



**IN THIS ISSUE**

*President's Message*

*Police Beat*

*News You Can Use*

*Drop Off*

*Members News & Info*

***PRESIDENT'S MESSAGE***

**Charlie Hogquist**



Welcome to summer! As we suffer through June Gloom, we know the sunny days of San Diego are rapidly approaching. We often take our weather like our friends and former co-workers for granted. So, take a moment and give an old partner or firehouse mate a call. Reconnect and remember times gone by. Also, please make sure that you update any changes to your email, phone number and address with the RFPA. We get many inquiries for contact information of members who have moved away, and without the updated information, we cannot assist.

A big THANK YOU to all of you who attended the March 2026 Remembrance Day at El Camino. We had an excellent turnout to pay our respects and remember those who passed in 2025. A big shout out to Herb Smith, who assisted me in leading the National Anthem. I promise to

get a better singer for next year or take some singing lessons (which won't help me). Also, thank you to the El Camino staff who provided the refreshments, the SDPD Honor guard, the SDFD bagpipe team, and the helicopters of the SDFD and SDPD for the flyover. Your participation always makes the occasion special.

In July, in conjunction with the SDPOA scholarship program, the RFPA will be awarding a \$1,000 educational scholarship in the memory of Ron Seden, retired SDPD lieutenant and a longtime member and supporter of the RFPA. Thanks, Ron!

The email will be coming out shortly reminding you to RSVP for July's luncheon. The topic for this month's guest speakers is planning for retirement: Trusts-Wills. Bring your questions. Speaking of retirement, SDCERS is changing its website to SDCERS.gov. The change is to improve security.

**Retired Fire & Police Association**  
4926 La Cuenta Dr.  
SAN DIEGO, CA 92124

**PHONE MESSAGE**  
(760) 448-6946

**EDITOR**  
Tony Hancock

**WEBSITE**  
[www.retiredfp.com](http://www.retiredfp.com)

**WEBMASTER**  
Jim Caster  
[Jim@retiredfp.com](mailto:Jim@retiredfp.com)

**PUBLISHER**  
Lamp Post Publishers

## PRESIDENT'S MESSAGE (continued)

Personal log-on information will not change. Also, a quick reminder to check your SDCERS beneficiary information and update it, if necessary. Lastly, the SDCERS Board of Trustees has approved our COLA effective for our July pension payment.

The monthly RFPA Board meeting is open to all members. Stop by, see what we are doing and maybe become a volunteer or a board member. We are always looking for good people.

For those of you travelling this summer, please travel safely. We are looking forward to seeing you at our next meeting.

See you at the July General Meeting!

## 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](http://www.sdcers.org). Go to **RESOURCES** on the top of the home page and click on **DEATH BENEFITS**.

## 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 - 2,225

### RFPA WEBSITE:

[www.retiredfp.com](http://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](http://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](mailto: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](mailto:retiredfp.police@gmail.com) - or - 858-442-1475

### TO PUBLISH INFORMATION IN THIS NEWSLETTER:

Please contact Tony Hancock at [thancock1625@gmail.com](mailto:thancock1625@gmail.com) - or - 760-943-7351.

I hope everyone is enjoying their summer.

I mentioned in the last newsletter that we received a substantial donation from the estate of Lt. Ron Seden. A portion of the money will be used to establish an annual scholarship in his name, which will be administered by the POA when scholarships are offered to high school seniors beginning this year. We thought it was a good way to honor Ron, since he truly valued officers who furthered their education. Another portion will be used to purchase additional headstones for the Police & Fire Memorial at El Camino Mortuary. The current headstone for the PD Line of Duty deaths has been filled to the maximum (sadly) and the additional stones will allow others from PD and Fire to be remembered well into the future.

In March, we held our Remembrance Day and had a wonderful turnout. We honored all the retirees who passed in 2025. It was a beautiful ceremony and was well attended by Command Staff from the Police, Fire and Lifeguard Departments. If you didn't make it, check out our website at [retiredfp.com](http://retiredfp.com), and you'll find the pictures there.

This spring, the COLA was approved. So, we will all get a raise beginning with our July 2026 paycheck to help us keep up with ever increasing expenses. Eligible retirees will receive the maximum benefit of 2%.

For those who use the SDCERS website, the web address has changed from [sdcers.org](http://sdcers.org) to [sdcers.gov](http://sdcers.gov) as of May 15, 2026. In addition, emails

received from the website will show as [@sdcers.gov](mailto:@sdcers.gov). Should you try to access [sdcers.org](http://sdcers.org), there will be a transition period where you will be directly routed to [sdcers.gov](http://sdcers.gov). The change was made in an effort to strengthen cybersecurity.

Our April Luncheon was held at the Holy Trinity Church Hall. We had a good showing and enjoyed barbecue from Coops BBQ. I hope that all you retirees come to the next one in July. I will email the invite, so please RSVP and join us. It's always wonderful to meet, share a meal and swap stories in person.

We lost many (too many) fellow retirees this quarter, including Capt. Bruce Pfefferkorn, Det. Greg Myers, Det. Walt MacKenzie, Officer Bill Jacobson, Officer Dave McMath, Officer John Slough, Det. Sgt. Bill Dovey, Det. Sgt. Jack Mullen, Det. Don Strey, Sgt. Ed Newberry, Sgt. Mike Hendrickson, Sgt. Chuck Woodruff, Det. Ken Creese, Lt. Gary Gollehon, Officer Rick Roda (who retired as a Lieutenant for SD City School Police), Det. Dennis Gallagher, and Det. Art Calvert. 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.

After looking at the list above, please remember to think about your own arrangements for your family when you pass. I know you are probably tired of hearing me repeat this but be sure you have a will or trust in place and update it every five years. You should also update it if you've moved out of state, in accordance

with their laws. Make sure your beneficiaries are current. Complete a directive or purchase a pre-need agreement as to how to handle your services (if you plan on any) and your remains when you pass...and you will pass. I can't count the number of times I've seen retirees who failed to make these plans and left their loved ones in a dire financial lurch. Or, oftentimes worse, they made a will but failed to update it and it created chaos in the family. Please don't do that to your loved ones! It truly is worth the time and effort to make these arrangements, as unpleasant as it might be, so your family doesn't have to while they are grieving.

And yes, I have a current trust and a pre-need agreement at El Camino Mortuary. I also prepared a book containing all the information my son will need to access when I pass. He is the beneficiary on my bank account, investment accounts and with SDCERS. He also has the name and phone numbers for all the important contacts he must make, from my attorney to my financial manager. I even planned for my dog. This book turned out to be a great help to ME when Mike passed, and all those same changes needed to be made. I highly recommend creating one and, more importantly, talking to your family about where it is and what it contains. And don't forget to share your passwords for access to your online accounts and social media.

On a happier note, stay healthy, and I hope you enjoy your continued retirement!

# NEWS YOU CAN USE

## Tony Hancock

Summer is finally upon us, and one thing I look forward to this year more than ever is that the primary elections are finally over, and we will be rid of all those self-righteous, chest-pumping political ads full of promises that can't possibly be delivered, both on my TV and in my mailbox. But worry not...all that stuff will be back in November.

Now a little about us: The Retired Fire & Police Association of San Diego was incorporated on April 19, 1948. That's nearly 80 years ago. The primary goals of our organization are to: (1) advance the social and economic welfare of its members; (2) encourage and demonstrate respect for our

country and its flag, and to defend the honor of our country and its constitution; (3) foster fraternal relationships between members and the department from which they retired; (4) represent all members when their rights and welfare are under discussion; and (5) provide comfort and assistance to members and their families in times of need. Two or three of our directors have served on the board for more than 20 years. It's time for new blood to get involved.

Going along with item (5) above: "Hand-in-Hand" is a service of the Retired Fire & Police Association, whose mission is to provide bereavement support, benefit resources, guidance, and to promote

hope in a time of grief, uncertainty and distress for Firefighter, Law Enforcement and Lifeguard widows, widowers and families. Hand-in-Hand, which has been around for about 18 years, was the brainchild of Cherie Olaveson, the widow of a retired firefighter, who became frustrated in her efforts navigating the loss of her husband, trying to secure her continuance benefits from SDCERS and generally regain her life. She brought this to the attention of the RFPA Board of Directors, and we decided to support and fund it. When Cherie passed the torch, it was taken over by Liz Miller, wife of retired Police Sgt. Mike Miller. Hand-in-Hand is now led by Pat Nunez, who has



had ties to both the Fire & Police Departments. Pat can always use more volunteers, especially someone aligned with Fire or Lifeguards. If you might be interested, Pat can be reached at [patnunez@cox.net](mailto:patnunez@cox.net) or 760-805-2237. Think about it.

I hope to see you at our July 17th Quarterly Luncheon. Details can be found elsewhere in this newsletter. If you plan to attend, it's important for you to RSVP in a timely manner. We usually have a little over 100 guests. Ordering food ahead of

time for that many people can get expensive, and remember, there is no charge to you for the luncheon. At the April luncheon, we had 12 no-shows. We always have some walk-ins, which does help, but each luncheon we host costs us anywhere from \$3,200 to \$3,500, plus hall rental.

One last thing that I wanted to touch on here and that was the Remembrance Day Service we hosted in March. I was speaking with Rebecca Melendez, the Family

Service Specialist and our contact at El Camino Memorial Park. She was telling me that we had more than 200 people at our service this year "that were sitting down"...the largest crowd ever. Add that to all the staff people and participants, and it can get quite crowded up on the hill. Next year, they plan to have more carts available to shuttle people up the hill, especially the older ones. Don't let the crowds keep you away. It's an event well worth attending.

# 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](mailto:colmosk@gmail.com) or **Kathy Healey** for **PD** at [retiredfp.police@gmail.com](mailto: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](mailto: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](http://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](http://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.

# DROP OFF

## Tom Rouse

Goodbye old man winter and hello beach days summer. Winter was mild for most of us (the snowpack in the north is well below normal), but we look forward to warm sunny days. I hope you are all enjoying your retirement and are in good health. The key to retirement is to stay in shape so you can spend the retirement that you earned. I have joined an exercise group to meet new people. Unfortunately, most of them are paramedics...but they are new people.

Now to the part of my article that is hard to take sometimes as we learn about the passing of old friends. As you know, I try to add names or information that wasn't available at the time of writing the article.

Fire Engineer Alfred (AJ) Allen III and Dean H. Fullerton are in this category.

Retired Engineer Alfred Allen III answered his last alarm on February 15, 2026. Allen was hired by the San Diego Fire Department on May 6, 1977. He was promoted to Fire Engineer on October 17, 1998. AJ retired on April 1, 2008, with 30 years of service. AJ was 74 years old.

Retired Fire Engineer Dean H. Fullerton answered his last alarm on February 18, 2026. Fullerton was hired as a Firefighter on June 19, 1970. He was promoted to Fire Engineer on December 25, 1981. He officially retired from the Fire Department on February 1, 2003,

with 32 years of service. "Dino" was 77 years old.

And now to continue with names since our last newsletter. We start with retired Firefighter Donald "Mike" Johnson. Mike answered his last alarm on March 1, 2026. He was hired by the Fire Department on February 5, 1982. Johnson retired from the Fire Department on May 28, 2011, with 29 years of service. Mike was 69 years old.

The next retired member of the Department to answer his last alarm was Deputy Chief Alwin "Benny" Holman. Deputy Chief Holman answered his last alarm on March 26, 2026. Holman was hired as a Firefighter on



## Great News for RFPA Members!

If you're a member of the RFPA, including SDPD retirees,  
you're eligible to join our credit union  
and enjoy all the exclusive benefits we offer —



Open YOUR account TODAY and reap all the benefits we offer you!  
Call us today at 619-283-5477 or see us online at [www.sdffcu.org](http://www.sdffcu.org)





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

ADDRESS SERVICE REQUESTED

# RETIRED FIRE & POLICE ASSOCIATION QUARTERLY LUNCHEON

**Monday, July 13, 2026 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, July 8th to:

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

**Guest Speaker: TBA • 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.