



# The Billy & Spanner



## PRESIDENT'S NOTES

By Ray Storms

I hope your St Paddy's day was great. I attended the Emerald Society's St Paddy's Celebration on Friday night the 15th at the POA Hall. It was a very enjoyable evening. Great turnout, two bands, plus the bagpipers, silent auction and raffle. So much fun. I actually got the bid for a dinner in the Fire House. However, it is not in San Jose, Captain Jeremy Haag from Fremont Fire donated it; he is also a bagpiper. Maybe I can get the Fire Chief Curtis Jacobson to attend. I also attended the San Jose Firefighter Burn Foundation Gala on Feb 23 at Villa Ragusa in Campbell. Great event, great turnout, silent auction, live auction and dancing. It was also a fun evening. My only wish is to have more retirees attend in the future.

This is a follow up to my newsletter column for February, and I also sent an email flash on this subject. I received feedback from several members who told me that their tax withholdings changed. I contacted Retirement Services again and spoke to Tom who does the tax forms. He told me that a few things have occurred which has changed the way the State of California calculates its withholdings for you. The rationale behind the change was to give you a more accurate withholding to meet your tax obligations. As a result, some of you may have seen a difference in the tax withholding for your monthly check.

If you have a designated amount (a flat rate) that did not change. However, if you did not have a designated amount/flat rate your tax rate could change. This was changed by the State and not Retirement Services. You can make a change to your withholdings by visiting the Retirement Services website for the form (or if you're reading this on your computer click here). You should then fill out the form and resubmit it with the designated amount you want taken out on Line 4. The federal tax may have changed also to a lesser degree but they do not have a designated amount/flat rate on their form. Please check your last couple of checks stubs to verify your withholding amounts.

Medicare reimbursement forms. You should have received them already, and they are due by April 1st. Please don't forget to send them in.

At our March 14th Association meeting, Security Benefit did a presentation on annuities they have been endorsed by the IAFF and serve both Police and Fire. Contact Matt Aguis at 650-892-2354 for more information.

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visit our website at [www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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- Health Tips
- Folsom BBQ

## **PRESIDENT'S NOTES** (Continued from Pg. 1)

Reminder the Folsom BBQ is May 18, 2019. Please register on our website so we can have a headcount for the caterer. Cost is \$5.00. 11am- Registration. 11-12- Social Hour (Bullocks Senior Citizen Staff), 12- Lunch  
Jerry Ellis has informed the Board that he will not be returning to the Board next year. He has given 23 years to this organization we greatly appreciate his dedication. Jerry thank you for all you do and have done. You can't replace Jerry, but we will be looking for someone to step up and be a director.  
As always stay safe and enjoy your retirement you earned it.

## **WHAT WE HAVE DONE**

The Membership approved a number of donations:

- Jerry Boyer passed away and in lieu of flowers he would rather you donate to your favorite charity. Jerry was on the Board for 23 years. Many thanks Jerry! A donation of \$1000 was given to the San Jose Firefighters Burn Foundation in Honor of Jerry Boyer!
- A donation of \$10,000 to Police Officers of Paradise area effected by the Paradise Fires.
- A donation of \$10,000 to Firefighters of Paradise area effected by the Paradise Fires.
- A donation of \$10,000 to the San Jose Firefighters Burn Foundation.

## **WHERE ARE THEY NOW**

Attached is the story of the Sewell Brown fire in 1955. However as one noted commentator used to say, "and now the rest of the story!"

As told to Ed Barber, Jerry Charging had been on the department about a week. His assignment was driving Tanker Six out of Cambrian Station which was the first in on that fire. In those days the Tankers ran with only one person, the driver. The bell hit and the call came in, announcing a fire at Sewell Brown.

Jerry, not familiar with the area, jumps out of bed while the rest of the crew scramble to get to their turn-outs on and get to the rigs for the response. Jerry "asked where is Sewell Brown"? The response "er well you know where it is." Jerry said, "No I don't know. Where is Sewell Brown?" Again he was told, "you know where it is!"

Now a little background. In those days doors were solid wood roll up doors with no windows. They had to be released by pulling a rope along side of the doors.

Jerry, frantic now still attempting to get someone to tell him where Sewell Brown was, when he pulled the rope and the big door opened.

At that time, Cambrian School was located across the street from Cambrian Station. The walls of the school facing the station of mostly glass. As the apparatus doors opened, all you could see was a solid orange glow reflecting flames off of the windows.

"Never mind" said Jerry "I'll find it!"

### **Save money, save paper.**

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](mailto:treasurer@retiredsjpoff.org)

# IMPROVING YOUR PERSONAL HEALTH

Walter Bugna, VP of Fire

**Taken from: National Institute of Diabetes and Digestive and Kidney Diseases**

## How can I follow a healthy eating plan?

These tips may help you stay on track with your plan to eat better:

- Have low-fat, low-sugar snacks on hand. Whether you are at home, at work, or on the go, healthy snacks may help to combat hunger and prevent overeating.
- Select a mix of colorful vegetables each day. Choose dark leafy greens, such as spinach, kale, collards, and mustard greens, and reds and oranges such as carrots, sweet potatoes, red peppers, and tomatoes.
- Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.
- Choose whole grains more often. Try whole-grain breads and pastas, oatmeal, brown rice, or bulgur. Choose fresh fruit more often than fruit juice. Fruit juice has little or no fiber, the calories may be high, and many juices have added sugar.
- Use fats and oils sparingly. Olive, canola, and peanut oils; avocados; nuts and seeds; olives; and fish provide heart-healthy fat as well as vitamins and minerals.
- Limit foods and beverages that are high in sugar.

## Being Good To Yourself

Many people feel stress in their daily lives. Stress can cause you to overeat, feel tired, and not want to do anything. Healthy eating and regular physical activity may help offset the effects of stress. Try some of these other ideas to help relieve stress and stay on track with improving your health:

- Get plenty of sleep.
- Practice deep breathing while relaxing your muscles one at a time.
- Take a break and go for a walk.
- Add short stretch breaks to your day.
- Try a new hobby or any activity that sparks your interest.
- Surround yourself with people whose company you enjoy.

A balanced eating plan, regular physical activity, and stress relief may help you stay healthy for life.



Association of Retired San Jose Police Officers and Firefighters  
**17<sup>TH</sup> ANNUAL BOBBY BURROUGHS  
MEMBERSHIP FOLSOM BBQ 2019**  
The Lou Howard Pavillion | \$5 for everyone  
7100 Baldwin Dam Rd. | Folsom, CA 95630  
**SATURDAY, MAY 18, 2019**  
Lunch at 12:00 PM Meeting right after lunch  
Call Jerry Ellis to make your reservations 408-730-9974 dir\_jellis@retiredsjpoff.org

## CONGRATULATIONS ON YOUR RETIREMENT

**CHARLOTTE ENDICOTT**, Division Chief, Fire Department, 25.11 years of service.

**JOHNSON FONG**, Police Captain, 29.55 years of service.

**MICHAEL A. KING**, Police Lieutenant, 25.57 years of service.

**MICHAEL MONTONYE**, Police Sergeant, 25.57 years of service.

## WELCOME NEW MEMBERS

Jack C. Roberts

Paula Young

Timothy Stephens

Wayne Smith

Mark Riles

Kurt Phelps

Steven Payne

Eric Peters

David Moore

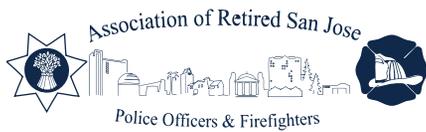
Raul Martinez, Jr.

Kermit France

Michael Epp

Paul Spagnoli

Matthews Paiss



Association of Retired San Jose

Police Officers & Firefighters

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[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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Association of Retired San Jose

Police Officers & Firefighters

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## CALENDAR OF EVENTS

- 4/3 Hickory Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 4/10 City Diner – Tan, 2951 Monterey Rd., SJ, 408-269-5490
- 4/11 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 4/17 Burger Pit – Blue, 120 Blossom Hill Rd., SJ, 408-225-6030
- 4/17 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 4/24 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 5/1 Holders – Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 5/8 Hickory Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 5/9 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 5/15 City Diner – Tan, 2951 Monterey Rd., 408-269-5490
- 5/15 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 5/18 Association's 17th Annual Bobby Burroughs Membership Folsom BBQ 2019; Lunch at 12:00 PM, The Lou Howard Pavillion, 7100 Baldwin Dam Rd., Folsom, CA 95630
- 5/22 Burger Pit - Blue, 120 Blossom Hill Rd., SJ, 408-225-6030
- 5/29 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729

## CONDONENCES

- E. Edwards**, Police Lieutenant, retired October 15, 1978, died January 21, 2019.
- Paul J. King**, Fire Captain, retired January 24, 2009, died December 24, 2018.
- Patrick S. Reek**, Fire Engineer, retired February 11, 1995, died February 4, 2019.

## ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 <a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
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## DIRECTORS-AT-LARGE

Mike Alford, Don Bartels, Craig Blank, Pat Boyd, Jerry Ellis, Tim Miller, Mike Moffett, Jim Spence

## WIDOWS & ORPHANS OFFICERS

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VP (SJA) Maxwell Magnus	650-773-3271
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Treasurer (SJR) Jerry Ellis	408-730-9974
Treas. Emeritus (SJR) Mike Moffett	408-867-0405

## POLICE BENEVOLENT ASSOCIATION OFFICERS

President - Ernie Alcantar, Vice President - Steve Windisch,  
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir [www.sjba.net](http://www.sjba.net)