



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Thanksgiving is upon us. What am I Thankful for? Many things, one of which is our Retirees Association Board of Directors. This is an amazing group of people. They work on many projects throughout the year to help retirees. They all have stepped up to assist in any way they can.

Someone who exemplifies this service is Jerry Ellis. He has done an amazing job! After he explained all he does it was

decided that not just one person could do what Jerry does. So, everyone would take on a portion of what Jerry did.

So, let's talk about Jerry T. Ellis. Jerry has served on this board for almost 25 years! That in of itself is amazing. Remember this is a volunteer organization. No-one gets paid He has worked with many different Presidents and Board members. He has been dedicated to this Board and our members. He has a vast knowledge of the history of this Association. But to me Jerry's best gift is being willing to speak up on various subjects. Why things were done a certain way or why changing something would not be in the best interest of the Board or the Retirees. As a Board we do not always agree on everything, however we do listen to each other and come to a consensus. Jerry, I have said it before and will say it again: we cannot replace you as you are one in a million! Thank you for your dedicated service.

All current Executive Officers have been re-elected for another year in their current positions on the Board. Also, a discussion on Directors that are willing to stay and those who are leaving. Those who are leaving are: Mike Alford, Craig Blank, Pat Boyd and Jerry Ellis. Thank you for your service. Also, Ginger Greenfield, who has been our Association's webmaster is stepping down. We will update you on what the next steps and/or needs we might have with regard to the website soon.

The Retirement Solutions Working Group met on November 12, 2019. The group will discuss such topics as: recent actuarial valuations of the pension fund, amortization schedules, discount rate, investment strategies, and the budgetary impacts of retirement costs on the pension fund. I am attending these meetings as your representative.

VP Shuman and VP Bugna are working on possibly providing a new "Survivor's Guide" for assisting with the process of dealing with the death of a loved one.

As always, stay safe, and enjoy your retirement. Youu earned it!

visit our website at www.retiredsjpoff.org

ATTENTION:

- Health Tips
- City Council Elections

Christmas Luncheon 2019

Place:

San Jose P.O.A. Hall
1151 N.4th St., San Jose

When:

December 12, 2019

Doors open at 11AM
Lunch will be served from 12:00
Stop serving at 1:30PM

Cost:

A \$5.00 donation for each attendant.
Cash or check and checks to be made out to
AORSJPO&FF All money collected to be
donated to the toy program in leu of bringing
a toy like we have in years past

If something comes up and you are not able
to make the luncheon, please let us know by
sending an e-mail to raystorms@comcast.net
or 510-507-1136.

**RSVP TO THE LUNCHEON BY
CONTACTING RAY STORMS AT
RAYSTORMS@COMCAST.NET OR
510-507-1136. RSVP'S MUST BE
RECEIVED BY DECEMBER 10.**

PLEASE NO TOYS
Dress is Business Casual

SURVIVING THE HOLIDAYS

Submitted by VP of Fire, Walter Bugna | Content adopted from Nutritional Weight & Wellness

As you're organizing your holiday dinner menu, making your grocery lists and checking them twice, here is some advice on how to "survive" the holiday season which focuses so heavy on food. It starts with Thanksgiving and then somehow turns into the start of a five-week free-for-all until it's time for the New Year resolutions.

1. NO SUCH THING AS "SAVING ROOM"

Please don't skip eating all day before the big meal; that plan to "save room" always backfires. Not eating all day will cause your blood sugar to dip. The best advice is to start your holiday with a balanced breakfast. Later, right before guests arrive or before you head out to the meal, eat a balanced snack—such as a meatball for protein, ½ cup of carrots for the carbohydrate and olives for a fat—to ensure your blood sugar is stable and you'll be less likely to have cravings and overeat.

2. OFF LIMITS

Avoid anything laden with sugar, refined flours and trans fats. All these artificial foods are very addicting and can be hard to resist once you've started. It's not a lack of willpower that makes you reach for roll after roll; it's your brain chemistry thrown off from all those artificial ingredients.

Continued on page 3

CONGRATULATIONS ON YOUR RETIREMENT

ALAN F. GONZALES, Fire Prevention Inspector, 25.93 years of service.
ROBERTO C. PLAMENCO, Police Officer 25.05 years of service (With Reciprocity).
JEANNETTE SIVERTSEN, Police Officer, 26.67 years of service (With Reciprocity).

RONALD TABRON, Police Officer, 26.99 years of service.
SHAWNY K. WILLIAMS, Deputy Chief of Police, 26.29 years of service.

Continued from page 2

3. LOOK FOR HOMEMADE

There are just so many hidden ingredients in store-bought foods. Try to avoid those processed goods (loaded with the hazardous trans fats, sugars and refined flours) and stick with the homemade items.

4. BRING YOUR OWN

If you're invited to a gathering, offer to bring a dish, the perfect opportunity to add some real food to the day's events. You'll know that if all else fails you'll have your dish to snack on. For instance, swap out a Chex™ Mix appetizer for a variety of olives and nuts. Green, black, Kalamata and garlic-stuffed olives not only look festive, but they taste delicious. Bonus, the fats in the olives and nuts are healthy and sure to keep your blood sugar stable. Bringing your own beverage to share also helps you avoid high-sugar drinks. Look for options like La Croix sparkling waters. Plus, staying hydrated helps curb cravings.

5. BALANCE YOUR PLATE

This is the number one piece of advice for the big holiday meals. By balanced we mean consuming a quality animal protein, good fat (butter, avocado, nuts and olives for example) and healthy carbohydrates (mostly non-starchy vegetables) at every meal and snack. This trifecta is the optimal mix to help balance your blood sugar, keep your metabolism moving, your mood stable and give your body the nutrients it needs to function.

Balance your portions as well. A rule of thumb for protein serving size is to look for cuts of meat roughly the size of your palm. With the protein covered, look for quality fats and carbs for the rest of your plate. Holiday staples like green beans, sweet potatoes and Brussels sprouts are perfect options. Better yet, they've likely been cooked in butter giving you a quality fat as well. If they haven't, grab a pat of butter and put it on top of any veggies you add to your plate.

CITY COUNCIL ELECTIONS COMING IN MARCH

While it seems like it never ends, it's that time of the year again—City Council elections. This coming March San Jose will hold elections for five of its 10 City Council seats. Of the five seats, all are filled by incumbents except for Council District 10 (South San Jose/Almaden) where Councilmember Johnny Khamis is leaving due to term limits. The following Councilmembers will stand for re-election: Sergio Jimenez (District 2), Lan Diep (District 4), Dev Davis (District 6) and Sylvia Arenas (District 8). In their original runs for Council, the Association endorsed Jimenez and Arenas.

The Association will begin its endorsement process following the end of the nomination period, which closes December 6. We will keep you informed as we make our selections.

LOS BOMBERS OF NORTHERN CALIFORNIA TOY DRIVE



On Saturday December 14, the Los Bombers of Northern California is teaming up with 107.7 FM The Bone to host its 6th Annual Jingle Bowl to benefit the Holiday Toy Drive in San Jose at the 4th Street Bowl. Registration starts at noon. You can register a team of 6, or sign up to be placed on the team. Registration includes bowling shirts for you and your team, two games and shoe rental. Register at www.1077thebone.com. You can also stop by and donate a new unwrapped toy if you do not want to bowl.

Make sure we have your E-mail Address!

The quickest and most efficient way for us to keep you informed is by e-mail. Make sure we have your updated information by emailing Dale Foster at secretary@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

Volume 27
No. 11
November 2019



Association of Retired San Jose

Police Officers & Firefighters

The Billy & Spanner

CALENDAR OF EVENTS

- 12/4 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 12/11/ City Diner—Tan, 2951 Monterey Rd., 408-269-5490
- 12/12 Annual Association Holiday Party 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose 12/4 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400**
- 12/18 Burger Pit – Blue, 120 Blossom Hill Rd. San Jose, 408-225-6030
- 1/1 Holders – Green, 1424 Saratoga Ave., San Jose, 408-378-6022
- 1/8 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell, 408-371-2400
- 1/9 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 1/15 City Diner – Tan, 2951 Monterey Rd, San Jose, 408-269-5490
- 1/15 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 1/22 Burger Pit – Blue, 120 Blossom Hill Rd. San Jose, 408-225-6030
- 1/29 Grill'em Steak House & Sports Bar – Wine, 2509 S. Bascom Ave, 408-371-8729

CONDONLENCES

- Tommy J. Kennedy**, Police Sergeant, retired July 18, 1992, died September 26, 2019.
Survived by spouse, Linda Kennedy.
- Don Newman**, Fire Engineer, retired September 14, 1980, died September 29, 2019.
Survived by spouse, Glory Newman.
- Margaret Sandez**, Police Officer, active, died September 13, 2019.
Survived by spouse Vanessa Sandez and children Jazlene Sandez and Santiago Sandez.

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