



# THE NETWORK



Newsletter of The Retired Employees of San Diego County

## INFORMATIONAL WEBINAR—FBI'S SAN DIEGO FIELD OFFICE TUESDAY, MARCH 10, 2026, 10:00AM

**What:** A free informational webinar just for RESDC members by the San Diego FBI Field Office.

**Where:** Online Zoom Meeting Room. Go to [www.resdc.net/events](http://www.resdc.net/events) to register.

**When:** Tuesday, March 10, 2026, at 10:00am.

**Program:** RESDC members are cordially invited to join us for a very special online event. We're happy and proud to announce that we have a Special Agent from the Federal Bureau of Investigation (FBI), joining us for an exciting educational seminar.

The special agent will share a briefing on counterintelligence (CI) threats and operations in the FBI. This topic covers sub-topics such as traditional espionage, economic espionage, counterproliferation and insider threats. If we have time, they've even promised to share a case study from their work in San Diego.

This is your opportunity to hear real life stories directly from the FBI and pick up tips on how to enhance your own personal security and cyber-hygiene. Do not miss this event. RSVP is required. Register today at: [www.resdc.net/events](http://www.resdc.net/events) or call our office at 619-688-9229.

**Choose your registration method:**

**Register Online:** Go to [www.resdc.net/events](http://www.resdc.net/events) and click the green "Register" button, then follow the steps. To log in, use the email associated with your member account.

**Register by phone:** Call our office at (619) 688-9229 during our office hours of 9:00am – 2:00pm, Monday – Friday. □

**CESAR CHAVEZ DAY  
TUESDAY, MARCH 31, 2026**



**Cesar Chavez Day** is a state holiday in California and several other states. The day is commemorated to promote service to the community in honor of Cesar Chavez's life and work. RESDC and SDCERA will be closed on **Tuesday, March 31** in honor of the holiday. □

**WHAT'S INSIDE?**

President's Message	2
Bits & Pieces	2
Recipe Share	3
SDCERA News	3
California Senior Legislature Update	4
Ballfield Reopens as Padres Park	4
In Memoriam	5
Public Health Lab Facts	5
Scholarship Deadline Reminder	6
Flag Day Stories	6
Tech Corner	6

### March Calendar of Events

- 10—(Tues.)** Informational FBI Webinar  
Online Zoom Meeting Room.
- 12—(Thurs.)** RESDC Board of Directors Meeting  
RESDC Office, 9:30am.
- 19—(Thurs.)** SDCERA Board of Retirement Meeting  
9:00am.
- 31—(Tues.)** Cesar Chavez Day  
RESDC & SDCERA Closed.

### PRESIDENT’S MESSAGE

By Janel Pehau



As retirees receiving monthly pension benefit payments from SDCERA, it’s always good to know the status of the pension fund’s assets. There are two reports, prepared annually, that provide an in-depth look at that information. One is SDCERA’s Annual Comprehensive Financial Report (ACFR) and the other is the annual Actuarial Valuation

and Review. The ACFR focuses on SDCERA’s financial and investment results and includes information from the Actuarial Valuation and Review. The Actuarial Valuation and Review’s focus is on the health of the retirement fund. It pulls together large amounts of data to determine the funding needed to meet retiree pension benefit payments and sets the employee and employer contribution rates. For those who really like numbers and detailed information, dive in! The reports can be found on SDCERA’s website in the Financial Reports section under the “About SDCERA” tab on the SDCERA home page.

There is, however, an alternative to those detailed reports for those who are curious about just some basic information: SDCERA’s Popular Annual Financial Report (PAFR). It provides a summary of SDCERA’s financial activities for a given fiscal year and incorporates key elements of the valuation report. The PAFR for the fiscal year ending June 30, 2025, reports a total net position for the pension fund of \$19.7 billion, a rate of return on investments of 11.2%, and a funded ratio of 80.2%. The funded ratio is the key indicator of a pension fund’s strength. While the goal is to achieve a funding ratio of 100%, 80.2% is considered healthy and is an improvement over the fiscal year 2024 ratio of 77.5%. The 11.2% rate of return on investments beat the assumed rate of 6.5%, helping to improve the funded ratio. To put these numbers into perspective, the PAFR includes tables and charts that enable a comparison of the 2025 results to several previous years.

The PAFR also provides summary membership information. There are three categories of members: active

(people who are currently working), retired, and deferred (people who are not currently working for an SDCERA participating employer, but have neither retired nor withdrawn their contributions). As of June 30, 2025, there were 52,605 total members, with 20,318 being active, 22,671 retired and 9,076 deferred. Benefit payments to retirees totaled approximately \$1.0 billion in the year ended June 30, 2025, and the average annual benefit was \$48,589. I did some digging into older valuation reports and discovered that the number of retirees has exceeded the number of active members ever since 2016. Further, I was curious about the make-up of the 22,671 retirees and found a table in the June 30, 2025 valuation report that showed that the combination of Tier I, Tier II and Tier A retirees accounted for 21,985 of the total retirees. There are only 4,957 active members left in those three tiers combined. There are three other tiers in the fund, Tiers B, C, and D, that were created in the years after the creation of Tier A in 2002, and so far, only 686 people from those combined tiers have retired.

The status of the pension fund is something that RESDC closely monitors. In the November 2025 Network, past RESDC President Chris Heiserman wrote about the County of San Diego considering the implementation of a Deferred Retirement Option Program (DROP) for eligible Safety members. The Board of Supervisors voted on January 28, 2026, to approve the program. Learn more about the specifics of the program on SDCERA’s website. □

### BITS & PIECES

Member **Mark Barletta** recently wrote to RESDC:

“I wanted to share that I recently had the experience of a lifetime:

After being a Volunteer Scorer at the local PGA/Farmers Open event for the past 24 years, I was finally assigned to the #1 group going out on Sunday morning. I had the pleasure of scoring for Ryo Hisatsune, Joel Dahmen, and tournament winner Justin Rose. Rose ended up setting a tournament low score record, and winning over \$1.7 million dollars!” □



### QUOTE OF THE MONTH

*“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”*

-David Brinkley



**RECIPE SHARE**

**LEMON CHICKEN PICCATA**  
*Submitted by Anne Marcotte*

Serves 4

Ingredients for Parmesan encrusted chicken:  
 2 large chicken breasts, halved and pounded to uniform thickness.

- 1 Tbsp Olive Oil
- 1 Tbsp parsley
- 1/2 lemon

Egg mixture:

- 2 large eggs
- 1 garlic clove, minced
- 1/2 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper

Parmesan breading mixture:

- 1 cup grated or shaved Parmesan
- 3 Tbsp all purpose flour

Lemon butter sauce:

- 8 Tbsp unsalted butter
- 2 cloves garlic, minced
- 1/4 cup fresh lemon juice
- 1/4 cup chicken broth
- 1/4 tsp ground black pepper or
- 1/2 cup drained capers

Instructions:

In a bowl whisk together the ingredients of the egg mixture. In another bowl combine together the ingredients of the Parmesan mixture. Dip the chicken in the egg mixture then dredge the chicken in the parmesan mixture. Allow any excess ingredients to fall off the chicken.

In a large, non-stick skillet, heat enough oil to cover the bottom of the skillet. Once hot, add the coated chicken and cook 4-5 mins on each side, or until crispy, golden and cooked until measures 165°F internal temp.

Meanwhile, in a separate saucepan, melt butter and garlic, cook until fragrant. Add the chicken broth, lemon juice pepper and/or capers in and allow to cook for about 2-4 minutes. Pour the sauce over the cooked chicken, turning to coat. Garnish with lemon slices or fresh chopped parsley.

Serve with asparagus, new potatoes or green beans. □

**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

**EXECUTIVE DIRECTOR**

Steve Fisher

**OFFICE MANAGER**...Rosita Haro

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

**NETWORK EDITOR**...Andrew Steele

**RESDC Office Email Address:**

[resdc@resdc.net](mailto:resdc@resdc.net)



**MAXIMUM COLA APPROVED FOR SDCERA RETIREES**

The SDCERA Board of Retirement approved the maximum cost-of-living adjustment (COLA) for 2026. That means:

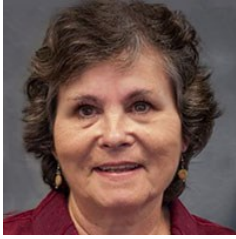
- Tier I, II, and A retired members will receive the maximum COLA of 3% and 0.79% will go in the COLA bank.
- Tier B, C, and D retired members will receive the maximum COLA of 2% and 1.79% will go in the COLA bank.

The COLA will go into effect on April 1, and retirees will see it in their April pension payment. For more information, visit [www.sdcer.org/COLA](http://www.sdcer.org/COLA). □



## CALIFORNIA SENIOR LEGISLATURE UPDATE

By Susan Mallett



Greetings RESDC friends,

I'm pleased to provide an update on the California Senior Legislature (CSL). In California our elected representatives returned to Sacramento on January 5th to begin the 2026 legislative session. However, since mid-November, many dedi-

icated volunteer CSL members, senior senators and senior assembly members, have been busy meeting with legislators and/or their staff to promote the CSL legislative proposals for 2026.

In late October every year, CSL members from throughout the state meet in Sacramento to discuss the merits of legislative proposals presented by members. A vote at the end of the session results in a Top Ten list of legislative proposals that are announced in a formal press release sent to all legislators' offices. The subsequent meetings mentioned earlier resulted in four proposals being picked up for 2026. These bills are:

- Medi-Cal Personal Needs Allowance (PNA) increases from \$35 to \$50 a month for those living in skilled nursing facilities, AB 1649, Assembly Member Ahrens
- Older adult education through local Public Health Departments and Community Colleges to provide classes to include digital literacy and access to technology, fall prevention and physical activity, Senator Choi
- Personal income tax, childcare tax credit of \$2500 for qualified seniors raising grandchildren under the age of 18, Senator Dahle
- Automatic External Defibrillators (AED) required in senior centers or community centers providing activities for 50 or more older adults, Assembly Member Sanchez.

The first bill has a number as it is carried over from 2025, the first year of this two-year session. The remaining three bills will be assigned numbers when they are introduced in the Senate or Assembly prior to the February 20th deadline for new bills. Each bill will move through committee hearings in the legislative house of origin and if successful, the bill moves to the other house, either the Senate or the Assembly, to repeat the process. The goal is to have a bill reach the Governor's desk in September and be signed into law. CSL is also supporting AB 1359, Assembly Member Ahrens, to enable Californians over the age of 80 to seek a permanent excuse from jury duty without a supporting letter, and SB 623, Senator Archuleta, to allow a veteran receiving the veterans' exemption or disabled veterans' exemption to also receive the homeowners' exemption.

All CSL members must apply for re-election this May. San Diego County has eight CSL positions, based on population, and there are currently four vacant senior

assembly member positions. If you are interested in being a grassroots advocate for older Californians, please consider joining us. Applications are available on the website [4csl.org](http://4csl.org) and must be submitted by March 31st. I welcome your interest and questions, contact me at [smallett19@cox.net](mailto:smallett19@cox.net). I look forward to seeing you all at an upcoming RESDC event. □

## COUNTY ACCESSIBLE BALLFIELD REOPENS AS PADRES PARK

(Source: <https://www.countynewscenter.com/county-accessible-ballfield-reopens-as-padres-park/>)



With help from the Swingin' Friar, and Padres players Jackson Merrill and Joe Musgrove, the County marked the official reopening and renaming of the former Miracle Field to Padres Park at San Dieguito Park. The project was made possible through a collaboration be-

tween the County, Miracle League of San Diego, Padres Foundation and community donors, combining public and private resources to deliver a facility that benefits families throughout our region.

The newly upgraded, fully accessible baseball field now boasts the official Padres brand and welcomes athletes of all abilities to play, compete and belong. The upgraded facility features brand-new ADA-compliant surfacing that supports wheelchairs and mobility aids, reduces the risk of falls, and provides a safe, seamless playing surface for participants.

In addition to the new field surface sporting a large SD Padres logo, a new dugout, entrance signage, score board and bleacher shade canopies were unveiled.

"Baseball belongs to everyone. Padres Park will be a field where every child and adult — no matter their ability — can feel the joy of the game, the pride of their team, and the support of their community. This partnership with the Miracle League and the Padres embodies what makes San Diego special: when we work together, we make inclusion real," said San Diego Board of Supervisors Chair Terra Lawson-Remer.

To commemorate the occasion, Miracle League participants played a baseball game coached by center fielder Jackson Merrill and pitcher Joe Musgrove who, along with Padres executive Tom Seidler, were honored with County proclamations from Chair Lawson-Remer's office.

Padres Park is part of the County's more than 50,000 acres of parks and preserves. These include regional parks, local parks, camping parks and community centers. From hiking trails and playgrounds to sports fields and nature preserves, County Parks and Recreation provides safe, inclusive spaces for people of all ages and abilities to connect with nature, stay active and build community. □

### 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. □



## *In Memoriam*

Sandra Amador	District Attorney
Arnold Andersen	
Ibrahim Arikat	HHSA
Robert Asher	Planning & Land Use
John Avery	Superior Court
Judith Bennett	Auditor & Controller
Katherine Berg	
Deborah Brauer	HHSA
Harriette Brazier	HHSA
Mark Buttner	Agriculture, Wghts. & Meas.
Marilyn Clarke	HHSA
Maria Clarkson	HHSA
Mark Collins	Facilities Mgmt.
Patricia Cruz	HHSA
Lawrence Eagle	
Barbara Early	
Carol Fenner	Environ. Health
Lucy Gault	Superior Court
Mary Gibson	
Estrella Gittins	HHSA
Eugene Greco	HHSA
Kenneth Hanson	Dept. of Public Works
Wayne Harlan	Public Works
Anna Hennessy	HHSA
Javier Heras	Environ. Health
Eileen Honda	
Clifford Hunter	Planning & Land Use
Linda Jandrew	Sheriff
Albert Jefferson	Dept. of Public Defender
Rebecca Kellam	
Janeen Kilpatrick	
Maurice Lawrence	HHSA
Salvatore Lombardo	
Perla Madayag	HHSA
Delores Mages	HHSA
Charles Majure	
Lila Michael	Probation
Evelyn Miller	
Eugene Moore	Clerk/Board of Supervisors
John Moran	
William Morrison	HHSA
Frederick Moten	Facilities Mgmt.
Mary Elaine Moulton	
Sharon Navarro	Planning & Land Use
Lorna Nichols	
Daniel Nordell	District Attorney
Marie Overgaag	
Wendy Quinn	Superior Court
William Reinert	Sheriff
Maria Rivera	HHSA
Jacqueline Serrano	Assessor/Recorder/Cty. Clk.
Linda Sommers	Auditor & Controller
Catherine Tague	District Attorney
John Tompkins	Planning & Land Use
Rose Tucker	HHSA
Edgar Tye	
Allan Urban	Housing/Commty. Develop.
Kitty Wall	District Attorney
Thomas Warfield	District Attorney
Barbara Wolter	
Carmen Zellner	Sheriff

## SAN DIEGO COUNTY PUBLIC HEALTH LABORATORY FACTS

- Project Cost: \$93 million
- Ground Broken: Oct. 4, 2023
- Ribbon Cutting: May 29, 2025
- Square footage: 52,000
- Height: Two stories, 38 feet
- Developer: Lowe
- Contractor: BNBuilders
- Architect: Steinberg Hart

**Key lab equipment:**

- Autoclaves: Five pieces of equipment to sterilize biological waste, sterilize media and sterilize laboratory tools and collection bottles
- Biological Safety Cabinets and Glove Box: Protects the workers from dangerous biological pathogens and aerosols
- Chemical Fume Hoods: Used to safely work with chemicals in the laboratory
- Glassware washer and Drying Oven: Used to clean laboratory glassware and tools
- Gene Sequencers: Three pieces of equipment
- PCR Instruments: Used to amplify DNA and RNA
- Extractors: Used to extract and prep for PCR
- Automation: Robots to automate and assist with repetitive tasks
- Mass Spectrometer: To identify bacteria
- High-throughput automated testing: Five pieces of equipment

**Fun Facts**

- A time capsule buried in May 2025 by the lab team will be opened in May 2035
- A COVID Memorial was created to honor and remember the pandemic
- The Lab expects to conduct about 50,000 tests annually
- The Lab is regulated by CLIA, Environmental Laboratory Accreditation Program (ELAP) and Division of Select Agents and Toxins (DSAT)
- The building's electrical and mechanical systems that support the labs are designed in such a way that they can be easily reconfigured to fit emerging testing needs.

**County Operations Center Campus:**

- 47 acres
- Opened in October 2010
- Four major office buildings housing multiple County departments
- Registrar of Voters building
- Sheriff Crime Lab
- Public Health Lab
- Public hearing chambers
- Medical Examiner's Office
- Emergency Operations Center
- Three parking structures
- 39 pieces of public art



**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](mailto:resdc@resdc.net)  
**Website:** [www.resdc.net](http://www.resdc.net)

**Retired Employees of San Diego County, Inc.**  
 3760 Convoy St., Suite 118  
 San Diego, CA 92111

NON-PROFIT  
 ORG.  
 U.S. POSTAGE  
 PAID  
 SAN DIEGO, CA  
 Permit No. 885

Address Service Requested

**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.

## RESDC SCHOLARSHIP DEADLINE REMINDER

By *Carlos Gonzalez, Scholarship Committee Chair*



The deadline to submit the 2026 RESDC merit scholarship applications is **Friday, March 6, 2026**. Applications postmarked after this date will not be considered. Final results will be communicated directly to individual participants at the beginning of June. Please remind your high school graduating scholarship applicants to have their applications into the RESDC of-

fice by March 6!

The deadline to apply for the Theo and Evelyn Yakel Scholarship is **Wednesday, March 4, 2026, at 2:00 p.m.**

For more information about the RESDC Scholarship programs please visit: [www.resdc.net/scholarship-program](http://www.resdc.net/scholarship-program) □

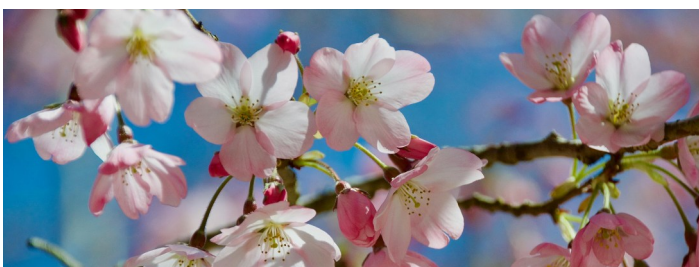


### Ensure safe surfing

When connecting to an open and unsecure wi-fi network outside of your home, be mindful of what you do on your phone. Avoid accessing things like mobile banking until you get home. Consider downloading a Virtual Private Network (VPN) to turn on and hide your actual location. Some phones, like Google Pixel models, come with VPN built in to activate as needed. □

## 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. We hope you'll participate. Thank you for your service. □



## 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](mailto:smokealarm@burninstitute.org)

The Burn Institute is a local non-profit serving the San Diego community for 50 years.  
 Learn more at [Burninstitute.org](http://Burninstitute.org)