



# The **Billy & Spanner**



## PRESIDENT'S NOTES

By Ray Storms

Greetings to all! It looks like spring is finally here. Hope you all are enjoying the good weather.

I would like to remind everyone that the late rains will bring much growth of the vegetation around us, so please make sure that you cut it back accordingly to protect your property. Check with your local jurisdiction for the specifics, but generally in rural areas they advise at least a 30-foot clearance around your structures.

May 19, 2018 is the day for the Folsom BBQ and just like last year there is no charge. Please sign up on the web site now, so we can have a head count to determine how much food and drinks will be needed. Retired Fire Inspector Ed Cutter has volunteered to chair the event. Thanks Ed.

Our June membership meeting will be on Wednesday, June 13th as they need the hall on the 14th for a SJPD Academy event. Also, Yvette Mirazpour, the City Workers Comp Liaison, will be here to explain how she can help when you are having issues with disability procedures, prescriptions or other concerns.

The parking at the POA and the rest of the complex has been redone, so please abide by the reserved parking signs and that no parking by the planters is allowed, because the trucks cannot deliver to the businesses when we are blocking their access. There is a lot all the way in the back (straight back past fence) and O Riley Auto Parts has been kind enough to allow us to park over there too.

The election committee is ready for the upcoming elections with a list of questions for the candidates.

And a final thought HAPPY MOTHERS DAY!

### INSIDE:

- ASSOCIATION MEETING  
DATE CHANGE: JUNE MEETING  
WILL BE ON WEDNESDAY JUNE  
13 INSTEAD OF THURSDAY  
JUNE 14
- HEALTH TIPS

## SHOULD I EXERCISE WHEN I'M SICK?

Excerpt from Time Magazine March 19, 2018.

If you want to protect yourself from colds and flu, regular exercise may be the ultimate immunity-booster. Studies have shown that moderate aerobic exercise—around 30 to 45 minutes a day of activities like walking, biking or running—can more than halve your risk for respiratory infections and other common winter maladies

There's some evidence that very intense exercise—running a marathon, say—can briefly suppress your immune function, says Dr. Bruce Barrett, a professor of family medicine at the University of Wisconsin School of Medicine and Public Health. But in general, physical activity is a great way to shield yourself from illness, he says.

Other experts agree. "Your immune system needs activity to do its job better," says David Nieman, a professor and director of the Human Performance Lab at Appalachian State University. "Every time you exercise, you increase the circulation of important immune cells."

But once you've caught a bug and are feeling crummy, the story changes. "Exercise is great for prevention, but it can be lousy for therapy," Nieman says.

Research from Ball State University shows that moderate exercise has no effect on the duration or severity of the common cold. "If your symptoms are neck up—things like sinus and nasal congestion, sore throat, etc.—exercise neither helps nor hurts," Nieman says. If you feel up to it, there doesn't seem to be much harm in continuing to work out, he adds.

## NEED TO RSVP NOW!

REMINDER TO RSVP FOR THE 11TH ANNUAL BOBBY BURROUGHS  
MEMBERSHIP FOLSOM BBQ FOR SATURDAY MAY 19.  
**THIS IS A NO COST EVENT.** RSVP TO JERRY ELLIS AT  
408-730-9974 OR [DIR@JELLIS@RETIREDSJPOFF.ORG](mailto:DIR@JELLIS@RETIREDSJPOFF.ORG).  
VISIT OUR WEBSITE FOR MORE DETAILS

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## PENSION GRAB DEFEATED IN STATE CAPITAL: THE UN-COLA

As we've told you, the war on pensions is far from over. This month, Republican State Senator John Moorlach's introduced SB 1031, a bill that would have prevented CalPERS & CalSTRS from providing cost of living increases (COLA) to retirees unless the pension funds were 80% funded. Naturally, this money grab would put an incredible and unpredictable burden on retirees who rely on their COLA to keep up with rising costs in the nation's most expensive state. Our concern is that a bad idea that catches on one place spreads like the flu virus. We're glad the Un-COLA met a quick death.

That same State Senator proposed SB 1032 which would have made it easier for local governments to bail out of CalPERS without paying the substantial penalty fees CalPERS charges to fund the pension obligations for agencies that leave. The significance: making it considerably cheaper for local agencies to bail on defined benefits pensions for a cheaper, less supportive plan for employees while at the same time leaving everyone else to foot the bill. Thankfully, this bill also met a speedy death.

## CORRECTION REGARDING INFORMATION ON BLUE SHIELD PPO COVERAGE

In the most recent edition of the Billy & Spanner we wrote that Blue Shield has pulled out of the PPO business for the City of San Jose. That was incorrect. Blue Shield PPO is still in effect.

What we meant to inform you of is that because of the fact that Blue Shield no longer provides Blue Shield HMO coverage, those who are pre-medicare age retirees are left with limited health care options. This problem is exacerbated if you do not live in a Kaiser or Sutter service area, where you can only access coverage through the Blue Shield PPO, at a much higher cost.

As we wrote in the newsletter, we are meeting with the City and other stakeholders to discuss realistic options to addressing the lack of affordable health care options for retirees who live outside of the Kaiser and Sutter service areas.

We apologize for any confusion we have caused.

## CITY COUNCIL ELECTIONS

Change is inevitable and that change is coming to our City Council next year. As we've reported previously, there is one open Council seat, where no incumbent is running for re-election (Council District 9 where Councilmember Don Rocha is termed out and seeking a seat on the County Board of Supervisors) and at least one other where there will be a contested fight against a sitting councilmember (Council District 7, Tam Nguyen).

We will be evaluating candidates as we always do, based on our assessment as to their willingness to be fair and open when it comes to retirees, public employees, and public safety as well as their ability to mount an effective campaign. While we have not yet settled into a campaign plan, be on the lookout for information from us on how you can help ensure we elect the best candidates possible to the Council.

### CONGRATULATIONS ON YOUR RETIREMENT

JAMES E. HUNT, *Police Lieutenant, 25.76 years of service.*

LINH N. LUU, *POLICE OFFICER, 27.79 years of service.*

JOE A. PEREZ, *POLICE OFFICER, 25.13 years of service.*

DANIEL G. PHELAN, *POLICE OFFICER, 26.96 years of service.*

### WELCOME NEW MEMBERS

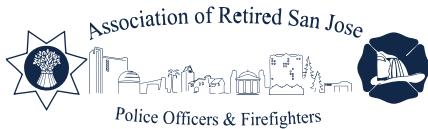
Vincent Dupree

Michael Patterson

Sandra Parente

Miguel Ibarra

Tim Porter



Association of Retired San Jose

Police Officers & Firefighters

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

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



## CALENDAR OF EVENTS

5/2 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030

5/9 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236

**5/10 Association Meeting 11AM to 1PM**

at the San Jose P.O.A. Hall 1151 N. 4th St San Jose

5/16 Holders Country Inn. – Green, 1424b Saratoga Ave. SJ., 408-378-6022

5/16 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose

**5/19 Association Annual Bobby Burroughs Membership Folsom BBQ 2018, NOON, The**

**Lou Howard Pavillion, 7100 Baldwin Dam Rd., Folsom, CA 95630** 5/23 Hick'ry  
Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400

5/30 City Diner – Tan, 2951 Monterey Rd., SJ 408-269-5490

6/6 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030

6/13 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236

**6/13 NEW TIME: Association Meeting 11AM to 1PM**

at the San Jose P.O.A. Hall 1151 N. 4th St San Jose

6/20 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400

6/27 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400

## CONDOLENCES

Daniel T. Bourbon, Acting Chief, retired July 3, 1993, died December 21, 2017.

William R. Smith, Police Officer, retired September 1, 1994, died January 19, 2018.

Steven Lee Weesner, Police Officer, retired April 24, 1983, died December 27, 2017.

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## ASSOCIATION OFFICERS

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## DIRECTORS-AT-LARGE

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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)