



# The Billy & Spanner



## PRESIDENT'S REPORT

By Ray Storms

At our January General Membership meeting, the Office of Retirement Services presented information to assist our members with the documentation needed to process Medicare Part B Reimbursements. We realize that not everyone has the ability or opportunity to attend our virtual meetings. To help accommodate our members, we recorded the session and have made the presentation video accessible on our YouTube page, which you can locate here: <http://bit.ly/SJRetireesMedicareB>

And yes, I did state that we now have a YouTube page. The COVID-19 pandemic has forced all of us to work differently. We are doing all we can to take the pandemic's challenges and turn them into opportunities to serve the membership better. We plan to post more important presentations and other materials that would be beneficial to you on our YouTube page. We are not planning on posting the entire membership meetings, however.

In other news, at the time of writing, the search for San Jose's new police chief has been narrowed down to four candidates: SJPD acting Chief David Tindall, Deputy Chief Anthony Mata, Deputy Chief Heather Randol, and external candidate retired Pittsburgh Assistant Chief Larry Scirotto. The City extended the process twice due to what was stated as a lack of external applicants. The selection of the new chief is supposed to occur before the end of March.

Finally, the next few months will bring a fair amount of uncertainty to our national and local economies. Given that, it will undoubtedly mean uncertain times for our active employees. We will be monitoring the City's budget impact on our partners, SJPOA and SJFF Local 230. We hope that this Council continues to invest in its employees and the services they provide and not fall into the trap of making the draconian cuts we endured just a few years ago.

## 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](mailto:believe42218@earthlink.net) if you want a copy. Please include your name, current phone and current mailing address in your e-mail.



## 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](mailto:secretary@retiredsjpoff.org)

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

# USING THE ALL CLEAR FOUNDATION AS A RESOURCE

Submitted by Walter Bugna, VP of Fire



The All Clear Foundation searches hundreds of resources to find what's most relevant to you as first responders and their families. Much of the information provided can help and assist retirees also. Below are two of videos I found through All Clear that I believe can be helpful to you.

The All Clear Foundation has access to classes, services, wellness advice and more. You can learn more about the All Clear Foundation at <https://allclearfoundation.org/>.

## DEEP BREATHING EXERCISE VIDEO

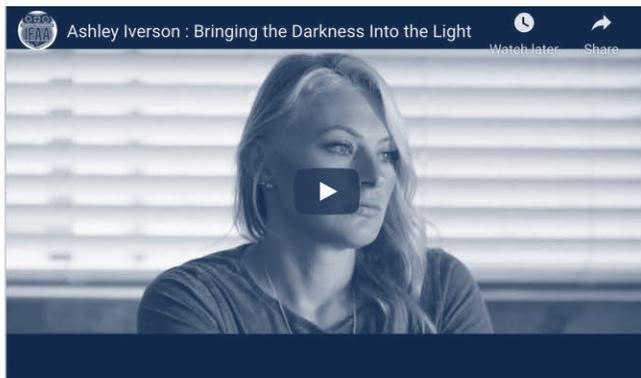


The Iverson Foundation for Active Awareness (IAFF) in partnership with Resounding Joy brings you a deep breathing exercise video from their music resiliency program to help manage and relieve stress.

You can access the video here:  
<https://iversonfaa.org/videos/>

During my career with the San Jose FD, I was a Member of the Dept.'s Critical Incident Stress Team. Our team initially consisted of about 30 members and we were trained by not only Janet Childs of The Centre for Living with Dying, but also by Dr. George Everly and Dr. Jeffrey Mitchell of the International Critical Incident Stress Foundation of Maryland

## “BRINGING THE DARKNESS INTO THE LIGHT” VIDEO



The second is a video by Ashley Iverson – ‘Bringing the Darkness Into the Light’, sheds light on how ONE incident can change the life of a Firefighter or Police Officer as well as their families.

You can access the video here:  
<https://iversonfaa.org>

The one important item that I learned through our many hours of training was that ‘the mental pictures never go away.’ My personal message to those who are reading this is you can always change the words to the pictures. Also, know that there is help and assistance out there. Mindfulness and Meditation are the tools that I use to keep balance in my life.

Be well Brothers and Sisters.

# SUICIDE PREVENTION RESOURCES

The City of San Jose reached out to the Association requesting that we make our members aware of the community resources made available for suicide prevention. The pandemic has created an incredibly challenging time for us all. Additionally, we retired from a field that is heavily impacted by PTSD and other trauma, so it's important that we are all aware of the support that is out there for us if we need it.



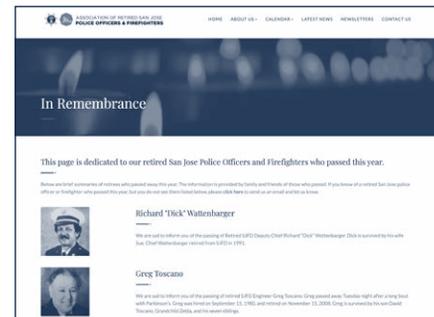
The City specifically is referring us to Santa Clara County's recently published 2019-2020 Suicide Prevention Annual Report. You can access that at: <http://bit.ly/SCC-Retirees>. They also provided us a link to several suicide and crisis services available to residents of Santa Clara County: <http://bit.ly/AssocRetireesHelp>

Please stay healthy and safe.

# ASSOCIATION LAUNCHES NEW WEBSITE SECTIONS

The Association recently launched its new website with the intent of modernizing its look and operation. In addition, we are seeking to make the website a tool our members can use to stay up to speed on important issues and to locate helpful information.

This month we launched two new sections of the website. To honor and remember retired San Jose police and fire sworn employees we've created an "In Remembrance" page that will list those who passed during the current year. As you explore this page, it is important to remember that we use the information and photographs sent to us. So, if you see an old friend without a photo or a very descript write up and you have something to contribute, please contact us.



We also launched a page to house the minutes of the Association's General Membership meetings. Right now we're housing the minutes dating back to 2020. We will update the page each month with the most recent minutes.



Please take some time to check out the website if you have not done so yet: <https://www.retiredsjpolicefire.org/>

## CONGRATULATIONS ON YOUR RETIREMENT

**RICHARD J. CAGINIA**, Fire Engineer, 25.00 years of service.

**ERIC GIORDANO**, Fire Captain, 26.02 years of service.

**ALBERT HERNANDEZ**, Fire Captain, 25.12 years of service.

**JONATHAN T. KAISER**, Police Officer, 27.02 years of service.

**TROY A. MURRAY**, Police Officer, 27.48 years of service.

**PETER L. ROMAN**, Fire Captain, 26.63 years of service (With Reciprocity).

**JESUS SANCHEZ**, Fire Engineer, 25.03 years of service.

**TIM K. WEST**, Fire Engineer, 25.00 years of service.

**MANUEL M. PEREIRA JR.**, Battalion Chief, 29.90 years of service (With Reciprocity).



ASSOCIATION  
OF RETIRED SAN JOSE  
**POLICE OFFICERS  
& FIREFIGHTERS**

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

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## JOIN US FOR OUR NEXT VIRTUAL MEETING

Our monthly membership meetings are now held virtually on Zoom due to the COVID-19 pandemic. Please join us for our upcoming meetings. You can join from your computer, tablet or even your phone. Every attendee is automatically entered into a drawing for a \$10 coffee gift certificate card.

Participating is easier than you think, and meetings have been shorter due to the new format. Our next meeting is March 11, 2021, at 11 AM. The login information will be emailed out to all members closer to the actual date of the meeting. If we don't have your email, make sure we do. Email Board Secretary Dale Foster at [secretary@retiredsjpoff.org](mailto:secretary@retiredsjpoff.org) to get on our list. See you on Zoom!

## CONDOLENCES

**Gary Hughes**, Police Sergeant, retired June 7, 2001, died December 7, 2020.  
**Craig Shelton**, Fire Engineer, retired January 30, 2005, died November 17, 2020.  
**SJFD Deputy Chief Richard "Dick" Wattenbarger**. Retired from SJFD in 1991.  
**Greg Toscano**, Fire Engineer, hired on Sept. 15, 1980, retired on Nov.15, 2008, died Feb.9, 2021.

## ASSOCIATION OFFICERS

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