



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

Great turn out at our annual BBQ at Coyote Ranch. Good times were had by all. Great to see everyone who attended. Pictures will be posted soon on our website. Don't forget to sign up for the Folsom BBQ, Saturday 9-18-21.

It has been a tough year with the passing of many of our friends. 21 Firefighters and 17 Police Officers. Please take care of each other and check in with each other.

Our membership meetings will be in person and on Zoom. That will start with our September meeting at 11am on 9-9-21 at the SJPOA Hall . Masks will be required as it is an indoor event.

The Patriot Day Memorial is on 9-11-21 retirees have been approved to wear there Class A Uniforms. If you are planning to attend please email Jeff Undia at jeff1day@charter.net.

And last but not least, we will be losing our Secretary Dale Foster as he is moving to La Quinta, CA. Dale, I personally will miss you as you have always shown great leadership and were always willing to jump in to get things done. I value our friendship and will surely miss your presence at our meetings. Hey, don't forget you can attend by Zoom!!! Good luck to you in your new adventures down south.

And I will close as always 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 if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

ANNUAL BOBBY BURROUGHS

FOLSOM BBQ

SEPTEMBER 18, 2021 | 11AM

FOOD · FRIENDS · DRINKS

LEW HOWARD PAVILLION
7100 BALDWIN DAM ROAD
FOLSOM, CA

MEMBERS FREE. \$5 for spouses and guests.
Go to retiredsjpolicefire.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

FOR THOSE WHO ARE 60 YEARS OLD AND ABOVE PLEASE READ THIS

By Retired SJFD Captain Jim Zubillaga

Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember, there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof.

Stop worrying about the financial situation of your children and grandchildren. Don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you.

Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, and remember: "A man is not old as long as he has intelligence and affection."

Be proud, both inside and out. Keep going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you – keep it and be proud of it.

Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

Spend your time with positive, people; It will rub off on you and your days will seem that much better. Spending your time with bitter people makes you feel older and harder to be around.

(Continued on Pg. 3)

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

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS AND FIREFIGHTERS

ANNUAL ASSOCIATION BBQ





PRE-RETIREMENT CLASS ON 7-20-21

By Larry Samarron, Jr. Treasurer

I had the opportunity to attend the SJPOA's Pre-retirement class at the POA hall, which was presented by the SJPOA, the SJPD Crisis Management Team, and Dr. Janet Childs on 7-20-21. It was not what I expected but proved to be very empowering for all of us in attendance. If anyone reading this is close to retirement or recently retired and questioning the retirement decision, this is an enlightening class to attend.

The class was for police officers only but the discussion and issues shared are true for everyone. The session consisted of our personal ideas, attitudes, preconceptions, and realities as we face the transition from work and service to retirement.

When opportunities like these present themselves, we should take full advantage of them. So, sign up for these seminars when presented; you never know what nugget of wisdom you will absorb and put away in your mental footlocker.

Some of my nuggets that I picked up and never really thought about are:

- Isolation is the biggest cause of depression for us, especially police.
- Being significant is a reason to stay alive.
- The need to be more socially interactive with our family, friends, and significant others.
- The need to understand ourselves mentally, to cope with this transition that retirement presents.

FOR THOSE WHO ARE 60 YEARS OLD AND ABOVE... (Continued from Pg. 2)

Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy.

Don't abandon your hobbies. If you don't have any, make new ones. Get out of the house. See people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time.

Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.

If you've been offended by someone – forgive them. If you've offended someone—apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die."

Laugh. Laugh away your worries Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.

My valued friends, enjoy a peaceful life at this point in your life ...
Don't worry... be happy.

CONGRATULATIONS ON YOUR RETIREMENT

GREGORY W. ALAMEDA, Fire Captain, 25.52 years of service.

ROBERT L. BACON, Jr., Battalion Chief, 25.06 years of service.

SCOTT CAMPBELL, Firefighter, 25.61 years of service.

PETER CAPONIO, Fire Captain, 26.52 years of service.

BRIAN ENDICOTT, Fire Captain, 25.05 years of service.

STEVEN P. NELSON, Fire Captain, 26.05 years of service.

DAVID J. TINDALL, Police Deputy Chief, 26.99 years of service



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

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visit our website:
www.retiredsjpoff.org

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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 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. We are working on the capabilities to do that. Check your emails for updates on the Zoom option.

CONDOLENCES

Mario Busalacchi, Fire Captain, passed away on August 22, 2021. Mario retired on July 24, 2010.
Clyde Henry, Fire Captain, passed away August 17, 2021. Clyde retired from SJFD on March 3, 1994.
Gary Schceickert, Firefighter, passed away on Aug 6, 2021. He retired from SJFD on July 3, 1993.
Bill Adams, Firefighter, passed away on August 4, 2021. Bill retired on December 3, 1998.
Wayne Chapp, Fire Engineer, passed away on August 3, 2021. Wayne retired in March 2000.
Juan Reyes, retired San Jose police officer, passed away on July 28, 2021.
Thomas Perez, Police Lieutenant, passed away April 22, 2021. Thomas retired September 22, 1995,

ASSOCIATION OFFICERS

| | |
|-------------------------------|---|
| Ray Storms, President | 510 507-1136 president@retiredsjpoff.org |
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| Walter Bugna, VP of Fire | vpfire@retiredsjpoff.org |
| Dale Foster, Secretary | secretary@retiredsjpoff.org |
| Larry Samarron, Jr. Treasurer | treasurer@retiredsjpoff.org |

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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POLICE BENEVOLENT ASSOCIATION OFFICERS

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