



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

Well it is that time of year when we celebrate with Family and friends. Our Annual Christmas Luncheon had a great turnout of over 80 people. We had requested everyone to donate five dollars to the Bomberos for supplies for their toy drive. Our members donated \$536 dollars. Talk about a giving spirit.

And this is what the Holidays are all about. It is the time of year we try hard to be a little bit nicer to our neighbors and fellow citizens. Wouldn't it be nice to be like this all year long? All we can do is try to be better, and we can!

During this holiday season, appreciate and and cherish your family and friends. We know all too well that life is just a fleeting moment. I was once told friends are the family you choose to have. It has been a hard year for the Association as we have lost 60 members. Way too many. Please remember their family members, reach out to your old colleagues on the job as this is a tough time of year for so many. Your phone call or email can really make an impact on someone's day.

Lastly ,I would like to thank the Board for all the work they do. I am very fortunate to be working with such a group of awesome people. Happy Holidays everyone see you in the new year.

And I will close as always enjoy your retirement you earned it!

UPCOMING ELECTIONS WILL SHAPE COUNCIL

The upcoming City elections will have a major impact on the shape of the City Council. Mayor Sam Liccardo is termed out, so there will be an open contest to replace him. The field is already getting crowded with County Supervisor and former Vice Mayor Cindy Chavez jumping in the race along with Councilmembers Raul Peralez, Dev Davis and Matt Mahan.

On the Council side, five seats are up, with Councilmember Jones, Peralez and Carrasco being termed out and Espara and Foley up for re-election. With three guaranteed new councilmembers and a new mayor, there is potential for a major change in priorities and interests on the Council. The Association plans on participating vigorously in the election to ensure the best candidates for our issues win come Election Day.

I'M DEAD. NOW WHAT?



The Association continues to give away this book.

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.

NATIONAL ALLIANCE ON MENTAL ILLNESS – NAMI

Article by Jessica Haharaj-Certified Nursing Assistant | Submitted by Walter Bugna, VP of Fire

Grief Over The Holidays

One of the greatest holiday stresses is the absence of a loved one who passed away. The empty seat where they would have sat can fill families with a sense of grief, loss and emptiness, as well as worsen symptoms for individuals with mental illness. The following recommendations can help you and your family cope:

- It's not all sad. Know that some parts of the holiday will be wonderful, and some parts will be sad. The anticipation of sadness may be stressful, but the holidays provide an opportunity for healing. You can still take joy in the relatives that are present and remember fond memories of holidays past.
- It is okay to feel the way you feel. It is healthy to acknowledge your feelings and work through them, rather than suppressing them.
- Take care of yourself. Find healthy ways to cope, such as exercising. Organizing family walks is a great way to get fresh air and enjoy the company of others. Don't search for solace in unhealthy foods or alcohol. If alcohol is present, drink responsibly.
- Don't feel pressured to uphold family traditions. While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.

Keep in mind that the loved ones you lost would want you to remember them fondly, to enjoy the holiday season, and to find comfort in having the family come together.

Managing Holiday Expectations

The holiday season only comes once a year, and while it's understandable to aspire for perfection, it's important to set realistic, attainable goals. The following are a few key tips for avoiding the stress of perfection.

- Make a budget. While the average American household spent nearly \$1,000 on holiday gifts in 2017, it's important not to go overboard. Do your best to stick to a budget while still leaving a small amount extra for wiggle room; the holidays tend to bring out the generosity in us.
- Come up with a plan. Spread out your errands, so you don't become overwhelmed with too many tasks at once, and don't forget to schedule some relaxation time! (Continued on Pg. 3)

CONGRATULATIONS ON YOUR RETIREMENT

ADOLFO S. ACOSTA, Police Officer, 27.34* years of service.

DAVID R. BARNETT, Battalion Chief, 25.41* years of service.

JOHN BOREN, Police Sergeant, 26.95* years of service.

RICHARD R. BRAVO, Police Sergeant, 25.30* years of service.

SOREN M. COATS, Fire Captain, 25.39* years of service.

SCOTT DIEHL, Fire Captain, 25.42* years of service.

HIEN DOAN, Fire Engineer, 27.18* years of service.

SERGIO L. FARIAS, Police Officer, 26.26* years of service.

JASON P. HERR, Police Lieutenant, 27.03* years of service.

KENNETH B. HOGGARD, Police Officer, 25.80* years of service.

PAUL KELLY, Police Sergeant, 27.40* years of service.

CHRISTINA LACAP, Police Lieutenant, 29.03* years of service.

GERRY B. LAIRD, Battalion Chief, 25.89* years of service.

LEE G. LAWRENCE, Police Officer, 30.73* years of service.
(With Reciprocity CSJ YOS 15.03 + PERS YOS 15.69)

TODD M. LONAC, Police Lieutenant, 30.23* years of service.

DAVID MALANDRINO, Fire Fighter, 25.46* years of service.

ROBERT RAGSAC, JR., Firefighter, 29.53* years of service.

MARC L. TAYLOR, Police Officer, 27.30* years of service.

JIM M. VELA, Police Officer, 25.34* years of service.

MICHAEL WAARA, Police Officer, 25.20* years of service.
(With Reciprocity CSJ YOS 24.73 + PERS YOS 0.47)

KEITH WOESTE, Fire Captain, 23.65* years of service.

NATIONAL ALLIANCE ON MENTAL ILLNESS – NAMI (Continued from Pg. 2)

- Find the best time to shop. Malls are less crowded on weekdays and weeknights. If you can manage, try to go during the day and park farther away from the stores. Your time in the sunlight walking to or from your car can boost your serotonin levels. Practicing mindful activities while you wait in line can also help you stay calm among the holiday shopping chaos.

Be kind to yourself. All you can do is your best and your best is good enough. It's impossible to please everyone, but we are often our own harshest critics.

Keep in mind that the holidays are about spending time with loved ones, not gifts. Your friends and family will be happy to create memories with you, so don't worry about finding an expensive gift or if they will like it; they will appreciate your efforts and affection regardless of what you give them.

The holidays bring joy and happiness as well as frustration and stress. This holiday season, you may have many things to take care of, but the most important one is yourself.

ASSOCIATION PUSH FOR EAP BENEFITS CONTINUES

As we've reported, the Association is pushing to have the City of San Jose extend Employee Assistance Plan (EAP) benefits to cover current and future retirees. We have received a very positive response from the Police and Fire Retirement Board and the Board's CEO. We also have begun individual meetings with City Councilmembers and their staffs.

The outcome of the meetings with Councilmembers overall have been positive. It's important to know that these are just preliminary meetings where we share background information on the EAP program but also on the dire need for police and fire retirees to have access to these services once in retirement.

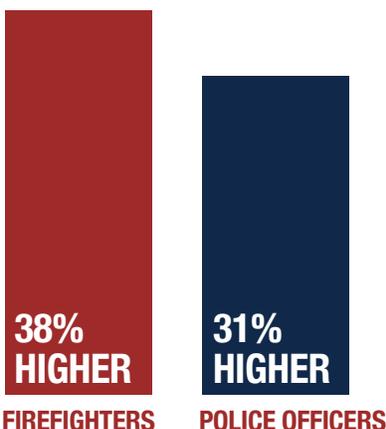
At first glance, it seems the Councilmembers we've met with understand the need for EAP services for both active and retired members. There are a lot of questions to answer, some legal, some financial. We will continue to meet with councilmembers and get those questions answered so we can make progress.

Check the website soon, we will post up our white paper on EAP services.

EAP NEED BY THE NUMBERS

(Utilizing Studies from the US, Australia & Ireland)

SUICIDE RATES VS. CIVILIAN POPULATION



60%

Percentage of emergency service retirees that stated a job-related incident was the most difficult issue to deal with in their life.

11%

Percentage of retirees that made up all police related suicides in the U.S

PTSD & DEPRESSION RATES

8%

of active-duty firefighters

18%

of fire retirees



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

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visit our website:
www.retiredsjpoff.org

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ASSOCIATION MEETINGS

We will return to hosting our monthly membership meetings in-person at the SJPOA Hall.

Join us on Thursday, January 13, 2021, at 11AM for our next meeting. Per health orders, masks will be required indoors, except when eating.

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. It's our intent to also host these meetings live as Zoom meetings. Check your emails for updates on the Zoom option.

ASSOCIATION OFFICERS

Ray Storms, President	510-507-1136 president@retiredsjpoff.org
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Walter Bugna, VP of Fire	408-799-3004 vpfire@retiredsjpoff.org
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DIRECTORS-AT-LARGE

Don Bartels, Tim Miller, Mike Moffett, Jim Spence,
Gary Johnson, Jerry Ellis, Director Emeritus

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.sjpba.net

CONDOLENCES

Ed Cutter--Retired SJFD Fire Inspector Ed Cutter passed away on December 11, 2021.

Richard Davis--Retired SJPD Officer Richard Davis #1634 passed away on December 8, 2021.

Neil Jameson--Retired SJFD Firefighter Neil Jameson passed away on Friday, November 26, 2021.

Larry Torkelson--Retired SJFD Captain Larry Torkelson passed on November 28, 2021.