



# The Billy & **Spanner**



## PRESIDENT'S NOTES

By Ray Storms

Once a First Responder always a First Responder! Even in retirement you still react and do what you have been trained to do. Case in point: Retired SJFD Fire Captain Steve Padilla. Steve has been a volunteer at the Gilroy Garlic Festival for over thirty years! This year he was stationed at the professional cooking area. He was about 50 yards away from where the 6 year old boy, mother and grandmother were shot. When they heard the shots, all people in the area hit the ground. Steve told me that after he didn't hear any more shots, he rushed over to the area where the shooting had occurred. It had not occurred to him that maybe the shooter was reloading. He just reacted as he knew someone would be in need of help. He came across the Grandmother and the 6-year old boy. The boy was not breathing and had no pulse.

Steve started CPR, another person was trying to assist Steve but didn't know what to do. Steve kept wondering where are the Paramedics why is it taking so long? It is the same thing all patients say, "what took you so long," no matter how fast you get there. A police officer showed up with a golf cart and rushed the child to the triage area.

Steve and others turned to the Grandmother who had been shot in the foot. First they applied a tourniquet using a belt but that wasn't working very well. They then got a disposable tourniquet and applied it and that worked. This all happened in about 5 Minutes! Whether you are a firefighter, police officer, paramedic or nurse, this is what first responders just do. They are all trained to react and take care of business even in retirement. Steve is a friend of mine, who I have know for a long time. He is a humble man who will tell you he was justing doing what needed to be done. Steve Padilla in my eyes, you are a hero!

This Retirement Solutions Working Group is scheduled to begin meeting this Fall. The Mayor has requested that this group be formed. The group will discuss such topics as: recent actuarial valuations, amortization schedules, discount rate, investment strategies, and the budgetary impacts of retirement costs. It was requested that a representative from the Association of Retired Police Officers and Firefighters serve on this working group. I will attend these meetings as your representative.

As always stay safe and enjoy your retirement you earned it!

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

### INSIDE:

- Health Tips
- Special Events

### REMINDER!

At the October Association meeting, Retirement Services & healthcare representatives will be in attendance to discuss the medical plans and rates.

# 10 ESSENTIAL HEALTH TIPS FOR SENIORS

Submitted by Walter Bugna, VP of Fire | Taken from 'parent giving'

- 1. Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity.
- 2. Keep active.** Do something to keep fit each day something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.
- 3. Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise.
- 4. Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use a BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active.
- 5. Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Wear shoes with good support to reduce the risk of falling.
- 6. Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit where you can discuss which preventative screenings and vaccinations are due.
- 7. Prevent skin cancer.** As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Too much sun and ultraviolet rays can cause skin cancer.
- 8. Get regular dental, vision and hearing checkups.** Your teeth and gums will last a lifetime if you care for them properly that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.
- 9. Manage stress.** Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.
- 10. Fan the flame.** When it comes to sexual intimacy and aging, age is no reason to limit your sexual enjoyment. Learn about physical changes that come with aging and get suggestions to help you adjust to them, if necessary.

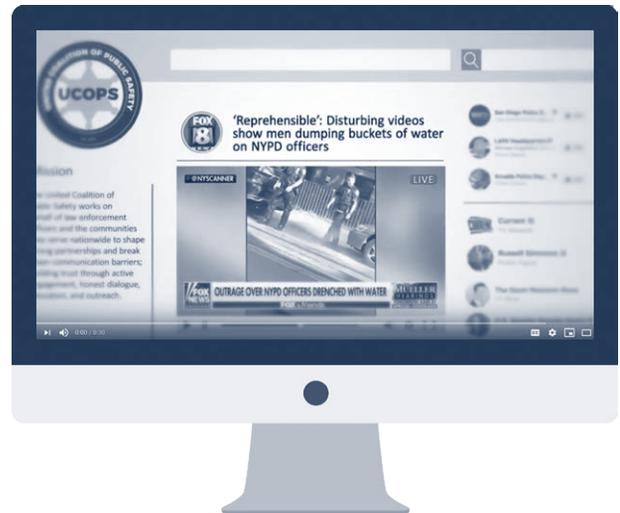
## Save money, save paper.

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# FEDERAL LEGISLATION INTRODUCED TO PROTECT POLICE OFFICERS & FIREFIGHTERS

As you know, attacks on police officers have become too common in our society. A new piece of federal legislation has been introduced into the U.S. Senate, S. 1480 the "Back the Blue Act." In short, it allows for stronger federal punishments for anyone who assaults a law enforcement officer. In addition, the legislation also includes firefighters in the list of those who would be protected by new law.

UCOPS, a national coalition of law enforcement unions, which the SJPOA help found is making a push to raise awareness of S. 1480. If you want to lend your support to this bill, you can go to [www.UCOPS.org](http://www.UCOPS.org) to send an e-mail to your local Congressperson and your state's U.S. Senators. Also on the site is a new digital video ad the organization recently launched.



## UPCOMING EVENTS



### SJPOA Charitable Foundation's 12th Annual Chaplaincy Golf Tournament.

Monday, September 16  
Eagle Ridge Golf Club. \$155 per player.

Go to [www.sjpoa.com](http://www.sjpoa.com) to register.



### San Jose Police Emerald Society's 3rd Annual Cigars Under the Stars Gala

Saturday, September 7  
6:00 PM to 11:00 PM

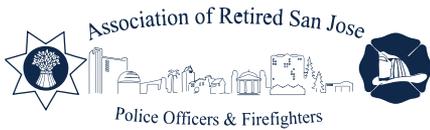
Go to [www.sjpes.org](http://www.sjpes.org) to buy tickets.

the Association save money  
[rrer@retiredsjpoff.org](mailto:rrer@retiredsjpoff.org)

## CONGRATULATIONS ON YOUR RETIREMENT

COLIN L. CROOKER, Police Officer, 22.56 years of service.  
ROBERT FINNIE, Police Sergeant, 25.03 years of service.

ERIC J. HERNANDEZ, Fire Captain, 25.18 years of service.  
CHRISTOPHER D. PROFT, Police Officer, 26.51 years of service.



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

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## CALENDAR OF EVENTS

- 9/4 Burger Pit, Blue, 120 Blossom Hill Rd., San Jose, 408- 225-6030  
9/11 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729  
9/12 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose  
9/18 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022  
9/18 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose  
9/25 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400  
10/2 City Diner—Tan, 2951 Monterey Rd., 408-269-5490  
10/9 Burger Pit, Blue, 120 Blossom Hill Rd., San Jose, 408- 225-6030  
10/10 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose  
10/16 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729  
10/23 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose  
10/23 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022  
10/30 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400

## WELCOME NEW MEMBERS

Charlotte Endicott

## CONDONANCES

- Retired Fire Engineer Jack Spinler passed away on August 5th.  
Jack retired from the SJFD in March of 1985.  
Retired SJPd Sgt. Richard Hunter passed away on 7/18/19, he was 89. Dick retired in 1987.

## ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 <a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
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Larry Samarron, Jr. Treasurer	<a href="mailto:treasurer@retiredsjpoff.org">treasurer@retiredsjpoff.org</a>

## DIRECTORS-AT-LARGE

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

## WIDOWS & ORPHANS OFFICERS

President (COA) Jeremy Wise	831-566-7624
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)