



The Billy & Spanner

Summer BBQs Coming Up. RSVP Now!

By Ray Storms, President



Well it's that time a year again when we have the opportunity to visit with fellow retirees. I am talking about our annual BBQs - Coyote Ranch on August 14th and Folsom on September 20th.

I have always enjoyed both of these BBQs. So nice to see everyone and be able to remember the good old days. Please RSVP to both events. I hope to see you there.

**ANNUAL
ASSOCIATION
BBQ**

**Coyote
Ranch**

**AUGUST 14, 2025
3 PM TO 7 PM**

\$5 for members & spouses
\$10 for non-members



RSVP NOW

by QR Code or
bit.ly/coyote2025



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

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

I'M DEAD. NOW WHAT?

The Association continues to give away this 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.

JOIN US FOR
**ANNUAL BOBBY BURROUGHS
FOLSOM BBQ**



**September 20, 2025
11 AM onward**
Lew Howard Pavillion
7100 Baldwin Dam Road
Folsom, CA

RSVP: <https://bit.ly/Folsombbq2025>



MEMBERS FREE!
\$5 for spouses and guests

MENTAL HEALTH IN THE FIRE SERVICE: BUILDING AWARENESS AND RESILIENCY

By Lauren Burke Devere

Below is an excerpt from an article in *International Fire Fighter* magazine.

Equip yourself with the right tools and skills and don't be intimidated. From forming a peer group to journaling to practicing mindfulness exercises, prime for the journey ahead. Some people talk about it. Other people journal. The truth is that authentic, meaningful connections can be made in person or on paper when there is no fear of showing emotion or saying the wrong thing.



Studies conducted in college, prisons and rest homes have found that journaling about negative events is an incredible way to process them. It's easy to be intimidated by the thought, or to think that one must write a lot in order to benefit; however, the simple act of repeating even one line over and over – of getting the thought out and writing it down – can be therapeutic.

Mindfulness could be one of our greatest superpowers. It's free, and anybody can do it. Without a practice of mindfulness, it's easy to get stuck in negative habit loops.

It's also easy to forget to express gratitude. A daily practice of gratitude can make a big difference. No matter how bad yesterday was, choose to start today by acknowledging three things you are grateful for. You may find that when negative things happen, things we can't explain, the practice of gratitude helps remind us that it's not all dim – there is always something to be grateful for. What's most important is to train ourselves to choose our response to any stimulus we can't control in a positive way.

It can also be helpful to explore alternative strategies for managing job stress, such as yoga, exercise and regular physical activity. Additionally, there are many organizations, including the Firefighter's Support Alliance and the International Association of Fire Fighters, that provide free support to firefighters navigating their career path through educational programs and training sessions which can help fire-service professionals identify their problem areas and equip them with the skills to manage stress and anxiety.

Poor mental health is a serious issue for fire-service professionals. It is essential that they take steps to recognize and address it. With proper support, individuals can learn to manage their feelings and maintain good mental health. Firefighters should also take care of their physical health and develop support systems of professional counsellors and colleagues. We can break the mental-health stigma so that firefighters can be at their best.

SURVIVING SPOUSES MEETING

Wednesday, August 6th
10:30 AM - Noon
SJFF, L230
165 Lewis Rd
San Jose

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS AND FIREFIGHTERS MEETING SUMMARY

Our General Membership lunch and meeting on July 10th was attended by 31 members in person and 4 via Zoom. A moment of silence was observed in remembrance of members who have passed and those facing challenges.

Treasurer Larry Samarron provided a thorough report on the Association's financial activities.

What's New with the Association

- President Storms reiterated he in his final year as president. Mike Kihmm has expressed interest in the position. Secretary Foster indicated a desire to step down, and Gary Johnson showed interest in the position. Members interested in joining the Board should contact President Storms.
- The Board plans to review Association records to determine what to retain or discard, and then decide on the appropriate storage unit size moving forward.
- The Board is considering next steps to inform the Retirement Board and City about concerns regarding Intercare's service.



Larry Lundborg, Mike Kihmm, George Padilla, Ted Vasquez and Ernie Alcantar



Ken Jacksteit, Jeff Ricketts, Armando Realyvasquez, Ken Tanaka and Craig Clifton

What we are working on.....

- Jim Spence has volunteered to lead a project to enhance the audio and video capabilities in the POA conference room and hall using Association funds.
- The Board is exploring options to provide RAP (Retiree Assistance Program) mental health benefits to Association members.
- President Storms is arranging a presentation to the Board in September on a potential scholarship program for the SVCTE Fire Science Course at Mission College, supported by the Association.

Things to Remember....

- The San Jose Police Foundation and San Jose Police Department will host the 2025 Annual Major Awards ceremony on September 25th at the San Jose Hilton Double Tree.
- The Shop with a Cop Foundation of Silicon Valley will host "Badges and BBQ" on September 20th, with more details to follow at the September Meeting.

Condolences:

Retired Sgt. Oliver F. Kraemer #1140 passed away in June 2025.

Retired Officer Stephen E. Greenlee #3122 passed away on June 15, 2025

Jesse Coria passed away in July 2025.



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www.retiredsjpoff.org



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ASSOCIATION MEETINGS

Our next meeting will be on Thursday, September 11, 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 St., 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 begins at 11:30 AM.

WELCOME NEW MEMBERS

Michael Stahl #3526 PD
Ray R. Trevino, Jr. FD

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, Joe Roberts, Jerry Ellis, Director Emeritus

WIDOWS & ORPHANS OFFICERS

President (COA) Jeremy Wise	831-566-7624
VP (SJA) Maxwell Magnus VP	650-773-3271
(COR) Bill McCluskey Secretary	408-985-7563
(SJR) Luis Chacon	408-642-0385
Treasurer (SJR) Jose Guerrero	408-839-3525

POLICE BENEVOLENT ASSOCIATION OFFICERS

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