

## PRESIDENT'S MESSAGE

December 4, 2018 will be our 77th Alumni Association Annual Luncheon! The invitation is enclosed; hope you can attend! We'll have a traditional Holiday buffet with ham, turkey and all that goes with it. And a new option: Pay on-line with your credit or debit card or via PayPal! Instructions are included on the invitation and a screen shot of the page on [sdgealumni.org](http://sdgealumni.org) is below. Finally, rather than sending a ballot to elect the officers and new/returning board members that you need to return, we will be conducting our election via a voice vote at the event. I'm looking forward to seeing you all on 12/4!

Your President,  
Samm McDonald



**NOTICE:** This is the first time you are only receiving an electronic version of the Retiree Times. You will not receive this issue in the mail. Beginning in 2019 all Retiree Times will be sent via email and as a link on the SDGE Alumni website and Facebook Page.

**If you know members that do not have email or even access to a computer, reach out to them to see if you can help! Perhaps you could pass information on to them!**

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

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Visit our website at:

[www.sdgealumniassoc.org](http://www.sdgealumniassoc.org)

and our Facebook page at:

<https://www.facebook.com/groups/40883142920694>

### SDG&E Alumni Association 2018 Board

President	Samm McDonald	858-229-9671
Vice-President	Sue Weinmeister	619-283-3273
Secretary	Sally Chew	858-541-2247
Treasurer	Ken Clay	619-820-2057
Directors at Large: Gloria Bowker, Jerry Crouch, Joyce Kelly, Irene Krepak, Alice Myers, Kathy Sinclair, Angie Snyder, Jim Teeter, Brienn Woods		
Directors Emeritus: Charlyne Oslin-Smith, Cindy Young		
SDG&E Corporate Advisor: Gabe Gutierrez		

## Community Partnership: Helping to Build Hope & Find a Cure for Alzheimer's Disease

Having experienced first-hand the devastating effects of Alzheimer's Disease on their loved ones, many of our employees - from all levels of our company, including our President Scott Drury - have stepped up in a big way to raise funds to support Alzheimer's San Diego.

This local, independent nonprofit organization helps families impacted by dementia by providing a wide range of innovative [programs and services](#) - all of which are free thanks to donations! There are 84,000 people living with Alzheimer's and related dementias in San Diego County.

At the [Celebration of Hope & Courage](#) in September, Alzheimer's San Diego honored SDG&E for our strong community partnership with the nonprofit. Over the past six years, our employees, with support from the Sempra Energy Foundation (the foundation of our parent company), have been a leading fundraiser for Alzheimer's programs.

SDRides4ALZ Raised \$130K Plus for Programs and Services

The family of our president, Drury, is among 250,000 local families who love and care for someone impacted by the disease. For the past eight years, he and his wife have cared for his mother who is battling Alzheimer's.

A few years ago, Drury came up with the idea for an annual motorcycle fundraiser, [Rides4ALZ](#), which combines his love for motorcycles with his commitment to helping find a cure for the disease.

Rides4ALZ was inaugurated in 2017. Just in its second year, the 100-mile motorcycle ride raised more than \$130,000 this year. A thunderous train of some 150 riders took to the streets on July 15, making their way through the rolling hills of Alpine, to the winding road along Otay Lakes, and across the Coronado bridge until concluding at AleSmith Brewery.

Rides4ALZ has blossomed into a community ride that brings together hundreds of San Diegans and employees from SDG&E, and even some SoCalGas colleagues from Los Angeles, along with an impressive list of sponsors. The event was so successful in engaging our employees that one of them out-fundraised Drury. Mark Foster, a construction manager for major projects, who was new to the ride, raised more than \$13,500, nearly \$3,000 more than Drury.



Mark Foster (L) Construction Manager for Major Projects and Scott Drury (R) SDG&E President helped raise money for Alzheimer's through the annual motorcycle fundraiser, Rides4ALZ.

## Walk4ALZ – Get Involved!

In addition to Rides4ALZ, Team SDG&E/Sempra is consistently one of the top fundraisers at the annual Walk4ALZ – the organization's largest event of the year. We will again be participating in this year's walk, which will take place **Oct. 20** in Balboa Park.

Event details are on the Alzheimer's website. We hope to see you at the walk!



## Eight Alzheimer's disease breakthroughs you need to know

### 1. Human memory prosthesis.

The Defense Advanced Research Projects Agency (DARPA) has successfully created what it is calling a human memory prosthesis, a system with electrodes implanted in the brain that restores memory function using a person's own neural codes.

### 2. Diamonds and PET scans can diagnose Alzheimer's sooner

Yale Medicine researchers have used a new technique involving diamonds and PET scans to look for biomarkers of Alzheimer's for early detection.

The researchers have used a technique called vibrational spectroscopy that involves using a light reflection off of a diamond core to confirm characteristics of Alzheimer's in blood plasma. The technique was reported as being 90% effective when compared to other clinical diagnostic methods.

### 3. Electrical stimulation could restore memory.

Applying electrical stimulation to the part of the brain that degenerates because of Alzheimer's disease could improve working memory, according to researchers at Augusta University.

### 4. Non-invasive brain stimulation improves memory.

Scientists at Northwestern University have successfully used a non-invasive brain stimulation for the first time that can be used like a scalpel to make specific improvements in precise memory.

### 5. Retinal imaging technology diagnoses Alzheimer's.

NeuroVision and Cedars-Sinai are developing technology that explores the use of noninvasive eye imaging to detect Alzheimer's disease. The technology scans the retina to find neurotoxic beta-amyloid protein deposits that are associated with the disorder.

### 6. Brainwave oscillations to treat Alzheimer's symptoms

Startup company Cognito Therapeutics is developing techniques that are used to induce brainwave oscillations to treat Alzheimer's disease symptoms. The company is presently in the early stages of research and development.

### 7. Stuffed animal with lifelike heartbeat helps Alzheimer's patients.

A couple of University of Illinois students have created a startup called Therapalz to give soothing vibrations, sounds, movement and a lifelike heartbeat within a stuffed animal for Alzheimer's patients.

### 8. How studying microRNA can detect Alzheimer's early.

Indiana University researchers have discovered that changes in microRNA can help detect Alzheimer's disease early.

For the complete article go to:

<https://www.medicaldesignandoutsourcing.com/8-alzheimers-disease-breakthroughs-you-need-to-know/2/>

For more information about the Alzheimer's organization and how you can get involved go to:

<https://alz.org/>



## 2018 Annual Meeting and Holiday Luncheon

The 2018 annual meeting and holiday luncheon will be held at the Scottish Rite Event Center, 1895 Camino Del Rio South, San Diego CA beginning at 10:30 am. More information and the registration form is included in this mailing. A few changes are being made at this year's luncheon:

- There will not be mail-in ballots for the 2019 Board elections. The vote will be held during the meeting. The slate is listed below.
- We would like those with cameras/phones to snap pictures and post them to Facebook or send them to us after the luncheon.

Attendees will also vote on the 2019 Board of Directors as a part of the annual meeting held during the luncheon. The slate of officers and members to be elected or re-elected are as follows:

Members:

Ken Clay

Jerry Crouch

Jim Teeter

Officers:

President: Samm  
McDonald

Vice President: Brienn Woods

Treasurer: Kathy Sinclair

Secretary: Sally Chew

## Alumni Happy Hour “Mingles”

As a result of the Activity Interest survey results we arranged a few Happy Hour Mingles throughout San Diego county. Those who attended had a great time and we hope to keep this going! Here are some pictures from the first three events.



Speaking of voting...

**GET OUT THE VOTE!**  
IT'S YOUR VOTE. IT'S YOUR VOICE. YOUR VOTE MATTERS!



SDG&E ALUMNI TRANSITIONS – 2018(Since April issue)

**Deceased 2018**

Alice "Sue" Perry - May  
 Bang "Brian" Nguyen - Sep  
 Carlton Mitchell - Apr  
 David Terry Schnitz - Apr  
 Dennis Vanderheiden - Feb  
 Francisco R Herrera - May  
 Frank J "Jim" Pilant - Aug  
 Gordon Pearce – Apr  
 Henry "Rick" Valdez - Oct  
 Jerry Martin Akren - Jun  
 Kenneth H Bowhall - Jan  
 Larry Dean Ayres - May  
 Manfred Pohl - Jul  
 Mary H Morris - Jul  
 Phillip R "Phil" Duerst- Jul  
 Robert Hurd - Feb  
 Robert L Faust - Jul  
 Robert R Robinson - Apr  
 Sallye M Blevins - Jul  
 Selim Tarabus - Feb  
 Vic Eugene Justis - Feb  
 William H "Bill" Clark - Apr

**Retired 2018**

Acree Shreve - Feb  
 Alexander Garcia – Jan  
 Alma Miller – May  
 Anne Estrada - Sep  
 Arcelia Herrera – May  
 Arkady Shumsky - Sep  
 Bernice Cochran - Sep  
 Bill Z Lane – March  
 Carol Dorsey – Feb  
 Charles Kinman - Sep  
 Charles Martinez – Mar  
 Chris Chen – Jun  
 Christine West - Sep  
 Chuck Pearsall - May  
 Chuong Lam - Mar  
 Cory McClelland - Sep

**Retired 2018 (cont.)**

Craig Corona – Jun  
 Cynthia Lacy - Sep  
 Daniel Mena – Jan  
 Daniel Sanchez – May  
 Dan Stoneman - Dec  
 David Moody - Aug  
 David Rogers - Jan  
 Deborah Lewis – May  
 Diej Jones - Mar  
 Dora Tapio - Jan  
 Doug Sigler - August  
 Elizabeth Pascal - Sep  
 Enrique Hernandez - Sep  
 Francisco Gallegos - July  
 Frank Thomas - Jun  
 Fred Smith – June  
 Gary Evans – June  
 Gerald Trimble - Jun  
 Gladys Regno – Sep  
 Harold Todus - Apr  
 James Boyles – Jan  
 James Carroll – Sep  
 James Erickson – Sep  
 James Toombs - Sep  
 Jean Dunne – Jun  
 Jeffrey Grant – Sep  
 Jeffrey Nichols – Sep  
 Jerry Sugerman - Sep  
 John Baker – May  
 John Gordon - Jun  
 John Hunter - Mar  
 John Pinzini – Feb  
 Joseph Strukelj – Apr  
 Joseph Wergers - Sep  
 Julia Scull - Jun  
 Kenneth Buerster – Mar  
 Kurt Kaufman - Mar  
 Larry Holmes – Jul  
 Lawrence Mulvaney - Sep

**Retired 2018 (cont.)**

Leticia Perez - Feb  
 Lisa Murrell - Jul  
 Louie LaChusa - Jun  
 Lourdes Mariano - Sep  
 Karen Benedict – Sep  
 Karen Pernu - Sep  
 Macro Croce – Jul  
 Madeline Rodini - Sep  
 Manuel Aguila - Jul  
 Margaret Joiner - Mar  
 Margaret Stanton - Jan  
 Marge Lim – Sep  
 Marie Cabral – Apr  
 Mark Evans – Jul  
 Maureen Doherty – Sep  
 Michael Logan - Sep  
 Miguel Garcia – Feb  
 Milo Jensen – Aug  
 Mohammad Hadi - Sep  
 Paul Beauchamp - Aug  
 Ralph Amerson – May  
 Randall Nickolei - Sep  
 Richard Ingalls - Aug  
 Richard Janke - Jul  
 Rick Greenhall - Apr  
 Robert Salini - Sep  
 Ronald Leslie – Jul  
 Russell Orrell - Sep  
 Salma Cruz – Jan  
 Samuel Felix - Sep  
 Sharmaine Hamilton - Apr  
 Steven Eaton – Feb  
 Steven Mikovits - Sep  
 Susan Frakes – Apr  
 Susan Mohr - Aug  
 Terry Thedell – Apr  
 Thomas Davenport – Sep  
 Thomas Walko - Sep  
 Thomas Young – Mar  
 Vincent Tabirara - Sep

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 or deceased SDG&E Alumni member, please contact Alice Meyers at 858-278-3803 or [amolputz@san.rr.com](mailto:amolputz@san.rr.com)  
 We need your help! SDG&E cannot provide us this information.

**JUST FOR THE FUN OF IT**

As the holiday season approaches, here are some fun and festive ideas to visit.

**Canterbury Gardens & Gifts**

"Canterbury has been bringing the best in Christmas for 36 years at this location. We change to Spring after the Holidays and even have a Halloween Spectacular in August. "Canterbury Gardens, A Place For All Seasons"."

**San Diego Botanic Gardens**

Garden of lights - **December 1– 23 and 26 – 30**  
 A dazzling winter wonderland with over 125,000 sparkling lights illuminating the Garden for a magical experience!

**La Mesa's Holiday in the Village** December 7-8, 2018

The Village is transformed into a Victorian Wonderland. Walk the streets of La Mesa's historic downtown and enjoy live music, craft vendors, food, and a kids' area.



"Hello, Carol? Could I use your email address to get the electronic copy of the SDG&E Retiree Times and other updates?"

Do you have a family member or friend you could ask to help you stay in touch? Call us with their email and we'll send it to them to share with you!

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# Join us for the SDG&E Alumni Association 77<sup>th</sup> Annual Holiday Luncheon



**Tuesday, December 4, 2018**

**Check-in and Reception – 10:30 a.m.**

**Buffet Lunch – 11:30 a.m.**

**Scottish Rite Event Center**

**1895 Camino Del Rio South, San Diego CA (see map on reverse side)**

There will be a lunch buffet (honey baked ham, roast turkey, and all the fixins) and an opportunity drawing.

***Tickets are \$12.00 per person***

If you plan to attend the luncheon, please submit your payment no later than November 16<sup>th</sup> by one of the methods below. If you have any questions, please email Ken Clay at [kjclay@cox.net](mailto:kjclay@cox.net).

You may make your payment with a debit card, credit card, or Paypal. Just go to [www.sdgealumniassoc.org](http://www.sdgealumniassoc.org) and click on **Holiday Luncheon**. Enter your badge name(s) and click on **Pay Now**. Enter the number of tickets under **Quantity** and click on **Continue**. Login to PayPal or click on **Pay with Debit or Credit Card**.

If you prefer to submit your payment by mail, please complete and return the lower portion of this form along with your check payable to SDG&E Alumni Association to:

Ken Clay  
10533 Ironwood Ave  
Santee, CA 92071-1202

No refunds will be given after November 16<sup>th</sup>.

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(please cut along dotted line)

\_\_\_\_ I / We will attend the luncheon on December 4.

Name: \_\_\_\_\_

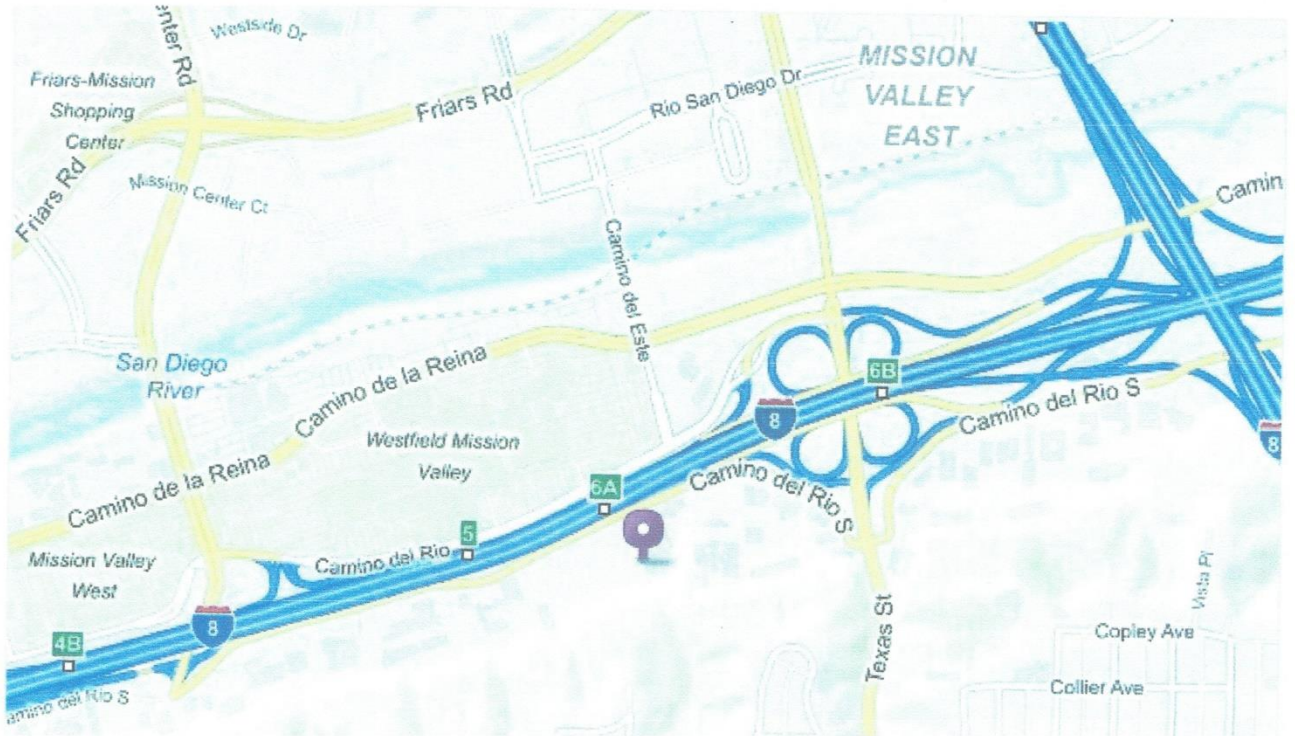
Address: \_\_\_\_\_

Guest's Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_





The Scottish Rite Event Center is at 1895 Camino del Rio South, between Hwy 163 to the west and I-805 to the east. Parking is free.