



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Well by the calendar, Fall is officially here but it sure doesn't feel like it. For us from the fire service September and October can be really bad wildland fire months. So be safe out there, don't overextend yourself, and take care of each other. Hydrate, hydrate, hydrate, and make sure you drink enough water this goes for SJPD also.

Just a reminder that the Mayor has formed the "Retirement Solutions Working Group" which is scheduled to begin meeting this Fall. The group will discuss such topics as: recent actuarial valuations, amortization schedules, discount rate, investment strategies, and the budgetary impacts of retirement costs. I will be serving on the working group as the representative from the Association of Retired Police Officers and Firefighters.

I attended the 100th anniversary of when San Jose Fire Fighters, Local 230 was created. This as a very festive event with a live band Livewire, there was raffles galore, and maybe a little drinking. The food was excellent and there was a good showing of retirees. Thank you for all who attended.

At our next monthly meeting, Retirement Services, Anthem and Kaiser will be there to help us understand the process of changing Medical insurances. This usually is a full meeting as people have many questions. So, if you have Blue Shield or Sutter those two will not be available to you anymore as of 1-1-2020.

If you want additional information on the upcoming enrollment, go to the City of San Jose's Retirement Services website at

<https://www.sjretirement.com/PF/Insurance/Medical.asp>.

You'll see a number of different categories that you can click on that will give you information for the upcoming open enrollment. There are many selections to choose from, one of which is Retiree's Insurance Presentation 2020. If you're unable to make the meeting, this could be helpful to you. The other ones have to do with rates and how to use the Anthem Website. There is a frequently asked questions about Anthem section click on that and you can scroll through all the categories or pick one that you want to look at. It also has a 2020 anthem Medicare coverage maps.

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

visit our website at www.retiredsjpoff.org

INSIDE:

- Health Tips
- Retired Fire Captain Richard "Rick" Wardall to be honored on CA Fire Fighter Memorial Wall

REMINDER!

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

WHAT ARE THE TOP 10 REASONS TO WALK?

Submitted by Walter Bugna, VP of Fire | Adopted from MedicineNet

1. Walking prevents type 2 diabetes. The Diabetes Prevention Program showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
2. Walking strengthens your heart if you're male. In one study, mortality rates among retired men who walked less than one mile per day were nearly twice that among those who walked more than two miles per day.
3. Walking strengthens your heart if you're female. Women in the Nurse's Health Study who walked three hours or more per week reduced their risk of a heart attack or other coronary event by 35% compared with women who did not walk.
4. Walking is good for your brain. A study on walking and cognitive function found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week.
5. Walking is good for your bones. Research shows that postmenopausal women who walk approximately one mile each day have higher whole-body bone density than women who walk shorter distances; walking is also effective in slowing the rate of bone loss from the legs.
6. Walking helps alleviate symptoms of depression. Walking for 30 minutes, three to five times per week for 12 weeks reduced symptoms of depression by 47%.
7. Walking reduces the risk of breast and colon cancer. Women who performed the equivalent of one hour and 15 minutes to two and a half hours per week of brisk walking had an 18% decreased risk of breast cancer compared with inactive women. Many studies have shown that exercise can prevent colon cancer, and even if an individual person develops colon cancer, the benefits of exercise appear to continue both by increasing quality of life and reducing mortality.
8. Walking improves fitness. Walking just three times a week for 30 minutes can significantly increase cardiorespiratory fitness.
9. Walking in short bouts improves fitness, too! A study of sedentary women showed that short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in fitness and were at least as effective in decreasing body fatness as long bouts (one 30-minute walk per day).
10. Walking improves physical function. Research shows that walking improves fitness and physical function and prevents physical disability in older persons.

Many of these benefits are probably no surprise. After all, thousands of studies prove that exercise is good for you, and we've been hearing that for years. But in the past decade, exercise scientists have taken a different approach to studying physical activity. Instead of the benefits, they have been looking at the negative aspects of being a couch potato. Study after study shows that sitting is not good for your health or fitness. For example, researchers showed that people who reported sitting "almost all of the time" died sooner from cardiovascular disease than people who reported sitting "almost none of the time," $\frac{1}{4}$, $\frac{1}{2}$, or $\frac{3}{4}$ of the time.

CONGRATULATIONS ON YOUR RETIREMENT

WADE N. KATSUYOSHI, Fire Captain, 27.25 years of service.

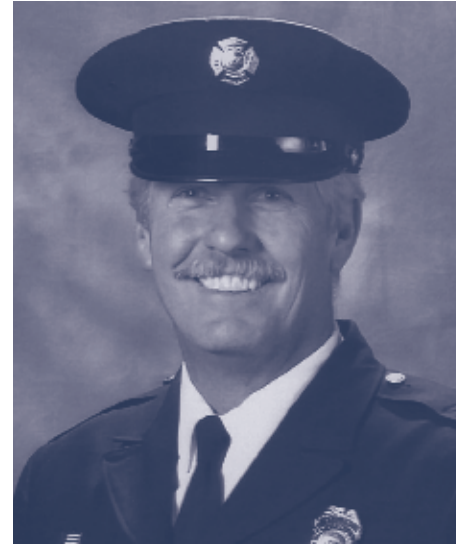
GERARDO RODRIGUEZ, Police Officer, 26.10 years of service.

MINH N. PHAN, Police Officer, 27.84* years of service (6.65 PERS Years of Service)

RETIRED FIRE CAPTAIN RICHARD “RICK” WARDALL TO BE HONORED AT 2019 CALIFORNIA FIREFIGHTERS MEMORIAL CEREMONY

Retired Fire Captain Richard “Rick” Wardall to be honored at 2019 California Firefighters Memorial Ceremony

Rick succumbed to cancer on July 10, 2015 at the age of 64. He served the residents of the City of San Jose for nearly 30 years. He was diagnosed with cancer shortly after his retirement from the San Jose Fire Department in 2011. Rick’s cancer was presumed to arise from his employment as a firefighter.



On September 28, 2019 Rick will be honored among 33 other California Firefighters

who also died in the line of duty. The 34 names will be added to the California Firefighters Memorial Wall located on the grounds of the California State Capitol in Sacramento. The limestone Memorial Wall has inscribed on it the names of more than 1,300 California firefighters who have died in the line of duty since 1850.

If you are interested in information on the Memorial ceremony, or the Memorial in general, you can get more information by visiting: www.cafirefoundation.org/programs/california-firefighters-memorial/

SAN JOSE FIRE FIGHTER NEEDS YOUR HELP



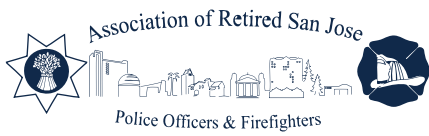
We received a call for help from San Jose Fire Fighters, Local 230. Please support Firefighter Martin Barragan if you are able.

Martin's wife, Marbella, passed on the evening of September 8, 2019 following a sudden, significant medical emergency. A Go Fund Me fundraising campaign has been launched to assist the firefighter Martin Barragan and his family through this difficult time. If you are reading the newsletter on-line, you can click this link. If you are reading the hard-copy version, you can visit www.gofundme.com and then search “Marbella Leon-Barragan.”

Thank you in advance for considering to assist the Barragan family.

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



Association of Retired San Jose

Police Officers & Firefighters

P.O. Box 28041
San Jose, CA 95159-8041

visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

- 10/2 City Diner—Tan, 2951 Monterey Rd., San Jose, 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
- 11/6 City Diner—Tan, 2951 Monterey Rd., 408-269-5490
- 11/13 Burger Pit, Blue, 120 Blossom Hill Rd., San Jose, 408- 225-6030
- 11/14 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 11/20 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 11/20 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 11/27 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022

CONDONANCES

Richard Cadenasso, Police Lieutenant, retired February 4, 1993, died July 10, 2019.
Spouse.

ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	vpfire@retiredsjpoff.org
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

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
VP (COR) Bill McCluskey	408-985-7563
Secretary (SJR) Luis Chacon	408-642-0385
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