

# Retiree Times

December 2020



## PRESIDENT'S MESSAGE

Well, here we are, locked down again. Personally, I have no problem with this. I haven't been going anywhere, anyways, except to Vons for groceries and Michaels for craft supplies. I have a box full of cute masks and have gone through more hand sanitizer than I care to admit. Jer and I had Thanksgiving alone and it looks like Christmas may be the same. I am so thankful for technology! Otherwise, I would not be able to watch my little grands grow! Zoom and FaceTime have been great to connect with all of those we can't be with.

While I was decorating for Christmas, I put up the tree that is normally out Travel Tree. We fill it with ornaments that we have collected from all the places that we had visited throughout the year. And since the only places we had visited since March (and we had not traveled prior to then) was Vons and Michaels and an occasional visit to the doctor, I had no ornaments for the tree. How to decorate it? I guess the biggest thing to happen to all of us this year was COVID-19! So I started to gather.....I made a Covid-19 cell ornament; and I hung the cross stitches I made

for the three cancelled cruises in 2020, along with 3 cruise ships.

There are also hand sanitizers, disinfecting wipes and an older Kindle, representing the books I read. I also hung a DVD, representing all the movies I watched and a puzzle

representing all the puzzles I

put together. I also hung some cross stitch ornaments like the ones I gave to family and friends; and yarn, representing all the afghans I made for women going through breast cancer. And the topper...a roll of toilet paper!

9 months and counting... who else is looking forward to the vaccine?

Happy Holidays to each and every one of you!



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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### SDG&E Alumni Association 2020 Board

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# Retiree Times

## 21 NEW YEAR'S RESOLUTIONS FOR HEALTHIER AND HAPPIER LIVING IN 2021

Your plans for New Year's 2021 are going to be a lot different than what they used to be — you may be trading in a New Year's Eve party for more time on the couch in front of a festive New Year's movie — and your resolutions may look different, too. It's still tradition to decide on a few New Year's resolutions before the ball drops on December 31, and this year, a renewed focus on your health may be top of mind. Or, you may be tired thinking about meals or your waistline, in which case you'll turn your sights on your mental health, or your sleep routine, or the mess in your living room — or the mess of your closet!

This year, fill your resolution list with easy, good-for-you goals.

1. Start small (key for the rest of the goals)
2. Exercise (walk a mile or 20 minutes)
3. Drink more water
4. Read (get ideas from book clubs)
5. Be kind (find ways to share kindness)
6. Adopt a plant (nurture and grow all year)
7. Organize one thing a week
8. Cut back on soda
9. Listen more
10. Set a sleep schedule (go to bed at the same time)
11. Give yourself downtime (make sure you have “me” time)
12. Keep in touch with loved ones (don't wait to hear from them)
13. Clean your house (a little at a time)
14. Conquer your fears (something small)
15. Use cash (one week a month)
16. Delete social media (for a week)
17. Write snail mail (brighten someone's mailbox)
18. Try something new each month (variety is the spice of life)
19. Journal one line a day (look back at those “pearls” at the end of the year)
20. Start a new hobby
21. Celebrate each day

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-email-address>





## A LITTLE HUMOR

2020 hasn't brought much joy or fun to our lives... here are some "funnies" that might make you laugh!

- ❖ I asked my 91-year-old father, "Dad, what were your good old days?" His thoughtful reply: "When I wasn't good, and I wasn't old."
- ❖ One of the shortest wills ever written: "Being of sound mind, I spent all the money."
- ❖ The other day I got carded at the liquor store. While I was taking out my ID, my old Blockbuster card fell out. The clerk shook his head, said, "Never mind," and rang me up.
- ❖ "This is your great-grandma and great-grandpa," I told my grandson as I handed him a photo of my parents. "Do you think I look like them?" He shook his head. "Not yet."
- ❖ "Everything's starting to click for me!" said my father-in-law at dinner. "My knees, my elbows, my neck ..."
- ❖ The biggest loser at my weight-loss club was an elderly woman. "How'd you do it?" we asked. "Easy," she said. "Every night I take my teeth out at six o'clock."
- ❖ Her class assignment was to interview an "old person" about his life, so my niece asked me, "What was the biggest historical event that happened during your childhood?" "I'd have to say the moonwalk," I replied. She looked disappointed. "That dance was so important to you?"
- ❖ My husband, a big-time sports fan, was watching a football game with our grandchildren. He had just turned 75 and was feeling a little wistful. "You know," he said to our grandson, Nick, "it's not easy getting old. I guess I'm in the fourth quarter now." "Don't worry, Grandpa," Nick said cheerily. "Maybe you'll go into overtime."
- ❖ I had just had my 50th birthday and found the decade marker traumatic. When I went to get my driver's license renewed, a matter-of-fact woman typed out the information, tested my vision, snapped the camera and handed me a laminated card with my picture on it. "You mean I have to look at this for the next four years?" I jokingly said to her. "Don't worry about it," she replied. "In four years it'll look good to you."

If you haven't checked out the new website, here's a peak at all it has to offer!

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About the Alumni Association
Benefits & Pension
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Facebook
Frequently Asked Questions
Holiday Luncheon
Retired and Deceased Alumni
Retiree Times
SDG&E/Sempra Energy
Veterans
Contact Us!

Go to:  
<https://www.sdgealumniassoc.org/>



## HOW TO STAY WARM AND SAVE ENERGY THIS WINTER

12/11/2020 – SDG&E News



Although winter temperatures are generally mild in Southern California, recently, residents have been cranking up their heaters for the first time in months. And following Governor Gavin Newsom’s Dec. 3 “Regional Stay at Home Order,” we’re now spending more time at home. While these comforts are necessary now more than ever, energy efficiency, cost and safety should be at the forefront of your household’s winter plan.

### Energy Saving Tips

Here are some tips on how to be more energy efficient this season:

- Upgrade your lighting – As the sun begins to set earlier, we use our lights longer. To counteract this, try switching over to LED bulbs and other Energy Star fixtures.
- Keep your furnace/heater clean – Check these items at least once a month (or more frequently) and replace them regularly. Dirty filters can result in higher energy bills and possible equipment malfunctions.

## SDG&E COMMENTS ON CITY OF SAN DIEGO’S CANCELLATION OF FRANCHISE PROCESS

12/18/2020

We are encouraged by Mayor Todd Gloria’s swift and transparent actions. We are committed to be part of a constructive path forward and stand ready to work collaboratively with the Mayor and City Council. We have proven we are the best positioned and most qualified to meet the City’s environmental and service expectations, and the needs of the City’s new Community Choice Aggregation (CCA) program. Our 4,400 highly trained and skilled employees stand ready to deliver a bright energy future.

SDG&E has not been formally asked for an extension of the existing agreements, and cannot comment on such a request until it is received. We remain steadfast in our commitment to the people and communities we serve and will continue to provide uninterrupted service and support throughout this process.

More information about SDG&E’s track record of serving San Diego can be found at [www.PoweringSanDiegosFuture.com](http://www.PoweringSanDiegosFuture.com).

## HOW TO STAY WARM AND SAVE ENERGY THIS WINTER, continued

### Power saving tips (continued)

- Power off items not in use – It helps to lower energy costs by shutting off idle electronics. To further enhance your safety, use a smart power strip to power off items.
- Stop any drafts – Make sure that your windows are well-insulated. If not, apply caulk or weather stripping around the window. Also, placing towels, blankets, etc. under the gap of a door helps immensely.
- Wash with cold water – Using warm water instead of hot can cut energy usage in half, and cold water can save even more. Also, washing your clothes in cooler water helps them last longer.
- Don't get burned by hot water – Lower the thermostat on your water heater to 120F (if possible).

### Safety Tips

With the holidays approaching, safety is still of utmost importance. Here's how to stay safe throughout the winter:

- Check your carbon monoxide detector – If you don't have a carbon monoxide meter in your home, please install one. Remember to check the batteries annually and replace detectors every five years to ensure accuracy.
- Keep electric heaters away from flammable items – Make sure that furniture, blankets and other items that may catch fire need to be a safe distance away from heaters.
- Don't overload outlets – When decorating your home for the holidays, be sure to replace any damaged light strips or broken sockets. Attempting to repair these items is dangerous and could overload sockets.
- Look out for hidden damage – Keep electrical lines clear of any heavily trafficked areas and away from any heat sources. You can also save big by shifting your energy use away from peak hours, which are from 4 to 9 p.m. By doing this, you are making more energy available to the grid, lessening the strain for potential outages.

We want everyone to have a safe and happy holiday season. Armed with these tips, your home – and wallet – will thank you.

## SDG&E ALUMNI TRANSITIONS

(since last edition)

### Deceased

#### 2020

##### May

Charles "Ted" Svendsen

##### August

Stephen Bartholomew

Mike Corum

Alfred Martin Smith

##### September

Jerry C Carnahan (2016)

David Melby

Sue (Liebing) Odom

##### November

Randall William Childress

Jacquelyn "Jackie" Graehl

Pete Haas

Marvin Wong

##### December

John M Doud (2019)

**Retirees continued on page 6**

See the full list of Retired and Deceased alumni members here:

<http://sdgealumniassoc.org>.

If you have any information regarding a newly retired or deceased SDG&E Alumni member, please contact Alice Myers at 858-278-3803 or

[amolyputz@san.rr.com](mailto:amolyputz@san.rr.com)

We need your help! SDG&E cannot provide us this information.

## SDG&E ALUMNI TRANSITIONS (since last edition)

### **Retirees 2020**

#### ***January***

Donna Beaver (2021)  
Donna Brooks  
Arlene Cabahug  
Thomas De Freitas  
Gordon Feldkamp  
Patricia Glass  
Kimberly Lynch  
Virginia Mortensen (2021)  
Stephen Muscarella  
Eduardo Orozco  
Robert Stolberg

#### ***February***

Art C Evans  
Harry Flynn  
Michael Fulgham  
Donald Jones  
Amparo Lindsay  
Mario Rendon  
Daniel Rios  
Brian Rogers  
Marie Savage  
Lisa Schiff  
Richard Shoemaker  
Eileen Stafford  
Douglas Symonds  
Michael Wagner  
Gina Welisch-Samuels

#### ***March***

Jim Brix  
Ted Hibpshman  
John Hunter  
Michael Karastathis  
Burton Melvin  
David Wuertz

#### ***April***

Larry Dawson  
J Duffy  
Russell Heister

### **Retirees 2020**

#### ***April***

Victor Kruger  
Chris Liles  
James Murphy  
Reed Roadman  
Donna Robinson  
Alan Thomas  
Larry Vallario  
David Williamson

#### ***May***

Karen Bennett  
Robert Dickey  
Michael Georgantos  
Pamela McNeil  
Curt Scott  
Cory Smith

#### ***June***

Silvia Jacobs  
Joe Lacerra  
Jose Plazola

#### ***July***

Mike Baehr  
Loriette Bosley  
Rosa Garcia  
David Goodman  
Corby Harviston  
Roger Lenker  
Craig Norman  
Morris Peterson  
Henry G Rico  
Michael Smith  
Gordon Storrs  
Robert Switzer  
Joanne Wang  
Frank Wight  
Alejandro Zavala

#### ***August***

Michael Apodaca  
Carlos Battle

### **Retirees 2020**

#### ***August***

Carmen Henry  
Troy Kauk  
Richard Mendez  
Michael Sherman

#### ***September***

Constance Bergmark  
Solly Hemus  
Ellis Jones

#### ***October***

Dwight H Belter  
Peter Iuli  
Randall Majel  
Marc Smith  
Roberto Vargas  
James White

#### ***November***

James Blake  
Ty Bloom  
Melanie Brereton  
Anthony Dibella  
Ollie Hardin  
Lisa Hoyt  
Dixon Livingstone

David Lynch  
Carole Major  
Pete Melanese  
Robert Quijano  
Rosalie Richter  
Dorene Smith

#### ***December***

Debra Dors (2019)  
Mary Kloberdanz (2019)  
Kelly Poell (2019)  
Kimberly Seedorf (2019)  
Leo Stafford  
Barbara Todd  
Don Wiggins