



PRESIDENT'S NOTES

By Mike Alford

Well the other shoe has dropped and the police retirees have all been notified if they were overpaid due to city error. The only upside to this situation is that the retirement board has chosen to follow its own guidelines and only go back three years to collect any repayment as they are doing for fire retirees. The Board also opted to not require any higher payment than the amount of your 2017 COLA which lessens the financial burden on the membership. Further, they will not seek reimbursement of any type from survivors.

In past newsletters I have advised members to look at the contract under which they retired to assure that out of class pay was not pensionable at the time. Since then I have been in contact with the CFO for the POA who along with the POA Attorney have researched the issue and determined that out of class pay was never pensionable. This brings us back to the entire issue of overpayment being due to the incompetence of the City Finance department.

Fortunately for our membership, the retirement board is the governing body for these issues and has chosen to handle it in a fair and reasonable way. I have been asked by a couple of members about a lawsuit to force the city to pay the full amount to restore the fund. To this I have said that we should be careful in how we approach that issue because a court could find that the members would have to reimburse the full amount they were overpaid instead of the partial reimbursement sought by the retirement board.

Switching gears, just a reminder to go to our website and sign up for the annual association BBQ at the Coyote Ranch on August 10th. Our Monthly meeting for August will not take place at the POA hall, instead we will gather at the Coyote Ranch for Fun, Food and tall tales. I will be absent for the July meeting but it will be in the capable hands of VP John Schuman, I will see you in August.

INSIDE:

- LOCAL 230 DAY ON LAKE EVENT
- ASSOCIATION AUGUST BBQ

VOLUNTEERS NEEDED: SJFF LOCAL 230 INVITING RETIREES TO ASSIST WITH DAY ON THE LAKE EVENT

Thursday, July 13th, 2017 marks the 14th annual San Jose Firefighters Local 230 Day on the Lake event. SJFF's Local 230 members have been the backbone to the success of Day on the Lake by providing volunteers, boats as well as BBQ Lunch and Dinner for approximately 100 people ranging from children with disabilities and their families to City of San Jose parks and recreation staff.

The Day on the Lake 2017 is an excellent way to support children with disabilities and share some time at the lake. Local 230 is looking for volunteers to help make a great day on the water a reality for these kids. Volunteer to bring your boats, coordinate the lifting efforts on the shoreline or prepare and serve lunch and a BBQ dinner. Most importantly come out and build camaraderie amongst your fellow San Jose Firefighters.

This year's goal is 8 boats, 50 or more shore volunteers and 10 or more BBQ members

Local 230's efforts have been in collaboration with the City of San Jose Parks and Recreation and a San Jose based non-profit, Far West Wheelchair Athletic Association, fwwaa.org. The CSJ and FWWAA have hosted the Northern California Junior Sports Camp for the last 38 years, providing a 1-week summer camp filled with events from rock climbing, archery, hiking to the SJFF's Day on the Lake event.

Please contact Barry Arata @ 408-482-8950 or Frank Ryan @ 408-821-0011 to sign up to help.

Association of Retired San Jose Police Officers and Firefighters 35th Annual August 2017 BBQ

PLACE:

Coyote Ranch
just off of Monterey Highway in the Coyote Valley

WHEN:

Thursday, August 10, 2017
Time: 3:00 PM to 7:00 PM
Dinner will be served at 5:00 PM

FOOD CHOICES:

BBQ Ribs & Chicken,
Corn on Cob, Salad, Garlic Bread,
Soft Drinks, Beer & Wine

COST:

\$10 for Members | \$15 for Spouse
\$15 children between ages 12-16
\$20 for Non-Members

MAKE CHECKS PAYABLE TO: AORSJPOFF

Mail checks to:
Jerry Ellis
PO Box 28041
San Jose, CA 95159-8041



NEED TO RSVP NOW!

WHY WEIGHT TRAINING IS REDICULOUSLY GOOD FOR YOU

Submitted by Walter Bugna, Director

For many, weight training calls to mind bodybuilders pumping iron in pursuit of beefy biceps and bulging pecs. But experts say it's well past time to discard those antiquated notions of what resistance training can do for your physique and health. Modern exercise science shows that working with weights—whether that weight is a light dumbbell or your own body—may be the best exercise for lifelong physical function and fitness.

"To me, resistance training is the most important form of training for overall health and wellness," says Brad Schoenfeld, an assistant professor of exercise science at New York City's Lehman College. During the past decade, Schoenfeld has published more than 30 academic papers on every aspect of resistance training—from the biomechanics of the push-up to the body's nutrient needs following a hard lift. Many people think of weight training as exercise that augments muscle size and strength, which is certainly true. But Schoenfeld says the "load" that this form of training puts on bones and their supporting muscles, tendons and ligaments is probably a bigger deal when it comes to health and physical function.

"We talk about bone resorption, which is a decrease in bone tissue over time," he says. When you're young, bone resorption is balanced and in some cases exceeded by new bone tissue generation. But later in life, bone tissue losses accelerate and outpace the creation of new bone. That acceleration is especially pronounced among people who are sedentary and women who have reached or passed menopause, Schoenfeld says. This loss of bone tissue leads to the weakness and postural problems that plague many older adults.

IS SJPD FINALLY TURNING CORNER AFTER DISASTROUS MEASURE B?

This month the SJPD began its largest academy since 2007 with 54 recruits. When the new classes graduate, there will be 983 field officers, which is still down from the 1,400 officers in 2007 and 1,109 officers authorized in the current budget. But it is still progress.

It's a promising moment that is the result of the hard work by many to roll back the Disastrous Measure B and to make SJPD competitive with other agencies once again. As SJPO president Paul Kelly told the Mercury News, "The size of this academy validates our collective efforts to restore our police department to try and keep our neighborhoods safe. It has been a long slog and there is still much work to be done, but after years of strife, our department is headed in the the right the right direction."

The class of 54 recruits is also particularly impressive as it comes at a time when law enforcement agencies across the country struggle to recruit amongst challenges such as the strong anti-police rhetoric that is so prevalent in the news and on social media.

As retirees, it was disturbing to watch the dismantling of the police and fire departments during the Reed regime. However, we should all take pride that as an Association, we were effective partners with SJPOA and Local 230 in righting the past wrongs and setting the stage for what we hope is the resurgence of the SJPD over the next several years.

CONGRATULATIONS ON YOUR RETIREMENT

Bridgette A. Blahut, Police Officer, 25.03 years of service.
William H. Griffith, Fire Engineer, 26.46 years of service.
Gregory J. Grothaus, Police Officer, 21.76 years of service.
Kevin Holston, Fire Captain, 25.10 years of service.
Wendy Hoskin, Police Officer, 26.73 years of service.
Kenneth J. Siegel, Police Officer, 25.32 years of service.
Dwight S. Stevens, Fire Engineer, 25.09 years of service.
Anthony Luisi, Police Officer, 20.71 years of service.

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