

From: Campbell, Michael
Sent: 5/7/2014 2:28:43 PM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: RE: oh man

Good recovery plan - video games always make things better.

Strudwick is a stud.

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Wednesday, May 07, 2014 2:28 PM
To: Campbell, Michael
Subject: Re: oh man

Iced it last night. Have a strudwick appt for 20may. It comes and goes.

When I'm home - video games and rat race books.

Do I seem terse? Blame the thumb keyboard.

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]
Sent: Wednesday, May 07, 2014 02:24 PM Pacific Standard Time
To: Dietz, Sidney
Subject: RE: oh man

Shit.

Good luck with the leg. Anti-inflammatories. Ice.

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Wednesday, May 07, 2014 2:22 PM
To: Campbell, Michael
Subject: Re: oh man

He probably does. He's doing retired-guy stuff. Mill valley historical society (he's having potts, the early mountain bike guy speak tonite), etc. Trying to work a big ee deal. Headed home for my kaiser dr appt by phone. Leg hurts!

Do I seem terse? Blame the thumb keyboard.

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]
Sent: Wednesday, May 07, 2014 02:17 PM Pacific Standard Time
To: Dietz, Sidney
Subject: RE: oh man

Does he still have that Porsche? He loved that car. He looked way better in it than Don Johnson in his Ferrari.

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Wednesday, May 07, 2014 1:55 PM
To: Campbell, Michael
Subject: RE: oh man

No, he's struggling. I think that it's hard to get hired with something like that – when they get your resume they google you. Only gov't and utilities are not allowed to take that into account.

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]
Sent: Wednesday, May 07, 2014 12:46 PM
To: Dietz, Sidney
Subject: RE: oh man

Nope. Haven't met.

Did he get a job he likes?

MC

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Wednesday, May 07, 2014 12:45 PM
To: Campbell, Michael
Subject: RE: oh man

Have you met his wife? She's awesome. Not quite as attractive as him, but close, and just sunny and nice.

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]
Sent: Wednesday, May 07, 2014 11:35 AM
To: Dietz, Sidney
Subject: RE: oh man

That's an achievable goal, but pretty aggressive at more than a pound per week. You're gonna be really hungry! Try "lunner" – it really works.

MC

PS: Say hi to Dr. Gorgeous (mr. stock).

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Wednesday, May 07, 2014 10:15 AM
To: Campbell, Michael
Subject: RE: oh man

Well, I'm the opposite. Feeling overfed. I am planning to have lunch today (soup with Bill Stock!) then 1000cal for supper to get myself back on track. I want to lose 5-7 by 31May.

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]

Sent: Wednesday, May 07, 2014 9:56 AM
To: Dietz, Sidney
Subject: oh man

I'm so dang hungry! I've stopped tracking my food intake, and I just bumped up to 145, but I think it is about to drop to a new set point again (given my recorded history of a quick bump up before falling to a new low).

I really depleted the tank on Saturday. I wake up every morning starving. I have three waffles with hella butter after my ride, and then I'm starving again by 10am. I'm devouring all the snacks I keep in my office at an alarming rate! Just polished off my rice crackers and I'm already into the buffalo jerkey.

MC

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