

# Retiree Times

2nd Quarter 2022



## PRESIDENT'S MESSAGE

I was hopeful that things would be more “back to normal” by now, but I have finally come to the understanding that things won’t ever be like they were, pre-pandemic; we just need to get used to a “NEW Normal.” Although I am out and about more, I still wear a mask indoors and try to keep my activities to mostly outdoors. We’ve even taken a couple of cruises and one airplane flight, always with masks. I just don’t like the thought of getting sick, even though I am fully vaxed and double boosted!

Your Alumni Association Board has been working on some events in the future. Our Annual Luncheon is now scheduled for Tuesday, December 6 at the Scottish Rite Event Center in Mission Valley. We will keep monitoring the CDC recommendations and will let you know if anything changes. We’ve also been looking at the possibility of a picnic in September; the Holiday Lights Tour with Old Town Trolley in December; and maybe a call to join folks at an outdoor concert in one of the many free venues this summer. There’s a survey link included in this issue of Retiree Times. Please be sure to take the survey so we know what our members would like to do! In the meantime, enjoy the upcoming summer; be safe; stay healthy!

Your President,

Samm McDonald



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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### Save the Date!

#### 2022 Holiday Luncheon Update

The holiday luncheon will be held on December 6<sup>th</sup> at the Scottish Rite Temple.

More details to come later this year!



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Brienn Woods, Editor  
c/o Semptra Energy  
P O Box 129831, HQ08S2  
San Diego, CA 92112-0750

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and our Facebook page at:  
<https://www.facebook.com/groups/408831429206094/>

### SDG&E Alumni Association 2022 Board

President	Samm McDonald	858-229-9671
Vice-President	Brienn Woods	858-344-6005
Secretary	Jim Teeter	858-999-5141
Treasurer	Ken Clay	619-820-2057

Directors at Large: Gloria Bowker, Jerry Crouch, Bruce Heilbrunn, Joyce Kelly, Alice Myers  
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## 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. Be aware of landscaping 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 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. Mylar balloons conduct electricity, and if they hit our 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](http://sdge.com/safety).

*Coming up...*



WE'D LIKE TO HEAR FROM YOU!

Are you interested in participating in group activities with other SDG&E retirees? If so, we would like to know what types so we can plan some! Please use the link below to take a brief survey online to help us chose things you would like.

Link: [SDG&E Alumni 2022 Activity Interest Survey](https://surveymonky.com)  
([surveymonky.com](https://surveymonky.com))

## LIFE HACKS THAT HELP BOOMERS AGE IN PLACE

### 6 Easy Life Hacks for Seniors

Life hacks refer to things that make your life a little bit easier. They are abundant in many categories—from project building to clothes making and even how to cook outdoors when stranded on an island! To me, life hacks are the quickest and easiest ways to complete a task.

And below is a list of life hacks that I learned from the collective wisdom of the internet. They are incredibly handy for boomers and anyone who intends to age in place!

#### 1: Don't get twisted

Electrical cords are tripping hazards. Bread clips and twist ties can be re-used to hold messy cords up. Some people even use bread clips to hold the phone charger cable up so the USB connector does not get stepped on repeatedly and destroyed.

#### 2: What's the key?

Do you have a million keys on your key chain and it takes so much time to find the right key to the right door? Color code your keys with fingernail polish or customize them with scrapbook paper! Now you can tell one key from another and quickly open doors with the right keys!

#### 3: It's a wrap!

Arthritis, or a lack of strength can make grabbing objects such as shampoo bottles, cup and remote controls hard. Use rubber bands to wrap around them and they will be easier to grip!

(Continued on page 4)

## NEW PROGRAM TO REWARD CUSTOMERS FOR SAVING ENERGY TO HELP AVERT SUMMER GRID EMERGENCIES

Free, voluntary program aims to make energy grid more reliable for all Californians

Ahead of what is forecasted to be another hot summer with high energy demand, San Diego Gas & Electric (SDG&E) has launched a new energy conservation incentive program that rewards customers with bill credits for reducing their energy use on days when the grid statewide is stressed by high energy demand.

The Power Saver Rewards Program could be activated anytime between now and October 31 whenever the California Independent System Operator (CAISO) issues an Energy Emergency Alert Watch and/or a Flex Alert. Customers enrolled in the voluntary and cost-free program will be notified via email or text messages (depending on their preference) a day ahead of the need to conserve, so they can plan and prepare accordingly. Those who are able to reduce energy use between 4 p.m. and 9 p.m. below their typical energy use during these peak hours will receive \$2 credit for each kilowatt hour (kWh) of electricity saved. There is no penalty for not reducing energy use.

For reference, it takes about 2 kWh to do a load of dishes or use the oven for an hour. The average residential customer in SDG&E's service territory uses about 400 kWh of electricity per month.

"By being part of this program, our customers can save on their energy bill while also helping to keep the grid reliable for all Californians on those hot summer days, when electricity supplies may not be sufficient to meet demand statewide," said SDG&E Director of Customer Programs Hollie Bierman. "Our regional grid is interconnected with the rest of the state, and we appreciate our customers' willingness to do their part to help."

The Power Saver Rewards Program was initiated by the California Public Utilities Commission (CPUC) to strengthen summer reliability statewide. Per CPUC requirements, more than 570,000 SDG&E customers, including those currently on the CARE and FERA bill discount programs, have been automatically enrolled in the program.

Those who wish to enroll can apply via a simple [online application](#). Residential customers served by a Community Choice Aggregation (CCA), or Direct Access program are eligible to participate. Participants must be residential electric customers with a smart meter within SDG&E's service territory and not taking part in other SDG&E energy conservation incentive programs such as AC Saver, Capacity Bidding, or a third-party program. For more information, please visit [sdge.com/powersaver](http://sdge.com/powersaver) or contact our Power Saver Rewards Program at (866) 291-9516. To learn more about ways that you can reduce energy use, visit [sdge.com/myenergy](http://sdge.com/myenergy).

## LIFE HACKS, continued

### 4: Late again!

If you keep missing the alarm on your smartphone, you may try put the phone in a cereal bowl, a glass cup or a paper cup near your bed to give it a volume boost. Just don't press the snooze button and go back to sleep though.

### 5: Better than peas!

Icepacks may leak; but you can avoid that by making a DIY icepack with a frozen wet sponge in a Ziploc bag.

### 6: Tennis Balls

You may have seen it before—people put tennis balls on the bottom of their walkers to help moving around the house easier!

**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>

## THINGS YOU CAN DO NOW TO PREPARE FOR AN EMERGENCY

Would you and your family be prepared to activate your emergency plan if we had an emergency? Below are five tips for getting you and your family ready.

- Emergency preparedness plan: Take the time to write out an emergency preparedness plan. Your plan should be tailored to meet your household's specific needs, for example considerations for older adults, family members who are disabled and pets or service animals. Be sure to update your plan at least once a year, as your situation may change over time. Learn more on how to develop a plan at [ReadySanDiego.org](https://www.ready.sandiego.gov/).
- Emergency supply kit: Have an emergency supply kit assembled that includes items you may need at home or in the event of an evacuation (e.g., prescription medications). Store the items in easy-to-carry containers such as backpacks or plastic crates. [Here](#) is a Build A Kit guide for your reference. If you don't want the hassle of assembling supplies, the good news is many retailers sell prepackaged survival kits.
- Create defensible space: Wildfires have become a year-round threat in California. During a wildfire, firefighters can be stretched thin. By clearing the vegetation around your home, you have a better chance of saving your property whether firefighters can get to it in time or not. Click [here](#) to learn more.
- Stay informed: Download the county's [San Diego Emergency App](#) for emergency updates, interactive emergency maps and shelter locations. Also download our app at [sdge.com/mobileapps](https://www.sdge.com/mobileapps) to stay informed about outages and power restoration status. Take action now so you and your family are prepared for any type of emergency that may impact our region. Learn more at [sdge.com/wildfiresafety](https://www.sdge.com/wildfiresafety).

## SDG&E AND CCA WORK CLOSELY TOGETHER TO SERVE SHARED CUSTOMERS

SDG&E is working collaboratively with San Diego Community Power (SDCP) to transition residential customers in five local cities to SDCP – a community choice aggregation (CCA) program formed by the cities of San Diego, Chula Vista, Encinitas, Imperial Beach and La Mesa to procure electricity to serve residents within their boundaries. While SDG&E will no longer be responsible for buying electricity to serve SDCP customers, we will continue to operate and build the infrastructure needed to deliver clean, safe and reliable electricity to them, as well as provide billing, meter reading and other customer services. We are committed to doing everything we can to ensure a seamless transition.

To address questions you may have around the transition to SDCP, we have put together a list of FAQs at <https://www.sdge.com/customer-choice/community-choice-aggregation>.

The employee discount for CCA customers is calculated on the otherwise applicable bundled rate.



## THINGS TO DO IN SAN DIEGO THIS SUMMER

The weather is heating up, the days are longer and America's Finest City is full of activities for all. Here's a few to check out!

### **San Diego Police Museum**

This museum reflects the history of San Diego's police department. It has a wonderful collection of artifacts dating from the late 1800's to the present. Vintage photos, badges, uniforms, clothing, police equipment, journals, letters, books... literally anything & everything related to law enforcement in San Diego. The SDPD Museum contributes an educational and nostalgic representation of the history of law enforcement in our city. Helpful docents are available to answer questions, or you can take a self-guided tour. Photography is permitted, and there is a nice gift shop on premises, as well as onsite free parking. The museum was put into effect by the San Diego Police Historical Association, and has been in our local news as our city's newest historical contribution.

### **Community concerts**

Music abounds around town in the summer! Here's a link to several venues across the county. [Free Summer Concerts 2022 \(sandiegofamily.com\)](https://sandiegofamily.com)

## COOK'S CORNER

From Some Darn Good Eatin'

### EMERALD TORTELLINI SALAD

From BOB SCHLOTTER

- 1 9 oz pkg cheese tortellini
- 2/3 c fresh mushrooms
- Spinach noodle
- ¼ c chopped parsley
- 1 ½ c broccoli florets, cooked crisp tender
- 2 T sliced black olives
- 1 6.5 oz jar artichoke hearts, drained & marinade reserved
- ½ c creamy Italian dressing
- ½ t garlic powder
- 1 T chopped pimento
- ¼ t dried basil leaves
- 1/3 c sliced green onion
- 6 cherry tomatoes, halved
- 1 – 2 T grated Parmesan cheese

Cook tortellini according to package directions; drain and rinse with cold water. In large bowl, combine tortellini, broccoli, artichoke hearts, pimento, onion, mushrooms, parsley and olives.

Mix reserved marinade, dressing, garlic powder, and basil until well blended. Pour over mixture in bowl. Lightly toss to coat all ingredients.

Cover and chill for 4 – 6 hours or overnight.

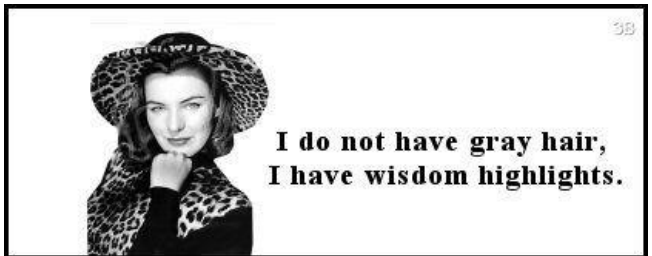
Just before serving, lightly mix in tomatoes; sprinkle with cheese. Garnish, if desired with additional cherry tomatoes, sliced olives and parsley sprigs.  
Serves 6



## JUST FOR FUN!

### LIFE BEFORE THE COMPUTER

- \* Memory was something that you lost with age
- \* An application was for employment
- \* A program was a TV show
- \* A cursor used profanity
  - \* A keyboard was a piano
  - \* A web was a spider's home
  - \* A virus was the flu
  - \* A CD was a bank account
- \* A hard drive was a long trip on the road
- \* A mouse pad was where a mouse lived
- \* And if you had a 3 1/2 inch floppy  
....you just hoped nobody found out



"The problem isn't your high definition television, it's your low definition eyes."

## SDG&E ALUMNI TRANSITIONS

### Listing of Retirees and Deceased since 2<sup>nd</sup> quarter 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 \(sdgealumniassoc.org\)](http://sdgealumniassoc.org)

#### Recent Retirees

David Castaneda	Dec 2021
Timothy Devlin	Dec 2021
David Ehlert	Dec 2021
Daniel Ludd	Dec 2021
Ben Montoya	Dec 2021
Clifton Mouzon	Dec 2021
Andrew Schwab	Dec 2021
Christine Scolamieri	Dec 2021
Michael Yarbrough	Dec 2021
Priciliano Garcia	Feb 2022
Mark Bowne	Apr 2022
Carlos Coffman	Apr 2022
Paul Pruschki	May 2022
Derek Myers	Jun 2022
Nicola Mykel	Jul 2022
Gerardo Travers	Jul 2022

#### Deceased

Mable Barnes	08 Mar 2022
William D "Bill" Black	23 May 2022
Shirley Ann Brady	08 May 2022
Donald "Don" Buesch	18 May 2022
Ruben Diaz	01 Feb 2022
Fletcher A Diehl	03 Feb 2022
Peggy Ann Dotterweich	09 Mar 2022
Albert G Folkman	05 Feb 2022
Ernesto G Gelvezon	16 Mar 2022
Beverly Hawke	21 May 2022
Jack Hurlburt	19 Feb 2022
Thomas I "Ted" Jarrard	07 Feb 2022
Eleanor "Ellie" Lekos	09 Apr 2022
Stanley R Lewis	10 Mar 2022
Darrell Clayton Lockett	15 Mar 2022
Charlyne L Oslin-Smith	02 Jun 2022
George Penington	23 Mar 2022
Mark Serrano	12 Apr 2022
John Van der Linde	28 Mar 2022

### THINKING ABOUT VOLUNTEERING?

Not sure where to start now that you have the freedom to devote time to volunteer pursuits that will ultimately benefit the community and neighbors? A few hours each week could make a difference in someone's life. The opportunities abound.

Here is one global organization that will provide information about places in your community:

#### Senior Corps

Senior Corps is America's largest volunteer network for people age 55 and over. Senior Corps has three programs; Senior Companions, Foster Grandparents, and RSVP. Listings offer a full range of volunteer opportunities with thousands of local and national organizations. Through these programs, individuals can find the opportunity that's right for them.

Pre-service orientation and on-site training are provided to all Senior Corps volunteers. The average volunteer commitment is 20 hours per week, yet hours are flexible at each site. For more information, call 800.942.2677.