



THE NETWORK



Newsletter of The Retired Employees of San Diego County

RESDC HEALTH FAIR PICNIC

THURSDAY, OCTOBER 15, 2026

What: The Retired Employees of San Diego County (RESDC) annual Health Fair Picnic.

When: Thursday, October 15, 2026, 10:00 am—1:00 pm
Lunch Served 11:30 am—12:30 pm

Where: Admiral Baker Field, 2400 Admiral Baker Rd, San Diego, 92124
Driving directions will appear in the October issue of THE NETWORK.

Cost: \$5 per person (one guest allowed with additional ticket purchase)

Menu: A traditional BBQ lunch catered by RESDC favorite, The Barbecue Pit.



The annual RESDC Health Fair Picnic is aimed at promoting a well-balanced and supported lifestyle for seniors. All members and guests will receive a delicious BBQ lunch and be entered into an opportunity drawing for a chance to win one of the many prizes provided by our exhibitors. Due to venue regulations we are limited to 300 attendees. While this event has been free in the past, unfortunately we've had a number of people who didn't show after registering combined with the disappointment of many other members who wanted to register, but couldn't because of the venue limitations. In an effort to minimize this, tickets will be sold for a small fee of \$5. The exhibitor list is growing this year and attendees will have access to varied organizations providing resources focused on health, insurance, discount programs, legal aid, wellness, continuing education, and community involvement. Please note: **REGISTRATION IS REQUIRED.**

Registration:

LIMIT 1 GUEST PER MEMBER. Name badges and opportunity drawing tickets should be picked up at the Check-In table. They will not be mailed. Per park rules: No pets are allowed except Service Animals. No smoking, vaping, or alcohol is allowed on the premises.

Choose Registration Method:

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

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

Upcoming Events

September 9:
RESDC Day at the Padres

September 24:
Elder Law and Advocacy:
Estate Planning Basics



WHAT'S INSIDE?

President's Message	2
RESDC BOD Accepting Applications	3
Elder Law & Advocacy Webinar	3
Web MD's "Believe it or Not"	4
Board Member Profile Maria Rubio Lopez	4
Upcoming Events	4
In Memoriam	5
Walk4Alz w/ Team RESDC	5
Estate Planning Benefit Update	6
Welcome New Members	6
RESDC Member Self-Service Site	6

September Calendar of Events

7—(Mon) Labor Day
RESDC and SDCERA offices closed.

9—(Wed) RESDC Day at the Padres
Petco Park, 1:10pm

10—(Thur) RESDC Board of Directors Meeting
RESDC office, 9:30am

17—(Thur) SDCERA Board of Retirement Meeting
9:00am

24—(Thur) Elder Law and Advocacy: Estate Planning Basics
10:00am, online Zoom meeting room

PRESIDENT’S MESSAGE
By Janel Pehau



It's September and I found another opportunity for a short history lesson, this time about Labor Day. As active employees, most of us (those who had regular office jobs) looked forward to the three-day weekend that the Labor Day holiday

provided. It's the unofficial end of summer when people gather with family and friends in backyards, or at parks, lakes, the beach or many other possible venues to enjoy good food and each other's company. While there were picnics in the early years of Labor Day celebrations, they were not the primary focus of the organizers.

The official purpose of Labor Day is to celebrate the achievements and economic contributions of American workers. It got its start in the late 1800s during the Industrial Revolution. Organized labor was gaining strength in response to very long working hours, and often with no days off, poor pay and undesirable working conditions. Child labor was also an issue. In 1882, several labor unions joined forces in New York City to form the Centralized Labor Union (CLU). The CLU's strength came from a diverse range of ethnic backgrounds and political interests. On September 5, 1882, the CLU held a "festival of labor" in New York City, a huge parade followed by a huge picnic. The event coincided with the first day of a convention, also in New York City, of the Knights of Labor, the most prominent national labor organization in the U.S. Some 10,000 people, mostly men, took unpaid time off work to march in the parade. They carried tools or other symbols of their trades or carried banners and flags. The goal was to inspire and unite workers and demonstrate the power of organized labor to politicians

and the public. According to one source, there were as many as 250,000 people lining the parade route. The CLU's parade and picnic on September 5, 1882, is considered to be the first official Labor Day celebration.

In 1883, the CLU repeated its Labor Day celebration. By 1884, the Federation of Organized Trades and Labor Unions (later to become the American Federation of Labor (AFL)) called for all workers to celebrate Labor Day on the first Monday in September. It didn't take long for cities and then states to designate Labor Day as an official holiday. By 1894, 31 of the nation's 44 states had done so. On June 28, 1894, Congress passed an act making the first Monday in September each year a legal national holiday. President Grover Cleveland signed it into law the same day. That didn't mean, however, that employers immediately began closing for the Labor Day holiday and giving workers the day off. It happened sooner for areas and businesses that had a strong union presence. The legislation making Labor Day a federal holiday was in reality a "lead by example" effort because the law actually applied to only employees of the federal government and the District of Columbia. It's not clear, though, from any of the sources I found on this topic, whether in the early days of this holiday, getting the day off work was with or without pay.

Over time, Labor Day parades and ceremonial events have significantly declined in favor of the smaller private gatherings we know today. This year Labor Day is on September 7. As we celebrate this year, let's take some time to reflect on our achievements and contributions during our years of public service and be proud to have helped make the San Diego region a better place to live and work. And, tip your hat to those who have carried on after us and must return to work on September 8. □

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...Justine
Gudmundson-McCain

OFFICE MANAGER...Rosita Haro

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

NETWORK EDITOR...Andrew Steele

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 (completing second year of a two-year term)
- Vacancy 2: Term 2027–2028
- Vacancy 3: Term 2027–2028

Why Serve on the Board?

Serving on the RESDC Board is an opportunity to make a positive impact on an organization that represents more than 8,000 active and retired County employees. Board members play an important role in supporting member programs, events, outreach efforts, and advocacy initiatives that benefit the retiree community.

Whether you have experience in leadership, event planning, communications, finance, public service, or simply a desire to get involved, your perspective and participation can help strengthen RESDC.

What Does the Board Do?

The Board of Directors provides leadership and oversight for RESDC's programs, events, membership initiatives, and advocacy efforts. Board members help guide the organization's priorities while ensuring that RESDC continues to meet the needs of current and future retirees.

Board members are expected to:

- Attend monthly Board meetings (zoom or in-person)
- Opportunity to participate in committee work and special projects
- Support member events and outreach activities
- Serve as ambassadors for RESDC and its mission

Interested in Learning More?

Members interested in serving on the Board are encouraged to contact the RESDC office at resdc@resdc.net. Our office staff will be happy to discuss the required information and processes for joining the board of directors.

This is a wonderful opportunity to remain active, connect with fellow members, and help ensure RESDC continues to thrive for years to come. We encourage interested members to reach out and consider serving. □

ELDER LAW & ADVOCACY: ESTATE PLANNING BASICS



What: A free webinar for RESDC members presented by the Elder Law & Advocacy group.

When: Thursday, September 24, 2026, at 10:00am

Where: Online Zoom Meeting Room. The meeting link will be sent to registrants closer to the date of the event.

Program: Attorney David Schwartz will present Estate Planning Basics, which includes an overview of key estate planning documents such as Powers of Attorney, Advance Health Care Directives, and Conservatorships. The presentation is designed to help attendees better understand these important planning tools and how they can protect themselves and their loved ones. There will be a Q&A session at the end of the presentation.

Choose your registration method:

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

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



George Trapnell, retired from EDP in 1989, and **Donna Trapnell**, retired from HCD in 1989, celebrated their 75th wedding anniversary on 8/18/26. They've spent 75 years traveling the world. They will celebrate with family. □

WEB MD'S "BELIEVE IT OR NOT"

By Chuck Brown



Scientists study anything/everything, but "What difference does eye color make in your life?" is an interesting question. They shed (some) light on this topic in a recent newsy missive. It's a wide-ranging article that covers many subjects.

Here are some that grabbed my attention:

Got blue, green, or gray eyes? You're more likely than your brown-eyed friends to get a specific cancer of the eye called uveal melanoma. Your chances are still low, though - only 2,500 people in the U.S. get it each year.

Researchers found that people tend to rank brown-eyed faces more trustworthy than others. But the study went on to say that facial features common to folks with brown eyes were more likely to give people feelings of trust.

Studies show that in a loud environment, brown-eyed people have less hearing loss than people whose eyes have blue hues.

Not only are you more likely to drink alcohol if your eyes are blue, you're also at a higher risk of becoming addicted to it, according to a 2015 study.

Your eye color can play a role in what type of behavior therapy works best for you. Dark eyes can mean you'll have better results in treatment that's more rigid. Meanwhile, light-eyed folks are more likely to respond to a program that changes as they do, at their pace.

The vision-clouding condition, cataracts, is more likely to strike earlier if you have dark brown eyes, one Australian study says.

Those are just the highlights – much more in the article, which can be found here: <https://www.webmd.com/eye-health/ss/cm/slideshow-eye-color-health> □

QUOTE OF THE MONTH

"Autumn is a second spring when every leaf is a flower."

– Albert Camus



BOARD MEMBER PROFILE

MARIA RUBIO LOPEZ



Maria is originally from Brawley, California in neighboring Imperial County. She was a San Diego County Employee for over 36 years in the Department of Public Works (DPW) in Kearny Mesa. She started as a San Diego State Student Worker in the late 70's and ended her career in early 2015. She was first employed in DPW's Mapping Section as a Drafting Technician 1 and ended as a Construction Technician in the Traffic Section. Her latest duties and responsibilities were staff to the San Diego County Advisory Committee and DPW's School Liaison Officer. These assignments involved networking, collaboration and a great sense of humor. □

UPCOMING EVENTS

September 24: Elder Law & Advocacy: Estate Planning Basics Webinar

October 6: Medicare Basics Webinar w/ MySeniorHealthPlan

October 15: Health Fair Picnic

October 17: Walk4Alz w/ Team RESDC



SDCERA REPORTS INVESTMENT RETURNS FOR FY 2026

SDCERA reported an investment return of 15.2% for the fiscal year ended June 30, 2026. SDCERA's assets under management were \$22.8 billion.

Based on FY 2026's return, SDCERA's three-year investment return was 12.6%, the five-year return was 7.2%, and the 10-year return was 8.6%, all as of June 30, 2026. These investment returns are annualized and net of fees. □



Cheryl Abel	
Elizabeth Alfaro	Probation
Ralph Anselmo	
David Ashley	Public Works
Agripina Baliwag	Library
Janet Behrens	
Robert Bishop	Sheriff
Jeffrey Clark	Facilities Mgmt.
Kilja Cline	
Paul Davis	Air Pollution Control
Antonio Esquivel	Probation
Darlene Garborg	Probation
Berthold Godwin	
Ana Gutierrez	HHSA
Marilyn Hawley	Air Pollution Control
William Horn	Board Supervisors Dist. 5
Carolyn Innes	
Thelmon Lue Jackson	HHSA
Lily Kelley	
Lois Kellogg	
Daniel Koser	HHSA
Marsha Lang	Sheriff
Jean Lucas	
Frank Lundry	
Rose Martell	
Christopher Martinez	Planning & Land Use
Deborah McDonald	County Counsel
Angie Merker	HHSA
Kenneth Mills	HHSA
Marie Mortensen	District Attorney
Joan Purcell	
Nora Rodriguez	HHSA
David Roob	HHSA
Raymond Root	Sheriff
Johanta Simmons	HHSA
Mary Spurlock	HHSA
Ghiliamic Tesfamariam	HHSA
Grover Thomas	HHSA
Martha Torres	HHSA
John Turley	HHSA
Merle Van Cleve	Agricultr., Wghts. & Meas.
Carla Walker	HHSA
Marsha Wallace	Dept. of Child Support
John Wehbring	Sheriff
Robert Williams	Parks & Recreation
Velma Wood	
Thomas Ziegler	Public Defender

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. □

WALK4ALZ 2026 WITH TEAM RESDC
By Rosita Haro, Office Manager & Team
RESDC Captain



SAVE THE DATE:

Saturday, October 17, 2026 | 8:00 a.m.

Balboa Park
(President's Way & Park Boulevard)

I am proud to lead Team RESDC for our second year participating in Walk4ALZ San Diego, a meaningful event that raises awareness and support for individuals and families affected by Alzheimer's disease.

Alzheimer's is a cause that is especially close to my heart, as it has affected members of my own family. Like many in our RESDC community, I have seen firsthand the challenges this disease brings to individuals, caregivers, and loved ones.

This year, Team RESDC will once again gather at Balboa Park to support Alzheimer's research, caregiver resources, and local programs that provide hope and assistance to those affected by the disease. We walk in honor of loved ones we have lost, in support of those currently facing Alzheimer's, and for a future without this disease.

Whether you choose to walk with us, make a donation, or help spread the word, your support makes a difference. Every step taken and every dollar raised helps improve lives and brings us closer to a cure.

Thank you to everyone who has supported Team RESDC. We hope you will join us in making Walk4ALZ 2026 another success.

Join Team RESDC or make a donation:

<https://alzsd.rallybound.org/walk4alz-2026/RESDC>

Thank you for your support, and we hope to see you there! □





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

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 (619) 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.

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

ESTATE PLANNING BENEFIT UPDATE

Many of our members have inquired about the status of our estate planning benefit. Following the retirement of our longtime estate planning partner, RESDC has been actively exploring new partnership opportunities to continue providing this valuable service to our members.

We appreciate your patience as we work to identify a qualified partner that will offer high-quality estate planning services and meaningful value to our membership. We are currently in discussions with multiple prospective firms and hope to share additional information as it becomes available.

In the meantime, we invite you to join us on September 24 for a free online Zoom webinar, Estate Planning Basics, presented by Attorney David Schwartz of Elder Law & Advocacy. During the presentation, attendees will learn about key estate planning documents, including Powers of Attorney, Advance Health Care Directives, and Conservatorships. The webinar is designed to help members better understand these important planning tools and how they can protect themselves and their loved ones. A live Q&A session will follow the presentation, providing an opportunity to ask questions and receive guidance from an experienced estate planning attorney.

We hope you'll join us for this informative and timely discussion. □



WELCOME NEW MEMBERS

Diane Alvarez-Harder	District Attorney
Amalia Arevalo	
Catalina Avery	
Patrick Brand	Sheriff
Carolyn Carlson	
Laura Carter	HHSA
Kathie Fritchman	
Ross Lewin	Probation
Anita Mezey	Child Welfare Services
Dorothy Morris	Superior Court
Marilyn Thompson	HHSA

LOG IN TO OUR
MEMBER SELF-SERVICE SITE
resdc.wildapricot.org

The RESDC Member Self-Service site is designed for members to get the most out of their membership.

What can I do at the Member Self-Service site?

- 1. Join the Membership Directory. Do you want to see if any of your old co-workers or friends are members? You can join our membership directory so you can contact or be contacted by old friends.
- 2. Register for RESDC Events. Conveniently reserve your spot or purchase tickets to one of our popular events. These include attending a Padres game, a theater performance, the annual Health Fair Picnic, the annual Holiday Luncheon, RESDC Roundup Social Mixers, or one of our many informative General Membership Meetings.
- 3. Quick access to RESDC's website. You can see upcoming community events, view photo galleries of our past events, and check out the latest news in News Now.

Go to resdc.wildapricot.org and log in today!
Note: When you became a member of RESDC, you were sent an email containing a temporary password. This password, along with your email address on file with RESDC, will be your login information. If you no longer have access to this email, please email resdc@resdc.net to request another temporary password. □

