



THE NETWORK



Newsletter of The Retired Employees of San Diego County

FLAG DAY LUNCHEON THURSDAY, JUNE 11, 2026 AT 11:00AM

We are pleased to invite you to the popular RESDC Flag Day Luncheon on June 11, 2026. This year we are returning to the Ronald Reagan Community Center in El Cajon.

Our Flag Day Luncheon is a festive celebration commemorating the adoption of the flag of the United States. This is an indoor event with ample free parking on both sides of the center.

When: Thursday, June 11, 2026 at 11:00am. Lunch at approximately 12:00 pm.

Where: Ronald Reagan Community Center
195 E. Douglas Ave., El Cajon, CA 92020

Menu: Buffet style lunch including salads, dessert & beverages.

Cost: \$18 per person

Directions: The Ronald Reagan Community Center is located one block south of E. Main Street, El Cajon, directly off Magnolia Ave. Take I-8 to Magnolia off-ramp, go south to E. Douglas and turn left.

Registration: The registration **deadline is Friday, June 5, 2026**. Name badges and opportunity drawing tickets should be picked up at the check-in table at the luncheon. They will not be mailed.

Choose your Registration method:

Register Online: Go to www.resdsc.net/events and click the green “Register” button. You will need to use the email associated with your member account. Click “Add guest” to add additional registrants for \$18.00 each. To pay for yourself and guests, click “Pay Online” and pay with a credit card.

Register by Phone: Call the RESDC Office at (619) 688-9229 during our hours of 9am – 2pm, Mon-Fri.

For questions or assistance registering, contact us at (619) 688-9229 or resdc@resdc.net. □



SUNDAY, JUNE 14, 2026

The RESDC office will be closed on Thursday, June 11th for our annual Flag Day event.

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June Calendar of Events

- 11—(Thurs.) RESDC Flag Day Luncheon 2026**
Ronald Raegan Community Center, 11:00am.
RESDC office is CLOSED.
- 11—(Thur.) SDCERA Board of Retirement Meeting**
9:00am.
- 14—(Mon.) Flag Day**
- 19—(Fri.) Juneteenth**
RESDC and SDCERA offices CLOSED.

PRESIDENT’S MESSAGE

By Janel Pehau



Last month I wrote about the origin of Mother’s Day, so for this month’s newsletter I’m giving equal time to the origin of Father’s Day. It turns out that both Mother’s Day and Father’s Day, as we know them today, had their origins in the early 1900s. While Mother’s Day was officially established as a federal holiday in 1914 by President

Woodrow Wilson, Father’s Day didn’t become an official federal holiday until 1972. In April of that year, President Richard Nixon signed Public Law 92-278, declaring that Father’s Day be observed on the third Sunday in June.

Historians give credit for the origin of Father’s Day to a woman named Sonora Smart Dodd from Spokane, Washington. She was aware of the efforts to establish a national holiday to honor mothers, but in her mind, fathers deserved to be honored, too. She was one of six children who had been raised by their widowed father who was a Civil War veteran. Sonora, along with an organizing committee, circulated petitions to persuade religious and civic leaders to establish a day honoring fathers. Her efforts were so successful that the mayor of Spokane and the governor of Washington worked together to make it a statewide celebration on June 19, 1910. Afterwards the idea began slowly spreading across the country.

Why did it take decades to have Father’s Day be on a par with Mother’s Day? According to sources including the Farmer’s Almanac and History.com, many men were not keen on the idea because they didn’t see a parallel between them and the sentimentality evoked by Mother’s Day. Nonetheless, retailers and florists embraced it and repeatedly promoted it because they saw it as another opportunity to increase sales. There were still those who, however, wanted neither Mother’s Day nor Father’s Day to be commercialized. To complicate matters, in the 1920s and 1930s, there was an effort to abolish Mother’s Day and instead celebrate Parents’ Day to recognize the joint effort in raising a family. Efforts at the federal level

persisted, though, to establish Father’s Day as a national holiday. A bill was introduced in Congress in 1913 (the year before Mother’s Day became an official federal holiday), but despite President Woodrow Wilson’s urging, the measure failed. In 1916, keeping the idea alive, he reportedly used telegraph signals to initiate the unfurling of a flag in Spokane to honor the day. In 1924, President Calvin Coolidge signed a resolution urging state governments to observe Father’s Day. Then, some 42 years later in 1966, President Lyndon Johnson signed an executive order establishing the third Sunday in June as the national Father’s Day holiday. And, as noted above, it finally became law under President Nixon in 1972. Sonora Smart Dodd died in 1978 at the age of 97 and thus lived the last six years of her life knowing that she had accomplished the initiative she started in 1910.

Happy Father’s Day 2026 RESDC dads! □



MEALS ON WHEELS SAN DIEGO COUNTY

“Meals on Wheels San Diego County is a non-profit organization that provides nutritious meals to homebound seniors, and we rely heavily on volunteers to make this possible. That’s why we are reaching out to you, to ask for your help in this important mission.

Volunteering for Meals on Wheels is a great way to give back to your community and make a difference in the lives of those in need. By simply delivering meals to someone’s doorstep, you can bring a smile to their face and make their day so much brighter. It’s a small gesture, but it can have a big impact on someone’s life. In fact, most of our volunteers tell us that they think they are the lucky ones to have this service as it brings so much joy and meaning into their own lives.

We understand that many of you are busy with activities and commitments, but volunteering with us can be a flexible and rewarding experience. You can choose the days and times that work best for you, and we will provide all the training and support you need to make your volunteer experience successful.

If you’re interested in volunteering with us, please don’t hesitate to call our office at 619-260-6110 or visit our website at sandiegomealsonwheels.org. We would be happy to answer any questions you may have!

Thank you for considering this opportunity to make a positive impact on the lives of our community’s most vulnerable members!

Together, we can deliver.”

-Meals on Wheels, San Diego County □

RESDC BOARD OF DIRECTORS—NOW ACCEPTING APPLICATIONS

Are you interested in serving the retiree community, helping shape RESDC programs, and supporting the mission of our organization? The RESDC Board of Directors currently has three vacancies, and we are seeking engaged members who would like to contribute their time, experience, and leadership.

Current Vacancies

Vacancy 1: Term 2026–2027

Vacancy 2: Term 2025–2026 (completing second year of a two-year term)

Vacancy 3: Term 2025–2026 (completing second year of a two-year term)

Who Should Apply?

Members who:

- Enjoy working collaboratively
- Are interested in supporting RESDC events, programs, and outreach
- Want to help strengthen communication and engagement with fellow retirees
- Are willing to attend monthly board meetings and participate in committee work

What Does the Board Do?

The Board of Directors provides leadership and oversight for RESDC programs, events, membership initiatives, and advocacy efforts. Board members help guide the direction of the organization and ensure that RESDC continues to serve the needs of its members.

How to Express Interest

Members who would like to be considered for a Board vacancy are asked to email resdc@resdc.net and briefly describe why they are interested in serving on the RESDC Board of Directors. Additional information regarding responsibilities, time commitments, and next steps in the appointment process will be provided.

Serving on the Board is a meaningful way to stay connected, give back, and help shape the future of RESDC. We encourage interested members to reach out! □

QUOTE OF THE MONTH

"Summertime is always the best of what might be."

– Charles Bowden

ASSOCIATION OFFICERS

President...Janel Pehau
 1st Vice Pres...Dolores Diaz
 2nd Vice Pres...Carl Silva
 Secretary...Leila Attar
 Treasurer...Carlos Gonzalez

ASSOCIATION DIRECTORS

Francine Howell, John McTighe, Maria Rubio-Lopez, Stephanie Saracco-Reed, Bruce Silva

OFFICE MANAGER...Rosita Haro

OFFICE STAFF...Marge Elmendorf
 ...Andrew Steele

NETWORK EDITOR...Andrew Steele

RESDC Office Email Address:

resdc@resdc.net

FREE! Smoke Alarms for Seniors!

Smoke alarms are critical for a home fire escape plan
Are You Prepared?



To sign-up for your free smoke alarm installation, contact our Senior Smoke Alarm Coordinator today at:



(858)-541-7862

or email: smokealarm@burninstitute.org

The Burn Institute is a local non-profit serving the San Diego community for 50 years. Learn more at Burninstitute.org





SDCERA LAUNCHES ID.ME FOR ENHANCED MEMBER SECURITY ONLINE

Members accessing the SDCERA Member Portal can now use ID.me, the digital identity network that simplifies how you securely prove your identity online.

SDCERA's top priority is protecting our members' personal information while we modernize our digital services. ID.me provides enhanced identity verification to prevent unauthorized access – making sure only you have access to your SDCERA Member Portal account.

On July 20, 2026, all SDCERA members will need to sign in with ID.me to access the SDCERA Member Portal. To get started, go to memberportal.sdccera.org, select "Sign in with ID.me" and follow these steps:

- If you already have an ID.me account: Sign in; don't create a new account. If you've already provided your government ID to ID.me, you can just sign in and consent to share your information with SDCERA. If you haven't verified your identity, you will be prompted to upload a government ID after you sign in.
- If you're creating an ID.me account for the first time: Click "Sign in with ID.me" and then click "Create a new wallet." Follow the prompts to verify your identity.

Tips for Success

- You can only have one ID.me account. If you already created an ID.me account for another purpose, like Social Security or Veterans Administration, don't create a new account to sign in to the SDCERA Member Portal.
- If you already created a duplicate ID.me account, you'll need to close the duplicate account you created. If you need help signing in to your original account, visit the ID.me Help Center at help.id.me. □

COMMUNITY EVENTS ON THE RESDC WEBSITE

Did you know you can see a list of great local events on our website? Check out www.resdc.net/community-events.

San Diego County is home to a wide variety of great events for community members to take part in. From the San Diego Fair to December Nights, music events to marathons, there is always something going on that is sure to get you excited and involved in our great community.

Check out the Community Events page on the RESDC website to stay up to date on what is going on around San Diego County. □

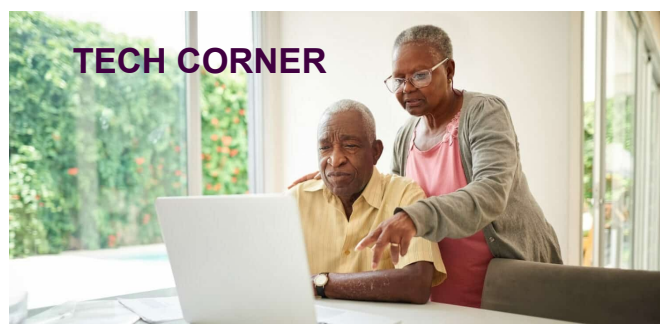


BOARD MEMBER PROFILE CARLOS GONZALEZ

A member of the RESDC Board of Directors since December 2007, Carlos retired from the San Diego County Superior Court with 18.5 years of County service. He also served his country in the United States Marine Corps, retiring as a Gunnery Sergeant; and acquired accounting and auditing skills working in the savings and loan industry.

Carlos served three terms on the San Diego County Retirement Association (SDCERA) Board (1992-2003). His volunteer and enjoyable activities in retirement include coin and stamp collecting, golf, walking, nature and wine. Besides his service on the RESDC Board, Carlos sits on the Executive Committee as Treasurer of the California Retired County Employees Association (CRCEA).

Travel: Carlos returns frequently to his native Puerto Rico, and enjoyed a three-week, six-country tour of Europe in 2009. He has been married since 1971 and has one child and three grandchildren. □



Do not save passwords in your internet browser.

It was recently revealed that Microsoft Edge stores saved passwords in plain text. This means that they are not encrypted. It is a cybersecurity best practice to never save passwords to a browser in the first place. If you have trouble managing your passwords, it is recommended to use a password manager such as BitWarden. □

 *In Memoriam*

Joyce Barner	
Brenda Bell	Housing & Cmnty. Devlp.
Donna Bergerson	HHSA
Orvil Berrios	Sheriff
Jeanne Bowden	
Gordon Brooke	
Dorothy Carey	
David Cox	District Attorney
Gail Davis	Superior Court
Flora Driver	District Attorney
Berta Elias	AGH
Linda Evans	
Elizabeth Evelyn	HHSA
James Freiburger	HHSA
Maria De Hernandez	HHSA
Claude Jefferson	
Diane Kaelin	HHSA
Robert Kelin	HHSA
Lydia Ketcham	Library
Ann Kristof	
Thomas La Madrid	Public Works
Thomas Lundmark	County Counsel
Allan Mandell	HHSA
Julianna MEEKS	Sheriff
Angela Miner	HHSA
Robin Neece	District Attorney
Claudette O'Bryan	HHSA
Felisa Ordonez	Agriculture, Wgths. & Meas.
Barbara Jean Parker	
Stanley Salazar	Sheriff
Jerry Segal	HHSA
Barbara Story	HHSA
Linda Stuart	Public Works
Laura Tenhunen	District Attorney
Perry Thompson	HHSA
Terry Warner	General Services
Marcee Wheaton	Superior Court
James Winningham	Assessor/Recorder/Cty. Clk.
Geneva Wyatt	
Rebecca Zornado	HHSA

Member Privacy

Any retiree or surviving spouse who does not want his/her death notice published in the "In Memoriam" column may notify the RESDC office and your privacy will be maintained. □

FLAG DAY STORIES

At this June's Flag Day event we'll be placing a little extra focus and gratitude on our members that served in the military. If you're interested in being featured in a PowerPoint presentation that will run during the event, please call or email with your name, branch, rank, length of service and ideally a picture. **The deadline for submissions is Thursday, June 4.** We hope you'll participate. Thank you for your service. □

MORE PERKS FOR COSTCO MEMBERS

By Chuck Brown



What? Another Costco Perk?

Short answer: YES. Our friends at Reader's Digest come up with all kinds of interesting (and not so interesting) ideas and articles. This one is pretty nifty –

A Costco card gets you access to some great benefits, and we're not just talking about cheap *rotisserie chicken* or *food court*. Cardholders can send in their old electronics in exchange for a Costco Shop Card. Members can use their Shop Card to make purchases at Costco, either in-store or online.swap your old, outdated electronics for a gift card. That's a step up from dropping them off at the next e-waste event or your local recycler!

This electronics trade-in program is the result of Costco's partnership with **Phobio**, a third-party tech-recycling outfit. **Phobio** handles the nitty-gritty of the trade-in process, evaluating, cleaning, wiping and refurbishing (or recycling) the used electronics.

Costco's trade-in website emphasizes Apple products, but cardholders can trade in a variety of devices from other brands. Costco accepts smartphones, laptops, tablets, smartwatches and certain desktop PCs and media players. Along with Apple, brands eligible for the trade-in program include Samsung, Motorola, LG, Huawei, OnePlus, Dell, Microsoft and HP.

Here's how to offload your pre-owned electronics for Costco cash:

Visit the online trade-in portal by going to <https://trade.phobio.com/costco>

1. Select your device type and brand.
2. Complete a short assessment of your device's condition and receive an instant quote for the trade-in value. Pack and ship your item with the provided shipping label or request a prepaid shipping box from Phobio.

And that's it. After receiving your trade-in item, **Phobio** will inspect and evaluate it. **Phobio also securely wipes all data on your old device**, so you don't need to worry about any of your personal information falling into the wrong hands. □





Office Hours: 9 a.m. to 2 p.m. Monday through Friday.
Telephone: (866) 688-9229 Toll Free
Fax: (619) 688-0766
Email: resdc@resdc.net
Website: www.resdc.net

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THE NETWORK is the official monthly newsletter of the Retired Employees of San Diego County, Inc. (RESDC), a private non-profit organization.

Business and Inquiries: Business matters and address changes may be recorded on the office voice mail at any time, call (866) 688-9229. Please spell your last name so the correct member record can be located.

The information printed in *THE NETWORK* is believed to be from reliable sources. However, no responsibility is assumed by *THE NETWORK* for inaccuracies contained herein.



We would like to continue printing some Bits and Pieces items in this newsletter about our members.

If you have taken an interesting trip or have had an intriguing event happen recently, please let us know so that we can share your story with our members.

If you have reached an exciting birthday, or wedding anniversary, please call RESDC at (866) 688-9229. You can also write to RESDC, 3760 Convoy St., Suite 118, San Diego, CA 92111. You can also send your information to us by email at: resdc@resdc.net. □



WELCOME NEW MEMBERS

- | | |
|--------------------|-------------------------|
| Ishehyra Fernandez | |
| Moises Gamboa | |
| Gilbert Garcia | |
| Janet Giannantonio | Superior Court |
| Patrina Gomez | Superior Court |
| Nicki Hecht | |
| Christine Horak | Superior Court |
| Beverly Isacco | Sheriff |
| Deborah Jellison | Superior Court |
| David Kim | |
| Kristin Niemann | HHSA |
| David O'Connor | Probation |
| Ana Maria Ramirez | |
| Charlotte Ritchie | Housing & Cmnty. Devlp. |
| Sherly Sebastian | HHSA |

PENSION FACTS AT A GLANCE

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The latest data show that 42.0 percent of full-time working Americans do not have access to retirement plans, 44.1 percent do not participate, and 50.5 percent do not receive an employer match. (Note that these figures are for employed workers between the ages of 18 and 65, excluding government and self-employed workers.)

(EIG.org)

RECIPE SHARE SEND US YOUR FAVORITE RECIPE!

“Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.” – Guy Fieri

Do you have a go to recipe that everyone loves? Is there a dish that your friends and family always demand you bring to a gathering? Any new culinary pursuit you've undertaken that you would love to share?

Send us your favorite recipes to post in future issues of *THE NETWORK*! Send recipes to resdc@resdc.net. We can't wait to get cooking with you! □