthReport.org and Younger Partners.

Alcon Retiree News

ARA Luncheon - April 5, 2024

The Alcon Retirees kicked off 2024 with a buffet lunch, held in the Alcon Crossroads Conference Center. Fred Schneiweiss, Doctor of Pharmacy, Alcon's Director of Pharmacoepidemiology, retired, was our speaker – his topic was "The Lowdown on Vitamins (or everything you need to know about vitamins)".

Thank you to the Alcon team that supported us including: our liaison, Jim Rinehart; Denise DiLiberti, for helping us with scheduling the Crossroads Center and coordinating site-level support, including parking and transportation; the Sodexo Catering team for their excellent buffet; and Media Services and Sodexo for their help with Fred's presentation set-up.

Also thank you to Pat Cappelletti, ARA President, who organized this event and her team of helpers: Melissa and James Schaefer, B.J. Denson, Janet Mattern, Laurie Stelljes, Mark Von Tress, and Annabelle Corboy. And thank you to Richard Brigman for taking photos of us as we visited with each other.

The Lowdown on Vitamins

History of Vitamins

- Term vitamins coined in 1912 meant to describe important factors in the diet or "vital amines."
- In 1913, the first vitamin was isolated thiamine (B1).
- Since then, 13 vitamins and 11 essential minerals have been identified as important to human nutrition.
- Large scale fortification of diets began in the U.S. with the addition of lodine to table salt in 1924.
- Vitamin D was added to milk in 1933.
- Products containing more than Vitamins A & D became available in pharmacies and grocery stores in the mid 1930's.
- In the early 1940's the first multivitamin/mineral preparation was marketed.
- Thiamin, Riboflavin, Niacin, and Iron were added to flour in 1941.
- · Companies marketed vitamins to parents.

Types of Vitamins

Water soluble vitamins are absorbed from the bloodstream and available for use right away. They are excreted in the urine. Fat soluble vitamins are stored in the body in the liver and fat tissue. Some studies have shown fat soluble vitamins to be stored for months (be careful when taking high doses of fat soluble multivitamins).

Water Soluble Vitamins

C

B Complex (thiamine, riboflavin, niacin, pantothenic acid, pyridoxine, biotin, folate, cobalamin)

Fat Soluble Vitamins

۸,

D

E K

Click <u>here</u> to see Fred's Presentation





Vitamin D		Vitamin A		Vitamin B ₆		Vitamin C	
Abdominal cramps, nausea, vomiting, calcium crystal deposits that affect liver, kidney, lungs (calcium salts are irreversible)		Water in the brain, vomiting, tiredness, constipation, bone pain, brittle nails, hair loss, birth defects		Mobility issues such as tingling and numbness in the hands and feet, trouble walking, trouble grasping small objects (difficult to reverse symptoms)		Kidney and gallbladder stones in those prone, but normally it just makes really expensive urine	
Folate	Vita	amin B ₁₂	Vitamii	n K	Niacin	Vitamin E	
Pernicious anemia, kidney damage	Diarrhea, swelling, blood clots in legs		Anemia in adults, death in infants		Flushed skin, nausea, diarrhea, liver damage		Headaches, tiredness, double vision, diarrhea, Vitamin A, D, K deficiency

Alcon Retiree News – April 5 Luncheon Continued





































Continued on next page

Alcon Retiree News – April 5 Luncheon Continued



























Alcon Retiree News - Continued

New Members

New members since January 2024: Jeffery Herr, Philip Hall, Peter Chamberlain, Mirian Farrar, Robert Hoernschemeyer, Tony Ngo, Renea Stasaski, Debbie Marth, Nancy Bull, Dan Bennett.



Alcon Retirees Witnessed a Total Solar Eclipse - April 8, 2024

Photos from King and Debbie Harper:







Photos from Lana Hill:





Photo from Wes Han:



Judie Brooks - I was at the dentist getting a new crown. I asked the dentist if we were going to stop to see the eclipse. He said "certainly". As it started to grow dark, we all scurried outside just as it reached totality. When the moon began to move away from the sun the entire clinic went back to business as usual!

David Weagraff - I was in my daughter's backyard in rural Mansfield, with my wife, my daughter and her whole family, and my son-in-law's parents. Got to see the whole thing clearly (with glasses!); the occluding phases, the darkening, the temporary quieting of the birds and awakening of the crickets, the re-lightening, and even the "diamond ring"! Spectacular and awe-inspiring.

Alcon Retiree News - Eclipse Watching Continued

Barry Schlech - For the eclipse, my daughter and her husband and my granddaughter drove to Hillsboro and rented two parking spots in the First Methodist Church parking lot to watch the totality of the eclipse. We had a great spot.



John Moore - Trying pressure washer on pool dirt.



Theresa Zajicek - This was taken from the top floor of one of Cook's Children's parking garages on Rosedale Street.





Annabelle Corboy – We used the eclipse as an excuse for a family reunion in Junction, Texas. Here are a couple of photos from my brother-in-law, Scott Richardson.





Alcon Retiree News - Eclipse Watching Continued

And from Terry Boyer...



Charles and I were on the White Bluff Resort Eclipsefest Committee, and we helped plan a 3-day event for our property owners, their family, friends and lodging guests. We attended several local Eclipse planning meetings in Hillsboro and Whitney. We started Friday night with a Townhall meeting with one of our local amateur astronomers giving us a review of what to expect. We had a golf tournament, pickleball tournament, Craft Show with vendors, live music both Saturday and Sunday nights at Mulligan's and the Lighthouse Pub, Frisbee disc golf, and a special Sunday breakfast buffet. Our Pastor at the Chapel provided a sermon with historical eclipse events throughout the years. We helped with securing sponsors for the golf tournament. music venues and AD sponsors for the event calendar and map. We helped stuff goody bags for our

lodging guests and helped with social and print media.

Sunday night was a Star Party hosted by Richard Brown who has been named Astronomer of the Year and a longtime member of the Texas Astronomical Society of Dallas. On Monday, the day of the Eclipse, our White Bluff Volunteer Fire Department hosted a hamburger cookout and sold over 400 hamburgers. Our Market Marina served breakfast, pizza and pulled pork sandwiches. They also had a bounce house and coloring contest for the kids. The Lighthouse Pub had live music all three nights.

We had Eclipsefest souvenirs for sale - t-shirts, coffee cups, decals, ball caps and frisbees. Charles and I both helped direct traffic to the VFD Hamburger cookout and then went over to a friend's house that is near one of our ponds. We didn't want to witness the event with people hooting and hollering. The frogs started croaking and the birds went still. We experienced over 4 minutes of totality; it was an amazing weekend, and we are so happy to have been a big part of the planning.











Ways to engage with Alcon:

www.alcon.com

Facebook:

www.facebook.com/AlconCareers www.facebook.com/AlconEyeCare

Instagram:

www.instragram.com/AlconLife

LinkedIn:

http://www.linkedin.com/company/alcon

Call: (800) 862-5266

Also, check out the video from 2017 called Celebrate 70 years of Alcon. It's at www.facebook.com/AlconCareers

2022 – 75th Anniversary video here





This Newsletter was sent to you on behalf of the Alcon Retirees Association.

Alcon Retirees Association, Mail Drop R9-14
6201 South Freeway, Fort Worth, Texas 76134
Or
Alcon Retirees Association
P.O. Box 173416
Arlington, Texas 76003-3416