

The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Happy New Year! January 2019 is off to a quick start. We are starting two new sections in the newsletter: Where are they now? and What have we done? For Where are they now? we need to hear from you! If it was a crew or a partner you worked with tell us about them and what they are doing now. This should be fun. Feel free to contact me with this information. For What have we done? we will look at what the organization has done over time.

Every year, the San Jose Fire Fighters Burn Foundation hosts the American Heroes Charity Gala to celebrate all Burn Survivors and their loved ones, from Santa Clara Valley Medical Center, who have recovered or are still recovering from their burn injuries. Please join us in honoring the Burn Survivors at the Villa Ragusa on February 23, 2019, starting at 6:00 PM - 11:00 PM. Adult tickets are \$100 and a child's ticket is \$50. Tickets includes a full buffet, with choice of meat or vegetarian options. A salad, dessert, 2-drink tickets, silent auction, dancing, awards ceremony, and photo booth. You can purchase online at sjfirefightersburnfoundation.org Deadline to purchase tickets online is Saturday, February 16, 2019.

Interested in your investment options? At our March meeting Security Benefit will be doing a presentation on annuities, they have been endorsed by the IAFF, and serve both Police and Fire. retiree's death.

BENEFITS OF MEDITATION

Submitted by Walter Bugna (Article author unknown)

Of all the wellness trends that have exploded into the mainstream in the past 10 years, meditation is one that's worth a try. It's well-researched and has been shown to reduce stress, improve sleep and build overall emotional health. Even with these proven benefits, meditation can be an intimidating habit to start. Luckily, most of the prohibiting factors are widely believed myths, and we're here to debunk five of the most popular.

(Continued on Pg. 3)

INSIDE:

NEW SECTION:

Where are they Now

visit our website at www.retiredsjpoff.org



WHERE ARE THEY NOW?

Retired Captain William “Ski” Bartosiewicz

William started his firefighting career in Millbrae in 1964 to 1965, Millbrae was jokingly referred to as the SJFD training center. He served in Foster City as a Public Safety Officer from 1965 to 1966. He left in part because he hated giving out traffic tickets. He served at SJFD from 1966 to 2000 and worked as an expert witness in the private sector on fire cause analysis from 2002-2006 witness. Ski lives in Volcano, CA with his wife Patty who works as a drug and alcohol counselor. Ski and Patty and have six grandkids.

Memorable Moments

I was called by Ken Yeager one day back when President Jimmy Carter was going to pay a visit to San Jose, asking for 2 firefighters who had a military backgrounds to drive in Carter’s motorcade from the airport to City Hall. I told Ken that he could count on me because I served in the US Navy. I went to Station 4 where John Diquisto was stationed and asked him if he knew anyone, and low and behold Randy Sutton also served in the military. We had to submit our service numbers and some other info to the Secret Service and FBI. This was months before Carter was coming to SJ.

We had to arrive at the airport before Carter arrived, received our special lapel pins. The secret service had one hell of a procedure for checking everything twice. I got to chauffeur Carter’s Press Secretaries, Randy drove a van loaded with the press people. I ended up the 3rd vehicle in line right behind the Suburban loaded with secret service carrying Uzi’s machine guns. The saying a “Picture is worth a thousand words” held true. The City council people’s jaw dropped when I got out of the vehicle I was driving, pointing their fingers at me. I was asked by several of them how I got that position. I told them I couldn’t divulge that info. Randy and I received a set of cufflinks with the Presidential Seal and Carter’s name. I still have them and the lapel pin. Exciting day for both Randy and me.

Firehouse Memories

Asking who my favorite crew was? I don’t want to slight anybody, Tony Ojeda was with me for well over 10 years, and the best time I had was at Station 30 (Old station 4) “DIRTY 30” When we moved from station one (Market Street) to there. The place was falling down. Often with no heat and almost impossible to clean.

When engine 101 was still at Market Street, I was building this house at the time and happened to knock out one of my front teeth. When I got back to work, everyone noticed it and laughed like hell. I was sitting at the kitchen table, and I noticed everyone suddenly disappeared, the crews all came back and said they wanted to take a group picture. Unbeknownst to me the crew went and blacked out one of their teeth and had big smiles on their face for the photo. So much for respect for the old guy!! That picture still hangs on my wall.

One of the most memorable moments for me at SJFD was when Chief Osby would not allow the flag to be lowered to half-staff for a firefighter who was killed in an off-duty plane crash (Sta 9). Chief Osby said he would only allow it for someone killed in the line of duty. Battalion Chief Cunningham and I went to city hall and lobbied the council in the hallway asking them to let us lower the flags to half-staff for this firefighter’s memory. Mayor McEnery did one better by calling for a resolution lowering flags at all stations and passing it 10 zip to do so. Chief Osby was not at all a happy camper.

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Sign up for E-Newsletter. By signing up to receive the newsletter through e-mail, you will get the same content, only you will help the Association save money on printing and postage costs. If you wish to receive the newsletter via e-mail versus regular mail, please send an e-mail to treasurer@retiredsjpoff.org

WHERE ARE THEY NOW? (continued)

Union Action

I was elected president of IAFF, Local 873 (Now Local 230) in 1977. While President I signed a \$70,000 grant with the IAFF to train every Firefighter to EMT1 level. We were the first major City to do so. Thanks to Chief E Thompson, and Chief R.Wattenbarger for putting it into action. I was the PAC chair for a while, not fun at all to sit and listen to the BS from those who wanted to be elected to sit on the City Council. I severed in the secretary's position until I hung it up after 15 years.

Sharks Engine

The Sharks Fire Engine all started as a piece of cardboard in the shape of a fin painted black. Some people actually laughed at us when Tony Ojeda and I first started pitching it. Chief Dorman made an offer to Tony and I we couldn't refuse. He said he would give us an engine if we could raise the funds to complete it. The Sharks organization gave us \$13,000 and hi-tech couldn't keep their people from working on the engine, they all wanted to get in on it, and they did. By the way the Shark Engine is one of 5 that we drove back from Allentown, PA to save money for the city. Every shift at Station 30 worked to make the engine look great.

Currently

I have some real problems with my neck and knees which keeps me from doing anything that can be considered enjoyable, and for fun, I try to get from point "A" to point "B" without falling over! I had a pacemaker implanted Dec. 2017. The battery is good for 11 years, and I figure I won't give a rat's ass by that time. In closing I would tell all the young folks on the job to "GET INVOLVED", help your president Sean Kaldor out. There are a lot of things to get into, i.e. the Fire Museum and other community activities that can get things done with your help. When you get up close, and personal with the politicians, things will happen.

BENEFITS OF MEDITATION (continued)

For most of us, finding total silence can be a pretty impossible task in itself. Luckily, you don't need it for meditation. It might actually be more helpful to put on some calming music or do a guided meditation when you're first starting out. Having something to focus on besides your thoughts will be beneficial.

Sure those perfect photos of monks sitting cross-legged with their thumb and first finger touching and resting on their knees look serene, but in reality, it's not comfortable. Sitting in a position that's comfortable for you is essential for a good meditation — just choose whatever that is, and you'll be fine. You can even try meditating while exercising or during your commute to work if sitting still is distracting.

It's easy to say you don't have time to fit meditation into your day, but the reality is most people have at least five minutes they could dedicate to finding some headspace. Many guided meditations are designed for those short on time, and you'll still reap the benefits. On days when you find you can spare a few more minutes, try extending your normal practice to 10–20 minutes.

One study found that for new learners, just four days of practicing meditation reduced fatigue, improved mood and increased mindfulness. In two different studies, participants who meditated for eight weeks showed decreased anxiety and stress reduction. Like anything, the more you practice, the better you'll get and the more you're likely to get out of it — but everyone has to start somewhere.

CONGRATULATIONS ON YOUR RETIREMENTS

KENNETH DAVIS, Police Sergeant, 22.73* years of service.

SANDRA WELLS, Arson Investigator, Fire Department, 22.87* years of service.

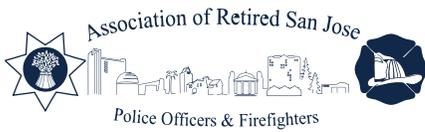
MARK NATWICK, Police Officer, 22.27* years of service

MICHAEL G. KNOX, Deputy Chief, 28.26* years of service.

IVAN D. LEE, Deputy Fire Chief, 29.19* years of service.

TED TRUJILLO, Police Officer, 29.03* years of service (With Reciprocity)

MATTHEW D. PAISS, Fire Captain, 22.47* years of service.



Association of Retired San Jose

Police Officers & Firefighters

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visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

- 2/6 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
- 2/13 Grill'em Steak House & Sports Bar, - Wine, 2509 S. Bascom Ave (Corner of Surrey Pl)
- 2/14 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 1/16 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 1/23 Hick'ry Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 2/20 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 2/27 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
- 3/6 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
- 3/13 Grill'em Steak House & Sports Bar, - Wine, 2509 S. Bascom Ave (Corner of Surrey Pl)
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WELCOME NEW MEMBERS

Wilson Christopher
Joel R. Chew
Peter M. Perea

CONDONANCES

Glenn F. Kaminsky, Police Lieutenant, retired April 29, 1989, died September 23, 2018.
Lynn Knapp, retired firefighter. Passed away January 7, 2019.

ASSOCIATION OFFICERS

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Treasurer (SJR) Jerry Ellis	408-730-9974
Treas. Emeritus (SJR) Mike Moffett	408-867-0405

POLICE BENEVOLENT ASSOCIATION OFFICERS

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