



The Billy & Spanner



President's Report

By Ray Storms

Mental Health Resources for Retirees

While May might be Mental Health Awareness month, taking care of your mental health should be an everyday focus. Below are resources provided by the City of San Jose and Anthem. Just remember, there's always help available. If nothing else, you can always call a member of the Association Board for someone to talk to.

Enjoy your retirement and stay healthy,

Ray

CITY OF SAN JOSE

If you or someone you know needs help, emotional health and self-care resources are available especially to help you cope with anxiety and stress during COVID-19. Santa Clara County also publishes community outreach materials in multiple languages (including English, Spanish, Chinese, and Vietnamese).



FOR ANTHEM MEMBERS

Wellness is about more than just your physical health. It's about you as a whole person — mind, body, and spirit. Your mental health affects your relationships, your job, the choices you make, and your quality of life. It also plays a big part in your physical health. That's why taking time for yourself and practicing good self-care matters so much.



Emotional Well-Being Resources

From practicing mindfulness to handling stress, anxiety, and depression, you can learn new ways to deal with challenging times. One-on-one coaching is also available. Access these resources on the Sydney Health mobile app or anthem.com/ca.



Walking with NAMI

Walking boosts your mood and helps relieve stress. Join the National Alliance on Mental Illness (NAMI) for their virtual NAMI Walks Your Way 2022 event during Mental Health Awareness Month. You'll help bring mental health awareness to light and end the stigma around mental illness. www.namiwalks.org

visit our website at www.retiredsjpoff.org

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.

7 TRUTHS ABOUT FIRE SERVICE RETIREMENT

Submitted by Walter Bugna, VP of Fire

Article by Battalion Chief Robert Avsec (ret.), Chesterfield, VA Fire & EMS (Article has been edited due to length)

Retirement from a life-long career can be a stressful event, regardless of the field. Research conducted in the military and law enforcement fields shows that retirement from a career in public safety can be more stressful than retirement from the civilian workforce.

THE BREAKUP

When that retirement date comes and goes, it might seem like a divorce. Suddenly, that second family will be nowhere to be found. Getting into the fire service was easy compared to what it was like to leave it.

The only other careers that parallel that of the fire service – that strong sense of camaraderie, daily exposures to the unknown, and retirement at an early age – are found in law enforcement and the military.

Here are a few things that you can expect to experience once you hang up your turnout gear for the last time.

1. THE LOSS OF CAMARADERIE IS REAL

You will miss your fire service family within a relatively short period of time. The term divorce is an apt description, despite it being an amiable one.

When you return to your former second home, you'll likely feel that you only have visitation rights,

especially when you start seeing all those new faces.

2. THE NORMAL WORLD IS SOMETIMES A CRAZY PLACE

After years of living on a work cycle (mine was 24 hours on and 48 hours off), you'll find yourself needing to adjust to the world of the 40-hour work week, especially if you take on another job.

3. YOU'LL NEVER BE BUSIER THAN AFTER YOU RETIRE

Many of my fellow retirees have remarked how busy they became after they retired. Whether it was getting to all those projects that you never seemed to have time for or taking care of business for family and friends, your weekly schedule can fill up in a hurry.

4. WHAT TO WEAR BECOMES A CONFUSING BUSINESS

Choosing what to wear was a lot easier when it meant grabbing a clean uniform. Most people don't want to admit this, but wardrobe management is not necessarily in our DNA.

5. FINDING WORK THAT'S AS FULFILLING AS FIREFIGHTING IS HARD

We're trained to be America's problem solvers, those people call when they don't know who to call. While we're on the job many firefighters and officer might gripe about some of the calls that we respond to, especially those that we felt didn't need the fire department.

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ASSOCIATION ENDORSES CHAVEZ FOR MAYOR; ESPARZA & FOLEY FOR CITY COUNCIL

Based on our past experience in working with Cindy Chavez when she was a councilmember, the Association endorsed Cindy for Mayor in the upcoming June primary. We also endorsed sitting councilmembers Maya Esparza and Pam Foley. We will assess the other council races following the primary.

(Continued from Pg. 2)

But it's hard to beat the sense of satisfaction that comes after you and your crew handled the difficult fire or motor vehicle crash or complicated rescue. It's tough to find that kind of satisfaction working in the non-fire service world.

6. THE HIGHER YOU ARE, THE HARDER IT IS

The higher the rank, the greater the sense of loss of friendships, prestige and self-esteem. In his Executive Fire Officer Program research paper "Problems and Success Factors Inherent in Fire Service Retirement," Gerald Bates wrote that he found a significant relationship between the participants' rank at the time of retirement and their perception of their personal and social relationships.

7. YOU'LL BECOME FAMILIAR WITH AMERICA'S HEALTH CARE SYSTEM

Your health and wellness moves up on your list of life's priorities.

Those little nagging aches and pains take on a new significance, especially when you don't have that peer pressure to keep working through them. Think about how many retired firefighters finally get surgeries for those knee and shoulder problems that they've been putting off for years.

A SUCCESSFUL RETIREMENT

In his research, Bates found that 95.7 percent of his survey's participants felt that their retirement was successful.

"The primary determinant of a successful and satisfying retirement appeared to be directly related to the level of planning that went into it," he wrote.

"The most satisfied retirees tended to be those who planned for their retirement several years in advance."

As firefighters, we know the value of conducting pre-plans for target hazards in our district and there's great value in applying that strategy to your second career. Consider these retirement target hazards and pre-plan accordingly.

- Your personal characteristics.
- Your reasons for retirement.
- Your financial security.
- Your level of activity in retirement.
- Your social and personal relationships.
- Your physical and mental health.

Everyone's responses to the above will be different, but the one key for everyone is to plan for your retirement early in your career. Begin early in your firefighting career and focus on your career expectations, long-range financial plans, and the importance of developing a career and retirement plan in general.



DO WE HAVE YOUR EMAIL?

By Ken Jacksteit Secretary/Membership Director | secretary@retiredsjpoff.org

As your Secretary, I not only keep the minutes of our Board and General Meetings, but I'm also in charge of membership and keeping our roster up to date. Of our current member roster of 1431 members, we are missing email addresses for 500 plus members.

It is important to have your email addresses so you can be kept up to date on future meetings, links to our Zoom meetings and health and welfare of our members. Along with email addresses, please update us with your current address. We do not get updates from Retirement Services when our members move or change their email addresses.

If you are not getting these important messages, please send me an email so I can add you to the email list so you can be kept up to date on what's happening in your Association.

If you missed a General meeting, you can read the minutes on our website, <https://www.retiredsjpolicefire.org/meeting-minutes/>.

Thank you, Ken Jacksteit.



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

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visit our website:
www.retiredsjpoff.org

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ASSOCIATION MEETINGS

Join us on Thursday, June 9th, 2022, at 11 AM for our next meeting.

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. If you would like to join by Zoom, the Zoom portion of the meeting will begin at 11:30 AM. Check your emails for access to the Zoom meeting.

ASSOCIATION OFFICERS

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DIRECTORS-AT-LARGE

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POLICE BENEVOLENT ASSOCIATION OFFICERS

President - Ernie Alcantar, Vice President - Steve Windisch, Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir | www.sjpba.net

CONGRATULATIONS ON YOUR RETIREMENT

Jorge Gutierrez, Police Lieutenant, 27.73 years of service.

Anson G. Kahaku, Police Officer, 25.69 years of service.

Manuel A. Rodriguez, Police Officer, 26.61 years of service.

CONDOLENCES

Retired SJPd Officer Ken Siegel #3158 passed away May 12, 2022.

Retired SJFD Fire Engineer Ed Medina passed away on May 7, 2022.