



# The Billy & Spanner



## PRESIDENT'S NOTES

By Ray Storms

They say change is inevitable. Sometimes, we can never really tell if change is a good thing or a bad thing until after it happens.

There are some potential changes coming to how Worker's Comp claims are processed by medical adjusters. Currently, approximately half of all claims are processed by an outside third party (third party administrators). This applies to basically all employees who do not work for the Police Department. The other half of all claims, Police Department employees, are processed by City employees (in-house staff).

There are pitfalls and pluses to both approaches. However, the City Council has signed off on a process to contract out the remaining work to a third-party administrator. This caused your Association's leadership some great concern. In the past, whether as retirees or active employees, we have experienced problems with third-party administrators. Sometimes the ball got dropped, paperwork lost and we were given the run around. For some of us, while we were not guaranteed a result, it was comforting to be able to actually go down to the City and discuss our case with an actual live body, in person. It should be noted that the SJPOA supports the transition to a third party administrator.

In a letter to the Mayor and City Council we shared those concerns. Our letter got the attention of City Hall and we had a very productive conversation with the new Director of Human Resources and Employee Relations, Jennifer Schembri. The Association will now be part of the input process on the development of the RFP and on the transition to whoever the new provider is. Specifically, we are getting input on safeguards and performance measures in the contracts to ensure that whoever is hired, they perform their job up to the standards our employees and retirees deserve.

We will keep you up informed as the process moves along.

On a separate note, as we approach Summer, don't forget to sign up for the Association's Annual BBQ in August. This is always a great opportunity to enjoy great food and see old friends and meet some new friends. Details are inside the newsletter and on our web page.

## WHAT'S INSIDE:

- ANNUAL ASSOCIATION BBQ
- STAYING FIT ON THE ROAD

## UPCOMING EVENTS

**JULY 12, 2018**

**SJ Fire Fighters Day on the Lake**  
**Retiree Volunteers Needed!**

**Coyote Lake**

**Contact Barry Arata (4080  
482-8950 or Frank Ryan (408)  
821-0111**

**AUGUST 11, 2018**

**Help The Heroes Fight Cancer**  
**Benefits SJFD Cancer Fighting**  
**Chance Fund**

**Strike Brewing Co.**  
**5-9PM**

## CONDOLENCES

Retired Fire Engineer Tom Schultz, passed away on 6-15-18  
Retired Captain Tom Gianatasio, passed away Sunday, June 10.



Retired Fire Engineer  
Tom Davis  
passed away June, 2018

Memorial Service  
August 2, 2018  
Time: TBD  
St. Francis Cabrini Church  
1533 Woodard Road  
San Jose, CA 95125



Retired Fire Engineer  
James Earnest  
Passed away June 1, 2018

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS AND FIREFIGHTERS

# 36TH ANNUAL AUGUST 2018 BBQ



PLACE:  
Coyote Ranch

WHEN:  
Time: 3:00 PM to 7:00 PM  
Dinner will be served at 5:00 PM

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

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

MAKE CHECKS PAYABLE TO:  
AORSJPO&FF

AND SEND TO:  
Jerry Ellis  
P.O. BOX 28041,  
SAN JOSE, CA 95159.

## THURSDAY, AUGUST 9, 2018

## CONGRATULATIONS ON YOUR RETIREMENT

**STEVEN C. ANGEL**, Police Sergeant, 27.65 years of service.

**GEORGE HAMILTON**, Police Officer, 27.23 years of service.

**TINA PEREZ**, Firefighter, 24.59 years of service.

**MICHAEL E. SULLIVAN**, Police Lieutenant, 27.99 years of service.

**ELIZABETH TOFFEY**, Firefighter, 22.83 years of service.

**RICHARD WEGER**, Police Lieutenant, 25.82 years of service.

# HOW TO STAY FIT ON THE ROAD

by Nugenix, Submitted by VP of Fire Walter Bugna

Do you travel for work and find it hard to stay in shape when you're going from one project to another? Or, are you planning to take a vacation soon and want to avoid the weight gain that often comes with it? Well, you don't have to struggle anymore. With a few simple tips, you can stay healthy and happy while traveling. And if you're on vacation, you can still find ways to eat what you want, without derailing your fitness gains.

## GET SOUND SLEEP

Sleep is probably the most important thing you can do to stay healthy on the road. Unfortunately, when you're traveling, you're sleeping on different beds and in unfamiliar time zones. It can be hard to feel in sync and get the rest you need. (After a few days of poor sleep, you'll feel fatigued and rundown.) First, do what you can to adjust to the new time zone as quickly as possible. It helps to change your watch before you arrive at your destination. Then when you arrive, stay up until your usual bedtime and DO NOT sleep early. Second, bring what you need for a good night's sleep —like a sleep mask, travel pillow, or earplugs. Finally, make sure you schedule 8 hours of sleep each night. You'll feel healthy and active throughout your trip.

## EAT HEALTHY WITHIN REASON

What you eat can make or hurt your health and physique. But, how do you explore new parts of the world without trying their delicious (and sometimes unhealthy) cuisine? Easy; aim for a balance. If you're going to indulge in less-than-healthy foods, then balance it out with a side of veggies or salad. That way you can still get the nutrients your body needs, while enjoying what you want. Or, if you're going to pig out with a massive dinner, eat a super clean breakfast and lunch.

## EXERCISE WHEN YOU CAN

When you're traveling to new places, you can't always fit a full workout into your schedule. But doing something is better than doing nothing at all. Don't worry about getting in a 2-hour workout every day. There are plenty of ways you can sneak in some quick training when you're crunched for time. Go for a run around your accommodations to get the blood flowing and keep your weight in check. Or, head to the hotel gym and do an intense 20-minute circuit before you start your day.

## MAKE YOUR VACATION WORK FOR YOU

If you struggle to find time for exercise on vacation, that's okay. Here's an easy way to kill two birds with one stone: do a fun physical activity on your trip. For example, if you're in a secluded hilly location, hike up a mountain for a great view of the area. If you're relaxing at the beach, spend a day snorkeling or kayaking along the coast. If you're in a charming historical city, rent some bicycles and tour all the points of interest. You'll get a great workout, while enjoying all the beautiful scenery.

## CONCLUSION

Next time you're traveling, follow our tips to have the time of your life, while staying healthy and fit.

### Save money, save paper.

Sign up for E-Newsletter. By signing up to receive the newsletter through e-mail, you will get the same content, only you will help the Association save money on printing and postage costs. If you wish to receive the newsletter via e-mail versus regular mail, please send an e-mail to [treasurer@retiredsjpoff.org](mailto:treasurer@retiredsjpoff.org)



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visit our website:  
[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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## CALENDAR OF EVENTS

7/4 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490  
7/11 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030  
**7/12 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**  
7/18 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236  
7/18 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose  
7/25 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ., 408-378-6022  
8/1 Hick'ry Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400  
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8/8 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490  
**8/9 Annual Association BBQ, 3PM to 7PM, Coyote Ranch, just off of Monterey Highway in the Coyote Valley**  
8/15 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030  
8/15 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose  
8/22 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236  
8/29 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ.

## WELCOME NEW MEMBERS

Daniel Phelan  
Jeffrey Cardoza

## ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 <a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
John Shuman, VP of Police	<a href="mailto:vppolice@retiredsjpoff.org">vppolice@retiredsjpoff.org</a>
Walter Bugna, VP of Fire	<a href="mailto:vpfire@retiredsjpoff.org">vpfire@retiredsjpoff.org</a>
Dale Foster, Secretary	<a href="mailto:secretary@retiredsjpoff.org">secretary@retiredsjpoff.org</a>
Larry Samarron, Jr. Treasurer	<a href="mailto:treasurer@retiredsjpoff.org">treasurer@retiredsjpoff.org</a>

## 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 - David Wysuph, Vice President - Steve Windisch,  
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir [www.sjpba.net](http://www.sjpba.net)