



# The Billy & Spanner



## CONGRESS PASSES SOCIAL SECURITY FAIRNESS ACT HEADS TO PRESIDENT FOR SIGNATURE

By Ray Storms

The U.S. Senate recently passed the Social Security Fairness Act (H.R. 82), a bill that aims to repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). These provisions

have been a source of frustration for millions of public servants, including police officers, teachers, and firefighters, for over 40 years.

H.R. 82 passed the House of Representatives last month and is now headed to President Biden's desk. He is expected to sign the bill in early January. This is a major victory for public servants across the country who have been fighting for the repeal of the WEP and GPO for decades.

The WEP and GPO have unfairly reduced the Social Security benefits that these individuals can collect. The WEP reduces the Social Security benefits of individuals who also receive a pension from a job that did not require them to pay Social Security taxes.

The GPO reduces the Social Security spousal benefits of individuals who also receive a pension from a job that did not require them to pay Social Security taxes.



The repeal of the WEP and GPO will have a significant positive impact on the lives of millions of public servants. It will ensure that they receive the full Social Security benefits that they have earned.

## 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.

**HAVE YOU CHANGED YOUR ADDRESS OR EMAIL?**

**If so, contact Ken Jacksteit at  
[Membership@retiredsjpoff.org](mailto:Membership@retiredsjpoff.org)**

## HOW MUCH DO OUR THOUGHTS SHAPE OUR HEALTH?

From Scientific America. Submitted by Walt Bugna VP of Fire

Time heals all wounds, as the saying goes. But any medical professional can tell you that the hours required for recovery after an injury can vary widely. A person's age, lifestyle, and level of social support, for example, are all known influences on how quickly their body heals.

Our thoughts can play a remarkably powerful role as well. In a recent experiment, we tested whether expectations about the time it takes to heal can affect how long it actually takes to recover. We found that people's perception of the passage of time influenced how quickly their wounds healed. The work is just the latest in a larger collection of evidence—documented in a new book written by one of us (Langer), *The Mindful Body*—that underscores the unity of mind and body, an idea with profound implications for health and well-being.

Our thoughts can play a remarkably powerful role as well. In a recent experiment, we tested whether expectations about the time it takes to heal can affect how long it actually takes to recover. We found that people's perception of the passage of time influenced how quickly their wounds healed. The work is just the latest in a larger collection of evidence—documented in a new book written by one of us (Langer), *The Mindful Body*—that underscores the unity of mind and body, an idea with profound implications for health and well-being.

Going a step further, healthy living, which is undoubtedly a function of healthy choices, such as wearing sunscreen and brushing our teeth, is also a function of healthy thinking. As one of us (Langer) has argued for decades, most people act mindlessly most of the time because they are preoccupied with their past thoughts, which blinds them to the present. But we can notice and question our thoughts and implicit beliefs, especially when they're counterproductive—such as expecting to heal slowly or thinking we are just too frail to cope.

We can ask ourselves questions such as: How do we know that these ideas are accurate? What past experiences and situational factors might be unduly influencing our beliefs? Are there equally valid alternative beliefs to consider? And when we encounter a more constructive alternative that resonates, we can embrace it. Thoughts, feelings, and actions will then change accordingly. Just like that, better health is often only a thought away.

We found that people's perception of the passage of time influenced how quickly their wounds healed.



***“We found that people’s perception of the passage of time influenced how quickly their wounds healed.”***

## ARE YOU A RETIREE RECEIVING DISABILITY MEDICAL CARE? WE WANT TO HEAR FROM YOU!

Please take a few minutes to complete our survey if you are a retiree receiving disability medical care through Intercare.

### Your Opinion Matters

We're gathering feedback from Association members using Intercare to understand your experiences with the provider. We want to hear about your experiences, good or bad, with getting a doctor assigned, filling prescriptions, and obtaining necessary procedures.

### Why Your Input Is Important

Your feedback will help us advocate for better retiree care with the City. Having concrete data strengthens our position when we address your concerns with City representatives.

### Confidentiality Assured

The survey is brief and takes about 5 minutes to complete. Your individual responses will remain confidential and will not be shared with the City. We may share overall response trends with the City (e.g., 30% of retirees had difficulty getting a doctor assigned).

### How to Participate

Please ensure you receive care from Intercare before taking the survey. You can access the survey by scanning the QR code or clicking on this link: <https://bit.ly/Retirees-Intercare>

**Thank you for your time and valuable feedback.**



## SJFF LOCAL 203 RETIREMENT PARTY: CRAB FEED

Local 230 is hosting a Retirement Party Crab Feed on February 1, 2025, to celebrate our retired firefighters, including those from the past seven years! Enjoy all-you-can-eat salad, spaghetti, and crab (chicken available for non-crab eaters), with beer, wine, and cocktails for purchase. Tickets are available until January 17, 2025.

**PURCHASE TICKETS HERE.** If you're experiencing any issues with ticket purchases or selecting the chicken option, please contact Mindi Adams at [mindi.adams@sjff.org](mailto:mindi.adams@sjff.org) or call the Local 230 Union Hall for assistance.

### CONDOLENCES

Retired Fire Chief Robert L. Dorman, passed away on November 30, 2024.

Retired Sgt. Russell "Russ" LeGault #1552, passed away on December 10, 2024.

Retired Deputy Chief Bob Allen #1009, passed away on December 29, 2024.



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

P.O. Box 28041  
San Jose, CA 95159-8041  
visit our website:  
[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

Volume 32  
No. 12  
December  
2024



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

# The Billy & Spanner



**ASSOCIATION  
MEETINGS**

**Our next meeting will be on Thursday, January 9, at 11 AM at the SJPOA Hall. Lunch begins at 11 AM, and the business portion of the meeting begins at 11:30 AM.** The SJPOA Hall is located at 1151 N. 4th Street, San Jose, CA 95112. The meeting will also be available by Zoom. Check your Association emails for a link to the meeting. The Zoom portion of the meeting will begin at 11:30 AM.

## CONGRATULATIONS ON YOUR RETIREMENT!

Ronald D. Bays, Police Sergeant, 27.84 years of service  
Marc D. Beretta, Police Officer, 26.74 years of service.  
Guillermo E. Davila Culajay, Fire Captain, 24.55 years of service.  
Topui M. Fonua, Police Officer, 26.21 years of service.  
Michael R. Roberson, Police Officer, 24.56\* years of service.  
Todd L. Trayer, Police Captain, 28.8 years of service.  
David W. Wilson, Police Sergeant, 28.3 years of service.

## ASSOCIATION OFFICERS

Ray Storms, 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
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org
Ken Jacksteit, Director of Membership	dir_kjacksteit@retiredsjpoff.org

## DIRECTORS-AT-LARGE

Don Bartels, Tim Miller, 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

## POLICE BENEVOLENT ASSOCIATION OFFICERS

President - Ernie Alcantar, Vice President - Curtis Jackson,  
Sec-Treasurer - Cindy Bueno, Sgt At Arms - Dan Archie.