



The Billy & Spanner

Know Your Benefits: Open Enrollment

By Ray Storms, President



November is Open Enrollment for our health insurance plans. Retirement Services will present at our October Association Membership meeting on the medical plan choices as well as the updated rates. This is your chance to ask the important questions and get the answers. Details are below.

**COST INCREASES WILL
BE DISCUSSED!**

**Open
Enrollment**

OPEN ENROLLMENT PRESENTATION

OCTOBER ASSOCIATION MEETING

In Person or by Zoom

Thursday, October 9

Meeting: 11:30 AM

Presentation: 12:15PM

**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



ASSOCIATION OF RETIRED SAN JOSE
POLICE OFFICERS
& FIREFIGHTERS

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

EIGHT SIMPLE BUT EXCELLENT TIPS FOR HEALTHY LIVING

By Soffer Health Institute

You've likely made a recent vow to live healthier, eat better and exercise more. To follow through, there are some steps that you can take to not only look better but to feel better, too. Try these six tips for healthy living for a healthier new you.



Have a minimum of three different colors on your dinner plate. It is a proven fact that having a rainbow diet is healthier than eating bland foods. Foods rich in antioxidants come in different hues and are often bright and colorful. The more colors you get on your plate, the more nutrition you are taking in. Try to bring a minimum of three colors to your dinner plate to up your vitamin and mineral intake and to fight against aging and illness.

Drink more water. Hydration is essential for good health – it helps to flush toxins, keep the skin moist and more youthful looking, and energize your muscles. Substituting water for sugary drinks can save your calorie count and make you feel satiated more quickly, so you don't overeat.

Cut out sugar. Sugar is one of the biggest health saboteurs. Not only does it provide the body with empty calories, but it also causes spikes in blood sugar that lead to the overproduction of insulin. When eaten in high quantities it can overload the liver and lead to nonalcoholic fatty liver disease.

Incorporate both anaerobic and aerobic exercise. To stay healthy and to prevent injury, get the right mix of both anaerobic and aerobic exercise. Cardio exercise is needed for the heart while weight training is required to build lean muscle mass and to optimize your metabolism.

Eat more fish. Seafood contains Omega fatty acids, which are essential to good health. Consuming fish is an excellent way to maintain joint health and to minimize the effects of free-radical aging.

Switch from red meat to leaner options. Red meat can raise cholesterol levels and contribute to the risk of certain cancers. Choose leaner alternatives, like turkey or chicken.

Maintain good dental health. Good dental habits are linked to cardiovascular health and are related to immune problems in the body. Make sure to get regular check-ups and floss daily.

Take a multivitamin. Many nutrients the body needs can't always come from the foods you eat. Supplementation will increase your longevity and overall well-being.

Making small changes to your daily routine can have a huge impact on your overall health. You don't have to overhaul your world, just make incremental changes that produce huge results.

SURVIVING SPOUSES MEETING

Wednesday, September 3rd
11:30 AM - 1:00 PM
SJFF, L230
165 Lewis Rd
San Jose



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

ANNUAL ASSOCIATION BBQ!

Thank you all for joining us. We had a great time catching up with old friends and celebrating!



Association Annual BBQ



THE SJPOA CHARITABLE FOUNDATION'S **SMOKETOBBERFEST**

**DINNER. DRINKS. CIGARS.
GREAT COMPANY**

Saturday, October 11

5PM SJPOA HALL

Ticketes \$150 or \$1,050 per table of 8

www.SJPOA.com or info@sjpoa.com

Make sure you have your copy of our checklist for survivor support services.

RETIREE SURVIVOR CHECKLIST



Survivor Checklist

<https://bit.ly/survivor-list>

Retirements

Julian P. Molloy, Fire Captain, 27.27* years of service.

Peter Nguyen, Fire Fighter, 25.18* years of service.

Jermaine Thomas, Police Lieutenant, 26.72* years of service.

Joshua D. Warren, Fire Captain, 27.24* years of service.

Harry G. Felix, Police Officer, 15.61* years of service.

Dennis D. Bell, Battalion Chief, 29.79* years of service.

Jonathan Redmond, Police Officer, 29.46* years of service.

Michael William O'Neill, Police Officer, 10.62* years of service.

Shawn M. Nunes, Police Officer, 25.89* years of service. (With Reciprocity - 13.09 CSJ + 12.79 PERS = 25.89 YOS)

Michael J. Murray, Fire Engineer, 25.67* years of service. (With Reciprocity - 1.25 PERS + 24.41 CSJ = 25.67 YOS)



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

Glenn R. Albin #3420
Anthony R. Alfonzo #3333
John Moutzouridis #3268
Jermaine Thomas #3522

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.