



# The Billy & Spanner



## PRESIDENT'S REPORT

By Ray Storms

As we begin to close out summer, the return to normalcy continues for Association business. I'm excited about the return of our Annual Association BBQ. The event has been a mainstay for our organization for over 30 years. The response we have received so far for the BBQ has been great, and we're expecting a nice-sized crowd to celebrate the friendships

we've built over the decades.

I'm also excited to announce that our Annual Bobby Burroughs Folsom BBQ is on again! For those not familiar, the BBQ doubles as both a social gathering and an official Association meeting. Held in Folsom every year, the BBQ was created due to the large number of members who moved to the Sacramento/Folsom area. The BBQ is open to all members, see the ad in the newsletter or go to

<https://www.retiredsjpolicefire.org/FolsomBBQ> to RSVP.

Now that the San Jose Police Officers' Association Hall is open for events once again, we will return to hosting our regular Association meetings there. The first in-person meeting will be for our September meeting on Thursday, September 9, 2021. We have also heard from members that they would like us to continue with the Zoom meetings so those who cannot come in person can still participate. We are working on the technical solutions to be able to accomplish that. It turns out hosting a meeting in your living room via Zoom is a lot easier than an entire banquet hall. We will advise on our ability to do so and what, if any, limitations we'll have for those meetings.

Finally, if we do not have your email address, please get it to us. We cannot stress the importance of this enough. When it comes to speed of communication, ongoing updates, and creating efficiencies in managing the Association, the more we can do electronically, the better. If you need to update your contact information, email [secretary@retiredsjpoff.org](mailto:secretary@retiredsjpoff.org).

I hope to see you at one of our upcoming events. Please enjoy your retirement. You earned it!

## 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.

## UPCOMING EVENTS:

August 12, 2021 | 3PM  
Annual Association BBQ

### REGISTER

[retiredsjpolicefire.org/rsvp](https://retiredsjpolicefire.org/rsvp)

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

# IMPROVE YOUR MEMORY UNDER STRESS

By Elizabeth Scott, MS and reviewed by Dr. Steven Gans Submitted by Walter Bugna, VP of Fire

There are several things you can do to improve your memory when stressed. Fortunately, these techniques also help manage stress. One of the most important things you can do is to practice personal self-care: get enough sleep, eat a healthy diet, and manage stress.

Poor sleep, high stress, and other physical problems can affect memory as well as contribute to the stress that impedes memory formation and retrieval.

## Here are some other research-backed strategies you can use:

**TRAIN YOURSELF IN BREATHING EXERCISES AND OTHER TECHNIQUES.** One study of police cadets in training has found that psychological performance training can improve the recall of cadets who experienced stress compared to those who didn't learn and practice these techniques.<sup>4</sup> The techniques that were used included breathing exercises; mental performance imagery, which involves vividly imagining practice and success; and intentional focus. This means that, when stressed, you can focus on breathing and focusing your attention, as well as vividly imagining yourself reaching your goals; this has proven benefits.

**GET MOVING.** A study that examined the effects of an aerobic exercise program on memory-impaired people found that a 12-week exercise program indeed improved their memory over those who didn't enroll in the program.

The subjects involved in the study were experiencing mild cognitive impairment from the effects of stress-related exhaustion, so these results are especially relevant for those who are stressed.

**PRACTICE MINDFULNESS.** Researchers found that practicing mindfulness can help with your memory not only by minimizing the stress that can be impairing it but also by enabling better quality sleep. One study, which showed that those who experience stress and memory issues often experience sleep problems, found that practicing mindfulness resulted in less stress as well as fewer memory issues and sleep problems.

Learn some tricks. There are some simple tricks like clenching your fists or moving your eyes from side to side which can help with memory creation as well.

**LEARN SOME TRICKS.** There are some simple tricks like clenching your fists or moving your eyes from side to side which can help with memory creation as well.

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ANNUAL BOBBY BURROUGHS

**FOLSOM**

**BBQ**

★ **SEPTEMBER 18, 2021 | 11AM** ★

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**FOOD · FRIENDS · DRINKS**

**LEW HOWARD PAVILLION**  
7100 BALDWIN DAM ROAD  
FOLSOM, CA

MEMBERS FREE. \$5 for spouses and guests.  
Go to [retiredsjpolicefire.org/FolsomBBQ](https://retiredsjpolicefire.org/FolsomBBQ)

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



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## **WILDFIRE IS COMING. ARE YOU READY?**

From CalFire

The geography, weather patterns and number of Wildland Urban Interface communities in California make it a state particularly threatened by devastating wildfire. As catastrophic wildfires continue to increase each year in California, make sure to protect yourself and your family – plan, prepare and stay aware. Property owners and residents in areas most at risk are encouraged to

take the steps in CAL FIRE “Ready, Set, Go!” to be ready for wildfire.

### **Get prepared for wildfire before it strikes by following Ready, Set, Go!**

**Be Ready:** Create and maintain defensible space and harden your home against flying embers.  
**Get Set:** Prepare your family and home ahead of time for the possibility of having to evacuate. Ensure you have a plan of what to take and where to go – evacuation plans will be different this year due to COVID-19. Ask friends or relatives outside your area if you would be able to stay with them, should the need arise. Check with hotels, motels and campgrounds to learn if they are open.  
**Be Ready to GO!** When wildfire strikes, go early for your safety. Take the evacuation steps necessary to give your family and home the best chance of surviving a wildfire.

Go to <https://www.readyforwildfire.org/> to sign up for text message alerts and to learn more on preparing your home for wildfire as well as evacuation preparation.

## **GET A JOB IN RETIREMENT. IT'LL HELP YOUR WEALTH —AND YOUR HEALTH.**

Excerpts From Barron's, by Neal Templin. Read the full article at [www.barrons.com/articles/job-in-retirement-51622822401](http://www.barrons.com/articles/job-in-retirement-51622822401)

Research has shown that seniors who maintain strong social networks have better all-around health, including better brain function. Working part time forces people to stay connected.

If you keep working part time for your old company, you are maintaining the network you built during your work life. If you go into a new job setting, you begin building a new network. Either way is good for your health. And if you're learning a new skill in retirement, that is helping your brain, as well. Many retirees end up doing work that is similar to what they did during their careers, sometimes at the same companies.

The share of retirement-age Americans working has doubled since 1985, according to a study by investment firm United Income that examined federal data. Twenty percent of people 65 years or older either work or are looking for work. Many Americans, particularly lower-income retirees, have little choice but to keep working to support themselves. Even for higher-income families, part-time work can allow them to hold off drawing down retirement portfolios or delay collecting Social Security to maximize its value.

### **Save money, save paper.**

Sign up for E-Newsletter. By signing up to receive the newsletter through e-mail, you will get the same content, only you will help the Association save money on printing and postage costs. If you wish to receive the newsletter via e-mail versus regular mail, please send an e-mail to [treasurer@retiredsjpoff.org](mailto:treasurer@retiredsjpoff.org)



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

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[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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

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## ASSOCIATION MEETINGS RETURN TO SJPOA HALL

We will return to hosting our monthly membership meetings in-person at the SJPOA Hall. **Join us on Thursday, September 9, 2021, at 11 AM** for our next meeting. 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. We are working on the capabilities to do that. Check your emails for updates on the Zoom option.

## CONDOLENCES

**Randy Knapp**, Firefighter, died January 29, 2021.

**Jack Woodall**, Lieutenant, died July 14, 2021

**Danny Holmes**, Firefighter, retired 1979, died July 5, 2021

**John Trussler**, Sergeant, died July 1, 2021

**Steve Alvarado**, Division Chief, retired 2014, died July 2, 2021

## ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 <a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
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Dale Foster, Secretary	<a href="mailto:secretary@retiredsjpoff.org">secretary@retiredsjpoff.org</a>
Larry Samarron, Jr. Treasurer	<a href="mailto:treasurer@retiredsjpoff.org">treasurer@retiredsjpoff.org</a>

## DIRECTORS-AT-LARGE

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

## WIDOWS & ORPHANS OFFICERS

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VP (SJA) Maxwell Magnus	650-773-3271
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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.sjba.org](http://www.sjba.org)