



# 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)**

# 'I AM A FIREFIGHTER, NOW RETIRED': DEFINING YOURSELF POST-RETIREMENT

By Larry Baker, Adapted from FireSafety1. Submitted by Walter Bugna, VP of Fire

Retirement is fast approaching. The excitement has reached peak levels. Then the big day comes and suddenly you don't feel quite so elated. It dawns on you that your whole world has changed. After more than two or three decades of dedication to the fire service, it's gone. "What is going on with me?" you might ask.

There is a useful tool called the [Holmes and Rahe Stress Inventory](#), essentially an assessment of the stress in your life. The inventory looks at 43 life stressors, each with a stress score. Retirement is the top 10 life stressors. (Note: Number 1 is death of a spouse, and you may be finding that retirement feels like the death of a career.)

No one prepared you for this aspect of retirement. Lots of people said to make sure you have enough money and square away your pension. A few even reminded you to have your will and insurance in place. But not a single person mentioned the emotional impact that such a life-altering event might cause. This realization gradually creeps into our lives. The first weeks of retirement are filled with activities, parties, catching up on chores at the home, and maybe a quick fishing trip. But then one day you are introduced to a stranger who asks, "What do you do?"

You begin to realize the loss of identity. What you do (fight fires) is a very integral part of YOU as a person. So how do you describe yourself now? My personal suggestion is, "I am a firefighter, now retired."

I work as a fire chaplain, and I continue to serve as a chaplain for those who retire. Many tell me how tough it is to suddenly lose that fire service identity. Some never walk back into a fire station again; it is just too painful. Some even avoid retiree groups because they just can't handle the emotions that arise from hearing the firehouse stories.

This is a form of grief. Instead of turning to alcohol or other unhealthy outlets, consider more positive options that can help you reaffirm your identity in your new chapter in life. Two options to consider to help you work through your grief and lead you into that happy retirement you had pictured: talk to a counselor or chaplain, or take part in small-group therapy. Additionally, consider all the new activities that await you. Focus on the future with great respect for the past. Pursue a hobby. Retirement will give you more time to fish or golf. Volunteer at the fire museum, hospital or church. Get active in a new group, like a retiree organization. Whatever you do, avoid the couch!

I urge firefighters who are approaching retirement to plan ahead for this change and the associated emotions that will arise. That does not mean it will be stress-free. But it does help to be prepared to handle the emotions and the stress. We too often ignore our emotions. We did it our whole career and, in some cases, paid the price (think PTSD). So get ready for retirement. Anticipate what lies ahead and get the tools you'll need to confront the stress that will come.



***"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.**



## DEFINING YOURSELF POST-RETIREMENT (Continued from page 2)

This is a form of grief. Instead of turning to alcohol or other unhealthy outlets, consider more positive options that can help you reaffirm your identity in your new chapter in life. Two options to consider to help you work through your grief and lead you into that happy retirement you had pictured: talk to a counselor or chaplain, or take part in small-group therapy.

Additionally, consider all the new activities that await you. Focus on the future with great respect for the past. Pursue a hobby. Retirement will give you more time to fish or golf. Volunteer at the fire museum, hospital or church. Get active in a new group, like a retiree organization. Whatever you do, avoid the couch!

## 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.