



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

Well, it seems everyone enjoyed the BBQ. We had almost 200 people show up. It was great to see everyone having a good time. The food was good as always. Thank you Coyote Ranch.

Don't forget to sign up for the Folsom BBQ September 17th.

I did hear from a few members that were having difficulty with Medicare. According to them, Anthem is apparently doing the billing for Medicare and are disapproving Rx and procedures. If you are having trouble, please let me know so I can look into it.

Remember, if you are planning on moving, contact Retirement Services to check if your insurance covers the Zip Code you are moving to. Even if there is a Kaiser in the area, we might not belong to that Kaiser. It has happened before. People didn't look into it as the Kaiser was a block away and San Jose was not included. Same goes for Anthem HMO to. Also, a reminder of the City of San Jose Medicare 101 webinars. Information is as follows:

City of San Jose Medicare 101 (Sign up online by scanning code or going to this link: bit.ly/RetireeMedicare101)

During the webinar they will cover:

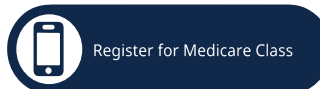
- The four parts of Medicare A, B, C, and D
- Eligibility for Medicare and timeline to enroll

Retirement Services' goal is to provide you with the information you need to make an informed decision about your next steps in retirement.

Date: Tuesday October 11, 2022 or
Wednesday, January 11, 2023

Time: 10:00 AM Pacific Standard Time

Duration: 1 hour, 30 minutes



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.

FEELING ANXIOUS? HERE'S A QUICK TOOL TO CENTER YOUR SOUL

Allison Aubrey, NPR

Submitted by Walter Bugna, VP of Fire

Have you ever noticed how tough it is to be present?

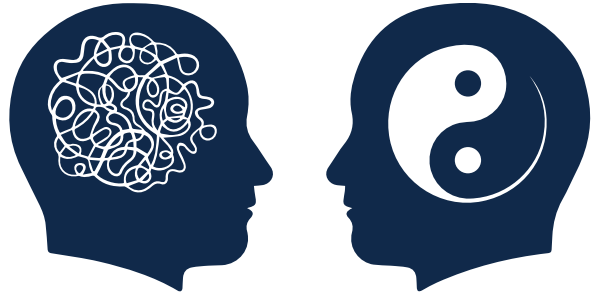
We spend so much time planning and worrying about the future or dwelling on the past. "We're in a trance of thinking. We're ti e traveling," says Tara Brach, a world-renowned psychologist and mindfulness teacher. "We're in the future, we're in the past."

And all this ruminating gets in the way of enjoying life — we can miss out on the good stuff.

If you reflect on your life, Brach asks, how often can you sense that the fear of failing or not being good enough "was in some way dampening or contracting or pulling you away from real intimacy or spontaneity or enjoying a sunset?"

Life Kit host Allison Aubrey spoke with Brach about her latest book, *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*. The book outlines the mindfulness tool, RAIN, an acronym for a four-step process: recognize, allow, investigate and nurture.

Click here or scan the QR code to access the interview.



GO FUND ME CAMPAIGN ESTABLISHED FOR SAN JOSE FIRE CAPTAIN STEVE BIAKANJA

San Jose Fire Captain Steve Biakanja Loses All Three Children in Tragic Traffic Accident

Earlier in August, Captain Biakanja's three children, and their mother, were killed in a horrific traffic accident while traveling on Highway 156 near Hollister. In the wake of tragedy, San Jose Fire Station 16 is raising funds for Captain Steve Biakanja as he navigates a new reality following the recent deaths of all three of his children. The funds raised will be used to cover the children's' funeral costs, as well as counseling, meals, and various other forms of support for Captain Biakanja and his wife, Thuan.

You can donate by clicking this link, or scanning the QR code.



Captain Biakanja's Loses Children



ANOTHER APPEAL FOR EMAILS

A few months ago, we put out a message to make sure we got everyone's email address. At the time, we were missing emails for 500 members. We've made progress on that goal, but we still need to get more emails from a large number of our members.

Why should we have your email?

Simply, email is the quickest and most cost-effective way for the Association to keep you up to speed on issues. Whether it's an important item being considered by the City Council, updates on your benefits, event announcements or informing you of the passing of one of our members, this is all done best through our email.

Don't you get my updates from the City /Retirement Services?

NO! 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 the Association Board Secretary, Ken Jacksteit an email at secretary@retiredsjpoff.org.

If I give you my email, will you discontinue my hard copy version of the newsletter?

No. If you receive the hard copy version of the newsletter, you will continue to do so. However, we are encouraging members to convert to the digital version of the newsletter as it saves the Association money on printing and postage costs.

INTERESTING FACTS ABOUT OUR PENSION PLAN

Number of "Active" pension plan members who are in the new "Tier 2" as of June 2020.



33%

1 Year Later...

565

Number of "Active" pension plan members who are in the new "Tier 2" as of June 2021.



40%

ANNUAL BOBBY BURROUGHS

FOLSOM

BBQ

★ SEPTEMBER 17, 2022 | 11AM ★



FOOD · FRIENDS · DRINKS

LEW HOWARD PAVILLION

7100 BALDWIN DAM ROAD
FOLSOM, CA

MEMBERS FREE. \$5 for spouses and guests.
Go to retiredsjpofficefire.org/FolsomBBQ

The appropriate COVID-19 precautions will be taken based on the regulations in place at the time of the BBQ.



visit our website at www.retiredsjpoff.org



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

P.O. Box 28041
San Jose, CA 95159-8041

visit our website:
www.retiredsjpoff.org

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OF RETIRED SAN JOSE
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& FIREFIGHTERS**

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ASSOCIATION MEETINGS

Join us on Thursday, September 9, 2022, at 11 AM at the SJPOA Hall for our next meeting. Lunch begins at 11 AM and the business portion will begin at 11:30 AM for those joining by Zoom.

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. Check your emails for updates if you want to attend via Zoom.

RETIREMENTS

David R. Anaya, Police Lieutenant, 26.84 years of service.

Daniel P. Anderson, Police Officer, 26.87 years of service.

Paulo M. Brito, Fire Engineer, 28.40 years of service.

Corey Green, Police Officer, 26.13 years of service.

Shane Lueddeke, Police Officer, 26.84 years of service.

Jeffrey P. Riley, Fire Captain, 26.61 years of service.

Randall Brian Schriefer, Police Captain, 27.05 years of service.

Bryan J. Wong, Firefighter, 28.92 years of service.

CONDOLENCES

Retired SJPD Officer **Ron Mozley** #1522 passed away on Tuesday, August 9, 2022.

Retired Fire Captain **Walter M. Capp** passed on July 30, 2022. Walter retired on March 5, 1986.

ASSOCIATION OFFICERS

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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.sjpbna.net