ALUMNI ASSOCIATION NEWSLETTER

Hillsborough County Sheriff's Office

ALUMNI ASSOCIATION

October 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,

I hope retirement is treating you well.

I will take this opportunity to announce that effective December 1, 2014, I will resign my commission from the Hillsborough County Sheriff's Office; officially ending my 44 year Law Enforcement Career with this agency. Mainly due to family health issues. I have spoken with Sheriff Gee and have agreed to stay on as HCSOAA President. I have enjoyed working with four Sheriff's: Malcolm Beard, Walter Heinrich, Cal Henderson and David Gee, and some of the finest people on earth. I enjoyed my career and was fortunate to work at a career I loved. I will miss the work but mostly the great people of this great office. Remember we are a Family, let's stay in Touch!

Message from Major Hartley

Ron Hartley

Remember the second Tuesday in November is quickly approaching which means it is again time to vote. Please, for your own benefit and the benefit of the country, make yourself aware of the candidates and the issues so you can make an informed decision.

Among the more controversial issues is Amendment Two, the use of medical marijuana. Upon closer inspection of the wording, this amendment is no more than legalization of another mind-altering substance. The wording lets a doctor prescribe marijuana for anything from a headache to anxiety. As you see this will lead to the establishment of "pot doctors" in the same fashion as the pill mills we are currently dealing with.

Law enforcement and the medical profession have come out against the amendment; with the only profession endorsing it are the trial lawyers and most of us know how ethical they are. Again, I ask you to not only vote but to be an informed voter.

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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 October 23, 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.

Dinner Menu

Dinner featuring Fried Chicken, Oven Roasted Potatoes, Vegetable Medley, Tossed Salad w/Peppercorn Dressing, Vegetable Tray w/ Ranch Dip, Cold Cuts & Sliced Cheese Tray, Assorted Breads and Apple Cake.

Flu Vaccinations/Vitality Checks

Flu vaccinations and Vitality Checks will be available at the quarterly meeting. Both will be **free** to those that carry HCSO Health Insurance through Humana. Bring your Humana ID card with you to sign in for flu shot and/or checks. The cost for flu shots for those that have other insurance will be $25 cash only.

Upcoming Meetings

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

January 22, 2015

April 23, 2015

July 23, 2015

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.

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, December 5, 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 Dates:

February 6, 2015
April 3, 2015

In Memory Of...

Retirees

Gladys Brown, Crossing Guard
Jose Marin, Multi-Trades Worker II
Betty Paz, Accounting Clerk III
Barbara Wallace, Detention Deputy
Martin Waters, Detention Sergeant
Gerald Young, Detention Deputy

Current Employees

Mark Tucker, Law Enforcement Detective

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 $6.00 for shirts, caps, and jackets.

Items	Cost
Window Stickers	$2.00
T-Shirts (up to XL)	$11.00
T-Shirts (2X)	$12.00
T-Shirts (3X)	$13.00
Polo Shirts (up to XL) **	$33.00
Polo Shirts (2X) **	$36.00
Polo Shirts (3x-4X) **	$42.00
Jackets (up to XL) **	$33.00
Jackets (2X) **	$36.00
Jackets (3X-4X) **	$42.00
Baseball Style Cap	$12.00

Additional charge ($7.00) for name embroidery

***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!

New Retirees

Christopher Allen
Sally Bargren
Jean Becker
Jennifer Boetjer
Joan Burgess
Barbara Carlton
Jessie Collins
Dominick Desiato
Alan Doty
Darlene Dwyer
Willie English
Jennie Gilpin
Raynell Goodman
Robert Griffin
Lisa Haber
Mayra Hernandez
William Hernandez
Donna Holloway
Lloyd Hyder
Kathy Laurenti
Wendy Margon
Ruth McGaha
Wade McGaha
Felix Moret Jr.
Paul Piraino
Danetta Pope
Lawrence Ramsey
Betty Sallet
Sheila Shields
Martha Velasquez
Waymon Williams

Congratulations!!!!!!

UPCOMING EVENTS

12th Annual HCSO Charity Golf Tournament - April 24, 2015
Pebble Creek Golf Club
10550 Regents Park Drive, Tampa, FL 33647
Registration 7:30 - 8:45 a.m.
Tee Time - 9:00 a.m.

HCSO Promotions

The Sheriff's Office Alumni Association extends our congratulations to the following current Sheriff's Office employees:

Law Enforcement

Major Chad Chronister
Major Willie Parker
Major Scott Wellinger
Captain James Bradford
Captain Francis Losat
Captain Richard Swann
Lieutenant Terri Adams
Lieutenant Vincent Giovenco
Lieutenant Richard Roebuck
Lieutenant Troy Saulnier
Lieutenant Edmond Shea
Sergeant Adam Brescia
Sergeant Robert Carr
Sergeant Timothy Craig
Sergeant Bruce Crumpler
Sergeant Clint Gomes
Sergeant Geoffrey Harris
Sergeant Bruce Metzger Jr.
Sergeant Christopher Sison
Sergeant Kara Vance
Corporal Nicole Aikens
Corporal Bryan Bennett
Corporal Frank Capitano
Corporal Anthony Collins
Corporal Andrea Davis
Corporal Jeremy Davis
Corporal Charles Hollis
Corporal James Jackson
Corporal Brian Morgan
Corporal Scott Morrill
Corporal Jason Oliver
Corporal Andrea Reichard
Corporal Christopher Rule
Corporal Stacie Woods
Corporal Ryan Zacher

Detention

Lieutenant Glenn Cloversettle
Lieutenant Christopher Fortner
Sergeant Robert Fransen
Sergeant Howard Lindsey
Sergeant Terri Mims
Corporal Tracy Davis
Corporal Rodney Davis
Corporal Mark Gagne
Corporal Michael Huhn
Corporal Richard Livernois
Corporal Clarence Mariney
Corporal Clint Sublette

HCSO Retiree Health & Wellness Corner

When it comes to nutrition, there's a lot we don't know. There is; however, one tried and true fact. Health and longevity (how long you live) are improved by a diet rich in fresh fruits, vegetables and whole grains. September is National Fruits and Vegetables: More Matters Month.

Studies show that only 1 in 3 adults eats the recommended amount of fruit each day and only 1 in 4 eats the recommended amount of vegetables each day. Eating fruits and vegetables provides many health benefits. People who eat healthy, balanced diets with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

If you think that fresh fruits and vegetables are hard to find or too expensive, local farmers' markets offer inexpensive, in season and often local, organic produce. You can find one near you by visiting http://localharvest.org/farmers-markets/

Remember too that color matters. Include as many "naturally occurring" colors in your diet as possible and try and eat something orange and something dark green everyday!

Here is an additional link to a website that gives great ideas about everything from finding economical fruits and vegetables to recipes and tips for getting kids to eat more fruits and veggies.

http://healthfinder.gov/FindServices/SearchContext.aspx?topic=333

For questions about this and other wellness topics or about the HumanaVitality program, contact HCSO Health & Wellness Manager Bonnie Salazar, at (813) 247-8211.

HCSO Benefits/Humana Medical Advantage Plans - 2015

Humana Group Medicare Advantage Plans will remain as an option for our HCSO retirees that are eligible for Medicare Part A & B. The RMB/Employee Benefits Section along with Humana Representatives will host two Medicare Advantage information sessions to explain Plan options and plan design changes. The information sessions will be held at the Pinebrooke Training Facility, classroom 2 on Wednesday, October 29th at 1:00pm – 3:00pm and the SOC, 2nd Floor classroom on Wednesday, November 5th at 1:00pm – 3:00pm. Please plan to attend one of these information sessions. Additionally, HCSO Employee Benefits team members and Humana Representatives will be in attendance at the October Retiree Alumni meeting to answer questions and offer assistance.

Any changes relating to the Group Medicare Advantage Plans will go into effect January 1, 2015. In early October, information packets will be mailed to Medicare eligible retirees currently participating in the HCSO group health insurance, and to retirees currently enrolled in the Humana Group Medicare Advantage Plans.

If you have any questions prior to attending one of these information sessions please call Will Ziegler at 813-230-6716 or Frank Montes at 813-966-5415. If you know a HCSO Retiree that is currently eligible for Medicare please share this information with them. We look forward to seeing you at one of the information sessions.

HIPAA

The Health Insurance Portability and Accountability Act (HIPAA) requires that individuals covered by the Hillsborough County Sheriff's Office Health Plan be notified of the availability of the Notice of Privacy Practice at least every three years. A copy of this notice can be obtained by contacting the Risk Management Bureau at (813) 247-0958.

Letter from the Editor

LET'S GO EMAIL...

If you would like to receive the quarterly newsletter via email instead of U.S. Mail please email your name and email address to Tanya Preza at tpreza@hcso.tampa.fl.us

I have an additional email distribution list. If you would like to receive any HCSO information (Promotions, Funeral Notices of Retirees or Current employees, Retirement Celebrations, Humana Vitality and other insurance information) please indicate you would like to be added to the HCSO News email distribution list.

What Are They Doing Now?

By Bobby Jackson

Hello everyone. I hope you guys are enjoying retirement.

I'm sure everyone that knows me thinks my hobby is shooting at the range, but my real passion is hunting. In 2010, Robin and I took a hunting safari in South Africa. To say this was the trip of a life-time is an understatement. The hunt, the food, the people, every-thing, was beyond our wildest expectations.

When we returned I told Robin we would look at following her dream of vacationing in Hawaii. To my surprise, she looked me straight in the face and said, "I'd rather go back to Africa."

Not to be one to argue with my wife, this past May we returned to South Africa for another safari. We used a different outfitter for this trip and I couldn't believe it. This trip put the first one to shame. OMG! I've been catered to, but this was insanely spoiling. I was so impressed with this outfitter I'm now his agent in the U.S.

If any of you are interested in a South Africa safari, I can get you the best bang for your buck. Touch base with me at rangemas-ter@verizon.net if you would like more information.

In the meantime, don't sit still. Get out and do something.

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" Fisher
Melt Godwin
Frank Martelli
Kenneth Schintzius

Social Events Committee

Bob Beckner

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

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