



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. □



MONDAY, MAY 25, 2026
RESDC and SDCERA offices will be closed.

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May Calendar of Events

- 14—(Thurs.) RESDC Board of Directors Meeting**
RESDC Office, 9:30am.
- 21—(Thur.) RESDC Roundup**
Stone Brewing, 1999 Citracado Pkwy, Escondido,
CA 92029, 3:00pm-5:00pm.
- 21—(Thur.) SDCERA Board of Retirement Meeting**
9:00am.
- 25—(Mon.) Memorial Day**
RESDC and SDCERA offices closed.

PRESIDENT’S MESSAGE

By Janel Pehau



With the arrival of May, we turn our attention to two special days. One is Mother’s Day, celebrated on the second Sunday of the month and the other is Memorial Day, observed on the last Monday of the month. Mother’s Day is commonly a day filled with cards, flowers, gifts, food, and family gatherings. Memorial Day is a solemn occasion to

commemorate those who’ve lost their lives in service to our country.

I think most of us are knowledgeable about the origins of Memorial Day. It originated after the Civil War to honor the soldiers who had died in the conflict. It was originally called Decoration Day because of the flowers, wreaths and flags that were laid on the graves of the soldiers. Gradually, states across the country recognized May 30 as Memorial Day and made it a legal holiday. In 1971 it became a federal holiday to be observed on the last Monday in May.

Some of you may be well versed in the history of Mother’s Day, but for those of you who (like me) might wonder a little bit about its origin, I did some research. According to Time Magazine and the Smithsonian, its origin, like that of Memorial Day, can be traced back to the Civil War era. Mother’s Day as we know it was officially established by President Woodrow Wilson in 1914. That it was to be celebrated on the second Sunday in May can be attributed to a woman named Anna Jarvis (1864-1948) who wanted to honor her mother’s legacy and worked hard to achieve the proclamation by President Wilson.

Anna’s mother was Ann Jarvis (1832–1905). She promoted a vision for a “Mother’s Day,” but it was different from Anna’s. She initially organized “Mother’s Work Clubs” and “Mother’s Work Days” in her community to improve environmental conditions and hygiene to benefit the lives of mothers and increase the survival rate of their children. She reportedly bore thirteen children, most of whom died from various diseases such as diphtheria

and measles, and she wanted to help other mothers and families avoid her tragic experiences. But along came the Civil War, and she pivoted to help heal the wounded and promote peace. She lived in the Appalachia area and there she organized women’s groups to treat the sick and injured soldiers – both Union and Confederate. After the war was over, she began promoting a “Mother’s Friendship Day” in the belief that women were the most capable of restoring a sense of community and achieving lasting peace.

Anna Jarvis never had children of her own. While she was initially very happy to have reached her goal of establishing a nationally recognized special day to celebrate mothers, she became upset to see how increasingly commercialized the occasion was becoming. She’d meant it to be a holy day focused on honoring “mothering work.” In 1943 she started a drive to get Mother’s Day repealed, but as we can tell, she didn’t succeed.

While we each have traditions surrounding these two special days, I hope your hearts are filled this month with extra warmth and appreciation for the mothers in your lives and for not only the service members who have lost their lives in military conflicts, but also for their family members and friends who miss them. □

PURCHASE SEE’S CANDIES GIFT CARDS ONLINE

You can now purchase See’s Candies gift cards in our new Online Store using your RESDC discount!

RESDC members are offered \$25 gift cards for \$22, a savings of \$3. Gift cards are redeemable at any See’s Candies location or online.

To purchase gift cards online, go to:

resdc.wildapricot.org/online-store

Note: You need a RESDC member self-service login in order to access the online store. If you need one, please email resdc@resdc.net. □

QUOTE OF THE MONTH

“A hero is someone who understands the responsibility that comes with his freedom.”

-Bob Dylan



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! □



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*



RESDC ROUNDUP STONE BREWING IN ESCONDIDO

What: RESDC Roundup at Stone Brewing in Escondido

Where: Stone Brewing World Bistro & Gardens
1999 Citracado Pkwy, Escondido, CA 92029

When: Thursday, May 21, 2026, from 3:00pm-5:00pm

We are pleased to announce we will be heading to Escondido for the next Roundup. The Roundup provides an opportunity to catch up over libations and appetizers with RESDC leadership and fellow members. No host bar, but the first round of appetizers is on RESDC! Come meet with old friends and make some new ones! Hope to see you there. RSVP is required. Max of 25 registrants.

Choose your registration method:

Register Online: Go to www.resdc.net/events and click the green "Register" button and follow the steps.

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

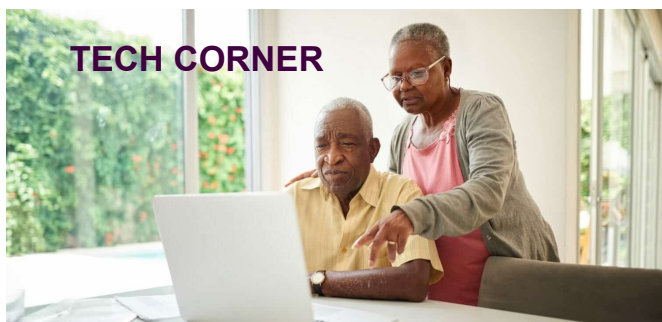


BOARD MEMBER PROFILE JANEL PEHAU

A member of the RESDC Board of Directors since 2013, Janel retired from the County Auditor and Controller Department in 2010 with 37 years of County service. She was the Director of the Office of Financial Planning during her final ten years with the County. Her County career also included experience in the Program Development Agency, Office of Management and Budget, and Planning and Land Use Department.

From 2012 to the present Janel has been assisting (on a part-time basis) one of the smaller cities in San Diego County with budget development, and monitoring the winding down of the City's former redevelopment agency. She has a BA in Business Administration from the University of Washington and a Masters Degree in Public Administration from San Diego State University.

In retirement Janel enjoys being able to exercise daily, spending time with her grandchildren, working part-time, sewing and knitting projects, reading, and getting together with family and friends. Her favorite travel experiences include taking trips to her home state of Washington to visit family (and "soak up the beautiful scenery there that I took for granted when I was growing up"), and to the San Francisco Bay area to visit her daughter and her family. She and her husband, Paul, have been married since 1979. They have three children and eight grandchildren. □



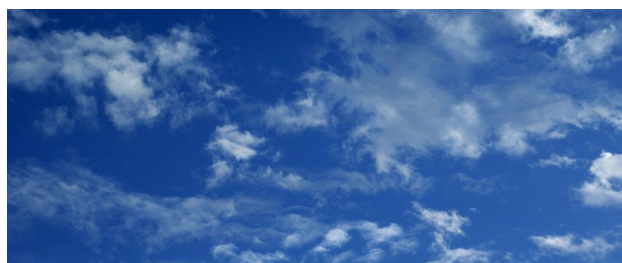
TECH CORNER

Download a third-party security app

There are third-party security apps you can download to your phone to add another layer of protection against malware, phishing and viruses. Many also include a VPN as part of the package. They may require a paid monthly subscription, but it can be worth it for the added peace of mind. □

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. □



 *In Memoriam*

Guy Allphin	Air Pollution Control Dist.
Ligaya Barcinas	Housing/Commty. Devlp.
Albert Barret	District Attorney
Margaret Bartelt	HHSA
Mary Bates	Superior Court
Donna Berner	District Attorney
Leila Borchardt	HHSA
Rene Cardinaux	General Services
Nurit Carmel	
Margaret Carter	Wastewater Mgmt.
Edward Clevenger	Probation
Sharron Cooney	
Gladys Copeland	HHSA
Virginia Coyne	
Chrystyne Curry	HHSA
Jill Donahue	Superior Court
Hector Estavane	
Elsa Fasth	
Teresa Garcia-Howell	HHSA
Patrick Giannetto	Human Resources
Peggy Gouge	District Attorney
Larry Hanson	District Attorney
Richard Hecht	Public Works
Emily Hopkins	Public Works
Barbara Jones	
Donald Kapa	Registrar of Voters
Paula Kerr	
William Kilpatrick	Sheriff
Kyersten King	Dept. of Child Support
Judi Kirkham	HHSA
Don Leggitt	
Alex Lievanos	Sheriff
Richard Lindner	HHSA
Henry Mahan	District Attorney
Veronica McBride	HHSA
Ben Mijuskovic	HHSA
Betty Jane Nelson	Dept. of Environ. Health
Caren O'Connor	Auditor & Controller
Sandra Perez	Probation
Linda Pilcher	HHSA
Maureen Richardson	
Dona Schneider	Dept. of Info. Services
Cynthia Shipman	
Robert Sickels	Marshal
Judith Rene Sim	
Frances Sime	
Shay Smith	Sheriff
Marjorie Stewart	Auditor & Controller
Helen Tate	HHSA
David Thomas	HHSA
Eleanor Tron	District Attorney
Charles Wigginton	Sheriff
Patricia Wilson	
Edward Zwolinski	Dept. of Environ. Health

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.



APPLE CRISP
Submitted by Carol Reynolds

- Sliced Apples, about 6
- Flour, 1c
- Sugar, 1c
- Butter, 1/4lb
- Cinnamon, 1tbsp (I use more)
- Water, about 1/4c

Grease a 9X13" pan. Pack apple slices evenly in pan.

Crumble together the flour, sugar, butter and cinnamon and distribute evenly atop apples. Sprinkle about 1/4 cup water on top of apples.

Bake at 325 degrees for 45 minutes or until apples test done. □

SENIOR VOLUNTEERS HARVEST GOODNESS AND TURN SURPLUS INTO SERVICE

(Source: <https://www.countynewscenter.com/senior-volunteers-harvest-goodness-and-turn-surplus-into-service/>)

The County is dedicated to helping older adults stay independent, safe, healthy and engaged.

For the past three decades, a local group of senior volunteers has found a sweet way to do that – while providing fresh produce to their community.

The Senior Gleaners, a team of about 200 older adults, visits local homes to pick ripe, excess fruit. They deliver the harvest to local nonprofits, where it is shared with residents in need.

Those donations are vital in communities like National City, where access to fresh, organic fruits and vegetables is limited. According to the San Diego Food Alliance, one in four people in San Diego County experience food insecurity.

The partnership between the Senior Gleaners, nonprofits and homeowners is a win-win: Residents reduce food waste, families receive healthy produce, and seniors stay active outdoors with friends.



Learn more about Senior Gleaners and how you can volunteer and donate a crop at www.seniorgleanerssdco.org. □



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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 San Diego, CA 92111

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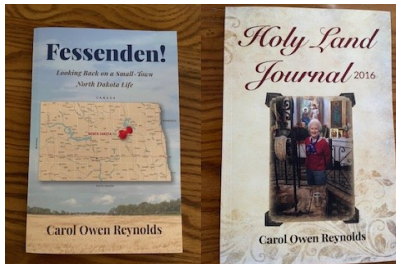
THE NETWORK is the official monthly newsletter of the Retired Employees of San Diego County, Inc. (RESDC), a private non-profit organization.

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.



Member **Carol Reynolds** writes, "My two latest books are finally published: *FESSENDEN!* about my hometown in North Dakota and my *Holy Land Journal* from 2016." □



WELCOME NEW MEMBERS

- | | |
|-------------------|-------------------|
| Fayzeh Arikat | HHSA |
| Terry Aronoff | |
| Lillian Asoera | HHSA |
| Doreen Brooks | Superior Court |
| Teresa Canales | |
| Abraham Cruz | |
| Steven Eldred | HHSA |
| Kathleen Harlan | |
| Stephen Jaskowiak | Sheriff |
| Michael LeDay | |
| David Naimark | HHSA |
| Richard Negrete | District Attorney |
| Alfredo Ybarra | |

PENSION FACTS AT A GLANCE

64

64 is the current average retirement age for retirees in the U.S., while the expected retirement age for current workers is 66 years old. The retirement age is lowest in Alaska and West Virginia, where people retire at 61 years old on average. The retirement age is highest in South Dakota, Massachusetts and Hawaii, where people retire at 66 years old on average. □



SDCERA HAS A NEW CEO

David Kim has stepped into the role of Chief Executive Officer at SDCERA after the March retirement of former CEO Tracy Sandoval. Appointed by the Board of Retirement in February, Mr. Kim will lead the organization into its next chapter with a focus on integrity, transparency, and fiduciary stewardship for over 52,000 members.

Mr. Kim comes to SDCERA from the Orange County Employees Retirement System, where he most recently served as Assistant CEO of External Operations. He also brings over 20 years of experience from top Fortune 50 companies, such as Comcast/NBCUniversal and Verizon Communications. □