



January 2012 Newsletter

Presented by the **2011-2012 San Diego Section Officers**

Section Director	Pedro Aguilar	(858) 688-1372	Caltrans
Section President	Naser Ghaderi	(619) 623-9035	Caltrans
President Elect	Robert Lumahan	(619) 688-8190	Caltrans
VP Supervisory	Abu-Bakr Al-Jafri	(619) 491-3077	Caltrans
VP Rank & File	Tony Karam	(619) 688-6718	Caltrans
VP At Large	Mehrdad Maher	(858) 674-5437	Div of State Arch
Secretary	John Williamson	(619) 718-7822	Caltrans
Treasurer	Azar Habibafshar	(619) 688-3192	Caltrans

Marty Block State Senate Campaign



San Diego PECG Section officers attended a fundraiser for Assembly Member (78th) **Marty Block**. He is running for State Senate this year. Assembly Member Block has been very supportive of PECG efforts to maintain our status as state engineers, landscapers, architects, surveyors and engineering geologist. He knows various Section officers on a first name basis and is considered a friend to all working persons.



Assembly member (79th) **Ben Hueso** was the guests of honor at the Fifty Seven Degrees Bar & Lounge in San Diego.



Assembly Speaker **John A. Pérez** was also present and met with the San Diego Section officers.

Member Retirement - Erlinda Quiambao



On **December 2nd, 2011**, PEGC member and 28 year state employee **Erlinda Quiambo** (*middle of picture above*) retired from State Service. She spent ten years in Structures Construction and fourteen in Advanced Planning. She mentored most of her coworkers on structural and design issues. She plans to spend her retirement taking care of grandchildren and visiting her extended family in and around Angeles City in the Philippines. We wish her a happy retirement.

Member Retirement - Rey Quiambo



Rey Quiambao also retired on **December 2nd, 2011**. He was a PEGC member and state employee for 27 years and has been married to Erlinda Quiambao (*both pictured above*) for 30 years. Rey has worked in every major engineering group in Caltrans and is considered one of the best state engineers ever. Anyone who has worked with him is

impressed with his speed and the quality of his ideas. Rey can answer just about any computer or highway engineering question. His expertise and positive spirit will be missed.

Member Retirement – Yusaf Rahman

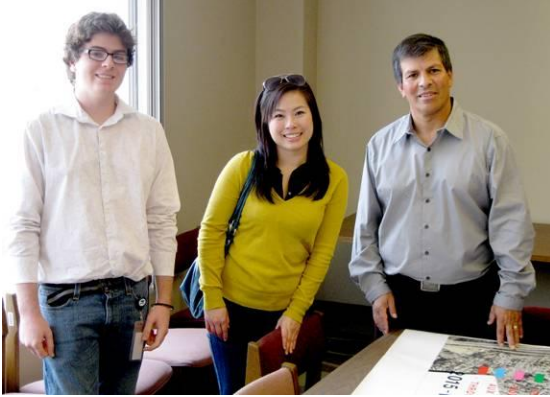
Yusaf Rahman retired on **December 27th, 2011**. He was a PEGC member and state employee for over 20 years. Yusaf's journey to California is as long as they come. Born in Assam India (on the Himalayan foothills) he was able to attend Cambridge University's High School program and eventually got his Masters in Transportation Engineering from Wayne State University (Detroit). He started his Caltrans career in San Luis Obispo and finished up in San Diego's Design division. Yusaf is a mild mannered, well spoken, intelligent individual who will be missed.

Mentoring Students



SDSU Civil Engineering student **Cesar Cazares** (*pictured, right, above*) is working as a volunteer in CT District 11's Advance Planning Section. Various PEGC officers have helped Cesar gain positive exposure and experience in Transportation Engineering.

The newest intern working in the Advance Planning Section is Thomas Chesny, 11th grade student from High Tech High International.



PECG member and Supervisor **Chi Vargas** provided information to Joanne Sith, Thomas's U.S History teacher who visited Caltrans and was toured on the types of experience that Thomas is receiving.

Health and Wellness Committee



Member Benjamin Guerrero has been selected as the District's Vice Chair of the newly formed Health and Wellness Committee, Ben will help the Committee chaired by Lou Melendez. Here's what Ben wrote:

The Health and Wellness committee, lead by Lou Melendez, was commissioned by Management to pursue the logistics of creating a gymnasium at our District. Currently, the committee is in the process of finding an appropriate location. We are also looking at some estimates from vendors. We will continue to inform you as things develop.

As an avid runner and weight lifter I strongly believe in an active life style and how it directly correlates to our physical and mental health. Giving our employees an opportunity to exercise at work in a convenient & central location will boost productivity and morale.

A regimen of daily exercise will ensure you live long and prosper, for you and your family.

As PECG's Vice Chair for Health and Wellness, I would like to share a few guidelines when faced with the ultimate food temptations.

- 1.) According to the popular website BeBetter.com, portion control can be achieved through plate control. "The plate's messages are simple: when you eat a meal, try to make half your plate fruits and vegetables, eat more whole grains, and don't oversize your portions."
- 2.) Now a new study suggests that if the color of the food is similar to the color of the plate you are using - for example, cream colored pasta on a beige or white color plate - you may tend to serve yourself more than you might. So, be creative! Add a little contrast in your china! The only thing you will lose is weight!

Let us start 2012 with renewed vigor and strength! A healthy lifestyle is a wealthy one!

Disability Advisory Committee

Scholarship

San Diego Section is one of the participants and sponsor of the D-11 DAC Committee. the Committee is currently is chaired by Roy Flores, Corporate Treasurer and several officers are members of this Committee.

The Disability Advisory Committee (DAC) at the California Department of Transportation (Caltrans) District 11 San Diego, in conjunction with the California Transportation Foundation (CTF), is pleased to announce the availability of a \$500.00 scholarship.

This scholarship is intended to recognize, encourage, and assist students who have a disability and are pursuing a degree in a transportation related field.

Students graduating from a local high school in San Diego and Imperial counties are eligible and encouraged to apply. For complete details please see the attached application materials.

For additional information please contact DAC Scholarship Committee Chair, Dee Hooker , (619) 688 6637 or E-mail Dee.Hooker@dot.ca.gov

PECG Benefits

San Diego Section would like to remind all members that a variety of discounts on services are available, for more information go to;

<http://www.pecg.org/Benefits/Discounts.htm>

This is a password protected site and password will be available upon member's request on individual basis, please call Evangelina Palm for the password

PECG Video

Members can view PECG's communications in a short video at:

<http://www.pecg.org/Media/Media.htm>

Food Bank

The Caltrans Disability Advisory Committee (DAC) has been very involved in the Food Drive last few years. Fred Abdipour and Naser Ghaderi were among some of the members helping Caltrans D11 food drive this year as well, here's the letter of appreciation received from the Food Bank:

Caltrans DAC

Thank you for participating in the 2011 Holiday Food Drive! Your support is greatly appreciated. It is through community effort like yours that the Jacobs and Cushman San Diego Food Bank is able to feed more than 350,000 individuals every month. Your contribution will assist children, senior citizens, disabled persons, men, women, and families throughout San Diego County. Your commitment to fighting hunger is evident: you donated 1,036 pounds of food through your food drive. This means 809 meals can be provided to people in need. Fighting hunger is an important battle, and your impact does not go unnoticed. Thank you for helping to make this year's Holiday Food Drive a success! We hope that you will continue to be an important contributor to our organization. Your participation is always appreciated. For volunteer opportunities, as well as information on our programs, please visit our website at www.sandiegofoodbank.org. Thank you again for your support! And remember - Hunger Knows No Season. Meagan McNeely Holiday Food Drive Coordinator

9850 Distribution Avenue
San Diego, California 92121 P+ 858
5271419
www.sandiegofoodbank.org

Greater San Diego Science and Engineering Fair is coming up



COME SEE SAN DIEGO STUDENTS
**ENGINEERING A
 BRIGHTER FUTURE**

See over 800 students in grades 7-12 from San Diego and Imperial counties demonstrate their expertise in the STEM subjects which are science, technology, engineering and mathematics.

The 57th Annual Greater San Diego Science & Engineering Fair takes place at the Balboa Park Activity Center corner of Park Blvd and Inspiration Pk Way.

Thursday, March 24, 10 a.m. to 3 p.m.

Friday, March 25, 10 a.m. to 3 p.m.

Saturday, March 26, 10 a.m. to 4:30 p.m.

Sunday, March 27, 10 a.m. to 3 p.m.

Family Day! Sunday, March 27
 Bring the entire family to enjoy award-winning science fair exhibits! See science demonstrations and participate in fun science experiments for kids of all ages, professional speakers and visit with San Diego Zoo Animal Ambassadors, raffles, games and prizes.

THE SCIENCE FAIR IS FREE AND OPEN TO THE PUBLIC
 For more information visit our website at www.gsdsef.org

SPONSORED BY:



Also supported by industry, educators, friends of science in San Diego and beyond counties and nationwide.

The 58th Annual Greater San Diego Science and Engineering Fair will be held March 20 - 25, 2012 at the Balboa Park Activity Center (2145 Park Blvd.) San Diego Section will be heavily involved at the Fair and members interested in helping as volunteer judges representing PECG please contact **Naser Ghaderi** at (619) 623-9035.

PECG Member Retirements

We would like to recognize our members for their years of service and their support of PECG.

If you are planning to retire soon or know of any member that is planning to retire, please let us know by contacting **Robert Lumahan (VP Rank & File – Retirement Honors Committee Chairman)** at robert_lumahan@dot.ca.gov.

Comments & Suggestions

If you have any comments/suggestions regarding this newsletter, please contact:

Section Director, Pedro Aguilar at:

Phone: (858) 688-1372

Email: pedro_aguilar@dot.ca.gov

Or

Section President, Naser Ghaderi at:

Phone: (619) 220-5468

Email: naser_ghaderi@dot.ca.gov

