



# The Billy & Spanner



## PRESIDENT'S REPORT

By Ray Storms

The Board of Directors reviewed the Association's by-laws and is proposing a few updates and changes and they are ready for the membership's review. Following a review period, we will have an official membership vote conducted by mail.

For those who read the newsletter electronically, you can click this link to review those changes. For those who get the hard copy of the newsletter, you can scan the QR code next to this article with your smartphone for access. We are also circulating the proposed changes through our email system and have posted them on the website.

Most of the changes "clean-up" old language to make them consistent with current laws and modern practices (such as video meetings). The following is a quick summary of some of the changes that go beyond simple clean up language.

First, we are proposing to relieve non-sworn survivors of the need to pay annual Association dues. Most survivors would simply love to receive our newsletter and regular association updates. The board feels it is appropriate to help those survivors stay connected to the Association without the additional financial burden.

Over the last several years, the Association has faced a consistent challenge in attracting members to serve on the Board of Directors as well as retaining board members. To do the job of running and leading this organization appropriately and effectively, it requires a significant amount of personal time from the Board, especially the five officer positions, as well as the director seats. This has come at a financial and personal cost to many current and former boardmembers.

In order to attract and retain boardmembers, we are proposing a monthly stipend of \$200 for the five executive board members and \$100 for board directors. This equates to a monthly cost of \$1,500. In order to receive a stipend, board meeting attendance is a requirement. This is my last year as President. I am hopeful these stipends will help take away the obstacles to new leaders taking on responsibilities in our association.



SCAN ME

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

### Congratulations on Your Retirement:

**Alfonso M. Alvarez**, Fire Prevention Inspector, 25.49 years of service.

**Christina L. Anaya**, Police Lieutenant, 27.33 years of service

**Todd L. Ashbaugh**, Fire Engineer, 27.47 years of service.

**Steven E. Brown**, Fire Engineer, 27.69 years of service.

**Luis Carrasco**, Fire Engineer, 24.69 years of service.

**Juan Ceballos**, Police Lieutenant, 31.47 years of service.

**Richard C. De Lisser**, Police Sergeant, 26.82 years of service.

**Forest Fernandez**, Fire Engineer, 29.13 years of service.

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# 10 REASONS WHY HYDRATION IS IMPORTANT

National Council on Aging | Submitted by Walter Brugna, VP of Fire

Staying hydrated is an essential, and often overlooked, aspect of maintaining good health. As we age, it's even more important. If you're struggling to get eight 8-ounce glasses of water a day, here are 10 great reasons to drink more.



## IMPROVED BRAIN PERFORMANCE.

Even mild dehydration can affect memory, mood, concentration, and reaction time. Adding just a few glasses of water a day can have a positive effect on cognition, stabilize your emotions, and combat feelings of anxiety.



## DIGESTIVE HARMONY.

Your body needs water in order to digest food properly. It aids in breaking down soluble fiber from your diet to keep your digestion process on track. Mineral water with sodium and magnesium is especially beneficial.



## MORE ENERGY

Dehydration can slow down circulation, causing your heart to work harder to pump oxygen to your brain and throughout your body. This can make you feel tired, sluggish, and less focused.



## WEIGHT LOSS/MANAGEMENT

Since it provides a sense of fullness, water can help you feel more full in between meals and can help boost your metabolism. Studies have shown drinking more water before meals can substantially reduce body weight and improve body composition.



## DECREASED JOINT PAIN.

Cartilage in our joints contains 80% water. Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a cushion between the bones and fewer aches and pains.



## BETTER TEMPERATURE REGULATION.

Dehydration causes your body to store more heat, lowering your ability to tolerate hot temperatures. Drinking plenty of water helps you produce sweat during activity, which cools your body down and prevents heat stroke.



## KIDNEY STONE PREVENTION.

Staying hydrated can help dilute the concentration of minerals in your urinary tract and make stones less likely. Water also helps flush harmful bacteria from your bladder and aid in preventing urinary tract infections.

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**Gilbert Fox**, Police Officer, 27.37 years of service.

**Bryan W. Hodges**, Fire Captain, 27.82 years of service.

**John Hoge**, Police Officer, 24.25 years of service.

**John M. Hutchings**, Police Lieutenant, 31.60 years of service.

**Anthony R. King**, Fire Captain, 26.02 years of service.

**David Kirby**, Police Officer, 20.07 years of service.

**Timothy Lewis Fire Prevention**, 22.11 years of service.

**Mark S. Mabanag**, Police Officer, 29.01 years of service.

**Chad E. Marshall**, Police Officer, 26.87 years of service.

**Robert McAlavey**, Police Officer, 23.18 years of service.

**Melvin P. Meeks**, Fire Captain, 25.02 years of service.

**Jesus Mendoza**, Police Lieutenant, 25.95 years of service.

**Brett J. Myers**, Police Sergeant, 26.38 years of service.

**David Olmos**, Fire Captain, 28.01 years of service.

**Fernando L. Pedreira**, Police Officer, 2023; 25.34 years of service.

**Jose L. Rodriguez**, Police Sergeant, 2023; 26.80 years of service.

**Victor M. Rodriguez**, Police Officer, 2023; 25.12 years of service.

**Richard B. Rosenquist**, Fire Engineer, 2023; 25.03 years of service.

**Edward R. Schroder**, Deputy Chief of Police, 29.46 years of service.

**Obery Smith**, Fire Engineer, 25.07 years of service.

**Oscar Tovar**, Fire Captain, 28.03 years of service.

**Victor Velasquez**, Fire Captain, 25.03 years of service.

**Martin S. Walker**, Fire Captain, 25.50 years of service.

**Ellen Washburn**, Deputy Chief of Police, 28.85 years of service.

**Phillip K. White**, Police Officer, 25.01 years of service.

**Scott M. Rosingana**, Fire Engineer, 27.25 years of service.

**Christopher J. Singleton**, Police Sergeant, 27.22 years of service.

**Craig G. Storlie**, Police Lieutenant, 26.73 years of service.

**Glen S. Thompson**, Fire Prevention Inspector, 26.81 years of service.

**Richard G. Tomlin Jr.**, Police Sergeant, 29.37 years of service.

**Bach T. Tran**, Police Officer, 30.01 years of service.

**Eric M. Ulrich**, Fire Engineer, 26.69 years of service.

**Michael L. Villanueva**, Police Officer, 25.50 years of service.

**William B. Wargo**, Fire Engineer, 21.10 years of service.

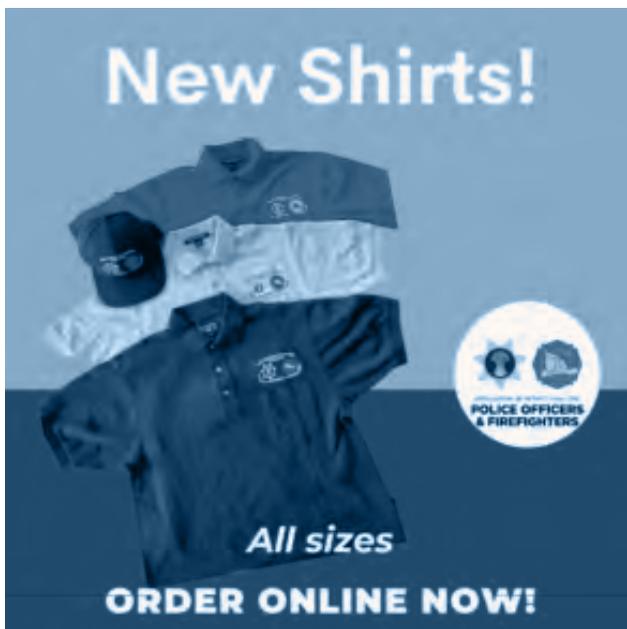
**Bryant Washington**, Police Officer, 27.18 years of service.

**Jeff Fiedler**, Police Officer, 24.47 years of service.

## ASSOCIATION POLO SHIRTS

Just a friendly reminder that the new Association polo shirts are in and we can take your orders online. The polos feature the Association logo over a front pocket. They come in four colors (Ash, Black, Navy, and Red), and we have sizes from Small to XXXL. Sizes Small, Medium, Large, and XL cost \$27 each, the XXL is \$30, and XXXL is \$32. These costs include shipping. We also have an Association hat that comes in black and is \$15.

While we cannot accept electronic payment at this time, you can fill out our online form to place your order. Once you submit your order, we will check to make sure we have everything in inventory and then follow up with you on the payment and shipping timeline. If you are interested in buying more than one shirt, please complete a separate section for each shirt. If you need more than three shirts, please order your first three, then write what additional shirts you need in the text below where indicated.



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### HEALTHIER HEART.

When you're dehydrated, your blood becomes concentrated, which can cause an imbalance of vital minerals (electrolytes). These minerals, like potassium and sodium, are key to the proper functioning of your heart.



### IMPROVED DETOXIFICATION.

Sufficient water intake supports your body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements, all of which help enhance your overall health.



### FEWER HEADACHES.

Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some individuals. Being consistently well-hydrated may help keep head pain in check.

How much water do you need? Certain situations will require you to drink more water to maintain good hydration. These include physical activity and exercise, hot and/or humid weather, and occasions when you are vomiting or have diarrhea. But eight glasses a day is an easy rule to remember and a good general target. Everyone's hydration requirements are different, so talk to your doctor to come up with a personalized hydration plan that meets your unique needs.



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

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

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## ASSOCIATION MEETINGS

Our next meeting will be on Thursday February 9, at 11 AM at the SJPOA Hall. 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.

## ASSOCIATION OFFICERS

Ray Storm, President	510-507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	408-799-3004 vpfire@retiredsjpoff.org
Ken Jacksteit, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

## 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 - Curtis Jackson,  
Sec-Treasurer - Larry Lundberg, Sgt At Arms - Cindy Bueno | [www.sjpba.net](http://www.sjpba.net)

## NEW MEMBERS

Ricardo Eli, II Carddenas  
John H. Cary  
Jonas J. Escalara  
Brett Gervasoni  
Daniel P. Guerra  
Eric John Magnuson  
Bryant Washington