



**CALIFORNIA LAW ENFORCEMENT ASSOCIATION
Of RECORDS SUPERVISORS**

NORTHERN CHAPTER

**TRAINING/MEETING
THURSDAY, MARCH 20, 2008**

- HOST:** Santa Cruz County Sheriff's Office
- Location:** FIST - Functional Interval Strength Training
804 Estates Drive, Suite 304
Aptos
- Training:** Fitness and Nutrition
- Speaker:** Lt. Bob Pursley, Santa Cruz County Sheriff's Office
Ramona Pursley, Retired, Santa Cruz County Sheriff's Office
- Registration:** 0930-1000 \$25.00 Registration Fee
1000-1200 Training
1200-1300 Lunch
1300-1400 Business Meeting
- *Menu:***
1. Saffron Chicken Breast kebab-Lime-saffron marinated chunks of chicken breast grilled on a skewer with caramelized onions or
 2. Spicy Chicken kebab-Juicy boneless chicken, marinated in an exotic spicy (not hot) dry rub & grilled on a skewer or
 3. Minced Beef kebab-Seasoned ground beef with grated onions & spices, grilled on a skewer or
 4. Falafel-Vegetarian patties made from chickpea, onion, parsley, garlic & spices
- Choice of sauces to go with the wraps:
- a. Pomegranate walnut-pomegranate, red pepper, walnut, sumac
 - b. Tzatziki-creamy yogurt, dill, cucumber, garlic
- Side dishes will include Greek salad, rice and fresh fruit.

Choice to be made with RSVP, NO extra meals will be available.

RSVP: Rickie Crane (831) 454-2905 or Rickie.crane@co.santa-cruz.ca.us

You will be responsible for payment on cancellations after 3/18/08.