

Retiree Times

2nd Quarter 2023



PRESIDENT'S MESSAGE

Spring is here.....and the rain from this winter has certainly brought out the flowers and everything is so green! I took a trip up to the Sacramento area last month and I can't remember seeing so much green. It was like being in Ireland. And the yellow mustard weeds.....they made for some wonderful photos!



In this issue... *Page*

- Alumni picnic 2
- Upcoming events 2
- Educational trips 2
- Seven safety tips 3
- Bay bridge walk 4
- Senior snickers 4
- Cool zones 5
- Wildfire safety fairs 5
- Educational trips (cont'd) 6
- Transitions 7
- Energy savings 8

For current information on activities, events and notices check the SDGE Alumni web site

<http://sdgealumniassoc.org> or
Facebook SDG&E Alumni Association page
<https://www.facebook.com/groups/408831429206094/>

The bad part about this is that this green/yellow will all turn brown after the rains stop and that means that we will have more fuel for wildfires. None of us want to go through wildfires again. The best thing we can do is clear that brush from our property and make sure we have defensible space all around. To learn more about what SDG&E is doing regarding wildfire prevention, go to <https://www.sdge.com/our-commitment-wildfire-safety>.

Enjoy your summer!

Your President,
Samm McDonald



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www.sdgealumniassoc.org
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<https://www.facebook.com/groups/408831429206094/>

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Retiree Times

FIRST ALUMNI SPRING PICNIC A GREAT SUCCESS!

April 19th was the first Spring picnic held at Admiral Baker park. It was a beautiful spring day and a perfect setting for a casual and fun meet-up with fellow alums! It was a “bring your own food and beverage” event with music and games provided to add to the fun. All in attendance had a great time and unanimously voted for a repeat next year!

Many thanks to Dave Guebert and Jerry Crouch for arranging the venue and to Joyce Kelly for providing the games!



Upcoming Events



June 7 – July 4



Free spring and summer concerts

sandiegofamily.com



For more events go to: [San Diego Calendar of Events](#)

2023 EDUCATIONAL TRAVEL FOR SENIORS (published by Finance of America Reverse)

If you long to see new sights and have a real adventure beyond being a tourist, educational travel for seniors could be just your ticket. With opportunities to learn more about unique cultures, exotic wildlife, and ancient history, educational travel offers a world of experiences to a wide range of interests and needs. Here are just a few of the tours offered by established companies in 2023.

Find a Trip Suited to Your Needs

In addition to offering various educational experiences, most travel organizations offer trips specifically tailored to seniors' needs and wants.

•**Volunteer.** Some tours even enable you to volunteer for causes you care about and share your lifetime of experience with others while immersing yourself in the spirit of a country.

•**Travel Alone.** All these educational travel opportunities welcome individuals and allow you to meet new people and form lasting friendships. Some tours are even designed for women only. Others are meant specifically for single travelers.

•**Physical accommodation.** Trips are designed for a range of physical conditions and abilities. Check the trip description to determine if a trip's activity level is right for you.

•**Online opportunities.** If you want to visit the world without leaving home, both [Road Scholar](#) and [Smithsonian Magazine](#) offer ways to see and learn from the world online.

Continued on page 4

SEVEN TIPS FOR NATIONAL SAFETY MONTH

June is National Safety Month, and, in preparation for the approaching summer, we're putting a spotlight on tips for our customers to practice natural gas and electrical safety in their homes or businesses. Follow these tips and share them with your family and friends. By doing so, you can help protect your loved ones and our community.

1. Reach your #yardgoals around natural gas lines -- You might not think about it, but the lines that bring you natural gas service run underground. This means if you dig on your property without knowing where those lines are, you run the risk of breaking one. Contact 811, a free service, before you dig and we will come out and mark your underground utilities, so you can work your outdoor magic safely. Learn more [here](#).

2. Keep your cool without overloading your outlets -- As summer heats up, we tend to have more devices that need to be plugged in. Do not plug multiple high-powered appliances into the same outlet and be careful not to overload power strips. Never chain power strips together. Find more tips for home electrical safety [here](#).

3. Be mindful of metallic foil balloons for any upcoming celebrations -- We get it. Between Pride Month, graduations, summer birthdays and even appreciating small joys and victories, there is a lot to celebrate and mylar (metallic) balloons are a fun addition to your celebration. Just remember to pierce and fully deflate them when the party's over. These balloons conduct electricity, and if they hit our community's power lines, they can cause outages or even a fire.

4. Report downed power lines or gas leaks -- If you see a [downed power line](#), or if you [smell natural gas or suspect a gas leak](#), call 911 and SDG&E (1-800-411-7343) right away. Never touch a downed power line. While our lines are designed to de-energize in these situations, you should always assume the line remains energized for your safety.

5. Check safety devices, such as smoke and carbon monoxide detectors, to ensure that they are functioning properly.

6. Always have fire extinguishers ready when grilling -- And make sure your gas grill lid is open before lighting it. If the lid is closed, gas can build up inside your grill and turn into a fireball when you light it and open the lid.

7. Share this information with loved ones -- Passing on this information to your loved ones can help keep them safe. Educating others on gas and electrical safety could save them from harm as well as costly repairs.

Remember, while our electricity and natural gas keep our lights, stovetops and water heaters running, misusing them can be dangerous. For more safety tips, visit sdge.com/safety.

SHOWING APPRECIATION FOR OUR SAILORS AT THE 36TH ANNUAL NAVY BAY BRIDGE RUN/WALK!

In honor of National Military Appreciation Month, over 430 SDG&E employees expressed their gratitude for our military by participating in the 36th Annual Navy Bay Bridge Run/Walk. Team SDG&E along with their families and friends, walked or ran the 4-mile course through downtown and over the Coronado Bridge.

SDG&E recognizes the importance of the Navy's Morale, Welfare and Recreation (MWR) program in our city. MWR serves as a quality of life resource for military members and continues to bring 10,000 participants together for a great cause year after year.

The funds raised at this event continue to support active and retired veterans who want to participate in healthy and affordable opportunities. SDG&E received special recognition at this year's run/walk for our continued sponsorship and participation.

“This annual event is near and dear to the hearts of our employees. That’s because at SDG&E, military veterans represent almost 10% of our workforce. At SDG&E, we value the unique experience, training, and leadership skills that veterans bring to our region. Our region, and our company, would not be the same without your contributions.” - Scott Crider, Senior Vice President of External and Operations Support

Thank you to everyone who participated, see you all next year!



Alum Larry Luko finished another 4-mile Coronado Bay Bridge Run/Walk May 31st. This was his 19th year participating in this fun event. “Going over the Coronado Bay Bridge on foot is always great.”

A FEW “SENIOR” SNICKERS

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, “So tell me, do I come here often?”

EXERCISE

A woman told her friend, “I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.” She said, “So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over.”

2023 COOL ZONES

The Cool Zone program is an established network of free, air-conditioned settings (such as libraries or community centers) across San Diego County that allow respite for older adults, persons with disabilities, or anyone looking to escape the extreme heat during the summer. Cool Zones are a way for residents to lower individual utility usage and help conserve energy for the whole community.

The Cool Zone program was launched out of concern for seniors, persons with disabilities, and those with health concerns that could be complicated by the effects of heat.

In partnership with San Diego Gas & Electric (SDG&E), the Cool Zone program is managed by the County of San Diego Health and Human Services Agency.

Additionally, people in San Diego County unable to get to a Cool Zone location without transportation assistance, such as older adults, people with disabilities, or people who are homebound, can call 2-1-1 to be connected to a transportation or rideshare service at no cost.

Cool Zone Open Dates

Cool Zones are open effective June 1 to October 31, 2023.

2023 WILDFIRE SAFETY FAIRS HELPING COMMUNITIES PREPARE AHEAD OF PEAK WILDFIRE SEASON

For the fifth year in a row SDG&E's Fire Science & Climate Adaptation team is inviting community members to join backcountry residents at any of our five Wildfire Safety Fairs. Everyone is invited to come out and learn more about Public Safety Power Shutoffs, emergency preparedness, and advancements that SDG&E is incorporating to help keep our region safe.

This year marks the 20-year anniversary of the Cedar Fire which was one of the largest fires in California's history and why Sandra Younger, Cedar Fire Survivor and author of *Fire Outside My Window*, has been asked to be the keynote speaker at the Julian and Valley Center fairs. From 10 a.m. - 11 a.m. on July 29 and August 26 Sandra will share her story of California's Epic Cedar Fire.

SDG&E's Wildfire Mitigation Goats will also make an appearance at several of the fairs along with local fire departments and community partner presentations, giveaways, and demonstrations. A Kids & Critters Arts and Crafts booth will be set up as well as a Community Resource Centers information booth and sign-up assistance for power outage notifications and bill discount programs.

All Wildfire Safety Fairs are free of charge and take place from 9 a.m. – 1 p.m.

Saturday, June 10 | Ramona | Outdoor Community Center
[421 Aqua Lane, Ramona, CA 92065](#)

Saturday, June 24 | Alpine | Joan McQueen Middle School
[2001 Tavern Rd, Alpine, CA 91901](#)

Saturday, July 29 | Julian | Julian High School
[1656 CA-78, Julian, CA 92036](#)

Saturday, August 26 | Valley Center | Bates Nut Farm
[15954 Woods Valley Rd, Valley Center, CA 92082](#)

For more information, please visit [Summer Wildfire Safety Fairs | San Diego Gas & Electric \(sdge.com\)](#)

Reminder: If you change your email address, please send us your new one so we can stay in touch!

Go to: <https://www.sdgealumniassoc.org/update-e-mail-address>

SENIOR TRIPS, *continued*

All of the tour companies listed here have years of expertise catering to the needs and interests of the mature traveler and provide experienced guides to shepherd you throughout your journey. We've put together a selection of their 2023 offerings here to give an idea of the scope available. But this is just the tip of the iceberg. Explore each company's full website to find the trip that lights a spark for you.

- **Road Scholar** - [Road Scholar](#) is a non-profit organization that advocates living life to the fullest at every age and experiencing the world—not just looking at it. Established in 1975, they offer transformative learning adventures in every state of the U.S., 150 countries, and aboard ships on rivers and oceans worldwide. So far, they've guided over six million people aged 50+. Here are some of their educational opportunities in 2023.
- **Smithsonian Journeys** -The Smithsonian Institution, America's cultural and scientific resource for more than 170 years, aims to increase and spread knowledge. And that's exactly what Smithsonian Journeys does for mature travelers—guided by world-class experts who are adventurous, life-long learners.
- **Eldertreks** - Established in 1987, [Eldertreks](#) is exclusively for people who want to experience the world and all its exotic wonders. They specialize in off-the-beaten-path, small-group adventures by both land and sea in over 100 countries. Their travel packages are hassle-free and all-inclusive, including entrance fees, tips, etc. (unless noted).
- **GET Tours** - For over 40 years, [GET](#) (Grand European Travel) has been a trusted travel agent for affordable, hassle-free, educational tours worldwide and is well-known for giving travelers access to exclusive savings on tours through award-winning travel brands like Trafalgar. As an AARP-preferred tour company, AARP members can even save \$100 on select tours. GET also specializes in the solo traveler, with all-inclusive cruises that offer safe, rewarding travel experiences.
- **Discover Corps** - Since 2012, [Discover Corps](#) has been inspiring travelers to become advocates for our planet's natural wonders, cultural treasures, and local communities through immersive and sustainable vacations that are focused on helping make the world a better place.

To read the complete article and learn about specific tours from each of the companies listed, go to [2023 Educational Travel for Seniors \(far.com\)](#)



SDG&E ALUMNI TRANSITIONS

Listing of Retirees and Deceased since 1st quarter 2023 edition of the Retiree Times

A complete list of retirees and deceased members can be found on the SDG&E alumni website:

[Retired and Deceased Alumni | SDGE-Alumni-Assoc \(sdgealumniassoc.org\)](#)

Recent Retirees

Rachel Alarcon	Dec 2022
Paul Thomas Apodaca	Apr 2023
Sarah Ball	Jun 2023
Frank Costa	Apr 2023
Teresita Del Rosario	Aug 2023
Joann Espinoza	May 2023
Curtis Fitzgerald	May 2023
Kimberly Fremo	April 2023
Eleanor M McCann	May 2023
Pat Miller	Jul 2023
Chi Pham	Sep 2023
Ray Robeson	Jul 2022
Byron Shovrain	Apr 2023
Darcel Spence	May 2023
Joseph Torres	Jul 2023

Deceased

William Lewis "Bill" Breckinridge VI	Oct 2022
Barbara Carpenter	May 2023
Ronald R Continelli	Apr 2023
Mary Dickinson	Jan 2021
Leah (Bouts) Fitzherbert	Mar 2023
Chip Fox	May 2023
Nancy K Garegnani	Jun 2023
Loyle P Goff	Sep 2021
Heidi James	Mar 2023
Isiah "Ike" Lewis	Jun 2022



MORE WAYS TO SAVE

Check out SDG&E's new RES program

Do you rent or own a single-family home? Eligible customers receive free products such as smart thermostats, low-flow showerheads, brushless fan motors, HVAC services like air duct testing and sealing – and more. SDG&E has contracted with Synergy Companies to provide customers with energy efficiency audits from their experts. Customers can request a home visit at [SynergyCompanies.com](https://www.synergycompanies.com) or by calling (888)-272-8394. Learn more at sdge.com/RES.

Save with Golden State rebates

Receive rebates toward the purchase of energy-efficient products like smart thermostats, heat pump water heaters and room air conditioners. Get details at sdge.com/rebates and for the product list, visit

[GoldenStateRebates.com](https://www.goldenstaterebates.com).

Sign up for SDG&E's Power Saver Rewards

Earn bill credit of \$2 per kilowatt hour when you reduce your energy use when the grid needs it most. Get details at sdge.com/PowerSaver.

Use ceiling fans instead of the A/C

Ceiling fans can save up to 25% on cooling costs and reduces your home's temperature up to 10 degrees. For more ideas on how to save energy, visit sdge.com/MyEnergy.

CUT COSTS ON YOUR SUMMER ENERGY BILL

Warmer temps are on their way but it doesn't have to mean higher energy bills. Use major appliances when energy is less expensive, before 4 pm or after 9 pm, Monday – Sunday. Here are ways to save energy and money while staying cool.

First, let's talk about appliances. They tend to use a lot of energy and heat up your home at the same time. With that in mind, consider the following:

Change the way you cook

Turn off the oven and stovetop as much as possible. Relying on microwaves, slow cookers, backyard grills or foods you don't need to cook (like salads) are great ways to not heat up your food and home at the same time. If you're going to use your oven, do it sparingly and during the coolest part of the day.

Change how you wash your clothes

Use cold water to wash your clothes so you don't have to pay to heat the water. Cold water helps reduce wrinkles and remove stains. Washing in cold also helps your clothes last longer, prolong vibrancy and maintain their shape and size. Always aim for full loads of laundry and consider line drying them.

Don't "heat dry" your dishes

When running your dishwasher, turn off the "heat dry" cycle and let dishes air dry instead.

Use smart plugs for appliances

One of the best smart plug uses is to connect appliances to them. Smart plugs allow you to schedule when your appliances are on or off – even remotely. They also help reduce "vampire draw" because appliances still use energy when they're off but plugged in.

Reminder: If you change your email address, please send us your new one so we can stay in touch!

Go to: <https://www.sdgealumniassoc.org/update-e-mail-address>