

From: Dietz, Sidney  
Sent: 3/3/2014 11:37:06 AM  
To: Campbell, Michael (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: FW: 10th Floor Mini-Break Update!

Not worth looking at, but I like the walking graph.

**From:** Redacted  
**Sent:** Monday, March 03, 2014 8:03 AM  
**To:** FAC SF 77 Beale 10th Fl  
**Cc:** Sharp, Shelly; Ramaiya, Shilpa R; Samson, Renee; Redacted  
**Subject:** 10th Floor Mini-Break Update!

10<sup>th</sup> Floorers:

We completed our first month of our mini-break walks and would like to thank each of you who joined us in the walks, (even those who were shammed into joining us)! A special thanks also goes out to the Tariffs & Advice Letter Team (Megan's Team) for leading the walks this past month!

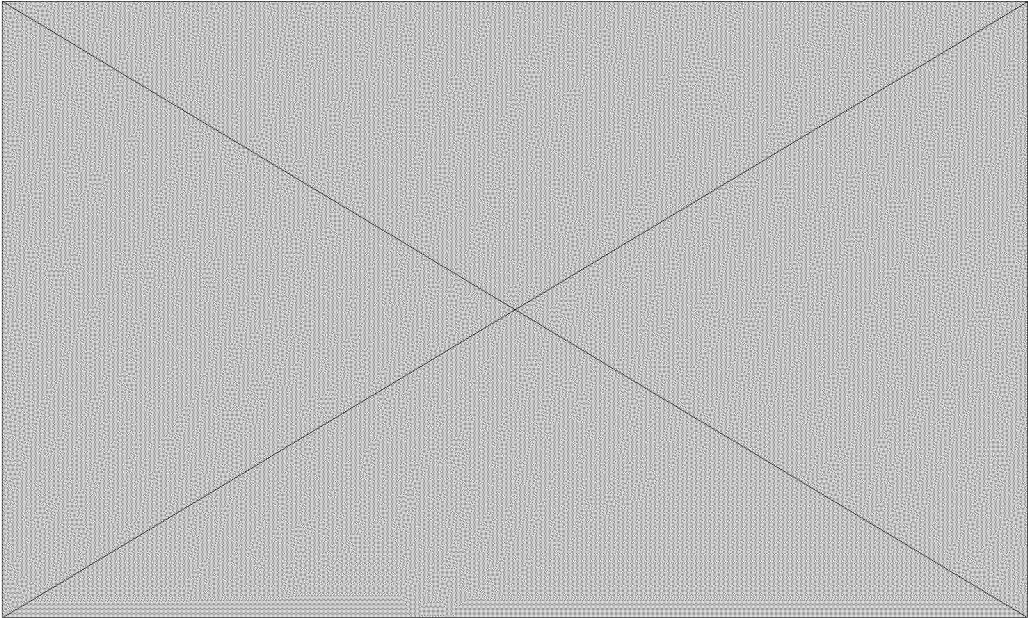
*This month (March) the G&E Rate Ops – Electric and Gas Rate teams (Patricia and Ray's teams) will lead us in the mini-break walks. The team leading the walks will also have the responsibility of determining and providing the weekly prize for the random drawing.*

**Statistics for the Month of February**

Week Of	# of Participants	# of Laps	Miles Walked	Winner of Gift Card
Feb 3	34	237	11.85	Redacted
Feb 10	35	309	15.45	
Feb 18	26	193	9.65	
Feb 24	34	301	15.05	

We would also like to congratulate the winners of the weekly drawing for gift card who are listed in the table above.

Collectively the 10<sup>th</sup> floor employees walked **1,040 laps** around the floor during the month of February, which is the equivalent to approximately **52 miles!** The goal for our floor is to walk the distance equivalent to walking to SDG&E Headquarters in San Diego (516 Miles via Highway I-99) by the end of the year. With 52 Miles completed, we are approximately at the I-5/I-205 Interchange, so we are on our way!



Top Ten Walkers:

Ranking	Name	# of Laps in February
1	Redacted	56
2		54
3		53
4		51
5		48
5		48
5		48
8		46
9		41
10		40
10		40

\* Maximum number of laps during the month of February = 76

Bottom Ten Walkers:

YOU KNOW WHO YOU ARE, (and so do we)!

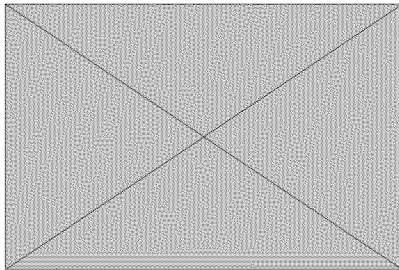
*Let's keep up the good work and we'll see you at 9:50 a.m. and 2:50 p.m....*

*The 10<sup>th</sup> Emergency Team*

**From:** [Redacted]  
**Sent:** Monday, February 03, 2014 9:11 AM  
**To:** FAC SF 77 Beale 10th Fl  
**Cc:** Sharp, Shelly; Ramaiya, Shilpa R; Samson, Renee; [Redacted]  
**Subject:** Quack for Safety 10th Floor Break

10<sup>th</sup> Floorers:

Haven't quite started that New Year's Resolution? Feeling tired and/or inactive? Now don't you fret, and don't you frown, we're going to help you get up and get refreshed!



Starting February, we are reactivating our 9:50 a.m. and 2:50 p.m. mini-breaks. Yes, this means that you will have to take a break from your busy schedule, drag yourself away from your computers, and walk with the rest of the folks on the 10th floor. Just one or two laps around the floor is great for both your physical and mental health. Recently Dr. David Agus on CNN's Fared Zakaria GPS (Global Public Square) (1/12/14) advocated that everybody should get up every half hour and walk for four or five minutes for a healthier life. *"Four or five minutes. That's it. Our body was designed to move. Your lymphatics that control your immune system have no muscle. So, it's the rhythmic contractions of the muscles in your legs when you walk that actually make your body work."* (See attachment for transcript of interview). This is also our "mini-social-hour", where we get to

talk to our co-workers about your latest project, your kids, pets, hobbies, sports, or the even the weather!

In the spirit of continuous improvement, we have made slight modifications to the mini-breaks:

- The duck call is gone! (As well as the hunter with the shot gun).
- The mini-breaks will be initiated by the various sections on the floor. Each section has been assigned a month where they will coordinate and lead the mini-break walks. It will be up to the each section to decide whether the walks will be led by an individual or by the group, and how they would like to signal the start of the walk.

Month	Section/Team	Directors/Manager
February	Advice Letter & Tariffs	Redacted
March	G&E Rate Ops – Elec & Gas Rate Team	
April	G&E Rate Ops – Rate Design & Quantitative Analysis	
May	Reg Relations (excluding AL & Tariffs)	
June	Revenue Req & Analysis	Meredith Allen Mark Krausse Teresa Hoglund
July	RDA	Deb Ghosh
August	Advice Letter & Tariffs	Redacted
September	G&E Rate Ops – Elec & Gas Rate Team	
October	G&E Rate Ops – Rate Design & Quantitative Analysis	
November	Reg Relations (excluding AL & Tariffs)	
December	Revenue Req & Analysis	Meredith Allen Mark Krausse Teresa Hoglund

- We will continue to have a weekly gift card drawing for those who participate. Every lap that you complete will count as one entry into the drawing.

If you have any questions, please contact one of the floors Emergency Team Members.

Teresa Hoglund, Redacted