ALUMNI ASSOCIATION NEWSLETTER

Hillsborough County Sheriff's Office

ALUMNI ASSOCIATION

January 1, 2016

Hillsborough County Sheriff's Office Alumni Association, LLC
Post Office Box 6843 Brandon, FL 33511-7001
Phone: 813-247-8888

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Message from President

Ken Schintzius

Greetings Retiree's, hope retirement is treating you well.

On behalf of the Officers, Board Members and Volunteers, we hope everyone had a Merry Christmas and a wonderful, prosperous, healthy and safe New Year.

I/We thank Sheriff David Gee, his staff, our Liaison Officer Major Robert Bullara, Alumni Officers, Board Members, Volunteers and Members, for their continued support and dedicated service to the HCSOAA.

I would like to take this opportunity to ask HCSO Alumni Association Members to reflect on the memory of those HCSO employees and retirees who have passed on before us. The contributions made by those fine people to this agency were invaluable. We would not be where we are today without their valuable service. Please set aside a minute of silence in their memory.

Remember we are a family, Let's stay in touch!

HAPPY NEW YEAR 2016

Letter from the Editor

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.

Board Members

President
Ken Schintzius

Vice-President
William "Bill" Moore

Secretary
Vacant

Treasurer
Sandy Ray

Sheriff's Liaison
Major Robert Bullara

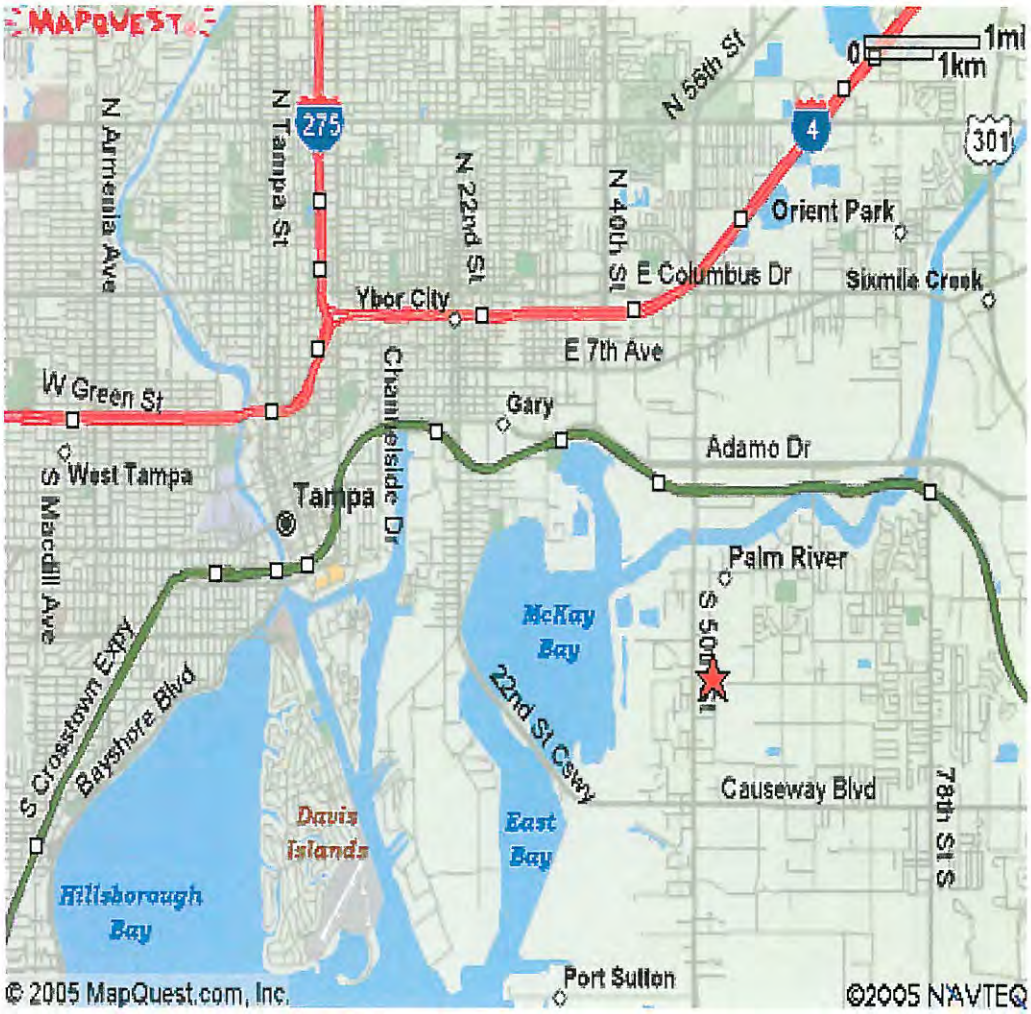
Quarterly Meeting

The next Alumni Association Quarterly meeting will be held on January 28, 2016 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, Garlic Mashed Potatoes, Vegetable Medley, Tossed Salad w/Peppercorn Dressing, Vegetable Tray w/Dip, Cold Cuts & Sliced Cheese Tray, Assorted Breads and Apple Cobbler.

The dinner for our January 28th meeting is being sponsored by retired Detective David Jones and his wife Pat. We thank David and Pat for their kind generous donation, continued support and friendship.



Upcoming Meetings

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

April 28, 2016

July 28, 2016

October 27, 2016

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 8:00 a.m. on Friday, February 5, 2016 at Perkins Restaurant, address 5002 E. Fowler Ave. Tampa, FL 33617. Please join us for food, fun, and fellowship.

Upcoming Dates:

April 1, 2016
June 3, 2016

In Memory Of...

Retirees

Dolly Brass, Community Service Officer
Antonio Davis, Corporal
Lester Hathcox, Pilot
James Hutchinson Jr., Detention Deputy
Floyd "Jack" Riley, Reserve Sergeant
Joseph Shillady, Comptroller
Ralph Duke Springer, Law Enforcement Deputy

Current Employees

None

Shirts, Decals, Etc

HCSO Alumni Association merchandise will be available for purchase at the meetings. To purchase items, contact Ken Schintzius at Kenneth.schintzius@gmail.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)	$0.00
T-Shirts (2X)	$0.00
T-Shirts (3X)	$0.00
Polo Shirts (up to XL) **	$0.00
Polo Shirts (2X) **	$0.00
Polo Shirts (3x-4X) **	$0.00
Jackets (up to XL) **	$0.00
Jackets (2X) **	$0.00
Jackets (3X-4X) **	$0.00
Baseball Style Cap	$12.00

****All clothing items are currently on hold due to increased costs from the vendor***

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 Kenneth.schintzius@gmail.com

Welcome to the Club!

New Retirees

Teresa Adams
Michael Anderson
Eric Ashley
Donald Balaban
Michelle Barbone
Joseph Bledsoe
Cynthia Burel
Richard Cervis
Daniel Connelly
Ida Creamer
Christopher Davis
Valerie Fernandez
Geoffrey Fox
Myra Gevedon
Robert King
Randolph Lewis Jr.
Lisa Odom
Randy Olding
Larry Parketon
Sean Peters
Gilbert Sainz
Eileen Schermerhorn
Linda Small
Harry Solloway Jr.
Andrew Thomson
Tracy Wallace
Barbara Williams
Kenneth Wingert
Paul Young

Congratulations!!!!!!

Upcoming local events

January 18th — **Dr. Martin Luther King, Jr. Parade**—noon
Ragan Park
1200 E. Lake Ave., Tampa

February 4 - 15th — **Florida State Fair**
Tampa, FL

March 3 - 13th — **Florida Strawberry Festival**
Plant City, FL

Humana Vitality

Holiday Healthy Eating

"The goal through the holidays is to maintain your weight, not gain."

Holidays bring family and friends together to celebrate traditions and spread cheer. They also bring lots of opportunities for socializing, eating and drinking. Even the most disciplined people struggle with temptation during the holiday season. To help you survive the seasonal parties without packing on the pounds, here are some helpful hints:

- Trim back the trimmings. Cut back on cheese, cream sauces, gravy, butter, & whipped cream.
- Wear snug clothes and keep your hands busy by holding a drink in your dominant hand.
- Chew gum.
- Be a food snob. It's not your responsibility to sample everything on the food buffet.
- No skipping meals. Always eat normally on the day of a party.
- Wait 30 minutes after your arrive before eating so you can survey your food choices.
- Add fun and games. Dancing is a welcome addition to any party.
- Alternate alcohol with nonalcoholic beverages.
- Skip the appetizers.
- Limit the variety. Put only two food items on your plate at a time.

Important reminder

As you know, your HumanaVitality Status as of September 30, 2015 will have an impact on your 2016 monthly health insurance premium. If you were at Blue, Bronze or Silver status on September 30, you will pay an additional monthly insurance premium ($30 for Blue status, $20 for Bronze status, $10 for Silver status). It's not too late to get started right now with HumanaVitality at Humana.com.

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

Advisory Board Members

Carl V. Barletta
Joe Franceschi
Robert Grant
Ron Hartley
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

Evelyn Yates

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