

Retiree Times

Aug/Sept 2019

PRESIDENT'S MESSAGE

Kindness has been on my mind a lot lately. I think it should be on everyone's mind a little more. I have seen the kindness of strangers when there has been a crisis. Things like getting people out of harm's way; rescuing an animal; volunteering at a shelter when there is a major weather event. But, we need to practice simple acts of kindness every day. Sometimes it just feels difficult; it's hot; people

are in a hurry; life is forever changing. But being kind feels good, not only for the recipient, but for the giver, too. I started a kindness journal at the beginning of August. I have a goal of committing at least one act of kindness a day and I write it on my calendar. Sometimes it's as simple as smiling at someone when you're shopping; sometimes it's buying lunch for a friend; sometimes it's leaving a bouquet of flowers on the porch of a neighbor who lives alone. It's holding the door for someone, saying please and thank you, giving a bottle of water to the homeless person soliciting money, letting someone go ahead of you in line. With all the bullying, the acts of violence, the divisiveness in this country, it's time that we all start thinking about being kind. If everyone reading this committed one random act of kindness each day, that would be over 1200 acts! And, if you each inspired someone else to do this, think how this world could change! One of my favorite songs is Humble and Kind, sung by Tim McGraw; here's a link to the lyrics: <https://www.azlyrics.com/lyrics/timmcgraw/humbleandkind.html>

Let's all try to stay humble and kind; let's all try to commit random acts of kindness every day.

Your President,
Samm McDonald



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

<http://sdgealumniassoc.org> or

Facebook SDG&E Alumni Association page

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

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SUMMER SAFETY TIPS

-  Stay hydrated.
-  Don't stay out for too long.
-  Check the forecast beforehand.
-  Keep sunscreen nearby and use it.
-  Check your prescriptions' side effects.
-  Turn on the A/C.
-  Beware of heat-related illnesses.

Save the Date!!!

We had so much fun at the last holiday luncheon we can hardly wait to do it again. The planning is underway and the date is set.

Plan to join us December 10, 2019... more to come as we get closer to the date!



Summer Safety Tips for Seniors

Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun.

As long as you're careful and stick to a few main safety tips, you can enjoy most of the summer activities you can imagine. Here are 7 summer safety tips for older adults:

1. Stay hydrated.

The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that is easy to take along on your jaunts outside and challenge yourself to finish it before you get home.

Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. [Be proactive in staying hydrated](#) and make sure it's water, sports drinks or juice that you're drinking – sodas, coffee, and especially alcohol won't work as good alternatives for hydration.

2. Don't stay out for too long.

If you live somewhere where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.

3. Check the forecast before you go out.

You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.

4. Keep sunscreen where it's easily accessible and you'll remember to use it.

If you carry a purse, [keep your sunscreen](#) in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.

Summer Safety Tips for Seniors, cont.

5. Check the side effects of your prescriptions.

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.

6. Use your air conditioning if you have it.

I know it costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one. The [Low Income Home Energy Assistance Program](#) may help if the cost is prohibitive.

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.

7. Know the early warning signs of heat-related illnesses.

Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope [here](#). If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.

JUST FOR THE FUN OF IT

The entertainment committee met to review the results of the activity survey. As was reported in our last edition, the responses indicated a great deal of interest in doing group activities and social gatherings.

We are in the process of scheduling a few fun events such as:

- Hop on/Hop off Trolley tour
<https://www.trolleytours.com/san-diego>
- Happy hour and bocce at Anthony's La Mesa restaurant
<http://www.anthonysfishgrotto.com/>
- Wine tasting via the MTS trolley stopping at Old Town, Little Italy, Seaport Village and downtown.

We would love to hear what you think of these ideas, or other activities you might want us to consider. Please send an email to Brienn Woods at nancy.woods4202@att.net or any other board member!

E-Mail Contacts - Remember Us!

Now that we can no longer snail mail our Retiree Times and 1,158 of you have successfully switched to electronic only, we have a new problem updating addresses. Bless the Post Office, when you move and leave a new address your mail gets forwarded and both sender and receiver might receive a notice. With e-mail you're on your own. Did you know that the Alumni Association is not the first thing retirees think of when there is a change of e-mail address or when they stop checking it? I know, it's hard to believe for me, too. For people with Cox, Direct TV and other cable providers who also give you an e-mail address, all customers can think of is good riddance to their old cable company. But what happens to their important e-mail (not that SDG&E Alumni is necessarily the most important)? We have a system of tracking returned e-mail if your mail provider sends "bounce" messages. After 3 bounces, you're out, and we delete the e-mail address, unless we personally know the person and have access to their info. If not, until that person finds us again electronically s/he will never receive another invitation to our Holiday Luncheon, a Retiree Times newsletter or other SDG&E Alumni announcements. Next time you change your e-mail address, please think of us. Google SDG&E Alumni to find our web site (<http://www.sdgealumniassoc.org/>) and click on the Directory link to "Update e-mail address." Or just drop one of your board members a note. We'll fix you up. – Jim Teeter

Want more SDG&E updates?

In each issue we feature one or two articles from the SDG&E news site. To keep up with more of what's happening at SDG&E go to <http://www.sdgenews.com/>



SDG&E Announces New Wildfire Safety Initiatives Ahead Of Peak Wildfire Season

New Black Hawk Helicopter, Tactical Command Vehicle, Evacuation Planning Map Books, and Information and Community Resource Centers Provide Protection to Customers

SAN DIEGO, Aug. 7, 2019 – San Diego Gas & Electric (SDG&E) is committed to continuously improving wildfire preparedness to ensure the safety of everyone in the region. For more than a decade, the company has been adding new monitoring technology, upgrading existing infrastructure and working with first responders. Today, the company unveiled additional enhancements, including a second aerial firefighting asset, as the latest strategic improvement to help ensure public safety.

“Safety is our highest priority. The new wildfire prevention assets will complement SDG&E’s decade-long fire risk preparedness program, which is aimed at identifying and better managing the effects of extreme weather and making our region more resilient,” said Caroline Winn, SDG&E’s chief operating officer. “We are committed to continuing our work with the best and the brightest in our region so that together, we can make every day safer than the last for the communities we are privileged to serve.”

Improvements announced today include:

UH-60 Black Hawk Helicopter available 365 days a year

An additional fire suppression helicopter has been contracted for year-round, rapid response dispatch by CAL FIRE. The UH-60 Blackhawk can fly up to 140 mph with a tank of water while enroute to a fire. It holds 850 gallons of water and refills in 45 seconds. This is the second aerial asset that SDG&E is making available to the region for year-round fire suppression. The first is the Erickson Aircrane that holds 2,650 gallons of water or fire suppressant and is the largest water-dropping helitanker in the country.

Tactical Command Vehicle

When every minute counts, SDG&E can now deploy its high-clearance, off-pavement performing tactical command vehicle into the heart of challenging environments affected by wildfires. The vehicle is vital to SDG&E’s safety efforts because it allows teams to deploy faster and quickly establish full Internet and satellite phone communications at temporary locations.

Mobile connectivity also includes a touch screen tabletop that rapidly allows responders to bring up maps of the region and of critical energy infrastructure.



Passport Unlimited cards available

If you love bargains on dining, shopping and travel then the Passport Unlimited card is for you! You may have had one of these gems while working at SDG&E and miss having it...if so, great news! We are able to purchase the annual card for 50% off the regular price... that's \$75 instead of \$150. To purchase go to:

<https://www.passportunlimited.com/individuals/> and

enter 2019sdge in the promo code or click this link

<https://www.passportdining.com/order/membershippurchase?oc=2019SDGE>

If you have a card that is expiring, log in to your account to renew it and use the same promo code above.

This is a code exclusively for our group. Please do not share this code with anyone other than an SDG&E Alumni member.



SDG&E Announces New Wildfire Safety Initiatives Ahead Of Peak Wildfire Season, continued

Evacuation Planning Map Books for First Responders

The San Diego County Evacuation Planning Map books, funded by an SDG&E grant, will be used to assist with evacuations. About 400 books were distributed to San Diego County fire and law enforcement agencies, the United States Forest Service, and military base fire departments. The books provide map grid numbers to law enforcement dispatch centers, who will send out mass notifications to the public to advise them to evacuate.

Information and Community Resource Centers

Two new Information Centers in Ramona and Valley Center have been added this year, where people can charge their devices and receive updated information. These centers are in addition to SDG&E's nine Community Resource Centers that provide device charging and information, as well as water and snacks when Public Safety Power Shutoffs take place in their area lasting more than 24 hours. SDG&E partners with local community volunteers to host the centers.

Wildfire Mitigation and Resiliency Fairs scheduled for August and September

SDG&E is inviting communities to attend one of three [Wildfire Safety Fairs](#) taking place in Valley Center, Ramona and Alpine in August and September. Attendees will learn about Public Safety Power Shutoffs, emergency preparedness, and what the company is doing to keep the region safe from SDG&E Fire Science and Climate Adaption team. Attendees will also receive information about stocking an emergency kit, developing an emergency plan and designing or modifying the space around their home to help resist wildfire. About 1,000 emergency kit backpacks will be given to event attendees.

To learn more about SDG&E's commitment to wildfire preparedness, visit sdge.com/wildfire-safety.



SDG&E ALUMNI TRANSITIONS

Deceased

2019

Barbara Ann Tuhey - January
Burt Don Lemons - March
Cindy Young - March
Clarice Mae Morgan - March
Dave Elstrom - July
David R Jones - May
Donald Harrar - March
Douglas Henke - May
Ed Davis - January
Edwin "Ed" Guiles - June
Gary Evans - March
James C Dickerson - June
James W "Jim" Kerr - March
Jeff Elliott - January
Lee McDonald - February
Margaret Anne "Peggy"
Joiner – March
Mary Matisohn - April
Robert E Burge - June
Robert Catlin - January
Ronald P Koshik - March
Sharon Marie Ruzek - May
Ted Terzakis – January
Thomas Chrestman - June

Retired

2019

Arturo Tellez-Giron - May
Becky LeVine - May
Ben Morton - April
Brian Morris - February
Carmen Bullock - January
Charon Bojorquez - January
Cliff Luallin - June
Curtis Criss - February
Elizabeth Barnett - January
Gene Marshall - July
Isaac Diaz De Leon - January
James Hardy - March
Julie Dossett - January
Kathleen Donalson - April
Kathryn Garrett - February
Leonard Fuentes - January
Lola Fairley - January
Marilyn Dulich - January
Mary Ann Horton - February
Michael Toby - January
Patricia V Saenz - January
Preston Kilbourne - March
Richard Cometa - February
Robert Lane - February

For a full list of retired and deceased retirees, see our web archive,

<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

amollyputz@san.rr.com

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

Retired 2019, continued

Roy Enjambre - January
Stephanie Hunt - January
Stephen Malowney - January
Steven Lango - January
Tamie Long - March
Teresa LaRagione - February
Terry Spain - January
Zung Lai - February



Utility Boxes Turn Into "Master(peaces)"

With a grant from SDG&E, San Diego Hip Hop 5k/Southeast Art Team will paint the 30 boxes. This talented group of artists have created beautiful murals throughout San Diego. The theme of utility box artwork will symbolize life, love and peace. Next time you are heading down Imperial Avenue, take a minute, and perhaps a photo, and recognize the beautiful displays of love, art, community involvement, partnerships and peace.