

The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Recently, social media posts by current and retired San Jose police officers containing inappropriate content with regards to race/ethnicity, religion, and the promotion of violence were publicized. The Association's Board of Directors condemns such behavior. Even though we are retired, we are former public servants and owe it to

ourselves and each other to stand by the oaths we all swore to serve our communities.

Based on the material made known to the Board of Directors, the Board has sent letters to those members who have appeared to act in a way that runs counter to our Association's values. The Board has exercised Article IV, Section 4.3 of our bylaws, which state, "A member shall be terminated by expulsion when it appears to the Board that the continued membership of any member is contrary to the best interests of the association." The Board has also extended the ability of the affected members to appeal that decision to the Board if they choose to do so.

This is a horrible event for the Association. Similar steps have been taken by the San Jose Police Officers' Association with their active and retired members. San Jose Police Chief Eddie Garcia has multiple active personnel investigations open in this matter, and the FBI is investigating some of the activity.

We're sorry this incident has occurred, as the overwhelming majority of our membership is simply enjoying their retirement and trying to make their communities better. We understand that some may take issue with our actions. We would encourage you to understand the broader picture of what the Association must be in order to protect your interests: a trusted and valued partner in both civic and community efforts. We cannot do that if we stand silent when our members do things that violate our values.

3RD ANNUAL ASSOCIATION BBQ IS CANCELLED

Every year we enjoy coming together to catch up with old friends and colleagues at our Annual Association BBQ. Unfortunately, due to the coronavirus, we have been forced to cancel the BBQ. We look forward to next year's event.

STAY INFORMED! GIVE US YOUR EMAIL!

Now more than ever, we need the ability to communicate rapidly with you. If you are not signed up for our e-mail list, please sign up now. Send your information to Dale Foster at secretary@retiredsjpoff.org or sign up directly at <https://lp.constantcontactpages.com/su/9Z5ZI54/retirees>

11 FOOD DOS AND DON'TS TO TAME INFLAMMATION

Submitted by Walter Bugna, VP of Fire; From: WebMD

1. KEEP IT SIMPLE

Although no diet is proven to cure or treat psoriatic arthritis, rheumatoid arthritis, or other inflammatory conditions, you can choose foods that will help with it. Go for items that haven't been highly processed. You want ones that are still close to their natural state.

2. DON'T AVOID NIGHTSHADE VEGETABLES

Tomatoes, white potatoes, peppers, and eggplants are sometimes called "nightshade" veggies. Some people say they have less joint pain and inflammation when they stop eating nightshades, but research hasn't shown this. Take tomatoes, for example. They have lycopene and vitamin C that help curb inflammation. Chili peppers also have benefits.

3. DO GET SPICY

Paprika belongs in your spice rack. It lends flavor, color, and health perks to food. It's got capsaicin, a natural pain and inflammation fighter. You can also get capsaicin from chili peppers, red peppers, and cayenne pepper. Other spices like ginger, turmeric, and garlic may offer similar health perks.

4. DO LOOK BEYOND REFINED STARCHES

Foods like white rice and white bread don't have much fiber. To keep inflammation at bay, go with whole grains or whole wheat. You'll get lots of other nutrients, too.

5. DON'T OVERLOOK SUGAR

You know it's in cake and cookies. But have you checked how much is in your yogurt, breakfast cereal, or even your fat-free salad dressing or tomato sauce? The American Heart Association recommends that women eat no more than 25 grams, and men no more than 37 grams of added sugars daily. Swipe to advance

6. DO GO LEAN

Too much fat in your steak, pork, and lamb can promote inflammation. So can processed red meats like bacon, sausage, and hot dogs. Saturated fat might be one of the reasons for that. Look for lean protein. Beans, fish, tofu, and skinless chicken are also good options.

7. DON'T SHY AWAY FROM FATTY FISH

Eat two servings a week, particularly salmon, sardines, mackerel, and tuna. Fatty fish are one of the best sources of omega-3s, a type of fat that tames inflammation throughout the body.

(Continued on Pg. 3)



I'M DEAD. NOW WHAT?

The Association is giving away 100 copies of this book on a first come, first serve basis. A useful and helpful planner to give you peace of mind. It has important information about your belongings, business affairs, and wishes. It helps organize vital details about contacts, health and financial issues, etc. Contact Walter Bugna at believe42218@earthlink.net if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

11 FOOD DOS AND DON'TS TO TAME INFLAMMATION (Continued from Pg. 2)

8. DON'T PASS UP COCOA

It has flavonoids, which are nutrients that may curb inflammation. Avoid it in highly sweetened, processed foods (like cookies). Instead, add cocoa powder to smoothies, chili, or a mug of steamed milk. Tea and red wine have similar flavonoids. But you'll undo any benefit if you have too much alcohol. Limit the booze to no more than one drink a day if you're a woman or two if you're a man.

9. DO LOVE YOUR LENTILS

Whether red, green, black, or brown, these seeds are a great source of fiber. Don't like lentils? Try beans and peas. You'll still get the fiber but with a different taste.

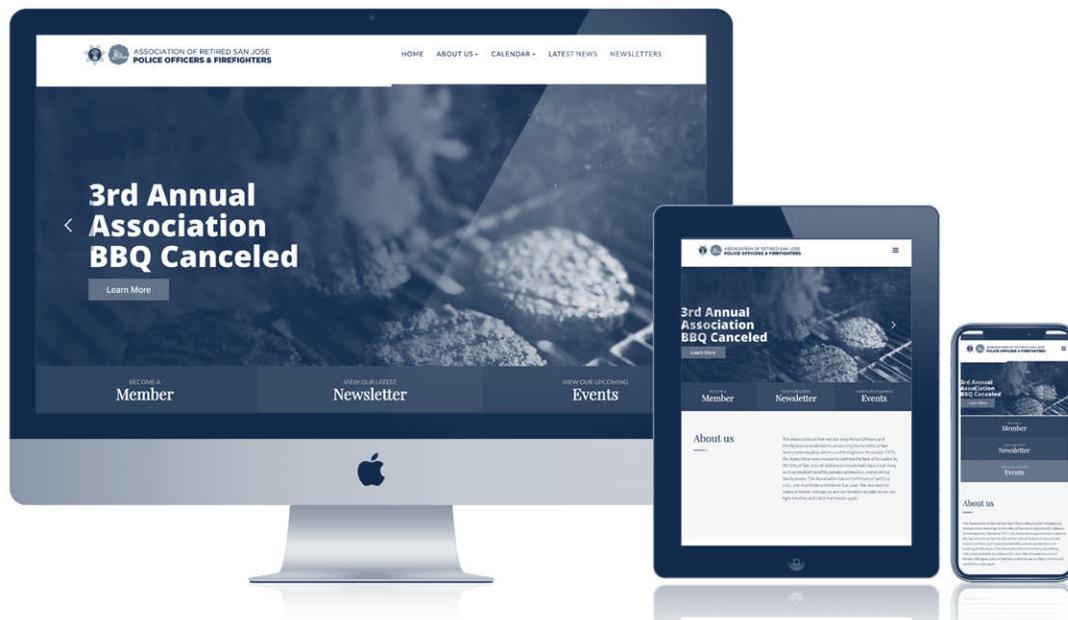
10. DON'T GO OVERBOARD WITH OLIVE OIL

It's a tasty part of the good-for-you Mediterranean diet. But it's also high in calories, so make sure you don't drizzle too much on your salad. That said, olive oil is a "good" fat. And "extra virgin" versions have a natural chemical called oleocanthal, which shares similar properties with the anti-inflammatory drug ibuprofen. Nuts, avocados, and olives are other "good" fats you can enjoy in moderation.

11. DO TRY MUSHROOMS

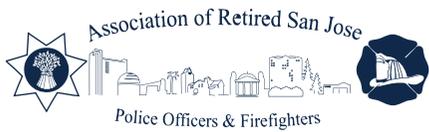
Several kinds are good for you, including white button mushrooms. Get a variety of veggies in your diet, and eat lots of them.

CHECK OUT OUR NEW WEBSITE!



Our new website is up and running. While there are still some kinks to get worked out, the new site has a modern clean look to it. It is also designed to adapt to mobile phones and tables (like iPads) so that you do not lose functionality if you access the site from a mobile device.

Some new features include an archive of previous newsletters, an enhanced photo gallery as well as an easy-to-read calendar. We also now have the ability to sign new members up through our website. There are more features to come, but overall, we want to keep the site simple, informative and easy for you to navigate. You can visit the site at www.retiredsjpoff.org or www.retiredsjpolicefire.org



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www.retiredsjpoff.org

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JOIN US FOR OUR NEXT VIRTUAL MEETING

It's not perfect yet, but we're getting the hang of it. Due to the COVID-19 crisis, we've moved all of our Association Meetings to Zoom. It's easy to use. You can join from your computer, tablet or even your phone.

This month we're unlocking the feature to let everyone participate by video if they want to. Meetings have been shorter due to the new format. The major change is, you have to bring your own food. If you want to participate, we will send out email invitations or, if we do not have your email address, email Board Secretary Dale Foster at secretary@retiredsjpoff.org to get on our list. See you on Zoom!

NEW MEMBERS

Lawrence Birch, Jr.	Steven Nelms	Mary Gutierrez	Howard Morton	Jeffrey Una Dia
Steven Guggiana	Joseph Stewart	Robert Gutierrez	Christopher Murphy	Hector Vasuez
Richard Mizgorski III	Gerardo Trias	George King	Victor E. Polverino	Eleazar Zamora
Mathew Archer	Eduardo Pedreira	Charles Miller	John Pointer	

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

Don Bartels, Tim Miller, Mike Moffett, Jim Spence
Jerry Ellis, Director Emeritus, Ken Jacksteit

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