CPAAAN News
September 2010

Vol. 10 Issue 1 Citizens Police Academy Alumni Association of Norfolk © 2010

Meets 3rd Tuesday of each month (except July and August)
7:00PM at Second Patrol Division • 2500 N. Military Hwy, Norfolk
Board Meetings 2nd Tuesday at 6:30PM each month (Open to all members)

Next Meeting Notice
Tues, Sept. 21, 2010 • 7:00PM
CPAAAN Investigation 2010
Sign up in Sept. to Participate Series October 2010–April 2011
(For more details, see page 3)

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Charles B. Campbell
CPAAAN lost a good friend and faithful member when Charlie “Crossed the Bar” on July 8, 2010. He was the first Treasurer CPAAAN had, and filled that position with distinction for 10 years. Charlie was ill for a long time, and is now at rest with his wife, who preceded him in Heaven. His funeral was held on July 12, with internment at Forest Lawn Cemetery in Norfolk. Charlie will be sorely missed, and we extend our deepest sympathy to his family.

86th Session Graduation
On Thursday, June 10, 2010, the 86th Session of the Norfolk Police Academy took place at Norview High School. Chief Bruce P. Marquis introduced the Guest Speaker, the Honorable Judge John R. Doyle, III.

The Class President’s Address was given by Donato Pacifico. There were 35 graduates who became our newest Norfolk Police Officers.

Special Awards were Presented:
- Firearms ......................... Joshua McMullen
- Physical Fitness ................... John Zavros
- Honor Graduate ........... Jacob Visingardi
- “Kit” Hurst Award .......... Joshua McMullen

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Mission Statement

The Citizens Police Academy Alumni Association of Norfolk’s mission is to support law enforcement in Norfolk, VA through education, information, networking, community service, and volunteerism.

The President’s Beat

Dear Membership,

Welcome back!!! I hope everyone enjoyed their summer break. Even though CPAAAN was on summer break, we still had a busy summer.

I’d like to thank all of our CPAAAN Members who supported and/or worked our July Fundraiser. Your efforts are greatly appreciated and has helped to make our Fundraising successful.

There’s a song that says, “no man is an island, no man stands alone.” In our case, it should say that “no organization stands alone.” I say this because, without the continued support of the residents and management of Stonebridge Manor and the Uptown Guys, CPAAAN could not have achieved all that we have this past year. On behalf of the CPAAAN Board, the Membership, and myself, we give our heartfelt thanks to the residents and management of Stonebridge Manor and The Uptown Guys; you are forever a part of the CPAAAN family.

August 3 was National Night Out. We give a very special thank you to the CPAAAN members who served on the Planning Committee and those who came out to support the event. You all did an outstanding job.

Little by little, more of our members are getting involved. CPAAAN is a working organization; we have responsibilities to our Police Department and our communities. So to those who have not yet participated, any small contribution would be appreciated.

In closing, our 2010–2011 Year promises to be exciting; you won’t want to miss any meetings. I look forward to seeing you.

~ Yvette Brown, President
CPAAAN is preparing for a major project over the next few months. The type of project that involves the elements of an intriguing urban crime drama: Suspects, motive, and conflict. CPAAAN will produce a crime reenactment of small screen proportion headed straight to DVD that will feature a major drug and gang plot. The finished production will serve as a fundraiser for the Citizens Police Academy Alumni Association scholarship fund.

The production is supported with the expertise of the Norfolk Police Department for authenticity and technical guidance, including the Gang Suppression Unit’s Sgt. Randy Crank, who is also the President of the Virginia Gang Investigators Association; and the City of Norfolk’s Department of Communications for broadcast production.

It was two years ago that CPAAAN delivered its last investigative crime series, which won respectable reviews. The series detailed a homicide investigation and participants included judges and crime detectives. From pre-production to post-production, the current project is expected to conclude with a mock trial in April 2010.

The ultimate goal is to produce an informative and interesting series that will increase crime awareness for CPAAAN and citizens. For the next few months, CPAAAN will offer an inside look into the series production and tips on how to make you and your surroundings safer.

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**Norfolk Police Class 86 Graduates—June 10, 2010**

**CONGRATULATIONS TO THE NEW OFFICERS:**

Robert Anderson  
Apolinar Lopez*  
Robert Glaubke  
David Todd*  
Armando Arreaga  
Joshua Marker  
Brandon Goins  
Bailey Townsend  
Justin Berry  
Joshua McMullen*  
Bruce Harper  
Francis Transfiguracion  
Reyeal Boxley  
Jacob Medley  
Ryan Haynes  
Jacob Visingardi  
Jason Casel  
Adam Merritt  
Keith Jackson  
Stephen Wetherington*  
Aaron Cryderman  
Andrew Mondie  
Paul Kavanek  
Herbert White  
Christopher Doukas  
Donato Pacifico*  
Patrick Keegan  
John Zavros  
Lance Flores  
Neal Robertson  
Joshua Lanick  
*Class Officers  
Matthew Folts  
Steven Shiel  

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**Crime Prevention Awards**

**When:** Monday, October 18, at 6:30PM  
**Where:** The Murray Center  
455 E. Brambleton Ave, Norfolk  
**Speaker:** Marty Raiss  
**Honoring:** VOlunteer ♦ City Employee  
**Law Enforcement ♦ Group Service  
City Employee Group ♦ Youth**  
**Ticket on Sale Now!!**

**Before** September 27th $30 each  
**After** September 27th $35 each  
Reserved Table (for 8) $240  
No tickets sold at the door  
No tickets sold after October 4  
Make check payable to CPAAAN  
**Contact:** Edith Warring 587-1802  
edith.warring@norfolk.gov

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For Graduation Speeches by Guest Judge John Doyle and Class 86 President, see pages 4 and 5
This is a very happy occasion. You are to be congratulated on your achievement of reaching the point of walking onto this stage and congratulated for your choice of a profession. This is a wonderful graduation ceremony for your families for, unlike a lot of graduation ceremonies, you all have jobs starting tomorrow!

And what a job police work is. Police Work. As an aside, isn’t it a bit unnerving that doctors and lawyers call what they do, “practice”? Not for you: no practicing, right into police work!

I know that you fully realize that it is an honor to join the ranks of NPD and the law enforcement community in general. It will be fascinating work. You will come to understand the travails, joys and sorrows of life as few others can. You will experience satisfaction for making a difference that is rivaled by few other professions.

You will never again stand alone. I have witnessed first hand the fact that by joining the ranks of the Norfolk Police Department you are becoming a valued member of the biggest, tightest fraternity/sorority in the world. Anybody harms a hair on your head, you can count on all of your brother and sister officers, deputies, agents, and marshals across the country to rally to the side of you and your family.

The 35 of you comprise an interesting, talented and diverse group. The Norfolk Police Force will be a stronger organization in a few moments when you join their ranks. I see from this press release that among you sit the youngest female recruit and oldest female recruit. Of course from my perspective, I don’t see how anybody the age of the oldest recruit could possibly be the oldest of anything. So don’t let them keep referring to you as the “oldest.”

You are a diverse group. That is so important. Diversity strengthens a police department in the same way that iron is reinforced and strengthened into steel.

Your highs will be very high and your lows will be very low. Just know that as you walk through the valleys of those low moments, that it is just temporary and that it is the cost of having such an exhilarating career.

If you think of your career as a mathematical equation it would go like this:

\[
\text{Integrity} = \text{Honor} + \text{Humility} + \text{Professionalism} = \text{Happiness}
\]

A word on professionalism: your education does not end with this graduation. You have much learning and self-improvement still to do. I recall as a young prosecutor observing a young female officer who would always be studying text books while waiting for a case to be called. The other officers would generally tend to be out in the hallway chatting and joking around, but this young lady was very focused and making use of her time. So it is no coincidence that Sharon Chamberlain is now an Assistant Chief of Police.

Moral Compass

You will be very well equipped to do your new job. You will have your badge, your radio, your gun, your OC spray, your vest, your handcuffs and your police car equipped with its computer etc.

Waiting for you on your chairs when you entered the auditorium is perhaps your most important piece of equipment. It is a gift from the Citizen’s Police Academy Alumni Association. You may think, what could they give me that is more important than all those things?

It is a compass. Now you are wondering, why do I need a compass when I have maps, GPS and so many streets of Norfolk run North/South and East/West anyways? What is Judge Doyle thinking of? How could this be my most valuable piece of equipment?

Well, I’ll confess that this compass is a symbolic compass. It is symbolic of what you all carry inside of you: your moral compass. Your parents, your family, your coaches, teachers, friends and instructors over your lifetime have provided this moral compass to you. It is a part of you and you need to be in touch with it.

Now this little compass can be more than symbolic; it can be real and it can be magic. It carries a lifetime guarantee. I guarantee that when you need it, if you will just take it out and
hold it, it will immediately put you in direct touch with your inner moral compass. It will point you unerringly in the right direction, the direction where lies happiness, integrity and security.

Hold it, now don’t you feel it? Isn’t it telling you to give your family, friends and loved ones a round of applause for helping you get here? See, I told you it works.

I truly enjoy watching the part of this ceremony where some significant person in your life places your badge on your shirt for the first time. I attended my nephew’s commissioning as an Army Officer last month and I watched the family members come up and button the shoulder bars onto each candidate. I thought, how easy: *buttoning*. Try pinning on a badge where you can draw blood. Now that is a tough job.

So when might you need this little compass in this job? Well, there will be times when you will feel snowed under, underpaid, under-appreciated, under attack, overworked, overwhelmed, overlooked, unnoticed, tired, insulted, frustrated by the limits on your ability to right wrongs, feeling like maybe the end should justify the means, and maybe also at the same time feeling a little like you are becoming quite clever.

Those are the times when you might be susceptible to getting lost.

These are the times to hold on tight to this compass. And those are the times to trust your moral compass. It will always point true north: to the right moral course of action.

What I want to emphasize to you is this: true north is not only the direction of the right decision; it is the direction of happiness and satisfaction. Trust this little device. If you do, I further guarantee you that the day will come when you realize that I am right when I tell you that it is your most valuable piece of equipment.

My wish for each of you is this: be safe, become a true professional, love your country and embrace all the limitations it places upon your powers. Enjoy the unique fulfillment your profession will give to you, retire after many years of faithful service and join the Sheriff’s Department and come be my bailiff.

~ Judge John R. Doyle, III

Class 86 President’s Speech

We, the 86th session of the Norfolk police academy stand proud before family and friends today grateful for their support.

We stand before the city of Norfolk; ready to protect and serve.

We stand before the officers here today; humbled by their devotion to duty, their acceptance of the greatest of challenges, and their will to stand between the citizens and those wishing to prey upon them.

We stand before the officers who have since past; in awe of their willingness to fight the good fight and give all that could ever be asked of a person. I hope that, if nothing more, they may rest peacefully knowing that there are a few new officers willing to pick up where their watch ended. I would also like to add that since our stay at the academy 69 officers have tragically paid the ultimate price in defending our liberties. Please keep them and their families in your hearts and prayers. There isn’t a way to thank them enough for their sacrifice.

We started this academy on January 4, 2010. On that first day we were told not to use the front doors of the range building. So what did we do? Walked right out of them 10 minutes after being told not to—that was our first lesson. Needless to say, lesson learned; we didn’t repeat that mistake twice. We all came from different backgrounds and experiences. Some with a transition from the military, some straight out of college, and some that left the private sector after years of professional employment. But we all knew where we were trying to go. In ourselves we found something more than who we were. We found who we wanted to be. We have now been here for 3792 hours—and if you break it down, we’ve done at least 3 or 4 pushups for each one of those hours over the past 6 months. They told us we would get strong or get it right. Well, I guess we did both. Whether it was 200 4 count jumping jacks or the not so restful “front leaning rest” position, there was pain. But we endured. We fought. We united and overcame. Through our ups and downs here at the academy, we encountered many new faces. Some briefly passed, sharing just a class or inspirational talk. Some have been here day in and day out since the beginning. As a class there were times that all these new faces overwhelmed us—but I assure you, we learned something from

“Class President’s Speech,” see page 7
Scholastic Scholarship Winners for 2010

Three John Roger Scholastic Scholarships, each in the amount of $1,000, were presented to the 2010 winners at the CPAAAN general meeting on June 15 by Dr. Lawrence Dotolo, of Old Dominion University, and President of the Virginia Tidewater Consortium, a non-profit organization for higher education.

Congratulations to Martin Pineda, Megan Reardon, and Austin Anthony D’Amico.

Megan, a graduate of Kellam High School, will also attend Old Dominion University. She is the daughter of Master Police Officer Michael Reardon and Mrs. Dena Reardon. Officer Reardon is with the Personnel division.

Martin, son of Sgt. Martin Pineda of the First Patrol Division, graduated from Grassfield High School and plans to attend Old Dominion University.

Austin Anthony D’Amico, also a graduate of Kellam High School, is the son of Senior Police Officer and Mrs. Albert A. D’Amico, who is attached to Homeland Security. Austin is headed for Bristol, TN where he will attend King College.

On Thursday, June 17, the latest Citizens Police Academy graduated from the Spring session. There were students of all ages and experiences who enjoyed learning about what the Norfolk Police Department can and cannot do in its quest to protect Norfolk citizens.

Classes included homicide investigations, forensics, gangs, a tour of the Norfolk City Jail, and much more during the 12-week session.

Congratulations to the following graduates:

- David Crandall*
- Christina Cunningham*
- Anna-Marie Goulette*
- Jacqueline Gregory*
- Harriet Hudson*
- Jaideep Gill*
- Dorothy Johnson*
- Marsha Jones*
- Vernetta Lee*
- Lillian Lemelle*
- Josephine McBride
- Robert Miller
- Victoria Mudd
- Irene Pitchford*
- Lisa Powell*
- Marcus Powell*
- Diane Reid
- Milton Reid
- Cathy Thompson*
- Linda White
- Gilbert Whitten*
- Sharron Williams*
- Marylyn Williamson*
- Abraham Yahannason*

*Graduates who became members of CPAAAN.
“Class President’s Speech,” from page 5

each of them. Every person to grace us with their time and knowledge during our stay here has been very appreciated and I hope they understand just how much it means to us to have had them be a part of our training and growth here with the Norfolk Police Department. I would like to take a moment now to thank a few of them.

I have to thank the special operations team for their support. They have tested us all and I hope you are now proud of the recruits you’ve helped turn into officers. I want to thank the defensive tactics instructors. Every day was a test. Every day was painful; but when all was said and done, you helped to install a confidence that only comes from the life-like training you provided us. I want to thank the red-man also; I would like to think we gave as much as we got, but I would probably be wrong. You never hesitated to let us know when our guard hand was down. I want to thank the driving instructors who spent a week straight with us. Each of you knew the difficult tasks we had to conquer and you gave of yourselves selflessly to ensure that we were prepared to hit the street. To all the role players—a huge thank you. There is good training, then there is scenario training. You made the scenarios feel more real than most of us were comfortable with. This in turn forced us to think, draw from our training, and to react when needed. I think we would all agree that the scenario training was amazing and we now feel more confident about facing the same situations live, while on patrol.

Our first week at the range was interesting to say the least. We had heard the rumors and received the warnings. We walked onto that range on a Monday morning 5 times we just didn’t have it down yet. By that Friday, we still didn’t have it down pat but we were doing a little better. That week we learned that, if pushed, we can drive our bodies beyond what we thought we could and that physical pain will not outlast our will to continue. All the time during that week we thought it was just games or it was just to drive out the weak; but looking back I know now it was to help find the warrior mindset in each of us and ensure that we knew that we could dig deep and find that will to fight if called upon to do so. Sgt Jacobs left a very lasting impression on us all; what started as fear turned into respect. He’s a realist. He was always blunt with us, but in a firm and honest way that ingrains what was said a little deeper into our minds than most. Each time he came to speak to us, he would always say that we dictated what the day would bring. He would say “today is going to be an easy day.” But I wouldn’t refer to any day that week as easy. As the weeks went on and we would occasionally head back to the range for further training, Sgt Jacobs was always there. He gave speeches that motivated us more than any amount of pushups could. I would like to thank Sgt Jacobs. Through his commanding speeches and his watchful eye we stayed safe, washed the range truck and a couple of us even learned how to repair holes in barricades. But honestly, he was an amazing instructor and always supported our efforts. Again...Thank you Sgt Jacobs and all of the range staff.

Officer Morlang was the tough guy right out of the gate with us. We all thought we had him pegged as the one that would bring the pain on a regular basis. We were right. But I think he had fun with it every day—yelling at us with a huge 7-11 big gulp in hand while we sweat profusely on our backs and our feet 6 inches off the floor. He had a way of cracking a smile when he thought we weren’t looking—but we caught you. Instructor Morlang was always there to push us to think for ourselves. He didn’t want to hand us answers, he wanted us to come through on our own and earn everything. We are grateful for that. Instructor Morlang, we thank you for not letting us get off easy and for staying on top of us when we tried to slack off. You taught us to be independent and to find a solution rather than just ask for help. Thank you.

Officer Williams was the nicest of our four main instructors. Not that she went easy on us; she definitely had moments of driving us into the ground with a steady supply of squats, pushups and flutter kicks. But it was never the pain of working our bodies that hurt the most when she was upset with us. It was the knowledge that we had let her down. She was beyond fair with us; she was always willing to give a little while never compromising her status as a leader. It was for that reason that when she got onto us about something, we knew we messed up and we knew we deserved to pay. Careers in law enforcement have always been looked at as a masculine job, a man’s world. But each and every one of us can tell you instructor Williams blows that stereotype out of the water. She showed us determination and strength on a daily basis. Through her, we learned to fight on and to never give up. I

“Class President’s Speech,” see page 8
challenge anyone to find someone with a stronger warrior mindset; but you won’t be able to. Thank you, Officer Williams, for always fighting for and with us. Your desire to see each of us succeed was easily seen throughout the academy and we are eternally grateful for that.

Officer Hlebinsky always kept us guessing. Whenever he walked into the DT room in the mornings for an inspection and muster, he let his presence be known with what was by anyone’s standards a loud and commanding voice. Sometimes he would start to yell. We would be ready for whatever punishment was coming. Then we would realize he was asking “who are you people?” We would respond with our loudest reply in an attempt to appease him; he simply wanted effort at our highest level every day. And when he didn’t get that effort, we paid and were told how weak our stuff was. I think he is an entertainer at heart. He could have us sweating from massive amounts of flutter kicks one moment and have us laughing at a joke seconds later. Instructor Hlebinsky had that effect on us. Pain or laughter was his only way, nothing in between. We were honored to share the birth of his first child with him. When he was up late, we knew his fuse would be short. But all in all, I’d say he was a little lighter on his feet after his child was born. He was a proud instructor and an even prouder father; that is something to admire and respect. We thank you, sir, for your commitment to our class, the multiple rounds of pushups and the loud in-your-face comments that left us laughing.

Master Police Officer Reardon. What else needs to be said? He has had a profound impact on all of us. He has always been fair and even with each of us. He has always pushed us to limits we hadn’t reached before. He has from day one inspired us. When I sat down to write this speech I wanted to write about each of our core instructors individually. I think I had the hardest time with Instructor Reardon. It’s hard to put into words what that man has done for our class. Whether it was his fear-inspiring “inspirational” speeches or his way of suffering through so many intense workouts with us, he is a man that is easy to respect. When instructor Reardon was mad you knew it; when he was happy you knew it. But most importantly, when he was proud of us we felt it. That man shared with us over 26 years of experience. He went above and beyond to ensure that if we failed, it was us failing, not him failing us. Instructor Reardon is on a level that few will ever achieve, which can be intimidating. But it is with great pleasure and great humility that I have had a chance to learn from a man of his reputation throughout this fine department. We will spend our careers repaying a debt to Master Police Officer Reardon.

We have been a lucky class. Not only have we had amazing instructors during our stay here, we have had intense support from family and friends over the last six months that have really pushed us through the toughest of times. Because of your dedication and love, we have stayed true to ourselves and kept up with the hectic pace of the academy; and you, in turn, have had to keep up with us. Thank you so much. We all feel blessed to now have the opportunity to serve you and to ensure you rest peacefully at night. Also our plaque; I want to thank Tim White with the Naval Special Warfare Advanced Breacher School for using his rare talents to create a plaque that is as creatively simple as it is unique. We owe appreciation to the Virginia Beach Police Department for sharing their facilities with us during a couple of our training evolutions. But again, we cannot thank the training staff enough. You dealt with us Monday through Friday for six months. You never gave up and for that we are grateful. Lt Launder and Sgt Stevens, you two were always there watching over and ensuring that our training was the best it could be. Thank you for your dedication to this department. We look forward to a great deal of continued learning from your leadership.

We started this academy with 50 recruits. We graduate as 35 officers. We have grown and matured as much personally as we have professionally. I doubt any of us will ever forget this experience. There is no way to know where life will take us, but I do know that what I have learned and experienced here will help me get through the toughest days life can throw at me. I understand and willingly accept that our training is nowhere near over. We will continue to grow, gain experience, and meet new people who we can learn from. I hope we can stand as tall as we do today while remaining as humble as we were on day one.

Thank you to everyone who could be here tonight to support us. Thank you.

~ Donato Pacifico, Class 86 President
Norfolk Police have unveiled the newest member of its vehicle patrol fleet. The patrol vehicle is a 2010 Chevrolet Impala. Its unique features and appeal make it useful as a marked vehicle for traffic control, funeral escorts, and speed enforcement. Two of the most obvious differences between this patrol vehicle and the others in the fleet are that its blue and red lights are housed in the interior of the car, as opposed to the roof, and there are no markings on the front and rear.

Lt. J. Branning, Officer in Charge of the Traffic Unit, says the car will work especially well for traffic enforcement on neighborhood streets. The modern, full size, rear drive sedan will accommodate long-term use for officers of any girth, whose patrol vehicle is essentially their office on wheels. The seating is also designed to handle the amount of equipment that officers must have around their waists, such as handcuffs, gun, and Taser. The interior of the car will house a laptop and radio for dispatch messages and other communication. Chief Marquis has indicated that future marked vehicles may be designed or redesigned in the same manner.
Minutes of June 15, 2010

President Yvette Brown called the general meeting to order at 7:00PM. The Invocation was offered by Julius Simpson. Pledge of Allegiance was led by Sammy Bateman.

Following a motion and second, the minutes of the May 2010 meeting were accepted as published in the CPAAAN Newsletter.

The Treasurer’s Report was given by Edith Warring and will be filed for audit.

Scholarship Awards

Three John Roger Scholastic Scholarships, each in the amount of $1,000, were presented to the 2010 winners by Dr. Lawrence Dotolo, President of the Virginia Tidewater Consortium, a non-profit organization for higher education. The scholarships were awarded to Martin Pineda, Megan Reardon, and Austin Anthony D’Amico.

Announcements

Maravia Ebong, Community Outreach Coordinator, Norfolk Police Department Crime Prevention Unit, gave details on the 2010 National Night Out. The date is Tuesday, August 3; Kick-off time is 6:00PM at McKendree Methodist Church, 6870 N. Military Hwy, Norfolk, VA 23502. Volunteers are still needed for the various committees. For further information, call 664-6937.

Maravia is Committee Chairperson for the 2010 Crime Prevention Awards Ceremony which will be held on October 18 at 6:30PM at the Murray Center. Nominations are being accepted for all Crime Prevention Awards categories and are due August 16, 2010. Tickets are $30 each. Checks should be made payable to CPAAAN and can be mailed to Edith Warring, 300 Twilley Street, Norfolk, VA 23503. For further information, call 664-6937.

There will be a barbecue luncheon on Saturday, July 3, at 11:30AM at Stonebridge Manor, 5432 Tidewater Drive, Norfolk. CPAAAN will share in the proceeds.

Closing

Winner of the 50/50 raffle was August Raber, who won $35.

Following a motion and second, the meeting was adjourned at 8:15PM.

~ Margaret Anne Craig, Recording Secretary
“...I’ve made my life out of readin’ people’s faces, and knowin’ what their cards were by the way they held their eyes...”

The lyrics from Kenny Rogers’ song, The Gambler, could prove prophetic for local law enforcement if playing cards being distributed in local jails and prisons fall into the right hands.

Decks of 52 playing cards are being handed out by the Hampton Roads Regional Crime Line and the Norfolk City Jail will deal the details of some of Hampton Roads’ most notorious unsolved crimes.

The cards tell the stories of murder victims, an arson, and a missing person. Leads in the cases dried up years ago for police, but it’s hoped somewhere in the halls of Virginia’s punitive blocks, fresh information might surface.

“In all jails and prisons the walls have ears,” said Norfolk Sheriff Bob McCabe. “If someone knows or has heard one iota of information about these cases, they may end an investigative trail that’s gone cold, in some of these cases, for three decades,” McCabe added.

Cold cases rely on the smallest details to jump start an investigation. The deck is complete with two jokers whose face cards post this message: “The victims depicted in this deck are someone’s mother, father, sister, brother, wife, husband, or child. Please help solve these cases.”

Most of the victim’s family members who could be located supported the approach to new leads. The Norfolk Jail is making the cards available to all cell blocks. They’re being distributed free of charge. Funding for them was paid for through Regional Crime Line donations.

Happy Birthday to You

September
01 Thomas Brown
03 Barbara Wade
07 Stan Mueske
07 Regina Zuccarelli
09 Charles Parker
11 Kathleen Waldrop
13 Gloria Brown
15 Gary Darling
15 Nathaniel Riggins
21 Donnell Justice
25 Laura Hill
26 Leah Mueske
28 Joyce Cesill
29 Guy Evans Sr.
Fall Citizens Academy

Have you ever wondered what it would be like to work in law enforcement? The thrills, the stress, the training, the shift work—weekends and holidays. You can peek into that world by attending the Norfolk Police Citizens Academy.

There are enlightening and informative classes going on at the Second Patrol Division. Classes are free and fun to attend, and demonstrate what our police officers can and cannot do as they work to protect the citizens.

The Norfolk Citizens Police Academy is 12 weeks long and is offered twice each year. The Fall session will begin on September 2 and will end with graduation on November 18, 2010.

For further information, call (757) 664-6921 or send an email to Officer Miles Warren (miles.warren@norfolk.gov) or Officer Sarmiento (mcdel.sarmiento@norfolk.gov)

Classes are held on Thursday nights from 6:30PM to 9:30PM at the Second Patrol Division, located at 2500 North Military Highway near its intersection with I-64. Click on the link on our home page at www.cpaaan.org to see a map to the Second Patrol.

Schedule of Classes

Week 1  Introduction to Chief of Police  Tour of Police Training Facility
Week 2  Drugs and Narcotics
Week 3  Gangs
Week 4  Forensics
Week 5  Cyber Crimes
Week 6  Homicide Investigations  Emergency Operations Center
Week 7  Norfolk City Jail Visit
Week 8  Criminal Court Proceedings  Commonwealth’s Attorney
Week 9  Harbor Patrol; Bomb Patrol  Special Operations
Week 10  K9 Demonstration
Week 11  Officer Survival/FATS
Week 12  Graduation

Note: Class schedule subject to change due to availability of instructors.

Important Numbers to Call

Emergency—Fire, Police, EMS.................. 911
Non-Emergency Police...................... 441-5610
Crime Prevention Unit ..................... 664-6901
Norfolk CARES Assistance ............... 664-6510
Animal Protection ......................... 664-7387
Neighborhood Preservation ............. 664-6500

Master's Towing
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Norfolk, VA 23504
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Uptown Guys–Picnic at City Park

The City of Norfolk and the Uptown Guys sponsor a yearly Picnic at City Park to benefit youth of all ages. The picnic was held on Saturday, July 10 and Sunday July 11 with entertainment provided by the Uptown Guys, a group of unsung heroes who have given so much of their time and resources to the City of Norfolk. They not only provided musical entertainment, but distributed school supplies and backpacks, saw that boys got haircuts, and gave away new bikes and other gifts at the picnic.

The Uptown Guys asked me to get up on the stage and talk to the youth, so I told them about the Citizens Academy and CPAAAN, and all that our organization does to support the Police and the City.

~ Yvette

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July BBQ Fundraiser

On July 3, Marceline Peet prepared another BBQ fundraiser. This time, it was a shared event and all went well. Marceline donated over $200 to CPAAAN from her share of the proceeds and additional donations.

Thank you, Marceline, and all who helped and participated in this fun event.

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Before a School Bus is Flashing its Lights and Watch for Children Crossing Streets
Avoiding Road Rage

We all have had the experience of the person driving too slow, especially when we are late. Or the driver who is so close to the rear of our car that it looks like we’re connected at the bumpers. It can be very tempting to overreact to other people’s poor driving habits, but remaining calm and diffusing the situation is really the best route to take.

If being followed too closely, pull into another lane when safe to do so. If the other driver is angered and follows you to the next lane, take a turnoff to an area you are familiar with and is busy with other vehicles and people (such as a shopping mall). If the other driver continues to follow you, don’t head home; but rather, head to the nearest police, sheriff, or fire station. Most importantly, don’t try to resolve a situation like this by pulling over and coming face to face with the other driver. While it may solve the problem, it has a greater likelihood of ending in problems.

Likewise, keep your cool when the driver in front of you is painfully slow. By flashing your headlights or driving too closely (which is against the law!), you may just make that driver upset and encourage them to do something unsafe. However, if it appears that the driver is more than just an overly cautious driver and may be under the influence (vehicle is swerving, unable to stay in the lane, etc.), then it’s time to call the local law enforcement agency.

Don’t Be the “Fish” for Those Phishing

In essence, it’s like going on a fishing trip. You find the perfect spot where you feel you have the best opportunity to catch a fish. You put your hook on the line and pick the bait that you think has the best chance of being taken. Then you hope for the largest, greatest fish to take the bait. Fishing no longer takes place just in lakes and streams, but right on your home computer. The unfortunate part is that you are the fish!

Phishing is the act of a cyber criminal sending you something electronically (normally through email) that looks hard to pass up; something that draws you in (that’s the bait). An example would be an email that looks just like it came from your bank; it may even include their logo and be worded in a way that seems like it must be legitimate. Many times it has a level of urgency to it; something like “your account has been jeopardized” or “your credit line is suspended.” Generally it is something worrisome enough that people click on the email and, even more troubling, start to give private information (the hook).

The email will usually then ask the recipient for personal information to “validate” who you are. On reality, all you are validating is the information criminals need to steal your identity or access your credit. However, many people fall into this trap because it just “seems” so legitimate. A few pieces of information such as your full name,
“Phishing,” from page 14

Account number, date of birth, personal identification number, or social security is all that’s needed to help them unlock your credit. Once you’ve been “hooked,” your information will many times be used quickly, before you have time to realize that has happened. If you’ve been a victim of Phishing, while that feeling of dread that you just gave up your personal information can be overwhelming, it’s not the end of the world—but you need to act fast.

If you have given your PIN number or password, immediately log in and change it to something that would be very difficult for someone to guess. Next, contact your financial institution to confirm that it was definitely not them (financial institutions are now very cautious and rarely ask for personal information through an unsolicited email). Let them know the circumstances so they can take appropriate action. Next, contact the credit bureaus and let them know that your credit may have been jeopardized and that you want a fraud alert put on your credit report. It’s always a good idea to contact your other financial institutions to let them know what has happened so they can employ any special safeguards to your account. Finally, be sure to check your credit periodically for the next 12 months to make sure there is no unauthorized activity.

Prevention is simple. Use extreme caution when reviewing your emails, and do not share any personal information or click on unverified links. If you receive an “urgent” email from your financial institution and it is more than an advisory (it asks for personal information, numbers, or passwords), call them directly before completing any of the requested information. Chances are, it’s not them.

Credit Bureau Numbers to Call
Equipfax ........................................ 877-576-5734
Experian ........................................ 888-397-3742
TransUnion .................................... 800-680-7289

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Dues for the 2010–2011 Association year ($5.00 per person) are due in September. Dues can be paid in person at any Association meeting, or mailed to:
Edith Warring, Treasurer CPAAAN
300 Twilley Street, Norfolk VA 23503

Checks should be made payable to Citizens Police Academy Alumni Association of Norfolk (CPAAAN).

I am interested in helping with the following committee(s):

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____ Newsletter
____ Publicity
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The CPAAAN Year runs from July 1 to June 30. Dues are payable in September each year.

To become a member, you must be a Graduate of the Citizens Police Academy or have completed at least six (6) weeks of the Spring or Fall course.

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