

RETIRED FIRE & POLICE ASSOCIATION OF SAN DIEGO, INC.



SPRING 2024

IN THIS ISSUE

President's Message

Police Beat

Drop Off

News You Can Use

Members News & Info

PRESIDENT'S MESSAGE

Arnie Garcia



Happy New Year. I hope this newsletter finds you in great health and spirits.

It's hard to believe we are in the third month of 2024. I heard a saying on TV today, "Long days and short years." It certainly sounds appropriate for my life. I have been retired for over 12 years, and it seems like I joined the San Diego Fire Rescue Department yesterday. Yesterday was 43 years ago.

The following paragraph is my public service announcement. On the topic of getting hired, do you remember that first day when you were asked to sign several pieces of paper? What am I signing? What am I joining? A union? Bi-weekly deductions? What? It was confusing for me. This brings me to my point: dying without a Will and a Trust will confuse your loved ones left behind. They are already mourning your loss, but now they will have a mess to deal with. As First Responders, we were called to help others. People that we didn't know. So why wouldn't we want to help our family with our final wishes?

At our January luncheon, we held elections for five of our board members. On

the Fire side, Ron Moskowitz, Tony Hancock and Mike Robert were re-elected. On the Police side, Jim Kistner and Charlie Hogquist were re-elected. I became the new President, and Charlie Hogquist became the new Vice President. Chris Brewster is our retiree representative on the SDCERS board. I look forward to continuing this board's tradition, working on behalf of our retirees and issues that directly affect us. There is a lot of institutional knowledge on this Board, and I am trying to learn as much as possible.

Mark your calendars for March 24, 2024. This is the date for our annual Remembrance Day Service at El Camino Memorial Park. We will remember the fallen Police Officers, Firefighters, and Lifeguards who have passed in the last year. This event will start at 1:30 PM.

Be sure if you are in town on April 8, 2024, to RSVP and attend our free luncheon for members- only or retirees who are eligible to join.

Stay healthy and enjoy your retirement. Please don't put off those phone calls and get together with friends. Till next time.

Retired Fire & Police Association

4926 La Cuenta Dr.
SAN DIEGO, CA 92124

PHONE MESSAGE

(760) 448-6946

EDITOR

Tony Hancock

WEBSITE

www.retiredfp.com

WEBMASTER

Jim Caster
Jim@retiredfp.com

PUBLISHER

Lamp Post

THE RETIRED FIRE & POLICE ASSOCIATION

THE RFPA BOARD OF DIRECTORS
CORDIALLY INVITES YOU TO ATTEND THE

TWENTY-SIXTH ANNUAL REMEMBRANCE DAY SERVICE

HONORING OUR RETIRED
FIREFIGHTERS, POLICE OFFICERS
& LIFEGUARDS

who answered their last call
in the year 2023

**SUNDAY, MARCH 24, 2024
AT 1:30 PM**

**El Camino Memorial Park
Firefighters & Police Officers' Lawn
5600 Carroll Canyon Rd.
in Sorrento Valley**

LIVING TRUST \$895.00

Fire/Law Enforcement Price

In-Home Appointments Available
Includes Wills and Powers of Attorneys



RONALD A. HAUSER

Attorney at Law

(619) 206-3811
(619) 319-5171

PROBATE SERVICES AVAILABLE

THE RETIRED FIRE & POLICE ASSOCIATION FOUNDATION OF SAN DIEGO, CA INC

A CALIFORNIA NON-PROFIT PUBLIC BENEFIT CORPORATION- TAX ID 33-0847533

Your tax deductible contributions help us to continue the charitable work we do within our community. To make a contribution, please make your check payable to: **RFPA Foundation**. If you wish your donation to be earmarked for Hand-in-Hand, make that notation on the memo line of your check. Almost all of the donations we make go to support Police, Fire and Lifeguard causes and to help our brothers and sisters in their time of need.

For a list of "Frequently Asked Questions," go to the website and click on the **FOUNDATION** tab. 100% of all donations go to those in need.

MEMBERSHIP NEWS & INFO

Total Membership - 2,174

RFPA WEBSITE:

www.retiredfp.com is continually updated and is much easier to navigate. We recently added an area to post announcements, business ads and items for sale. Check it regularly for new postings on the homepage calendar.

ONLINE ROSTER:

www.roster.retiredfp.com

You will be asked to enter a "new" **User Name** and **Password** the first time you access this site. Or, access the roster from the website.

WEBMASTER:

Jim Caster at jim@retiredfp.com

TO CHANGE YOUR ADDRESS OR PHONE NUMBER:

Go to the RFPA Website (click: Contact Us) or contact Kathy Healey, Secretary, at retiredfp.police@gmail.com - or - 858-442-1475

TO PUBLISH INFORMATION IN THIS NEWSLETTER:

Please contact Tony Hancock at thancock1625@gmail.com
- or - 760-943-7351.

I hope everyone out there is enjoying their retirement. Please encourage fellow retirees and active members who have entered the DROP to join the RFPA. Retirees and DROP recipients receive a lot of benefits for only \$2.00 per month! These include:

- Advocacy on your behalf regarding issues affecting retirement benefits and healthcare
- Quarterly newsletter
- Informative e-mails regarding current events and announcements which concern PD retirees and active personnel
- Four Quarterly Luncheons (three at no charge to members; one at low cost) per year that allow you to socialize with other retirees
- Access to our website, which includes a member roster of all retirees, our By-Laws, Survivors Benefit information, a calendar of upcoming events and Association updates
- The services of Hand-in-Hand, a subsidiary volunteer group that offers support for Fire, Police and Lifeguard families after the death of a member
- Discounted burial services offered by El Camino Memorial Park in Sorrento Valley, where we have our Fire & Police Lawn and Columbarium

I can personally attest to the fact I have learned many things I never knew about retiree issues after

joining the RFPA. I also keep in the loop with what's going on with the Department and with fellow retirees.

You can sign up for the RFPA online at www.retiredfp.com; follow the instructions on the application tab. Special benefits are also available to RFPA members only through the San Diego Public Employees Benefits Association (SDPEBA). Check out sdpeba.org and see the vast array of benefits available to our members, such as medical and life insurance -- even pet insurance.

Membership also gives you access to our retiree roster. As a side note, the roster has been restored with full addresses and phone numbers for retirees. So, if you need to look someone up, you can find it there.

Our first luncheon of 2024 took place in January at the Holy Trinity Church Hall and was a huge success. We plan to have our luncheons at Holy Trinity for the foreseeable future, since who knows when or if our Range "Rock House" will become available again.

We conducted elections for the RFPA Board at this meeting, or should I say, re-elections. Arnie Garcia (Fire) is our new President, and Charlie Hogquist our new Vice President. Both will serve the next two years. Mike Robert (Fire) remains our Treasurer, and I remain your Secretary. Your other PD representatives on the board are Jim Kistner, Garry Collins and Larry Hall. Feel free to

contact any of us with questions or concerns; our contact information is on the RFPA website.

If you recall, Charlie Hogquist stepped down as our retiree representative on the SDCERS Board. He did a superlative job over the past several years, but we are glad he agreed to serve on the RFPA Board. He makes a great addition. Chris Brewster is his replacement on the SDCERS Board. Chris is a retired Lifeguard and RFPA member. He is doing an excellent job keeping us informed about our benefits and changes.

During the past quarter, we lost several fellow retirees, including Chief's Advisor Dick Lewis, Officer Debbie Becker, Det. Terry C. "TC" Dale, Motor Officer Ron Ladd, Det. Frank Christenson, Sgt. JD Wallace, Sgt. Nelson "Whit" Murray, Det. Sgt. Mike O'Neill, Det. Sgt. Steve "Spanky" Laursen, and Det. Felix Zavala. Too many.... Please keep the families and friends of all those who have passed in your thoughts and prayers, as we continue to enjoy our own retirements.

On that note, our annual Remembrance Day will be held at El Camino Mortuary at the dedicated Police & Firefighter's area on March 24 at 1:30pm. We will honor all the retirees who passed in 2023. We lost a lot of fine people last year, so please come and help recognize their service. It is a very moving ceremony, and your presence would mean a lot to support their loved ones.

Welcome again. Hope you are all doing well and are ready for winter to slide into history. Or should I say “float” into history. Just another example of the city dropping the ball and not doing what they are supposed to do for flood control.

I would like to take this time to thank our past Association President, Garry Collins, for the past two years of dedicated service to the members. His hard work to keep retiree benefits and to work with SDCERS was a never-ending job, and Garry did a superb job for all of us. Thanks, Garry. At the same time, I would like to wish our new incoming President, Arnie Garcia, the best of luck in the next two years. Arnie is one of the hardest working people I know. His dedication to serve and help the safety retirees is unsurpassed. He has been involved with the San Diego Fire Relief Association and Hand-in-Hand for years and has been on the Retired Fire and Police Association Board of Directors for five years.

Now it's time to inform you of our brothers who have answered their “Last Alarm” since the last newsletter. This section honors their memory and gives you some insight into their careers on the San Diego Fire Department. We started out the year with the news that retired Engineer Theodore “Ted” Gardenhire answered his last alarm on January 3, 2024. Ted

was hired in June of 1959. He was promoted to the rank of Engineer on July 25, 1970. Ted retired from the Department on July 14, 1989, after 30 years of service to the citizens of San Diego. He was 89 years old.

Retired Captain Kenneth “Ken” McCrobie answered his last alarm on January 16, 2024. Captain McCrobie was hired in August of 1966. Ken was promoted to the rank of Engineer on November 23, 1973 and then to Captain on August 20, 1982. He retired from the Fire Department on August 5, 1998, after 32 years of dedicated service. Ken was 78 years old.

The next brother to answer his last alarm was retired Deputy Chief Gary R. Easton. Chief Easton passed away February 5, 2024. He was hired by the department in February 1966. He was promoted to the rank of Engineer on February 10, 1971, and to Captain on January 5, 1973. Gary was promoted to Battalion Chief on November 21, 1979, and to Deputy Chief on January 3, 1986. Gary retired from the Department on March 17, 1995, after 29 years of dedicated service. He was an avid skier and loved the mountains. His loving wife Bonnie who worked in the Fire Department personnel office survives him, as does his brother, retired Engineer Jay Easton. Gary was 83 years old.

Next to answer his last alarm was retired Captain Edward “Eddie” Cardenas on January 31, 2024. Captain Cardenas was hired by the Fire Department in February of 1983. He was promoted to the rank of Engineer on December 25, 1999, and to Captain on October 3, 2009. Captain Cardenas retired from the Fire Department on July 9, 2021 after 38 years of dedicated service. Eddie was 66 years old.

The last brother we report on is retired Engineer Bradley “Brad” Brown, who passed away on February 13, 2024. Brad was hired by the fire Department in December of 1968. He was promoted to the rank of Engineer on June 2, 1980. He retired from the Fire Department on June 27, 1994, after 25 years of dedicated service. Brad was 84 years old. We would ask that you keep these five brothers and their families in your thoughts and prayers.

Let's talk about some of the important dates that are coming up in the near future. The first date to put on your calendar is Sunday, March 24. This is the date for the San Diego Retired Fire and Police Association Annual Remembrance Day at El Camino Memorial Park. This is the time that we honor all the retired Fire and Police personnel that passed away in the year 2023. If you have never attended this event, I would

And now for some closing thoughts. Courage is knowing it might hurt and doing it anyway. Stupidity is the same and that's why life is hard. The correct term for gluten-free sugarless vegan brownies is "compost." Happiness is not having to set the alarm clock. And finally, I may not have lost all my marbles yet, but there's a small hole in the bag somewhere. Stay safe.

NEXT QUARTERLY LUNCHEON: April 8, 2024

NEWS YOU CAN USE

Tony Hancock

In January of each even year, the board chooses a new President and Vice President. Garry Collins (P) served us well for the last couple years; at the January luncheon, he passed the gavel to Arnie Garcia (F). Arnie selected Charlie Hogquist (P) as the new Vice President. You may remember that Charlie served for the last several years as the retirees' representative to SDCERS. Also, at the luncheon, Ron Moskowitz (F), Mike Robert (F), Jim Kistner (P), Charlie, and I (F) were all re-elected for two more years. Don't quote me on this, but I think this is Ron's 13th term on the board. No one has ever served longer or done more for our retirees than Ron has. If you think about it, you might buy him a beer at our April luncheon.

Our 26th Annual Remembrance Day service is coming up on March 24. All the details can be found elsewhere in this newsletter. This year we will be honoring 19 Firefighters and 33 Police Officers (no Lifeguards this time) who answered their last call in 2023. This would be a good time to come out and pay your respects to your former comrades.

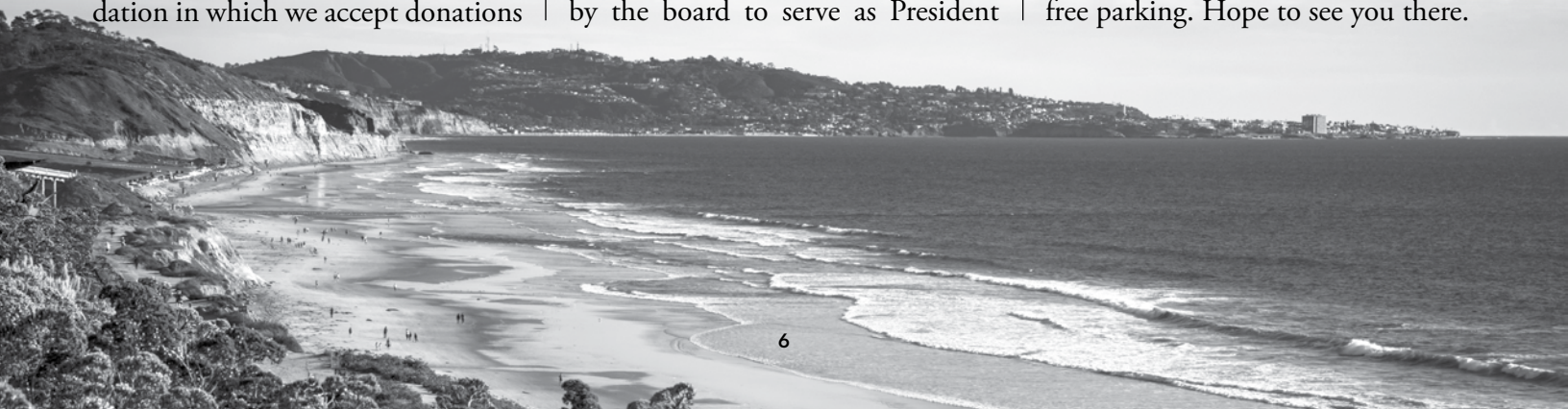
Perhaps you are not aware that the RFPA has a 501c3 charitable foundation in which we accept donations

that we dole out to worthy causes, most of which are in some way related to our brothers and sisters all around the country. Most of our donations come directly from our members. In 2023, we made nearly \$16,000 in donations. Our largest donations went to the first responders of Maui, Hawaii, who lost their homes during the ravaging wildfires last August. This included 17 Firefighters, nine Police Officers and four Lifeguards. Some of these individuals lost everything. There is still much recovery going on over there. Keep them all in your prayers.

At our next luncheon on April 8, also featured in this newsletter, we will be asking the membership to approve a change in our by-laws that has to do with our past presidents, officially called the President Ex-Of-ficio. Essentially, we are eliminating this mostly ceremonial position because its only real function was to break a tie vote among the board (10 members). In my nearly 20 years on the board, I don't think we ever had a tie vote on any issue. It also caused some confusion with the terms of our elected board members. We are all elected to a two-year term, and if you happened to be appointed by the board to serve as President

or Vice President, you may only be halfway through your elected term when your appointment expires. Confusing, I know. Anyway, you can review the by-laws on our website. Go to the Association tab and scroll to the bottom of that page and look at Article VIII, Section 2, Tenure of Officers.

At the last luncheon, our guest speaker was Mark Grant, the San Diego Padres TV color announcer. This is Mark's second visit to one of our luncheons, and he is a funny guy with lots of baseball stories. At the April luncheon, Ron Hauser will be our guest speaker. Ron is an attorney who specializes in Wills & Trusts. He regularly advertises in our newsletter, and he offers a decent discount to our members. As you know, the board is constantly harping to our membership that it is imperative that each of us has a will and/or a trust so that our loved ones are not left out in the cold if something should happen to us....God forbid. Ron is the perfect person to talk with to help you wade through this thing that many of us will put off until it's too late. Oh! And don't forget: the luncheon is free to our members, and there's plenty of close, free parking. Hope to see you there.



HELPFUL INFORMATION

QUESTIONS FOR ANY BOARD MEMBER

A list of all board members appears on the website. Under the ASSOCIATION tab, click Board of Directors to see their email address and phone number.

EMAIL UPDATES

If you have email access and you aren't receiving email notification of SDCERS/City issues, retirement and party announcements, death and funeral notices, etc., you can get on the email list by contacting: **Ron Moskowitz** for **FD & Lifeguards** at colmosk@gmail.com or **Kathy Healey** for **PD** at retiredfp.police@gmail.com.

THE BADGE & THE BOTTLE

In need of help? The **Public Safety Fellowship** can help. San Diego County public safety agencies created a fellowship in the hope of assisting our professional community in the area of alcohol dependence. Our fellowship is free of charge and independent of any other agency. Hiding or ignoring the problem will not make it disappear. Our meetings are available to all sworn Fire, Police and Lifeguards – active, retired, or former. We meet on Tuesdays at 7:00 PM. For more information and *confidential assistance*, please contact Steve @ **858-337-9771**.

HAND-IN-HAND—Family Support Services

A group of dedicated, compassionate volunteers that came together out of mutual respect and concern for Fire, Police and Lifeguard families. Hand-In-Hand works directly with the spouses and families of retired Safety Officers after the loss of a loved one. We provide spouses and families in crisis with empathy, support, and practical resources to ease the bereavement process and the transition to independence. **Contact:** Pat Nunez at patnunez@cox.net or (760) 805-2237.

CARE—COUNSEL

CARE-COUNSEL is a health care assistance program providing health care education, information, advocacy, and coaching in an independent and confidential manner. Services are available to all retirees at no cost. They can be reached at **888-227-3334** or on the web at www.carecounsel.com.

HEALTH & SAFETY FOR RETIREES

(from the San Diego Fire-Rescue Health & Safety Office)

Retiree benefits: Our contract is with Focus Psychological Services for active & retired SDFD only and your families in the home. We have Retiree Peers on the team available to talk, vent or just get information. We also have Chaplains available.

To reach these services:

Call toll free: 833-SDFD-HSO (833-733-3476)

Website (SDFD/SDPD): sandiego.gov/fd-pd-wellness

Password: support

*For Retired SDPD: the Health & Safety Office has assisted officers and we work closely with SDPD Wellness Division. We will help put you in contact with the right people that can help.

COPLINE

International Law Enforcement Hotline available 24/7
1-800-COPLINE (800-267-5463)

Our mission is to make available our resource on an international level so that officers from all law enforcement branches (city, state, federal) have a resource and outlet that they can turn to in times of need. We firmly believe that maintaining one's anonymity and confidentiality are essential in providing an environment for officers to reach out for help. CopLine volunteers conduct themselves in a manner that reflects the highest level of honor and integrity.

IMPORTANT INFORMATION REGARDING DEATH BENEFITS & BENEFICIARIES:

It is extremely important that you keep your beneficiary information current with SDCERS to avoid delays in receiving benefits intended for spouses and family members. Updated information (as of June 2019) regarding "Death Benefits for City of San Diego Members, Survivors & Beneficiaries" is now available on the SDCERS website at www.sdcers.org. Go to **RESOURCES** on the top of the home page and click on **DEATH BENEFITS**.

WELCOME NEW MEMBERS

Scott Barnes (P)	Jeffery Ruckle (P)
Jennifer Duffy (F)	Robert Hurt (P)
Michael Rabell (P)	Robert Rude (P)
Brian Covert (F)	Leslie Mendez (LG)
Thomas Payne (P)	Kurtis Smith (P)
Kevin Grijalva (P)	Donald Tompkins (F)
Steven Zasqueta (P)	



RETIRED FIRE & POLICE ASSOCIATION
4926 LA CUENTA DRIVE
SAN DIEGO, CA 92124

ADDRESS SERVICE REQUESTED

PRSR STD
US POSTAGE
PAID
Winston Salem, NC
PERMIT #319

RETIRED FIRE & POLICE ASSOCIATION QUARTERLY LUNCHEON

Monday, April 8, 2024 at 11:00am

HOLY TRINITY CHURCH

405 Ballard Street, El Cajon, CA 92109

(Between Main & E. Washington - Parking in the rear)

NO COST FOR THE MEAL & REFRESHMENTS

RSVP is mandatory - not later than Wednesday, April 3rd to:

RON MOSKOWITZ: colmosk@gmail.com • (619) 990-6596

Guest Speaker: Ron Hauser (Wills & Trusts) • 50/50 Drawing

Luncheon is for MEMBERS ONLY, please - no guests

(unless the guest is eligible to join and does so at the luncheon).

Food is ordered according to how many people RSVP...don't miss out.

If you do RSVP and later change your mind, please contact Ron.