



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Happy Spring everyone! Lots going on so let's get started. Reminder, the Folsom BBQ is May 18, 2019. Please register on our website so we can have a head count for the caterer. Cost is \$5.00. Registration is at 11 AM; Social Hour (Bullocks Senior Citizen Staff) 12PM-Lunch. Our annual BBQ is August 8, 2019 at Coyote Ranch please register for this for the head count also.

On Thursday May 16, 2019, local firefighters will be having a benefit at the San Jose Improv benefiting San Jose Fighting Chance, Valor Games, and Los Bomberos of Norcal. Doors open at 7 PM show starts at 8 PM. Headliner is retired FDNY FF Billy O'Conner plus 5 other comedians. Contact Maria Wardell 650-922-7222 or Ben Naranjo 408-427-4540 for tickets \$15 each. We will send out the flyer via email.

The San Jose Fire Museum had been looking for ways to locate retired Fire Personnel. Rather than share our email list, we chose to include their form in our newsletter for them. They would be happy to have both police and fire retirees join. When filling out the form, just fill out the San Jose Fire Museum portion only! Whatever amount you put in will be your total monthly deduction. Please send it to 1661 Senter Rd., Building D1, San Jose CA, 95112. The Museum will then process the forms for payroll deduction. Form is on last page.

I attended the Police and Fire Retirement Board one-day public meeting retreat on April 15th at the Hayes Mansion in San Jose. The goal of the meeting was to have a free flow discussion around the discount rate and how to properly manage the contributions levels given the discount rate decision. The Plan's actuary, Cheiron made a presentation. There will be more detailed discussions in the future prior to actions.

Jerry Ellis has informed the Board that he will not be returning to the Board next year. He has given 23 years to this organization. We greatly appreciate his dedication. Jerry thank you for all you do and have done. You can't replace Jerry, but we will be looking for someone to step up and be a director. As always stay safe and enjoy your retirement you earned it.

INSIDE:

- Health Tips
- San Jose Fire Museum Membership
- Impacting Paradise

SAVE THE DATE!

Association Hosts "Wealth Steps Financial Wellness Program"

The Association is sponsoring Wealth Steps, a financial wellness program seminar. Registration will be required via e-mail. We will send an e-mail announcement soon.

DATE: JUNE 13, 2019
after Members Meeting
Location: San Jose POA Hall

GOOD AND WELFARE

Captain Ray Dundon who retired in 1994 is in a Health care facility in Los Gatos, CA, would really like visitors. Be advised that Ray has dementia. You can visit him at: Vasona Creek Healthcare Center; 16412 Los Gatos Blvd, Los Gatos, CA; Please call 408-356-2191 or check at the front desk for his room number.

HEALTH TIPS

Submitted by VP of Fire, Walter Bugna

From: Medical News Today by Maria Cohut
Researchers are finding new evidence that exercise — even low-intensity, casual physical activity — can boost brain health in the short- and long-term. Frequent but leisurely exercise can boost brain health.

Evidence that exercise can benefit the brain and help maintain cognitive function — including memory — is accumulating. One study, for instance, suggests that engaging even in low-level physical activities, such as doing household chores, can help reduce the risk of cognitive impairment in older adults.

Now, a team led by Michelle Voss — from the University of Iowa in Iowa City — has found evidence in support of the notion that the benefits of just one workout can predict the benefits of frequent physical activity in the long run. The team presented these findings at this year's Cognitive Neuroscience Society's symposia in San Francisco, CA.

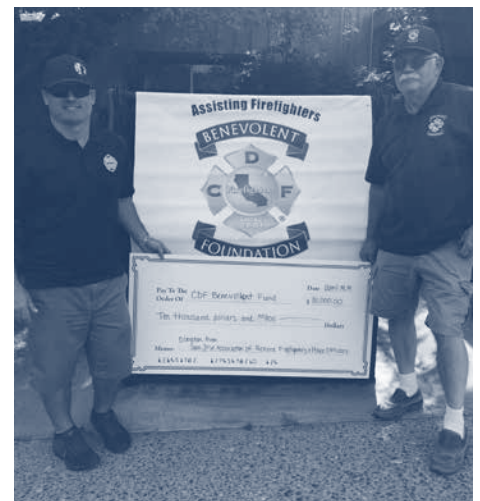
As symposium chair Wendy Suzuki, of New York University in New York City, explains, "There is a strong and direct link between physical activity and how your brain works."

"People still do not link physical health to brain and cognitive health; they think about fitting into a bikini or losing that last pound, not about all the brain systems they are improving and enhancing every time they work out."

However, the new research aims to encourage people to view exercise differently, and other studies presented aim to find better strategies to encourage people to become more physically active — even in communities that may struggle to offer their members the motivation, context, and facilities they need.

ASSOCIATION MAKES IMPACT ON PARADISE

CalFire Benevolent Association happily accepted our association contribution for Fire Fighter Paradise victims at their Golf Tournament.



CONGRATULATIONS ON YOUR RETIREMENT

LAWRENCE T. DAY, Police Sergeant, 27.49 years of service.
CHRISTOPHER M. PARENTE, Police Officer, 25.19 years of service.

WELCOME NEW MEMBERS

Robert Harris	Ted Trujillo
Kenneth Davis	Clayton D. Markel
Gregory Duquite	Richard A. Constantine
Gary Jungling	Sandra Wells
Ivan D. Lee	

**AUTOMATIC DEDUCTION ELECTION FORM:
PAYMENTS TO “AUTHORIZED PARTIES”**

I, _____, hereby authorize the Office of Retirement Services to deduct the amount (s) listed below from my retirement benefits each month, and to send the amount (s) so deducted directly to the authorized party or parties listed below on my behalf each month.

Deduction Type:	Monthly Amount Authorized
Police Benevolent Association	\$ _____
San Jose Fire Museum Donation	\$ _____
Widows and Orphans (Fire Only)	\$ _____

I UNDERSTAND THAT I MAY CANCEL AND REVOKE THE ABOVE AUTHORIZATION(S) AT ANY TIME BY DELIVERING A WRITTEN NOTICE OF CANCELLATION AND REVOCATION TO THE OFFICE OF RETIREMENT SERVICES AT LEAST 20 DAYS BEFORE MY NEXT SCHEDULED RETIREMENT ALLOWANCE PAYMENT.

Signed: _____

Printed Name: _____

Dated: _____



Association of Retired San Jose

Police Officers & Firefighters

P.O. Box 28041
San Jose, CA 95159-8041

visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

- 5/1 Holders – Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 5/8 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 5/9 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 5/15 City Diner – Tan, 2951 Monterey Rd., 408-269-5490
- 5/15 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 5/18 Association's 17th Annual Bobby Burroughs Membership Folsom BBQ 2019; Lunch at 12:00 PM, The Lou Howard Pavillian, 7100 Baldwin Dam Rd., Folsom, CA 95630
- 5/22 Burger Pit - Blue, 120 Blossom Hill Rd., SJ, 408- 225-6030
- 5/29 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 6/5 Holders – Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 6/12 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 6/13 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 6/19 City Diner – Tan, 2951 Monterey Rd., 408-269-5490
- 6/19 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 6/26 Burger Pit - Blue, 120 Blossom Hill Rd., SJ, 408- 225-6030

CONDONLENCES

- Jerry L. Albericci, Police Sergeant, retired January 2, 1997, died February 5, 2019.
- Peter Guerin, Police Officer, retired January 28, 1995, died February 22, 2019.
- Richard Struthers, Fire Captain, retired in 1981, died March 30, 2019.

ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	vpfire@retiredsjpoff.org
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

DIRECTORS-AT-LARGE

Mike Alford, Don Bartels, Craig Blank, Pat Boyd, Jerry Ellis, Tim Miller, Mike Moffett, Jim Spence

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
Treas. Emeritus (SJR) Mike Moffett	408-867-0405

POLICE BENEVOLENT ASSOCIATION OFFICERS

President - Ernie Alcantar, Vice President - Steve Windisch,
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir www.sjba.net