

Retiree Times

2nd/3rd Quarter 2024



PRESIDENT'S MESSAGE

I don't know anyone who has not at least watched some of the Olympics. I LOVE the Olympics, both Winter and Summer. First, it gives you a glimpse of a country where you may never have been before. You get to enjoy the culture, the sights, the sounds and imagine the smells from the comfort of your home (I've been imagining the smell of a freshly baked baguette in Paris). I love the Opening Ceremonies; they reflect the culture of the country and are generally awe-inspiring. The French took a big risk, putting all the athletes in boats and taking them down the Siene rather than having them walk into a stadium, but I think it worked, despite the pouring rain. I love the competition between the athletes. As a former gymnast, and as a mother and grandmother of gymnasts, the gymnastics competition is my favorite. But I have also really enjoyed the grace of the equestrian events; the thrill of the fingernail finishes of swimming; I love watching the athletes on the Podium, listening with pride to their National Anthem, often overcome with emotion (and I cry along with them. When my daughter competed in high school, I received the Mom Who Cried The Most award). The athletes get to showcase their talents and perhaps be rewarded and recognized for all their hard work. Their stories about how they got to the Olympics are so very inspiring! Many suffered hardships we

can't even imagine; I have been inspired by the Ukrainian team; they have suffered so much before they got to Paris. Most of all, I am inspired by the simple fact that that the world can agree to get along for 2 weeks every two years; to set our differences aside and cheer for these wonderful young athletes who are giving it their all for a few brief moments and maybe get a medal in return. Perhaps we should all get into the Olympic mindset more often...

Your President,
Samm McDonald



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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/>



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Visit our website at:

www.sdgealumniassoc.org

and our Facebook page at:

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

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MAKE THE MOST OUT OF YOUR ENERGY THIS SUMMER WITH OUR NEW VAMPIRE CALCULATOR

Unused electronics and appliances left plugged in can silently drain your energy and money. Known as “Vampire Energy,” this can cost you hundreds of dollars annually, according to the Department of Energy. Our Vampire Energy Calculator can show you how much you can save by simply unplugging items when not in use.

Quick Tips to Reduce Vampire Energy:

- Unplug Devices When Not in Use
- Adjust Power Settings on Electronics
- Use Power Strips and Smart Strips
- Program Timers for Regularly Used Devices
- Choose Energy Star Rated Products

What is Vampire Energy?

Vampire energy, also known as standby or phantom energy, is the energy that our electronics and appliances consume when they are plugged in but not in use. Think of your TV, your coffee maker, your computer—when they're turned off but still plugged in, they're still using energy.

Banish Energy Vampires with the Vampire Calculator
The Vampire Calculator is here to help you identify and banish those energy vampires. By using the Vampire Calculator, you can discover which appliances and electronics are sucking up the most energy when they're not in use. Armed with this knowledge, you can unplug these energy vampires when they're not needed and start saving money instantly. Visit [Make the Most out of Your Energy This Summer with our New Vampire Calculator | SDGE | San Diego Gas & Electric - News Center \(sdgenews.com\)](https://sdgenews.com) to use our Vampire Calculator today! Don't Forget...

Considering that many customers are on a Time-of-Use pricing plan, you can also maximize your savings by operating small appliances outside the peak hours of 4 p.m. to 9 p.m. By running your dishwasher, doing laundry, and other energy-intensive tasks during off-peak hours, you can take advantage of lower electricity rates and save even more money.

LOWER YOUR ENERGY BILL WITH SDG&E'S POWER SAVER REWARDS PROGRAM

Help make California's energy grid stronger, safer and more reliable for all Californians this summer – and earn bill credits too! SDG&E's Power Saver Rewards program rewards you for lowering your electricity use when energy is in high demand. When the temperatures rise, it pays to be flexible.

Here's how it works. On hot summer days, as more people use energy to stay cool, the electrical grid can become strained due to high demand. When this occurs, the statewide grid operator may call a Flex Alert or other grid emergency. As a result, the Power Saver Rewards program may be activated to help reduce energy use and strain on the grid.

If you are eligible and reduce your energy use during a Power Saver event between the on-peak hours of 4 p.m. – 9 p.m., you could receive a bill credit of \$1.00/kWh. And the best part? The more energy you conserve, the more you can earn! There are no penalties if you can't conserve energy during an event, and you can opt out of the program at any time.

If saving on your monthly energy bill, helping improve grid reliability and contributing to a cleaner environment sound good to you, the Power Saver Rewards program may be the right fit for your home. To learn more about this program, visit sdge.com/PowerSaver or call 1- 800- 411-7343.

SDG&E PREPARES FOR SUMMER HEAT & HIGH ENERGY DEMAND

Every year heading into summer, several teams across our company are busy preparing for the summer months to help ensure the electric grid can reliably meet rising electricity demand as more people turn on their air conditioners to stay cool. This year is no different.

SDG&E always actively plans for the summer by investing in infrastructure improvements and energy conservation incentive programs to enhance the reliability and resiliency of our electric system.

From an electric supply perspective, our region is well-positioned to meet summer demand with a mix of locally generated, imported electricity and energy storage. However, being prepared for anything is key. Customers should always have a plan and be prepared for unplanned outages, especially during heatwaves. Talk with your household and loved ones about your emergency plan and have an emergency kit with important supplies, like non-perishable food, water, flashlights, extra batteries, a battery-operated radio, extra chargers and a phone that doesn't require electricity. Be sure to include considerations for your household's unique needs in your plan (e.g., important medication or devices for family members with disabilities) and don't forget your pets.

If you experience an outage, you can visit sdge.com/outages to get more information, including outage cause and estimated restoration times.

Interconnected Grid

While SDG&E continues to prepare for summer weather, it is important to understand that California's electric transmission system is interconnected statewide and with other Western states. What happens elsewhere in California or elsewhere in the West can impact electric service in San Diego and vice versa. Because of the interdependency of California's electric grid, energy providers and consumers across the state have all been asked to do their part to help when the grid is taxed. SDG&E has been working closely with state agencies, including the CPUC and the CAISO, to address potential resource shortages.

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A FEW "SENIOR" SNICKERS

Which underwear brand do seniors love best?
It Depends.

Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

How is the moon like dentures?
Both come out at night.

Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...

I called the incontinence hotline recently. They asked if I could hold.

What's the secret to having a smoking hot body as a senior?
Cremation.

What is a prize old people can win for aging?
Atrophy.

INQUIRING MINDS WANT TO KNOW...

The Board of Directors does an annual survey of the membership to determine what types of support and activities they would like to have us offer in the upcoming year and to see how you felt about last year. It is that time again for us to query you all! A survey will be sent out in the next few weeks to ask specific questions about:

- **Holiday luncheon**
 - Did you attend? What did you like about it? What would you like to see done differently?
 - If you didn't attend, what would entice you to come this year?
- **Spring picnic**
 - Did you attend? What did you like about it? What would you like to see done differently?
 - If you didn't attend, what would entice you to come this year?
- **Larger gatherings**
 - Padres games
 - Del Mar racetrack
 - Other
- **Smaller gatherings**
 - Local happy hours
 - Lunches

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SDG&E PREPARES FOR SUMMER HEAT & HIGH ENERGY DEMAND, continued

Power Saver Rewards Program

Should the grid become strained due to high demand, we have a variety of conservation incentive programs to encourage customers to reduce their energy use during the peak demand hours of 4-9 p.m.

For the third year in a row, the Power Saver Rewards Program will be in effect through October, providing residential customers with the opportunity to be compensated for cutting back on their energy use during times of grid stress. When CAISO calls a Flex Alert or Energy Emergency Alert Watch, Power Saver Rewards and other demand response programs are activated.

If participating customers can reduce their energy use below their typical use when a Power Saver Rewards day is called, when the grid is especially stressed, customers will receive a bill credit of \$2.00/kWh on their next energy bill that includes the date that the event took place.

To learn more about Power Saver Rewards and enroll in the program, please visit sdge.com/PowerSaver.

State Energy Outlook is Positive

According to CAISO, forecasted energy supply conditions for this summer represent an improvement from last year, largely because more than 5,400 MW of combined solar and battery capacity have been brought online in the first 6 months of the year. Additionally, with significant precipitation this last winter, the state can expect a megawatt boost from hydro power plants.

We will continue to remain closely coordinated with CAISO to keep our customers prepared and informed.

Preparedness is a community-wide effort, so be sure to update your contact information and add your mobile phone number to your SDG&E account via sdge.com/MyAccount so we can get in touch in case of any grid emergencies.

Tips on how to stay cool while keeping energy costs down are available at sdge.com/MyEnergy. This dedicated webpage also provides tools for managing energy use and avoiding surprise bills.

INQUIRING MINDS,

continued from page 4

• **Group Volunteer activities**

- Charity walks
- Food bank
- Beach/bay/parks clean up
- Other

• **Assist the Board on committees**

- Areas of interest
- Research
- Member outreach
- Other

If you saw the recent post on Facebook [SDG&E Alumni Association | Facebook](#) please take a minute to respond. If you don't have Facebook, please let us know your thoughts on the SDGE Alumni website [Alumni Association | SDG&E Alumni Association | United States](#) (sdgealumniassoc.org) in the contact us section.

It won't take much of your time but will be extremely helpful for the Board to ensure we are doing the things that you, our members, would like in 2024/2025.



ENERGIZING RETIREMENT: THE IMPORTANCE AND BENEFITS OF RETIREE EXERCISE PROGRAMS

As individuals transition into retirement, maintaining a healthy and active lifestyle becomes increasingly important. While retirement offers newfound freedom and leisure time, it also presents unique challenges, such as decreased physical activity and potential social isolation. However, incorporating structured exercise programs tailored for retirees can significantly enhance their overall well-being and quality of life.

The Importance of Exercise in Retirement

Physical activity remains a cornerstone of healthy aging. Regular exercise not only helps to maintain physical fitness but also plays a crucial role in preserving cognitive function and emotional well-being. As retirees navigate the transition from a structured work routine to a more leisurely lifestyle, engaging in purposeful physical activity becomes essential for maintaining vitality and independence.

Tailored Programs for Retirees

Retiree exercise programs are specifically designed to accommodate the unique needs and abilities of older adults. These programs typically incorporate a diverse range of activities, including low-impact aerobics, strength training, flexibility exercises, and balance drills. By offering a variety of options, these programs ensure that participants can find activities that suit their preferences and fitness levels.

Moreover, retiree exercise programs often emphasize social interaction, providing participants with opportunities to connect with peers who share similar interests. Group classes and organized outings not only foster a sense of community but also encourage accountability and motivation, making it easier for retirees to adhere to their exercise routines.

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ENERGIZING RETIREMENT, continued

Health Benefits of Retiree Exercise Programs

The benefits of participating in retiree exercise programs extend far beyond physical fitness. Here are some key advantages:

Improved Physical Health: Regular exercise helps to maintain muscle strength, joint flexibility, and cardiovascular health, reducing the risk of chronic conditions such as heart disease, diabetes, and osteoporosis.

Enhanced Mental Well-being: Physical activity stimulates the release of endorphins, neurotransmitters that promote feelings of happiness and reduce stress and anxiety. Engaging in regular exercise can also improve cognitive function and reduce the risk of cognitive decline and dementia.

Increased Social Engagement: Retiree exercise programs provide opportunities for social interaction and support, combating feelings of loneliness and isolation commonly experienced in retirement. Building connections with fellow participants can contribute to a sense of belonging and purpose.

Maintained Independence: By preserving mobility, strength, and balance, exercise programs empower retirees to remain independent and active in their daily lives. This, in turn, enhances overall quality of life and fosters a sense of self-confidence and autonomy.

Getting Started

For retirees interested in joining an exercise program, there are several avenues to explore. Local community centers, senior centers, gyms, and recreational facilities often offer a variety of classes and programs tailored for older adults. Additionally, many retirement communities and assisted living facilities provide on-site fitness amenities and group exercise opportunities for residents.

Before embarking on any new exercise regimen, it's important for retirees to consult with their healthcare provider to ensure that the activities are safe and appropriate for their individual needs and medical conditions. Starting gradually and listening to one's body are key principles for success in any exercise program.

Retirement marks a new chapter in life—one that presents both opportunities and challenges. Engaging in regular exercise through retiree exercise programs offers numerous benefits for physical health, mental well-being, and social connection. By prioritizing fitness and staying active, retirees can enjoy a vibrant and fulfilling retirement lifestyle, full of vitality.

SDG&E ALUMNI TRANSITIONS

Listing of Retirees and Deceased since 1st quarter 2024 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 \(sdgealumniassoc.org\)](https://sdgealumniassoc.org)

Recent and Upcoming Retirees

Solomon A Saloman	Dec 2023	Larry D Blumenthal	Mar 2024
Filipe D Sanchez	Dec 2023	Gloria Dayrit	Mar 2024
Sonia L Vergara	Dec 2023	John E Garcia	Mar 2024
Todd Burgess	Jan 2024	Karl D Monteleone	Mar 2024
Duane D Cave	Jan 2024	Nancy J Smith-Taylor	Mar 2024
Eileen Cervantes-Selleck	Jan 2024	Trung Su	Mar 2024
David W Critchfield	Jan 2024	John C Thompson	Mar 2024
Russell B Engelhardt	Jan 2024	Mai T Truong	Mar 2024
Mario E Escamilla	Jan 2024	Amy B Wagreich	Mar 2024
James W Hinton Jr	Jan 2024	Robert W Conaway	Apr 2024
Sherrill A Kaufman	Jan 2024	Brent A Evans	Apr 2024
Kimberly J Ketron	Jan 2024	Timothy J Hurley	Apr 2024
Scott D Lindley	Jan 2024	Paul F Jones	Apr 2024
Lea E Petersen	Jan 2024	Norman G Kohls	Apr 2024
Eric M Prevost	Jan 2024	Jose L Montejo	Apr 2024
Catherine L Ramirez	Jan 2024	Donna M Newton	Apr 2024
Jimmie M Rivera	Jan 2024	Felix H Parado	Apr 2024
Thomas L Souders	Jan 2024	Michael S Pellegrino	Apr 2024
Janet M Yee	Jan 2024	Marina Sparks	Apr 2024
Cynthia A Corral	Feb 2024	Paul H Yong	Apr 2024
Andre L Delk	Feb 2024	Joseph A Palechek	May 2024
David R Gee	Feb 2024	Lori P Thomas	May 2024
Thomas D Hanami	Feb 2024	Lerzan Z Yilmaz	May 2024
Timothy Hatcher	Feb 2024	Philip Murphy	Jun 2024
Israel P Juarez	Feb 2024	Michael K Osburn	Jun 2024
Rachel M Lamothe	Feb 2024	Dinah Lynn Willier	Jun 2024
Michael H Maslowski	Feb 2024	Michael E Saldaña	Jul 2024
Violeta C Mendoza	Feb 2024	Julie Catano	Aug 2024
Jaime F Orozco	Feb 2024	Sandra Baule	Sep 2024
Ada Puga	Feb 2024	Edward Caudillo	Sep 2024
David F Apple	Mar 2024	Lety Peck	Oct 2024
Marianne Bartolotta	Mar 2024	Scott R Wilder	Dec 2024
Barbara Montgomery	Mar 2024		

SDG&E ALUMNI TRANSITIONS, continued

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Deceased

T Browning	Apr 2024
Al Gelbart	Jun 2024
Joseph V Giammarinaro	Jan 2024
Michael T Golden	Jan 2024
Gerald K Hane	Mar 2024
Randy Helm	July 2024
Fritz Martz	
Dean Klein	May 2023
Irene J Krepak	Jan 2024
Elmer O Lewis	Feb 2024
Susana Martin	Apr 2024
James S "Jim" Parsons	Jun 2024
Max C Schmidt	May 2024
Walter J Scott	Apr 2024
Addis "Scotty" Scott	Jul 2024
Philip J Seiter	Jan 2024
Thomas Sexton	Jul 2024
John W "Jack" Thomas Jr	Feb 2024
Linda F Victoria	Apr 2024



*There are some who bring a light so great to the world
that even after they have gone the light remains*

2024 ANNUAL PICNIC – A SMALL BUT HAPPY GATHERING!



There were several others who stopped by but were camera shy!