



ALUMNI ASSOCIATION NEWSLETTER

Hillsborough County
Sheriff's Office

ALUMNI ASSOCIATION

April 1, 2014

Hillsborough County Sheriff's Office Alumni Association, LLC

Post Office Box 6843 Brandon, FL 33511-7001

Phone: 813-247-8888



Message from President



Ken Schintzius

Greetings retirees, hope retirement is treating you well.

I would like to take this opportunity to ask our Alumni members to take a minute to reflect on the memory of all those HCSO retirees who have gone on before us. The contributions made by these fine people were invaluable. We would not be where we are today

without their invaluable service. Please set aside a minute of silence for reverend solitude in their honor and memory.

Please spread the word regarding our Alumni Association and all the fun we have at our breakfast's and dinner meetings. Remember, we are a family, let's keep in touch.

Risk Management / 2014 Health & Wellness Fair

The 2014 Annual Health and Wellness Fair will be held on April 16, 2014. from 8:30 a.m. to 2:00 p.m. at the Falkenburg Road Jail, located at 520 N. Falkenburg Road, Tampa. The theme for this year's fair is "Spring Into Health". This event is open to all HCSO employees, retirees and their spouses. A variety of health related events and fun activities are in store for you.

Health & Wellness Professionals will be on site to perform Vitality Screenings (blood pressure, cholesterol, blood glucose, BMI). Screenings are free for Humana commercial members and will be done by appointment only. To schedule, please visit <https://healthandwellness.doodle.com/euqc7yii5epx9ui8>

The Risk Management Bureau/Employee Benefits team hopes that you will join us for a day of education and fun activities.

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Board Members

President

Ken Schintzius

Vice-President

Bob Beckner

Secretary

Cheryl Hurley

Treasurer

Sandy Ray

Sheriff's Liaison

Major Ron Hartley



Quarterly Meeting

The next Alumni Association Quarterly meeting will be held on April 24, 2014 at 7:00 p.m. The meeting will be held at J.J. Taylor Distributing Company, 5102 S. 16th Avenue, Tampa, FL 33619 (see map). A buffet style **dinner will be served at 6:00 p.m.** Please come join in the fun.

Upcoming Meetings

The HCSO Alumni Association Quarterly Meetings will be held as follows:

July 24, 2014

October 23, 2014

For more information on the HCSOAA, please visit the Sheriff's Office website at www.hcso.tampa.fl.us

Directions:

FROM NORTH, EAST, WEST

Interstate 4 or 275 to the 50th Street exit. Take 50th Street (US 41) south to 16th Ave South and turn left. JJ Taylor Distributing is one block down on left. Landmark is King Automotive; it's across the street from 16th Ave. NOTE: If you get to Causeway Blvd, you've gone too far.

FROM SOUTH HILLSBOROUGH COUNTY

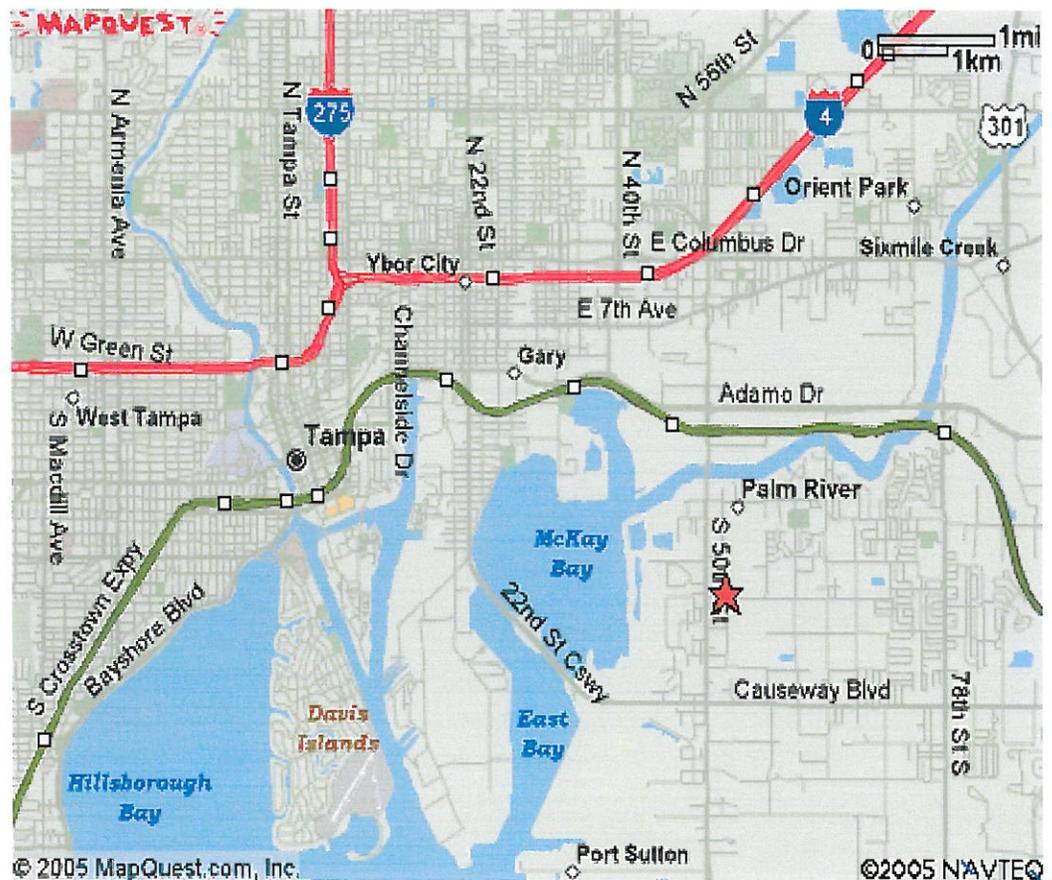
North on 50th Street (US 41). Turn right on 16th Avenue South. JJ Taylor is one block down on the left. NOTE: If you come to Palm River Road you've gone too far.

Dinner Menu

Dinner featuring Boneless Chicken Breast w/Mushroom Sauce, Rice Pilaf, Green Beans w/onions, Salad w/Creamy Citrus Dressing, Vegetable Tray w/ Dip, Cold Cuts & Sliced Cheese Tray, Assorted Breads and Peach Cake, at no cost.

Special Thanks

The dinner for our April 24th meeting is being sponsored by J.C. "Clif" Welch of GPS Fleet Management Group in Wesley Chapel, FL 33544, We thank Mr. Welch for his kind and generous donation.



In Memory Of...**Retirees**

Thomas Donahue, Detention Deputy
 Donald Juettner, Detention Deputy
 Robert Unger Sr., Law Enforcement Sergeant

Current Employees

Mark Smalley, Master Deputy, Detention

ATTENTION NEW MEMBERS

Since the Hillsborough County Sheriff's Office Alumni Association does not collect dues, we are accepting a voluntary, one-time donation of \$10. Anyone who is interested in making the on-time donation can do so at the quarterly meeting or mail a check to HCSOAA, P.O. Box 6843, Brandon, FL 33511-7001.

Alumni Breakfast

Alumni breakfasts will occur the first Friday of every other month. The next Alumni Association breakfast will be held at 8:30 a.m. on Friday, June 6, 2014 at Luptons Restaurant, address 5299 E. Busch Blvd. Temple Terrace, FL It's a breakfast buffet and the cost is \$8.63. Please join us for food, fun, and fellowship.

Upcoming breakfast dates:

August 1, 2014

October 3, 2014

**Shirts, Decals, Etc**

HCSO Alumni Association merchandise will be available for purchase at the meetings. To purchase items, contact Ken Schintzius at alcs12@hotmail.com.

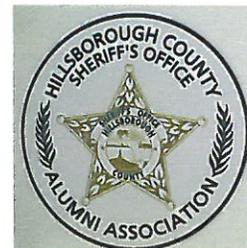
If you are ordering merchandise through the mail, make checks payable to HCSOAA and send to the address listed on page one of this newsletter. For stickers and decals, add \$.50 to your check for additional postage and \$5.00 for shirts, caps, and jackets.

<u>Items</u>	<u>Cost</u>
Window Stickers	\$2.00
T-Shirts (up to XL)	\$10.00
T-Shirts (up to XXL)	\$11.00
T-Shirts (up to XXXL)	\$12.00
Polo Shirts **	\$36.00
Jackets **	\$35.00
Baseball Style Cap	\$12.00

**by special order only



Baseball Style Cap



Window Sticker

Donations

We are still in need of sponsors to support the quarterly meetings. If you or someone you know would like to sponsor a meeting by donating \$300, please contact Ken Schintzius at alcs12@hotmail.com.

Welcome to the Club!

Carolyn Anderson
Luis Balbontin
Teresa Broadnax
Curtis Brown
Michael Creecy
Leonardo Diaz
Pamala Davis
Pasquale Didonna
Lillie Grant
Gary Hammond
Clara Henry

David Hornbeck
Cathy Jaffe
Alan Katz
Thomas Keller
James Lafayette
Andrew Lasswell
Brenda League
Herbert Lester Jr
Michael Magreevy
Robert Mobley
Joanne Moore

Nereida Moore
Robert Norato
Connie Psalmonds
Kathy Rodriguez
Mary T. Rosenburgh
David Ross
Charlene Russell
Sonja Shepherd
Gerard Stramiello
Yvette Sukhon
Cecelia Williams

UPCOMING EVENTS

HCSO Family Fun Day

April 12, 2014 10:00 a.m. - 3:00 p.m.

Tampa Bay Baptist Conference Center
15601 Lake Magdalene Boulevard, Tampa FL

“Bring your chairs and blankets for some fun in the sun”

Kid’s Zone, Bounce Houses, Face Painting, Ring Toss, Kick Ball Competition

An Event to Benefit the Lynn Sowers Memorial Foundation



HCSO Health and Wellness Fair

April 16, 2014 8:30 a.m. - 2:00 p.m.

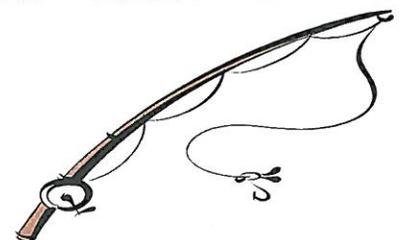
Falkenburg Road Jail, Assembly Room, Admin Building



9th Annual HCSO Charities Fishing Tournament

June 21, 2014 6:30 a.m.—Dinner & Awards 3:00 p.m.

Westshore Yacht Club



What Are They Doing Now?

An article was not submitted for this month; therefore,, I have added a little comic relief...

Comic Relief



Charged for speeding

A man was speeding down a Alabama highway, feeling secure in a gaggle of cars all traveling at the same speed. However, as they passes a speed trap, he got nailed with an infrared speed detector and was pulled over.

The officer handed him the citation, received his signature and was about to walk away when the man asked, "Officer, I know I was speeding, but I don't think it's fair—there were plenty of other cars around me who were going just as fast, so why did I get the ticket?"

"Ever go fishin'?" the policeman suddenly asked the man.

"Ummm, yeah..." the startled man replied.

The officer grinned and added, "Did you ever catch 'em all?"

Visiting kindergarten

Little Tommy's kindergarten class was on a field trip to their local police station. There they saw pictures tacked to a big bulletin board. The label clearly read, "The 10 Most Wanted."

One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

"Yes," said the policeman, "the detectives want him very badly."

So Little Tommy asked, while tugging on the man's belt, "Um, mister, why didn't you keep them when you took their pictures?"

Advisory Board Members

Carl V. Barletta

Bob Beckner

Joe Franceschi

Robert Grant

Chuck Haber

John Hattan

Phil Puleo

Sandi Ray

John Reed

Carl Shawver

Ralph Springer

Evelyn Yates

Committees

Communications/Newsletter

Advisory Board

Tanya Preza, Newsletter Editor

Legislative Committee

Carl Barletta

Walt "Bud" Fischer

Melt Godwin

Frank Martelli

Kenneth Schintzius

Social Events Committee

Bob Beckner

Evelyn Yates

If you would like to submit an article, you can email it to tpreza@hcsso.tampa.fl.us or send it by U.S. Mail to Tanya Preza, 1201 N. Orient Road, Tampa, FL 33619

HCSO Retiree Health & Wellness Corner

Congratulations to the following HCSO retirees who have reached PLATINUM status in the Vitality program:

James Downie and Spouse
Arnold Walker

Great job working hard toward positive health! Keep up the great work!!

Colorectal Screening Can Save Your Life

Cancer remains the second leading cause of death for American men and women. Colorectal cancer, most commonly known as colon cancer, develops in the colon or rectum and is the third most commonly diagnosed and third leading cause of cancer deaths among both men and women in the United States. The good news....colon cancer is preventable and highly curable IF CAUGHT EARLY!! This makes screening and early detection extremely important.

Factors that increase your risk for colon cancer include:

- ◇ Family history of the disease
- ◇ Racial/ethnic background (African Americans are at highest risk)
- ◇ Personal history of colorectal cancer polyps or bowel disease
- ◇ Being over the age of 50
- ◇ Lack of exercise
- ◇ Being overweight
- ◇ Smoking
- ◇ Heavy alcohol consumption
- ◇ Diets high in fat (especially animal fat) and low in calcium, foliate, and fiber

What can you do?

1. Follow these simple steps for healthier living:

- ◇ Quit smoking
- ◇ Get active every day
- ◇ Eat a diet rich in fresh fruits and vegetables and whole grains
- ◇ Limit saturated and eliminate trans fats
- ◇ Maintain a healthy weight
- ◇ Drink alcohol in moderation

2. Get screened. Follow these guidelines provided by the American Cancer Society:

- ◇ All men and women should be screened beginning at age 50
- ◇ People with personal or family history of colon cancer, inflammatory bowel disease, or who are experiencing symptoms should discuss the need to begin screening earlier with their healthcare provider
- ◇ African Americans should begin screening at the age of 45.

For questions about the Vitality program, contact HCSO Health & Wellness Manager, Bonnie Salazar, at (813) 247-8211

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