



The Billy & Spanner

Association Seeks Leaders: It's Your Organization

By Ray Storms, President



We need more members willing to step up and help run this organization. As this is my last year as your President, I will have been involved with the board for 15 years by the end of this term, serving as either VP of Fire or President. It has been an honor to serve on this board, and I want to emphasize that it is a great board where everyone contributes. I have received many thanks from members, and I always tell them that the success of the board is due to the effort of all its members.

The board consists of the 5 members of the Executive Board: President, Vice President Police, Vice President Fire, Treasurer, and Secretary. These positions now receive a \$200 stipend per meeting attended, as approved by the membership last year. Additionally, we have 10 Directors, and they receive a \$100 stipend per meeting attended.



I urge you to consider joining the board. We have only one meeting a month, but board members also perform many tasks between meetings.

Political Advocacy

This Association is and always has been politically active. We support candidates for San Jose Mayor and City Council who we feel share our values and keep an open mind on difficult issues like cuts to retiree healthcare. When needed, we directly advocate on behalf of our members and our benefits at City Hall. We often work in partnership with Local 230 and the SJPOA on our political agenda because it is critical to have the actives' support in what we do and because what may not be their problem today will be their burden tomorrow.

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.

HAVE YOU CHANGED YOUR ADDRESS OR EMAIL?

If so, contact Ken Jacksteit at Membership@retiredsjpoff.org

FUELING YOUR BEST LIFE: NUTRITION TIPS FOR FIREFIGHTERS

Summarized from IAFF's Firefighter Nutrition Guide
Submitted by Walter Bugna, VP of Fire;

Good nutrition is essential for helping our bodies thrive, whether that's on or off duty, as an active firefighter or a retiree. This guide offers simple principles for healthy eating, designed with firefighters in mind. We're discussing real solutions for long-term health, work-life balance, and simply enjoying good food.

Taking Control of Your Diet

It's about creating habits that work for you, understanding what your body needs, and making adjustments as you go. You're in the driver's seat, deciding what, when, and how much to eat.

Five Steps to Healthier Eating

To help you take control of your diet, here are five practical steps to get you started:

- **Set Your Goals:** Know what you want to achieve and *why*. That "why" will keep you going when things get tough.
- **Start Small:** Don't try to change everything at once. Focus on one small, achievable change for two weeks to build consistency.
- **Think Ahead:** Plan your meals for the next 24 hours. Planning when you're not hungry helps you make better choices.
- **Add, Don't Subtract:** Focus on adding healthy options to your meals. For example, add vegetables to your crew's taco night or a salad with spaghetti.
- **Eat Real Food:** Swap processed foods for whole, real foods from plants and animals.

Remember, it's all about eating for health, for life, and for real. Be on the lookout for the next installment of the Firefighter Nutrition Guide in an upcoming article.



**SURVIVING
SPOUSES
MEETING**

Wednesday, April 3rd
Approx. 1PM
SJFF, L230
165 Lweis Rd
San Jose

*It's about creating habits
that work for you,
understanding what your
body needs, and making
adjustments as you go.*

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS AND FIREFIGHTERS MEETING SUMMARY

Our March 13th general membership meeting featured a festive St. Patrick's Day lunch, with 28 members in attendance. Some of the key updates from the Board Meeting that were shared:

The Board is reviewing the Association's insurance coverage to ensure it meets the Association's needs for special events and everyday operations.

The Board received a comprehensive presentation from our political compliance attorney, Ash Pirayou, regarding the complexity of regulations, particularly with disclosure and record keeping, surrounding campaign finance. The Board is diligently building its PAC fund for upcoming elections, ensuring we can provide meaningful financial support to aligned candidates.

Recognizing the Association's growing financial complexity, the Board received a presentation from our accounting firm, SE Owens, which currently handles tax preparation. To enhance financial efficiency and oversight, the Board is exploring having SE Owens take over daily bill paying and associated bookkeeping. This move aims to streamline operations. If pursued, the President and Treasurer would establish spending and savings policies with SE Owens.

We are actively supporting fundraisers for the San Jose Police Chaplaincy and the CalFire Benevolent Foundation, highlighting our commitment to community partnerships. Plans are also underway to provide aid to Southern California public safety agencies affected by recent fires.

Local 230 shared updates on their program to allow retirees to join the union and their advocacy for the California Firefighter Cancer Prevention and Research Program (AB 700).

Remember, the Survivors Group meets at Local 230 on the 1st Wednesday of each month, providing vital peer support. Ensure your spouse or partner has access to the "Survivor's Checklist" on our website. Watch for the City's Medicare Part B reimbursement letter and act promptly to secure your reimbursement. Finally, remember to promptly notify Retirement Services upon a member's passing to avoid overpayment issues that will require repayment by surviving family members.

CONDOLENCES

- Retired Assistant Chief Duward Mallett passed away on December 29, 2024.
- Retired Officer Jose T. Daysog passed away on January 30, 2025.
- Retired Fire Fighter Michael A. Johnson passed away on February 8, 2025.
- Retired Officer Michael H. Bowman #1488 passed away on March 13, 2025.
- Retired Officer John Rusyn #2511 passed away on March 19, 2025.

CONGRATULATIONS ON YOUR RETIREMENT:

Michael S. Carlson, Police Sergeant, 25.99* years of service.
Denise R. McMullen, Police Sergeant, 24.92* years of service.



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

P.O. Box 28041
San Jose, CA 95159-8041
visit our website:
www.retiredsjpoff.org

Volume 33
No. 2
February
2025



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ASSOCIATION MEETINGS

Our next meeting will be on Thursday, March 13, 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.

WELCOME NEW MEMBERS

Bryan D. De Mare (F)
Randon L. Hagerman (F)
Adam R. Hutson (P)
Stephen D. Lagorio (P)

Cesar Martinez, (F)
Carie K. Shigemasa(P)
Benjamin A. Tolentino (F)

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, Mike Kihmm, 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 - Mike Kihmm, Sec-Treasurer - Cindy Bueno, Sgt At Arms - Dan Archie.