



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

By the time you receive this issue, Spring will have sprung upon us. It has been a long, tough year with Covid and everything else that has happened this year. Now that things are starting to open up. I hope to find you well and enjoying life because that is what I intend to do. Get back to seeing my family and friends. I think during this time we have just learned how important family and friends are. Who would have thought

that you would look forward to going to the grocery store or even the DMV? We are looking at when we can have our membership meetings back at the POA Hall. The date is to be determined. Once we go back to in-person meetings, we will work to make the meetings accessible remotely through Zoom so more members can participate. All the details need to be worked out. We continue to work on our annual BBQs and will determine if we can have them this year.

If you received a letter from Retirement Services about Medicare Part B reimbursement, that form is due back April First. This was sent to qualified Medicare recipients.

ANTHONY MATA SELECTED AS SAN JOSE'S NEXT POLICE CHIEF

After a several months-long process, the City Manager recommended and the City Council approved Anthony Mata as the new Chief of Police. Chief Mata has 25 years of experience with the SJPd, most recently serving as Deputy Chief. Mata succeeds Eddie Garcia, who left SJPd to become the Chief for the Dallas Police Department. Mata began his duties as Chief on March 22, taking over from acting Chief David Tindall, who was also a finalist for the position.



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.



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

visit our website at www.retiredsjpoff.org

UNDERSTANDING & COPING WITH PTSD

Walter Bugna, VP of Fire



While PTSD can affect anyone, firefighters, police officers, soldiers and other first responders are more susceptible to suffer from it. Below is information on PTSD and support resources.

HelpGuide.org

HelpGuide.org is an independent nonprofit that provides free, evidence-based mental health education and support. Their Mission is to empower people with information that one can use to help themselves and their loved ones.

Signs and Symptoms of PTSD

PTSD develops differently from person to person because everyone's nervous system and tolerance for stress is a little different. While you're most likely to develop symptoms of PTSD in the hours or days following a traumatic event, it can sometimes take weeks, months, or even years before they appear. Sometimes symptoms appear seemingly out of the blue. At other times, they are triggered by something that reminds you of the original traumatic event, such as a noise, an image, certain words, or a smell.

Do You have PTSD?

If you answer YES to three or more of the questions below, you may have PTSD and it's worthwhile to visit a qualified mental health professional.

- Have you witnessed or experienced a traumatic, life-threatening event?
- Did this experience make you feel intensely afraid, horrified, or helpless?
- Do you have trouble getting the event out of your mind?
- Do you startle more easily and feel more irritable or angry than you did before the event?
- Do you go out of your way to avoid activities, people, or thoughts that remind you of the event?
- Do you have more trouble falling asleep or concentrating than you did before the event?
- Have your symptoms lasted for more than a month?
- Is your distress making it hard for you to work or function normally?

If you suspect that you or a loved one has post-traumatic stress disorder, it's important to seek help right away. The sooner PTSD is treated, the easier it is to overcome. If you're reluctant to seek help, keep in mind that PTSD is not a sign of weakness, and the only way to overcome it is to confront what happened to you and learn to accept it as a part of your past. This process is much easier with the guidance and support of an experienced therapist or doctor.

Here are some avenues that can be taken if you need assistance with PTSD:

TALKSPACE.COM

Offers online mental health treatment options to meet all your needs. Either by Live video, Messaging or Phone Conversation.

NATIONAL SUICIDE PREVENTION HOTLINE

1-800-2738255

THE CENTER FOR LIVING WITH DYING

408-243-0222

FOR VETERANS: THE SAN JOSE VET CENTER

408-993-0729

5855 Silver Creek Valley Place,
San Jose, 95138

THINK FIRST. POST AFTER.

Nationally, there is intense scrutiny of the social media activity of law enforcement officers. Across the country news outlets are publishing stories that focus on offensive social media posts by both active officers AND retired law enforcement officers. For active employees they've faced severe discipline and in many cases termination.

We're advising all of our members to stop and think before you post. This includes posts in those supposedly "private" groups. This week the latest national news story on this topic focused on posts in a private group. You can [read that story here](#).

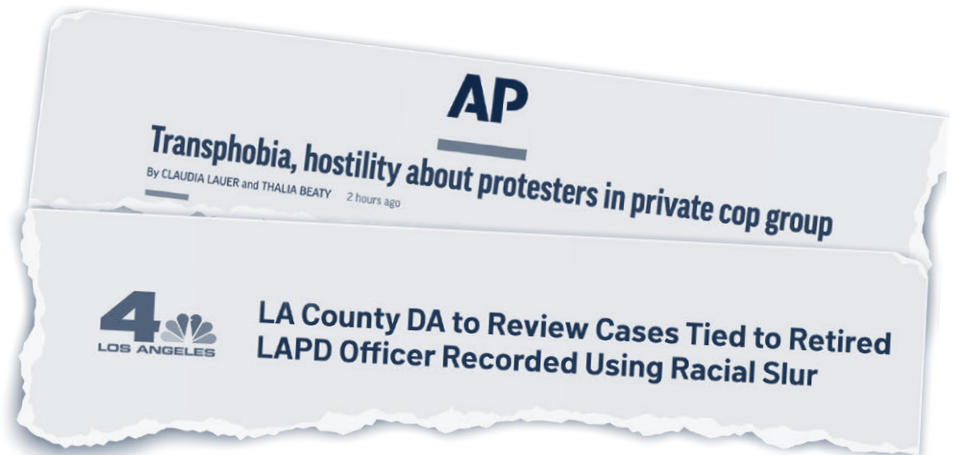
We bring this issue to your attention as more recent stories have focused on posts by retired law enforcement officers. While a retiree may not get terminated for their social media posts, they may attract significant, in some cases national, news media attention and potential embarrassment.

But the stakes for retired law enforcement officer do not end with personal exposure. The previous cases you worked on may be impacted as well. Last week in Los Angeles, a retired LAPD detective got into a verbal altercation with an African American man. The retired officer used a racial epithet, and it was captured on video. The District Attorney is now reviewing all of that officer's cases resulting in conviction to determine if racial bias was a factor ([read story here](#)). It could result in convicted criminals getting a new trial or released. This is based on a new state law.

What should you look out for? Everything. Be mindful of what you repost/retweet/share from your account. Be careful of what you "like" and monitor the comments made on any posts you make. A racist or otherwise offensive comment made by anyone else on one of your posts can reflect poorly on you.

What issues are being scrutinized? You should use caution when posting on a wide array of issues. Obviously, anything racist will be met with zero tolerance, as will attacks against women, against sexual orientation or religion. Any posts where the author celebrates or encourages violence against a suspect, or any group of people will be exposed as well.

We are not telling you what to post or what to do on social media. We are informing you of the risks that exist and are encouraging you to be mindful of them for your own protection.



CONGRATULATIONS ON YOUR RETIREMENT

JOAQUIN BARRETO, Police Sergeant, 25.08 years of service

DAVID SANTOS, Police Captain, 25.30 years of service.



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

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Volume 29
No. 3
March 2021



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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 April 8, 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 to get on our list. See you on Zoom!

CONDOLENCES

Charles "Chuck" Farrow, Police Officer, died March 16, 2021

John Schaar, Firefighter, retired 1985, died January 23, 2021.

Douglas Biddle, Fire Engineer. No further details.

Gary Zobrosky, Fire Engineer. No further details.

Merrill Malvini, Fire Captain, died February 10, 2021.

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