

Retiree Times

1st Quarter 2021



PRESIDENT'S MESSAGE

It's been a year since a Global Pandemic was declared for Covid-19. Nearly 265,000 people tested positive in San Diego county and just over 3,400 lost their lives to the disease. Nationwide, nearly 30,000,000 people have contracted the disease with more than 550,000 people losing their lives. On March 19, 2020, Governor Newsom issued the stay at home order that placed the most vulnerable of our population at home off and on for the rest of the year. Video chats became the norm; groceries were delivered; significant events were cancelled until we all could get together again. And then the good news came on 12/11/2020 that the FDA had approved emergency authorization of the Pfizer vaccine, with healthcare workers to be the first to receive the injection. 12/18 brought the second piece of good news with the emergency approval of the Moderna vaccine. I felt Hope for the first time; perhaps I could see my Sacramento grandkids in person in 2021! My husband got a tip from a healthcare worker that a vaccine clinic was being held nearby and that we should inquire about leftover vaccines. He signed us up; he got his that day and I got mine the next. We both had appointments for the second vaccine 3 weeks later and we are now fully vaccinated! Although we didn't run out and hug people, we feel like we can breathe a little easier.

I really haven't done things much differently. I did make a Michaels and Target run (I haven't been to either store since before Halloween); I'll still have my groceries delivered for a few more weeks; and the CDC is not recommending travel for a little while longer. But that's ok; I can live with this lifestyle for a few more months if need be. Especially if it means I can safely hug my Sacramento grands soon!

Have you had your vaccines? Has it changed your life in any way? Tell us your story on [our Facebook page](#) or by sending me an email! Stay safe, everyone!

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

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SDG&E HELPS MAKE MIRACLES HAPPEN THIS MARCH

In March, SDG&E partnered with San Diego's largest hunger-relief organization, [Jacobs & Cushman San Diego/North County Food Bank](#), to create positive and meaningful impact for the people and communities that we serve. Through employee volunteerism and donations, SDG&E employees time and talent will go a long way toward helping support the San Diego Food Bank Senior Food Program, Diaper Bank Program and Military Initiative which supports active-duty military personnel and their dependents every month.

Fighting Food Insecurity Through the Pandemic

As the largest hunger-relief organization in the County, before the pandemic, the San Diego Food Bank served approximately 350,000 people, monthly, who faced daily food insecurity. Those 350,000 San Diego county residents represent one in five children and one in seven adults who have little to no food available at home and worry about where their next meal will come from.

Today, due to the pandemic, the San Diego Food Bank serves 600,000 people *each month* and delivers over 1.25 million pounds of food and essentials *each week*. They continue to be on the frontlines of hunger relief and fighting poverty through designated programs for active-duty military personnel, senior citizens, and families with young children.

- **Diaper Bank Program**

Diapers are expensive and cannot be purchased with CalFresh benefits or WIC. A month's supply for one child can cost between \$70 and \$80. As a result, parents try to stretch their supply of diapers by leaving babies in dirty diapers longer or by reusing diapers. The San Diego Food Bank's Diaper Bank Program distributes emergency supplies of diapers, wipes, and auxiliary items, through 400 nonprofit partners and food distribution pantries, to low-income San Diego families with infants and toddlers who are facing financial hardship. Currently, they distribute 650,000 diapers a month.

- **Military Initiative**

Prior to the pandemic, the San Diego Food Bank supported 39,000 active-duty military personnel and their dependents *every month* through food distributions at 19 nonprofit partners, such as USO San Diego and Armed Services YMCA. Those numbers have only increased during the pandemic. The Military Initiative ensures that the brave men and women who are serving our country are able to feed their families.

- **Senior Food Program**

The San Diego Food Bank Senior Food Program provides monthly supplemental food packages to almost 15,000 income-eligible senior citizens aged 60 and over. The program distributes one 36-pound box of USDA-provided food, every month, at 65 distribution sites in communities throughout San Diego County. These seniors face the dual challenges of hunger and increased isolation due to the pandemic. With nonprofit partner Team Rubicon, the San Diego Food Bank delivers to the homes of over 2100 homebound seniors.

To learn more about these programs and how to volunteer visit: [Jacobs & Cushman San Diego/North County Food Bank](#).

Holiday Luncheon Update

December 7th has been reserved for the 2021 Holiday luncheon. We are closely watching re-opening requirements for gatherings. We are working with our venue and caterer to determine what we may be able to do this year. We will update you as we know more and can begin planning for the luncheon. To help us better plan, we would like to know if you would consider attending this year, and under what conditions. Please send your thoughts to:

kjclay@cox.net

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>

OP-ED: A GUIDING LIGHT FOR THE ENERGY TRANSITION

CEOs of Sempra Energy and Total see new momentum to build a clean-energy economy around the globe

By [Jeffrey Martin](#), Chairman and CEO of Sempra Energy, and Patrick Pouyanné, Chairman and CEO of [Total](#)

No country was spared by the global pandemic which exposed startling shortcomings within our deeply interconnected world. Like the virus, carbon emissions do not come with a passport. They respect no walls or borders. So, it becomes essential to act with purpose and tackle global emissions through a new, **clean energy transition** while still solving energy poverty. That is why the U.S.'s decision to rejoin the **Paris Agreement** is a crucial one. Today, the lack of access to affordable, clean and reliable energy magnifies the human catastrophe and significantly slows global economic and environmental solutions.

But we can recover by constructing a thoughtful path to a cleaner, **lower-carbon economy** that benefits from the evolution of our current energy mix. Our industry and world leaders, led by the European Union and now joined by the new Biden administration, must forge ahead with the urgency our planet demands.

Global Solution

But, first, we must acknowledge that a complex, global climate challenge requires a global solution.

To accelerate this transition, we must advance a coordinated strategy with public and private sectors in every country, including those without energy access, to spur critical investment that expands renewable and liquefied natural gas (LNG) infrastructure on a global scale.

It is critical that we approach this transitional challenge with commitment, collaboration and a long-term view. Between now and 2040, areas where energy poverty is prevalent will generate nearly 90% of incremental global electricity demand. This calls for a new sustainable ecosystem that extends access to a 21st century energy system to every country.

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OP-ED, CONTINUED

We know it works. For two decades, the U.S. led the world in successfully reducing energy-related emissions through the widespread adoption of renewable energy and shifting from coal to natural gas. Displacing coal and scaling up renewables are the most cost-effective “quick climate wins” for the developing world that allow those nations to reduce energy poverty and build more sustainable communities.

For the adoption of renewables to become more widespread, massive efforts are needed to build and modernize grids as well as to develop more renewables supported with reliable energy storage and natural gas.

Diverse Energy Mix

Already, markets like California and Texas, where Sempra Energy is the largest owner of energy grids, successfully produce 40% of America’s renewable energy. This underscores our ability to maximize renewables, while also making needed investments in grid reliability with advanced battery storage and natural gas as low-carbon partners.

It is not always an easy balance. Extreme weather can challenge resiliency in our energy systems, as we saw across the Midwest and Texas, highlighting the need for adequate baseload generation with weatherization upgrades to offset periods of lower renewable energy production.

Diversification of energy portfolios is central to the effort. That is why traditional energy players are dedicating considerable efforts to decarbonization and the expansion of renewables. Total’s recent entry into the U.S. market for utility-scale solar and its investment in domestic solar shows how an oil and gas major can diversify its energy portfolio to achieve net-zero emissions by 2050 or sooner.

Renewables, storage and natural gas deployment can also unlock the potential of hydrogen. We are at the forefront of hydrogen production and infrastructure globally, including the largest renewable hydrogen production facility in France powered entirely by solar panels.

Hydrogen Development

Moreover, hydrogen will further the natural partnership between renewables and an increasingly decarbonized natural gas system. Even the U.N. Economic Commission for Europe has called natural gas infrastructure essential to achieving carbon neutrality by 2050.

As we look to transform energy systems worldwide, renewables and LNG infrastructure have the potential to be deployed to support hydrogen development and improved resiliency of low-carbon energy supplies.

At this moment in time, we cannot afford to stand at this crossroads and hope for better results. Instead, we must proactively reduce barriers to energy access and coordinate global investment in innovation, renewables, energy storage and LNG infrastructure.

President John F. Kennedy once said, “We are not here to curse the darkness, but to light the candle that can guide us through that darkness to a safe and sane future.”

With bold action, powerful commitment and collective resolve, we can eradicate energy poverty and deliver a cleaner, sustainable energy ecosystem for all.

SDG&E ALUMNI TRANSITIONS

(since last edition)

Retirees

J Bret Ball	Jan 2021
Steven J Dew	May 2021
Noel Ehlers	Feb 2021
Jon Erickson	Feb 2021
David Geier	Jan 2021
Mike Kelsey	Feb 2021
Daniel Lapio	Mar 2021
Robert J Mayer	Apr 2021
Arnold Rascon	Feb 2021
Linda Watts	Jan 2021

Deceased

Edward Fred Allert Sr	Jan 2021
Lyle Brill	Mar 2021
Amy (Naegeli) Corlett	Feb 2021
Don K Grove	Feb 2021
Jeffrey Alan Hahn	Oct 2019
Frank P Hoffman	May 2019
Sandra Hurlburt	Jan 2021
Yee Lam	Nov 2020
Frank Wilson Martini	Dec 2020
Karen McGrath	Dec 2020
Fred Monigold	Jan 2021
Chrystelle Payne	Jan 2021
John Polak	Jan 2021
Fernando "Freddy" Reza	Oct 2019
Charlie Acuña Sanchez	Mar 2021
Daniel Laverne Shimmin	Sep 2020
Donald Walkup	Feb 2021

SDG&E CUSTOMERS TO RECEIVE BILL CREDIT IN APRIL, AUGUST & SEPTEMBER

California Climate Credit Helps Offset Bills by a Total of \$87

SAN DIEGO, March 24, 2021 – San Diego Gas & Electric’s (SDG&E) residential customers will receive a break on their utility bills in the coming months, thanks to the California Climate Credit program, which is part of the state’s efforts to fight climate change. In April, natural gas customers will see their bill reduced by \$17.86. This summer, SDG&E electricity customers will also see their bills offset by \$34.60 in climate credits in both August and September (or a total of \$69.20), when energy use typically goes up due to hot weather.

The California Climate Credit is a state program that requires power plants, natural gas providers, and other large industries that emit greenhouse gases to buy carbon pollution permits. The credit on customers’ bills is their share of the payments from the state’s program and provides customers an increased opportunity to invest in energy-saving products.

There is no action required to receive the credit. All residential natural gas customers will automatically receive this credit from SDG&E on their April bill. All electricity customers, including community choice aggregation customers, will automatically receive the credit on their August and September billing cycles.

Additional Measures Adopted to Ease Summer Bills

In March, SDG&E successfully petitioned the California Public Utilities Commission (CPUC) to eliminate the state-mandated High Usage Charge, which applies to those on standard tiered pricing plans.

Over the past year, SDG&E also won CPUC approval to lower summer pricing by moderating the seasonal pricing differential for customers on both Time-of-Use pricing plans and standard tiered pricing plans.

Retiree Times

SPRING IS IN THE AIR...BUT SO ARE ALLERGIES!

Ah, spring. It's the time of year when the cold starts to wane, and trees and flowers blossom.

But if you're one of the many people who suffer from seasonal allergies, those pretty trees and plants may make you feel worse, not better.

That's because of pollen, a powdery substance made by trees, weeds, and grasses.

Pollen is harmless, but if you have seasonal allergies, your body mistakes the pollen for something dangerous and tries to attack it. This reaction causes symptoms like coughing, a runny or stuffy nose, and itchy, watery eyes. You might feel like you have a cold.

Diagnosing seasonal allergies

Unlike colds, seasonal allergies usually last longer than a week or two. If you have some or all of these symptoms and are looking for relief, check with your health care provider.

Often, a skin test or allergen-specific blood test can help confirm which type of pollen you're allergic to. Providers can also diagnose seasonal allergies based on when your symptoms develop. For example:

- Tree pollen (especially from birches, oaks, elms, and maples) typically appears in spring.
- Grasses shed pollen in late spring and summer.
- Ragweed produces pollen in the fall.
- Mold spores often cause seasonal allergies during the spring, summer, and fall. They may also cause year-round allergies for people who live in buildings with too much moisture. Signs of excess moisture include high indoor humidity, water damage, or poor ventilation.

All in the family

Seasonal allergies often run in families. If both your parents or your siblings have them, you're more likely to suffer from them, too.

Many people with seasonal allergies also have asthma. They may experience shortness of breath, wheezing, and coughing, in addition to other symptoms.

Easing your symptoms

Although it's difficult to predict how bad an allergy season will be, paying attention to your local weather forecast can help.

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Here are some other useful tips:

- Stay indoors as much as possible on days with peak pollen counts.
- Save outdoor activities for late afternoon.
- Wear a face mask when you work outdoors.
- Close the windows and, if needed, use an air conditioner.
- Wear wraparound glasses to keep pollen out of your eyes.
- Keep the grass cut short and avoid gardening chores that may stir up allergens.
- Rinse off after being outside to remove pollen from your skin and hair.
- Brush off your pets after they've been outside to prevent allergens from coming inside with them.

Medication and other treatments

Your health care provider may suggest saline rinses to ease nasal congestion or antihistamines to relieve a runny nose, sneezing, and itchy eyes. Some antihistamines include decongestants, which can reduce congestion, but those medicines are not for everyone. Your provider may also suggest a nasal steroid spray.

For more serious cases, your health care provider may prescribe allergy shots. Over time, these injections can provide relief by reducing your immune system's reaction to a specific pollen or other allergen.