President’s Message

Greetings my Friends and Fellow Retirees,

As many of you know, I will be resigning as President of the HCSO Alumni Association as of 01/23/2020. I sincerely appreciate the Honor and Trust you placed in me when you first elected me President in 2004. We will hold new elections on Thursday, January 23, 2020 at 7:00 P.M., at our HCSOAA Quarterly Dinner Meeting. All officer positions, President, Vice-President, Treasurer and Secretary will become vacant at that time. Anyone wishing to become an officer in our great organization, please let me know by mail, e-mail, or phone or from the floor at our HCSOAA Dinner Meeting. If you have any questions, please call me at 813-363-4964. It has been an honor and pleasure to serve you for the past 16 years. God Bless you all and your families. Please attend the meeting and vote on Thursday, January 23, 2020.

THANK YOU!

Sgt. Ken Schintzius, (Ret.)

HCSOAA President
Quarterly Meeting - Location Changed

The next Alumni Association Quarterly meeting will be held on Thursday, January 23, 2020 at 7:00 p.m. at the Training Division located at 1409 N. Falkenburg Road, Tampa, FL 33619 in Classrooms 1, 2 & 3. A buffet style dinner will be served at 6:00 p.m. We hope to see you there!

The dinner meeting will be sponsored by Retiree Bob Proctor. He has shared the following message with us all:

My wife Jan and I wish you all a blessed New year and wish we could be in Tampa with all of you. I retired in 1996 with 22 years of service then relocated to the great and cold state of Ohio! I would love to see some of the folks I worked with, maybe one day we can come down and participate in the meetings and fellowship. Thanks to Ken, we stay updated on what is taking place in Tampa with the Sherriff’s Office. Enjoy your beautiful sunshine, it's supposed to snow up here in the next few days, but we're used to it.

Best wishes to all,

Bob Proctor

Dinner Menu

Spaghetti w/ Meat Sauce, Mixed Vegetables, Garlic Bread, Tossed salad with Italian Dressing, Vegetable Tray with Dip, Cold Cuts and Sliced Cheese, Assorted Breads and Baked Cookies.

HCSO Benefits/Retiree Group Life Insurance

As a reminder, if you are enrolled in the Retiree Group Life Insurance, your premium may have increased in January of this year. The life insurance premium is automatically adjusted every five years based upon your age on January 1st. Please refer to the letter that was mailed to you in November 2019 for detailed information. It is also important that you keep your beneficiary information, mailing address, and phone number up to date with the Agency. Please contact the Employee Benefits Section of the Human Resources Division at 813-318-5330 with any questions or updates to your information.

Thank you and we wish you a very healthy and safe New Year!

Pamela Bush, Benefits Manager
Shirts, Decals, Etc

HCSO Alumni Association merchandise is available for purchase at the meetings. To purchase items, contact Clif Whelchel at clif.w@verizon.net.

If you are ordering merchandise through the mail or in person, make payable checks to HCSOAA and mail to the address listed on page one of this newsletter. For stickers and decals, add $.50 to your check for additional postage. Add $6.00 shipping cost for shirts, caps, and jackets.

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<thead>
<tr>
<th>Items</th>
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<tbody>
<tr>
<td>Window Stickers</td>
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<tr>
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<td>Polo Shirts (CS-412)</td>
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<td>Polo Shirts (CS-410)</td>
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<td>(No Pencil Pocket On Sleeve)</td>
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<tr>
<td>Windbreaker Jacket (Snap Up)</td>
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<td>Windbreaker Jacket (2X)</td>
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<td>(Zippered Fleece Lined)</td>
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<tr>
<td>Baseball Style Cap</td>
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In Memory Of...

Retirees

Mary Berhow, Detention Deputy
Carl Shawver, Law Enforcement Detective
Herbert Green Jr., Social Worker
Terry Cagle, Law Enforcement Sergeant

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 a one-time donation can do so at the quarterly meeting or mail a check to HCSOAA, PO Box 6843, Brandon, FL 33511-7001.

Follow HCSO on Social Media:

Facebook.com/HCSOSheriff   Twitter.com/HCSOSheriff   Youtube.com/HCSOSheriff   Instagram.com/HCSOSheriff

Advisory Board

Members
Joe Franceschi
Robert Grant
Ron Hartley
John Hattan
J.R. “Jim” Miller
Sandi Ray
Richard Smith
Evelyn Yates

Committees

Communications/Newsletter
Advisory Board
Adriana McAnally, Newsletter Editor
Maureen Throop, Publisher

Legislative Committee
Carl Barletta
Walt “Bud” Fisher
Melt Godwin
Frank Martelli
Kenneth Schintzius

Social Events Committee
Evelyn Yates

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

ATTENTION NEW MEMBERS

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Follow HCSO on Social Media:
HCSO Promotions

The Sheriff’s Office Alumni Association extends our congratulations to the Sheriff’s Office employees listed below on their recent promotions:

Law Enforcement & Detention

Captain David Arthur
Lieutenant Cedric Battle
Lieutenant Saraque Stokes
Lieutenant David Thatcher
Sergeant Duane Benton
Sergeant Nikki Bosley
Sergeant Steven Cherpock
Sergeant Brandon Hartz
Sergeant Jennifer Kostelnik
Sergeant Kelcie Litten
Sergeant Clarence Mariney
Sergeant Kyle Schlesinger
Corporal Paul Adee
Corporal Alfred Baumann
Corporal Michael Cabale
Corporal Dana Chancey
Corporal Ricky Crisp
Corporal Christopher Ellick
Corporal Moises Garcia
Corporal Ashely Lindeman
Corporal William Menendez
Corporal Jonathan Obstfeld
Corporal Kosten Koxtas
Corporal Christopher Steele
Detective Kimberly Casas
Detective Joe Conteh
Detective Brian Dawsy
Detective Jessica Hallberg-Calebro
Detective Larry Mayor
Detective Thomas Romano
Detective Savannah Vidal
Detective Robert Wright
Detective Christopher Ziel
Academy Orientation Class 19-03

Civilian

Alexander Annen
Violet Bachmann
Rebecca Balionis
Connor Blonski
David Busch
Matthew Fisher
Timothy Fransen
Tara Gainer
Michael Goldthwait
Kenlee Grimes
Stephen Kramper
Zachary Leon
Michael Mahowald
Derek Martin
Kamiamia Mendoza
Angel Monserrate Ramos
Hoang Nguyen
Jasmine Parks
Catelynn Pickens
Marina Rodriguez
Rogers Ruiz
Loretta Sanders
Clifford Simpson
Jesse Swiney
Asuan Travieso Rabelo

Follow HCSO on Social Media:
Welcome to the Club!

Congratulations New Retirees!

Edwinia Adler  
Paul Armstrong  
Roland Corrales Jr.  
Richard Ferlita  
Mark Greer  
Karla Groenewold  
Carl Hassell  
Richard Jahnke  
Thomas Larson  
Joseph Mansi  
Theresa Mansi  
Thomas Mitchell Jr.

Cynthia Nietfeldt  
Janice Piercey  
Rhonda Prescott  
Steven Roberts  
Nancy Settle  
Robert Tidwell  
Hanna Weiss  
Sherrie Whelan  
Phillip Williams  
Teresa Woods  
Tina Zitnyar

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 Adriana McAnally at amcanall@hcso.tampa.fl.us.

There is an additional email distribution list. If you would like to receive HCSO information such as promotions, funeral notices of retirees or current employees, retirement celebrations, Go365 and other insurance information, please indicate you would like to be added to the HCSO News email distribution list on your email to Adriana.

Follow HCSO on Social Media:
Sheriff Malcolm Beard on Courtesy
By: Colonel Jim Bradford

As most all of us know, Sheriff Malcolm Beard was considered an icon in Tampa politics for many years from the 1950s to the 1990s. Known for his discipline and attention to detail, Sheriff Beard pushed the office to become the professional organization it is today.

Sheriff Beard was born in 1919 in Georgia and moved to Tampa in 1924. Beard worked for the Tampa Police Department from the 1940s until he was elected Sheriff of Hillsborough County in 1964, ousting incumbent sheriff Ed Blackburn in what the Tampa Bay Times would later describe as "a tight, bitterly contested race — the last time Hillsborough County saw a truly competitive race for the office." He served as Sheriff until 1978 and was elected to the Florida House of Representatives from 1978 to 1980; then to the Florida Senate from 1980 to 1996. He died on January 2, 2019, seven weeks before his 100th birthday.

The following is the text of a document circulated by Sheriff Beard, circa 1967. Even though it was created more than 50 years ago, the standards Sheriff Beard set are still valid today.

POLICE COURTESY

Police courtesy is definitely a science of the highest degree. Police courtesy consists of quiet, unassuming behavior based on a sincere consideration for the feelings of others. Race, religion, color or creed do not influence the practice of courtesy. It is the indefinable something about a man that inspires confidence. Courtesy presupposes an attitude of desiring to please or desire to serve. You can be firm and conscientious in carrying out your police duties---yet still be courteous.

APPROACH

Courtesy is most frequently expressed in the initial approach which you make to the citizen. The expression on your face, the tone of your voice, the manner in which you walk---all these things indicate your attitude of mind.
To approach a citizen with a scowl and a threatening gesture is to immediately antagonize. The response will be resentment and a desire to argue and “fight it out.” However, a friendly, cheerful approach, not at all apologetic, but interested and pleasant is usually far more disarming. It is the manner in which a man says or does something that discloses his character---especially if he is an officer of the law. It is the expression given to his thoughts and feelings by his looks, tones and gestures rather than by his deeds or words that determine judgment of him.

There are times when your patience may become frayed after long hours of work. This is no excuse for being sarcastic or discourteous. Courtesy does not say that a deputy may not become indignant or aggravated, but it does say that he shall express his indignation in a gentlemanly manner.

Every employee of the Hillsborough County Sheriff’s Office should bear in mind that an act of discourtesy or offensive conduct on their part reflects on all the members of our department, and tends to destroy public confidence which we are all working so hard to gain. All personnel should watch carefully their approach and note particularly the effect of various kinds of approaches upon different people. Your uniform and badge, or the fact that you are a member of the Sheriff’s Department does not give you any right to indulge in abusive oratory or display personal vindictiveness. Overbearing methods should be replaced by courtesy and politeness. A man or woman can be a Deputy Sheriff, and a gentleman and a lady at the same time. You can be courteous to everyone without exception and still be firm and sincere in your efforts to do your job.

COURTESY TO ALL

Some deputies are inclined to be courteous to the well-dressed prosperous citizens and treat the shabbily dressed or a foreign speaking person with little respect or consideration. It is necessary to be courteous to the successful businessman---however, it is equally important to be courteous to the foreign speaking, the “down and outer,” the less well-endowed. The “down and outer” is the one who really needs the courtesy. The deputy to them represents their country, the law, and the attitude of their government. You can be a real influence in helping such people understand what is required of them, and to gain their cooperation in your law enforcement efforts. We all feel better after having handled a situation courteously than we do after being rude or abrupt. There is a real feeling of pride in knowing that every person contacted goes away with a feeling of
warmth and friendliness to us, rather than resentment and indignation. There is no such thing as a small enemy.

ATTITUDE

Your attitude and your conduct must be in line with the position you have assumed. Your uniform or your badge does not give you the right to act unnecessarily in an officious, sarcastic and tough manner. An efficient Deputy Sheriff does not need to shove people around to show that he has authority. You should never allow your duty to affect your own actions as far as the public is concerned. Never let the fact that you must associate in the line of duty with criminals, hoodlums, perverts, and gamblers warp your own personality and your own attitude toward the main public that you are serving.

CAUSES OF DISCOURTESY

The following are some of the causes of police discourtesy:

Desire to “SHOW OFF” – An officer in uniform is always seen by a great many more people than he sees. Curious crowds watch him. In other words, you live in a glass bowl. You should therefore be careful not to “SHOW OFF.” He may try to display his superiority by so-called “smart aleck” remarks, or more frequently by use of sarcasm. “SHOW OFF” techniques do not result in the public’s admiration and amazement at the deputy’s brilliance but in annoyance and disgust at his conduct.

Feeling of Self-Importance – A feeling of self-importance sometimes follows the donning of a uniform by some people. This feeling of self-importance may make the deputy take each violation of the law as a personal offense as if the offender were purposely doing something to annoy the particular deputy. His reaction, then, is one of “Getting even” rather than impartial enforcement of the law.

Fatigue – With a strain of duty and the many responsibilities which a deputy has, there may be a loss of sleep. Fatigue may make him irritable and easily upset. The deputy should be on guard to see that his physical condition is not an excuse for “taking it out” on the public.
Discourteous Behavior by Others – A deputy may be discourteous because the individual with whom he is dealing has been discourteous to him. Offenders are usually on the defensive when approached by an officer, and may open an attack with abusive language and discourteous behavior. The officer who can maintain self-control under such a situation and deal both firmly and courteously with the offender shows himself superior and is far more effective. In other words, don’t get on the same level with discourteous, ill-mannered people.

Ignorance – Discourtesy is sometimes due to ignorance. Courtesy is something which is acquired through continuous practice, imitation and thoughtfulness—based on a sincere consideration for the feeling of others. It becomes a more intimate part of the personality and points good-will wherever the person possessing it goes.

BEARING

There is strength in calmness and the deputy should maintain composure despite trying conditions. In an hour of stress and disaster, there are those that may become distracted and excited. You will serve your full responsibility when you can take charge of such a situation with calmness and a bearing of knowing what should be done. A good deputy’s bearing stimulates confidence.

An attitude of blustering, cross-grained officiousness gains nothing except ill-will of those whom the deputy should be serving. Cultivate the ability to meet people easily and remember that tact and consideration will be helpful in any task that is to be performed.

Police courtesy is built on the ability to show respect to others in trivial and important contacts. Thus, you may invite respect in return. By making a sincere ability to understand the other person’s point of view, you acquire the key to understanding and good judgment in all your police contact.
Health & Wellness Updates - Winter 2020

Behavioral Health Services @ OHWC

Starting February 2020, onsite behavioral health services will be offered at the HCSO Occupational Health & Health Center. Individual counseling is available for employees, retirees, and immediate family members for FREE. Your privacy is essential. HCSO will not know any information discussed during sessions (exclusions: danger to self/others).

Counseling can help you overcome problematic thinking and seemingly unbreakable behavioral patterns, while restoring vitality to both mental and physical health. The service can provide support for topics such as:

- Stress management
- Relationship issues
- Sleep difficulties
- Anxiety

Depression
- Trauma-related symptoms
- And more...

Dr. Agliata will be available onsite at the OHWC on Thursdays from 1000-1600. To schedule an appointment, please contact Monica from UCF Restores at 407-823-1196.

Onsite Health Programs for Diabetes and High Blood Pressure

Starting on 1/24, onsite programs will be available for HCSO employees, retirees, and adult dependents with diabetes and/or high blood pressure for FREE. Please refer to following page for details.

Go365

Go365 is an integrated part of HCSO medical insurance. Although it's not required, it's recommended to participate. For those who did not reach Gold or Platinum status at the end of the plan year (September 30th), a Wellness surcharge will be added to your monthly premium. If applicable, the surcharge will begin with your January premium collection and will remain in place for the entire calendar year. For those at Blue status, the surcharge will be $30 per month. For those at Bronze status, the surcharge will be $20 per month. For those at Silver status, the surcharge will be $10 per month.

If you have questions about your Go365 status or would like to learn more about the Go365 program, contact Shannon Kelley, HCSO Health & Wellness Manager at (813) 318-5338 or Evelyn Rios, onsite Humana representative at (813) 318-5337.

HCSO Blood Drives

Thanks to all who donated blood at HCSO Blood Drives throughout the year. In 2019, HCSO hosted 7 blood drives with a total of 278 HCSO donors saved 834 lives, averaging almost 40 donors per drive. As another exciting year begins helping save lives in our community, please donate at one of 2020 HCSO Blood Drives: 1/16, 3/25, 5/26, 7/22, 9/16, 12/1/2020.
Improve Your Health

HCSO Health & Wellness is offering the following programs for HCSO employees, retirees, and adult dependents for FREE:

1) Diabetes Self-Management Education
   - When: Biweekly on Fridays from Jan 24 - April 24, 2020, 11:30 - 1:00 hours (2 sessions: A/B)
   - Where: HCSO Human Resources, 2207 N Falkenburg Road Tampa, FL 33578
   - Who: Adults 18 and over diagnosed with diabetes (type 1 or type 2).
   - What: The 7-week program broken into 90-minute classes taught by a registered dietitian can help you improve your A1C by teaching management strategies like blood sugar monitoring, risk reduction, medication overview, and coping with stress.


2) BP for Me (High Blood Pressure Management)
   - When: Biweekly on Fridays from May 8 - June 26, 2020, 12:00 - 1:00 hours (2 sessions: A/B)
   - Where: HCSO Human Resources, 2207 N Falkenburg Road Tampa, FL 33578
   - Who: Adults 18 and over diagnosed with high blood pressure (hypertension).
   - What: The 4-week program taught by a registered dietitian covers heart health, specifically blood pressure management. Participants will learn how to reduce risk for complications due to high blood pressure.

   A Session Dates: 5/15, 5/29, 6/12, 6/26    B Session Dates: 5/8, 5/22, 6/5, 6/19

Qualified participants who successfully complete the program will receive 245 Go365 points and entered in a raffle for a $100 gift card. Attendance will be allowed on duty with supervisory approval. Register by contacting Shannon Kelley at 813-318-5338 or stkelley@hcso.tampa.fl.us by January 22nd, 2020 (min: 5, max: 10 participants per session).