

SDG&E RETIREE TIMES

June 2018



PRESIDENT'S MESSAGE

Summer is just around the corner and it always brings back fond memories for me. Remember when the last two weeks of school were pure torture, anticipating summer vacation (my daughter is a high school teacher and she said the kids are really antsy right now)? Remember planning those summer trips with your kids? Maybe it was to a place like Disneyland or camping in Yosemite. But getting the whole family to agree on a destination was always difficult (that's where mom or dad stepped in).

The SDG&E Alumni Board of Directors is working hard to provide services and information to our membership.

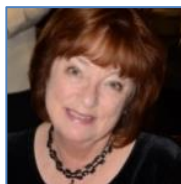
In the upcoming months we are planning to upgrade the SDGE Alumni website to make it easier to navigate and update as well as other features we are currently exploring.

We are currently gathering your thoughts on the types of activities you would be interested in attending. A short survey has been created and we are getting a "sneak peek" at responses via a link on the Facebook page. Feel free to check it out and give us your anonymous feedback.

For current information on activities, events and notices check the SDGE Alumni website <http://sdgealumniassoc.org/index.html> or Facebook SDG&E Alumni Association page <https://www.facebook.com/groups/408831429206094/>

Do you take vacations with your grandkids? I find traveling with them so much different than traveling with my kids at that age. Maybe it's because I'm seeing the world through their eyes; maybe it's because I'm more patient; maybe it's because I don't have to worry about going back to work and dealing with the piles accumulating on my desk! Regardless of when you travel or who you travel with, getting out of town is always a great experience. Don't know where to go or need help accommodating your special needs?

I googled Senior Travel Specialists and found a whole bunch of travel folks specializing in travel for those of us over 55. And, don't forget that visiting a new place is a learning experience; and we should never ignore our continuing thirst for knowledge!
Bon Voyage and Happy Summer!
Your President,
Samm McDonald



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Don't Sweat This Summer: Cool Zones Are Available Countywide

Although the weather is still cool due to June gloom, like clockwork, hot summer days are ahead. But rest assured because San Diego County is prepared to provide cool shelters during hot days.

Last month, during the county's annual Cool Zone kick-off, Scott Crider, SDG&E vice president of customer services, joined county officials to raise awareness of designated sites countywide that are open now through October 31 for anyone to use to escape the heat.

SDG&E has taken an active part in the Cool Zone Program each year since its inception in 2001 to help ensure the most vulnerable populations, such as seniors, the elderly, and people with special needs, have a place to go to beat the summer heat.

What is a Cool Zone?

More than a hundred facilities throughout our region - libraries, recreation centers and senior centers that have air conditioning – have been designated as Cool Zones. By taking advantage of the air conditioning available in these Cool Zones, residents can reduce their individual energy usage and lower their electric bill.

Twenty years ago, Supervisor Dianne Jacob created the Cool Zone program out of concern for seniors and disabled persons with health problems that could be complicated by extreme heat. It was a natural fit for us to partner with Supervisor Jacob to support a program that enhances the safety and the comfort of our customers.

After experiencing the hottest summer on record last year, it's more important than ever that the elderly in our community have the resources and information to find a spot to stay cool when temperatures rise.

How to Find a Cool Zone Near You

To find a Cool Zone site nearest you go to: <https://cosdhhsa.maps.arcgis.com/apps/LocalPerspective/index.html?appid=146ce08c4eef429eab1560ff67c23122re> to view an interactive map. To view a PDF list with phone numbers of all participating sites in San Diego County go to: <http://sandiego.networkofcare.org/content/client/4/CopyofCoolZone2017WEBSITE-list.pdf>.

Tips to Beat the Heat

- Stay indoors as much as possible. If air conditioning is not being used, stay on the lowest floor. Keep shades down and blinds closed, but windows slightly open.
- Go to a cool zone site on hot days.
- Electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Take a cool shower, bath or sponge bath.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect away some of the sun's heat.
- Drink more fluids than usual even if you do not feel thirsty

SDG&E ALUMNI TRANSITIONS

Deceased

2018

Amelyn Agoncillo - January
Larry Ayres - May
Shirley Anne Ball - March
Kenneth H Bowhall – January
William H "Bill" Clark
Bill Glasco - January
Frank Herrera - May
Robert Hurd - February
Vic Eugene Justis - February
Donald K Madison - March
Gordon Pearce - April
Alice Sue Perry - May
Robert R "Robbie" Robinson - April
Clark Siebrand - January
Selim Tarabus - February
Dennis Vanderheiden – February

Retired

2018

Sue Campbell - June
Macro Croce - July
Alicia Flohs - February
Francisco "Sisco" Gallegos - July
Alex Garcia – Jan
Dave Greene - May
Sharmaine Battaglia Hamilton - April
Larry Holmes – July
William Zuber "Bill" Lane - Mar
Mary Lassiter - February
Robert "Bob" Lauzier - January
Louie LaChusa - June
Deborah Lewis - May
James Moralez - January
Lupe Aguirre Palmer - March
Dianne Rodgers - March
Tom Saunders - July
Lee Schavrien - April
Fred Smith - June

OASIS – A LIFELONG ADVENTURE SUPPORTING RETIREES AND SENIORS

Do you know that there is a nationwide organization dedicated to the ongoing learning experiences for adults 50 and over?

Oasis is a pioneer in healthy aging

Founded in 1982, Oasis is a non-profit educational organization that is active in 40 cities and reaches more than 50,000 individuals each year.

Our mission is to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

Our vision is to see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives.

We seek to positively impact their lives through partnerships to share knowledge, offer evidence- and research-based programs, conduct evaluations and adapt to meet the needs of diverse audiences.

To learn more about Oasis and all that they offer download their overview:

[https://www.oasisnet.org/Portals/0/AboutUs/What is Oasis Dec2017.pdf](https://www.oasisnet.org/Portals/0/AboutUs/What_is_Oasis_Dec2017.pdf)

San Diego has a very active and supportive group with a variety of classes. Here is the San Diego link:

<https://www.oasisnet.org/San-Diego-CA>

For a full list of retired and deceased retirees, see our web archive, <http://sdgealumniassoc.org/id7.html>

If you have any information regarding a newly retired SDG&E Alumni member, please contact Alice Myers at 858-278-3803 or amolyputz@san.rr.com

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

JUST FOR THE FUN OF IT

Looking for something new and different to do? Here are a few places to explore.

Summer concerts in parks around San Diego are starting this month. Go to this site for more information - <http://redtri.com/socal/san-diego-free-summer-concerts/>

Do you miss the Passport discount card we used to have as employees? GREAT news!!! We have arranged for the SDG&E Alumni to purchase the card for 50% off - only \$75 instead of \$150. To purchase your card go to: <https://www.passportdining.com/order/membershippurchase?oc=SDGE2018>

RETIREE SPOTLIGHT

Visiting with the Valentines... an interview with two very special retirees by Brienn Woods

I had the pleasure of sitting down with Jane and Jim Valentine to check in with them and talk about life after SDG&E. This article should be titled “Keeping up with the Valentines” because they are always on the go!

First though, a couple of fun facts about the two of them.

Together Jane and Jim worked for SDG&E for over 75 years. Jane started in 1978 in the Oceanside office, then spent over 25 years in customer service jobs and the last ten years were spent in HR positions. Jim was an operations guy from the get-go, starting as a laborer and working his way to director throughout his 47 years. They each had very challenging, fulfilling and memorable careers...but that’s not the best part! They also found each other, so not only did they get the rewards of working for a great company they also got the rewards of a loving and lasting relationship. Jane retired six years before Jim, so she had the opportunity to “test drive it” and also to have experiences doing lots of volunteer work, learning new skills and spending time with family (especially grandkids) and other retired friends. Jim joined her about a year and a half ago and together they are enjoying “being on their own clock”.

Q: What skills that you found helpful when you worked have you transferred to retirement?

A: Since we spend quite a bit of retirement doing volunteer work and loving on the grandchildren, what SDG&E has taught us is patience and to ask questions to really understand situations. It also taught us the importance of balance in life. So, in retirement, balance looks like volunteering, spending time on our faith, spending time with family and friends and spending time by ourselves.

Q: You both used goal setting in your work to help you and your teams be successful. How are you using goal setting in retirement?

A: When I (Jane) retired seven years ago I told myself I would set a goal to learn something new or at least try something new every year. Some have stuck like bike riding and walking four miles every day, volunteering and even knitting! However, one that didn’t stick was tap dancing, I am not a tap dancer. For me (Jim), I am only into my first year of retirement so my goals are to discover what makes me happy and what makes Jane happy (you know a happy wife is a happy life) and where I want to spend my time. I enjoy volunteering at the golf course and keep busy planning travels for us. I started taking piano lessons right after I retired and am enjoying it quite a bit.



Q: What is the best part of retirement for the two of you?

A: For both of us it is not having that commute! Being able to leisurely drink a cup of coffee in the morning and starting our day on our schedule is wonderful. We also love spending time at our grandchildren’s activities which we were not able to do while we worked.

Q: So, what’s on the horizon for you?

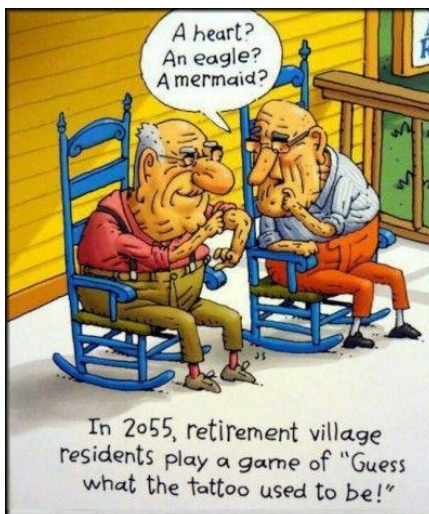
A: We are planning a trip to Australia and New Zealand which we hope to do in the next 12 to 18 months. We are also taking our 13 year old grandson on a trip which is something we plan to do with each of the grandkids when they turn 13. We are taking Jim’s dad (who is 94) to New England to visit his family later in the fall. After that, we’re just very thankful to be taking air in and out.

Thank you both for sharing your retirement story. May you both continue to enjoy each day and be able to live Jim’s motto, “Faith, Family, Fun”.

SAVE THE DATE! ONLY 6 MONTHS TO THE HOLIDAY LUNCHEON

The SDG&E Alumni Association Annual meeting and holiday luncheon will be held on Tuesday, December 4 at the Scottish Rite Event Center. We will be having a traditional holiday meal with turkey and all the fixings. This year we will also have wine and beer for purchase. Invitations will be mailed in October. It's a fun day to catch up with friends, make new ones and possibly win a wonderful prize from the raffle!

A little retirement humor...



5 WAYS TO BE HAPPIER WHEN YOU RETIRE

By Tom Sightings, Contributor, U.S. World and News | July 31, 2017

Happiness in retirement relies on relationships and experiences, not money and possessions. Psychologists have determined that each of us has our own individual set point of happiness. As events unfold in our lives, we may temporarily become more or less happy, but then as time goes on, we revert to our mean level of happiness. But the same experts also tell us that as we get older, our happiness set point gradually goes up over time. In other words, most people get happier as they get older.

Then retirement gives us a bonus. According to the National Bureau of Economic Research, retirement by itself often produces a positive impact on people's sense of well-being, a feeling that lasts for a considerable length of time. Why? Because there are fewer demands on our time, and we have more control over our own lives. We experience less pressure, less stress and enjoy a less-hecktic lifestyle.

So how can we ensure that we get happier as we retire and get older? Here are five ways to maximize your happiness level when you're retired.

1. Try not to worry about money. It's easier said than done. But multiple studies have shown that after a certain basic level of income that covers housing, health care and other necessities, there is no relationship between how much money we have and how happy we are. What matters more is what we focus on. There is no reason to envy those who have more than us, for they are not happier than we are. But there is plenty of reason to focus on the blessings we enjoy in life, whether it's close family ties, a supportive group of friends or an opportunity to spend time pursuing an activity we love.

2. Use your money to purchase experiences, not possessions. Or, as my wife says, we should marshal our money to create positive and lasting memories for our friends, our children and ourselves. So don't take out a big loan to buy an expensive car. Instead, go on an exotic vacation with your spouse. Or invite a friend out to dinner and pick up the bill, or organize a family get-together at the beach and offer to pay for those who can't afford to come.

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5 WAYS TO BE HAPPIER WHEN YOU RETIRE, CONTINUED FROM PREVIOUS PAGE

3. Make time for friends and family. You can see a theme developing here, one that provides the key to unlocking the secret to happiness in retirement. We all know that shared experiences bring more happiness than those experienced alone. Why else do people go on Facebook or Instagram? Just think of the last time you ate alone in a restaurant with your nose stuck in a book or magazine. It probably wasn't much fun. But when you go to the same restaurant with friends, you almost always have a good time talking and laughing and sharing your stories.

4. Take care of yourself. People in poor health almost always report lower levels of happiness than people who are in good shape. It works the other way around, too. People who eat better, get more exercise and suffer less stress tend to lead healthier and happier lives than sedentary couch potatoes. So while you want to be connected to other people, you also want to take the time to treat yourself right. Surprisingly, surveys have even shown that cosmetic surgery makes us happier, both in the short term and over longer periods of time. Why? Because nothing makes us feel better than knowing we look our best.

5. Engage in an interesting activity. It doesn't matter whether you're perfecting your golf game, babysitting your grandchildren, doing arts and crafts or hiking the Appalachian Trail. The important thing is that you get involved in something that engages your interest – something that gets you out of bed in the morning and gives a sense of purpose to your retirement. The happiest people view retirement not as an endless vacation, but as a chance to pursue new opportunities and take on new challenges. Don't be afraid to say no to people who even with the best of intentions try to steal your time for their own purposes. Instead, focus on the people who are important to you and the activities that are worth your time and energy.

TRAVEL SPOT

Do you have a favorite photo from a trip you've taken?

Email it to

nancy.woods4202@att.net

with the location and any other information you would like to share and we'll feature it in an edition of Retiree Times. It may inspire others to go there! Here's one of mine.



Fisherman's Wharf, San Francisco
taken from Scoma's restaurant

WHAT YOU WILL NEVER SEE WHEN WALKING INTO A STORE OR RESTAURANT, BUT THE DISCOUNTS ARE THERE...

Ask about our

SENIOR
DISCOUNT!

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There are many discounts available to seniors that we may not be aware of. Go to <https://toughnickel.com/frugal-living/Senior-Discounts> to see the full list of deals and discounts for seniors ages 50, 55, 60, 65 and over.