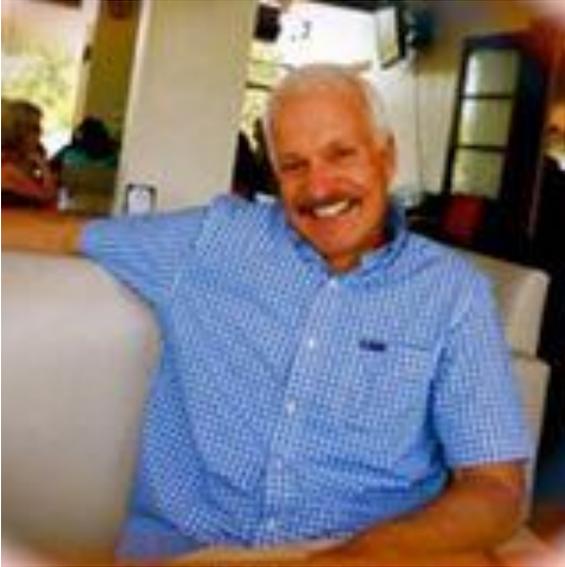


Interview with Jack Keane

by Samm McDonald



Jack Keane began his career with SDG&E on April 23, 1983 where he worked in the Conservation Department; was a Supervisor in Regulatory Affairs; was an Analyst in Conservation and Marketing, Special Projects and System Support Services; a Special Investigator; and finished his career as a planner with the Eastern Service Order Team. Jack retired on March 1, 2014.

For the last couple of years, Jack has been working on two books. One is a historical autobiography of the times and music of the period from 1965-1975, and the other is a spiritual journey that explores the ways you can “have more in a have not world.”

Jack is also a trail guide for Mission Trails Regional Park; a volunteer usher at Humphries by the Bay, Old Globe and La Jolla Playhouse; works several times a week with recovering alcoholics and drug addicts; works out at the LA Fitness Center at least 4 times per week; and walks and runs regularly.

He feels that one of the most positive aspects of his retirement is that he is able to assist his son Zach in completing his degree at SDSU in Applied Design and Woodworking and helps his wife, who still works, keep house, cook and clean. He also enjoys spending more time with his dog Toni B. “The best thing about retirement is having the ability to do what I want when I want to do it,” says Jack. Not having the pressure to be at work at seven AM daily and perform within the context of the office environment is an added plus.

Jack’s retirement philosophy is “Live and let live. Live each day to its fullest. Try to perform one act of kindness that is unannounced and unheralded. Be the best and nicest person you can be to everyone you see. I want everyone to say that they feel a little bit better after having seen me and having been with me.”

He fondly remembers a fashion show that was held in the old electric building. Jack was one of the models and had a Russian outfit complete with a Cossack hat. He even did a Russian Dance as he walked down the runway!

Jack's son is an accomplished Woodworker and his wife is a fabric artist who has completed a number of quilts and appliques. So, Jack felt he needed an artistic outlet. "I have always wanted to paint but did not like traditional art. Abstract called me. I researched and found a method of painting that allowed me to express myself without the use of brushes." He creates abstracts using acrylics and water, and music and meditation. "I allow the music and my inner voice guide how I manipulate the paint on the canvas." He has sold a number of his original artworks and has a shop on Amazon Homemade called GoWiththeFlowArt. Here are two of Jack's works:

