January 2013 - Happy New Year!!

Vol. 12 Issue 5    Citizens Police Academy Alumni Association of Norfolk    © 2012

Meets 3rd Tuesday of each month (except July and August)
7:00PM at Second Patrol Division • 2500 N. Military Hwy, Norfolk

CPAAAN is a 501c(3) non-profit whose mission is to support Norfolk law enforcement.

Current Meeting Notice:
Tuesday, January 15th
Lt. Alex McConnaghy, NPD
Community Policing Coordinator

Next meeting:
Tues, Feb 19, 2013
7:00 PM
Please bring your favorite dish to share at our refreshments table

Happy Birthday To You

2 - Zachariah Ash
10 - Marie McEntee
12 - Yvette Brown
13 - Delores Crider
21 - Edith Warring
25 - Steve Murley
27 - Larry Hoots
29 - John A. Birkel
29 - Ronald McEntee

Spring 2013 Citizens Police Academy
Free and open to the public, the Citizens Academy is a 13-week course held on Thursdays from 6:30 to 9:30PM. The Spring 2013 session will start on March 28th and ends June 20th. Please share this information with your friends, family or civic league. To sign up, contact Officer Miles Warren or M.O. Sarmiento at 664-6921, e-mail miles.warren@norfolk.gov. You may obtain further information and download an application by going to the cpaaan.org website and clicking on the “About the Citizens Police Academy” link. Complete, sign and return the application to Norfolk Police Department Citizens Academy, 2500 N. Military Highway, Norfolk, VA 23502

Thought For Today:
By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is bitterest.

Confucius

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Sheriff / High Constable

Robert J. McCabe, Sheriff
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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,

Happy New Year! I hope everyone enjoyed a wonderful Christmas. Many thanks to those who came out for December's General Meeting and Christmas Social and a very special thank you to our members that donated gifts for the 50/50. You helped to make the evening festive.

On Thursday, December 20, 2012 at Norview High School, Recruit Class 91 graduated and became the city of Norfolk's newest sworn Police Officers. Dr. Tony Atwater, President of Norfolk State University, was the guest speaker. His topic was "Protecting Our Protectors". The class President's address was given by Recruit Gary D. Winnie, Jr. Achievement awards were as follows:

- Fire Arms - Thomas I Callison
- Honor Graduate - Sarah E. Farrell
- Kit Hurst Award - Geoffrey T. Phillips.

Chief Michael G. Goldsmith administered the Oath of Office. On behalf of the Citizens Police Academy Alumni Association of Norfolk, we congratulate Class 91 and wish you all the best in your new careers as Norfolk Police Officers.

To the CPAAAN members who came out to support the graduation, I thank you so much for all of your help and support. I look forward to seeing you at our next General Meeting on January 15, 2013.
Happy New Year!

A new year brings another opportunity to commit ourselves to being better at whatever we choose. Mark the slate clean and re-invent if you will! Make improvements on the job, upgrade your skill set with further education or take on a personal challenge to include physical exercise or increased family time, minus the noose of constant technology.

I expect this year will be even better than the last for the Norfolk Police Department. As of this newsletter, there are 25 new officers working in the three patrol divisions and there have been several significant promotions within the Department. Assistant Chief, Edward Ryan and Assistant Chief, Joseph Clark, was promoted from the rank of Captain last month. Both Assistant Chiefs have served the Department for over 20 years and lead several Divisions from Training, to Patrol, to Personnel to the Detective Division.

Social Media and YOUR Brand: Part Two
“Stop Putting ALL of Your Business in Your Status!”

Social Media Like Morning Radio
Social media “friends” that barely whispered when they spoke in real life, never offered a hard and fast opinion, or shared photos person to person.... are now the loudest people on the internet! Personality abound for the once introverted! Radio personality have an open mic so-to-speak, and are charged with offering opinions and jokes on news, entertainment and lifestyle subjects”. Thanks to social media, everyone with a social media outlet, has what I call, a “keyboard voice.” Social media ad-nauseum provided via excessive posts about boredom, breakfast or bowels is not always funny or even interesting. Remember how you want the brand that is YOU, to be KNOWN and RECOGNIZED.

“Foot in Mouth Disease,” or examples of how a famous person has to immediately position themselves to back away from someone of equal fame who may be a close friend, or in the recent case of former presidential contender Mitt Romney, when video of Rocker Ted Nugent calling for violence on the current administration went viral. Less than 4 days prior, Romney accepted Nugent’s endorsement and Romney’s son essentially tweeted how cool it was another Detroit rocker endorsed his dad. Go back a few years when another presidential contender had to back away from his family minister after video of the minister’s caustic speech or sermon in the pulpit somehow wound up on the internet. Obviously these were views that did not correlate with the personal and political philosophies of the NOW president.

BEWARE...Remember the old addage of dressing for the job, even if you don't have the job. REVIEW the social media policy or morals clause for employees for any business, company, military branch, law enforcement agency or organization you may want to work for or be affiliated. If your social media behavior is not in alignment with the policy of a potential employer, you may have "posted" yourself out of a career. If you aspire to be in law enforcement, a post bragging about past or present recreational drug use will likely disqualify you from most LE agencies. Looking for a job with an organization like PETA? A photo you were tagged in at a friend’s celebration of you devouring a 12 ounce Ribeye at a steak house, when you told the organization in a preliminary interview you have been vegan for years, probably won’t land you that dream job there. Employees who received disciplinary action or were terminated based on messages or photos posted on social media sites were usually caught off guard if they did not familiarize themselves with their company’s social media policies or morals clauses.

Social Media...THIS IS YOUR LIFE. You can use social media to tell your life story, ie; the timeline to brand your business or champion a charity or awareness for a cause. Facebook developed a way to chronicle your life and/or activities with the "Timeline." The Facebook timeline prompts you to arrange your posts and photos chronologically by adding specific dates, maps, locations, events and "milestones." You are essentially offering anyone a very vast window into your life for FREE. Your life could be the subject of a best selling book. Be mindful of documenting everything you do for it could be lifted and taken out of context or used to create a best seller for someone on the world wide web peering into YOUR life.

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The meeting was called to order by Yvette Brown. Invocation by Ms. Carolee Beckham. Mr. John Birkel lead The Pledge of Allegiance. Mr. John Pitts adopted the minutes and they were seconded by Ms. Jamie Edmonds. Ms. Edmonds also gave the Treasurer’s report. Ms. Beckham, CPAAAN'S Fundraising Chair, spoke to the members about the Flower Cards which benefits the Scholarship Fund. Ms. Yvette Brown reminded the members of the upcoming Police Recruit graduation on Thursday, December 20th @ 5:30pm at Norview High School. She urged members to also help to support our advertisers such as the Powerhouse Gym. You can cut out the ad and receive a free pass at the gym. She extended a wonderful holiday wish to all members and thanked everyone for coming out to our Christmas social. Other great reminders were regarding the Earn fund for the organization wherein CPAAAN can assist civic leagues in performing outdoor clean-up. Finally, she urged members to look out for yourself and neighbors. We will see you in the New Year - be safe. The meeting was adjourned.

Recording Secretary
Magalene McKelvey
National Adoption Day Celebrated In Norfolk

Across the country, children celebrated being chosen on November 26, 2012 as part of National Adoption Day. They found loving homes, thanks to some very caring parents with big hearts and lots of love to spare. Today, 5,367 children sit in foster care awaiting adoption. But, 31 lucky Norfolk children found new Moms and Dads and their adoptions were publicly celebrated last month during a ceremony arranged by the juvenile court and the Norfolk Department of Human Services. The special keynote speaker for Adoption Day in Norfolk was Jillian Jones, wife of Norfolk City Manager Marcus Jones. Mrs. Jones was also adopted and relayed personal and touching details of her own adoption story and how she and her husband later chose to adopt a son after having two children of their own. Norfolk Juvenile Court Judge William Williams told the adoptees and their families that many famous people, including WENDY’s Founder Dave Thom- as were also “chosen.” In Norfolk, 42 children still need a place to call home and a mother, father, or both!

The Norfolk Sheriff’s Office participates in the annual ceremony by providing each of the newly adopted children with a stuffed animal to take to their new home. Lt. Ron McGinnis of the NSO’s Community Affairs Division also welcomed the families and expressed thanks to Norfolk Human Services for allowing the NSO to be part of such a special day.
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Citizens Police Academy Alumni Association, Norfolk (CPAAAN)
MEMBERSHIP REGISTRATION FORM 2013

Please Print All Information

Name _____________________
DOB (mm/dd) ___________
Address ____________________________________________________
Phone # _______________________________
E-Mail _______________________________________
Date Graduated __________________ New Member ____ Renewal ____ Date
Paid $_____________

Dues for the 2013 Association year ($5.00 per person) are due in September. Dues can be paid in person at any Association meeting, or mailed to:
Jamie Edmonds, Treasurer CPAAAN
2500 N. Military Highway, Norfolk, VA 23502
Checks should be made payable to Citizens Police Academy Alumni Association of Norfolk (CPAAAN).

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

_____ Awards                           _____ Publicity
_____ Fund Raising                     _____ Social Affairs
_____ Membership                      _____ Web Site
_____ Newsletter                       _____ Welfare / Sunshine
New Year’s Reflections

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.

Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.

And when I/we ponder those who do,
I/we immediately think of you.

Thanks for being one of the reasons I'll/We'll have a Happy New Year!

By Joanna Fuchs