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, February 18th 7:00 pm
Topic: Crime Line
Master Police Officer Chris Amos
NPD Public Information Office

Next meeting:
Tuesday, March 18th 7:00 pm
Topic: Identity Theft
Officer Antonio Barrera
NPD Crime Prevention Unit

Please bring a dish to share at our refreshments table

If you have questions or need information on anything pertaining to CPAAAN, please contact our webmaster at cpaaan.org. Just click on “comments to the webmaster” at the bottom. Or send an email to cpaaan@yahoo.com.

Food for Thought:
Experience is not what happens to you; it's what you do with what happens to you.
Aldous Huxley

Happy Birthday To:
♦ Feb 1 - Margaret Anne Craig
♦ Feb 12 - Catherine Ledsome
♦ Feb 24 - Jeanette Stover
♦ Feb 26 - Alfodzo Ellis
♦ Feb 27 - Frank (Pete) Craig
♦ Feb 29 - Keith Denslow

(If your name is not here, let us know)
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,

Unfortunately, we were unable to have our January General Meeting, due to the weather. I know everyone was excited to hear from Special Agent In Charge, Royce E. Curtin, FBI Norfolk Field Office; we will reschedule him for a future meeting. What was most important was that our members were safe and that was accomplished by keeping everyone off the roads.

It is important to thank: Scott Mahone for keeping us informed, with the weather alerts, Lt. Balen, Maravia Reid, Margaret Anne Craig, Edith Warring and Donna Williams.

This month is the Norfolk Police Department Annual Award Ceremony, February 6, 2014 at 6:30pm, location: Norview High School. Please mark your calendar and plan to attend. CPAAAN will be helping to serve refreshments and handing out programs.

We have been given the schedule for the next Citizen’s Police Academy Class. The date is April 3, 2014 through June 26, 2014. The application is on the CPAAAN Website. Please share the information with your neighbors, co-workers and your Civic-Leagues.

I look forward to seeing you at our next General Meeting, February 18, 2014, at 7pm. Hopefully, the weather will be on our side.

Yvette Brown
President
The Norfolk Police Department Honors Civilian and Sworn Employees

The Norfolk Police Department will host its annual awards ceremony at Norview Senior High School, on February 6, 2013, at 6:30 PM. Each quarter, the departments’ Awards and Commendations Committee accepts nominations for, “Police Officer of the Quarter,” and “Civilian of the Quarter.” The committee then determines, based on different criteria for officers, and civilians who will receive formal recognition from the department. Officers, who are recognized for their outstanding professionalism, may receive one of several awards; Medal of Honor, Medal of Valor, Distinguished Service Medal, Purple Heart, Police Cross, Citizen Service Medal, Police Commendation Award, the Life Saving Award, and Community Awards. Letters of Commendation are also awarded.

In 2013, 15 officers and 2 civilians received Letters of Commendation. Every award is not always given, due to criteria.

Lifesaving Award – Awarded to employees for saving the life of another human being where the recipient was not placed in imminent danger.

Police Commendation Award – Awarded to employees for an act materially contributing to a valuable police accomplishment or for submission of a device or method adopted to increase efficiency in an administrative or tactical procedure.

Medal of Valor – Awarded to a Norfolk law enforcement officer for performing an act of extraordinary bravery at imminent danger to personal safety in the line of duty.

Civilians or non-sworn employees of the department are important to the day to day operations of the agency as well, and are awarded based on work accomplished above and beyond their typical daily assignments with Letters of Commendation.

Norfolk Police Employees who take pride in their work and exceed required expectations are very much appreciated. Please see the names of the Norfolk Police 2013 Award Recipients. Their tenacity and great work ethic are what make the Norfolk Police Department an agency for excellence. I sincerely appreciate and thank each of our 2013 recipients for their stellar contributions to the citizens of Norfolk and the department.

Officer of the Year 2013:
Off. V. Powell
Detective Division

Officer of the First Quarter 2013:
Inv. R. M. Crowder
Detective Division
Inv. J. W. Murphy, III
Detective Division

Officer of the Second Quarter 2013:
Off. W. T. Old
Third Patrol Division
Off. S. D. Toth
Third Patrol Division

Officer of the Third Quarter 2013:
Inv. V. H. Powell
Detective Division

Officer of the Fourth Quarter 2013:
Inv. M. Mezo
Detective Division

Civilian of the Year 2013:
Ops Off. J. K. Hunt
Training Division

Civilian of the First and Second Quarter 2013:
Ops. Off. J. K. Hunt
Training Division

Civilian of the Third Quarter 2013:
Ms. LaCountess Jernigan
Office of Fiscal Management

Civilian of the Fourth Quarter 2012:
Ms. Jessica Gibson
Office of Fiscal Management

Distinguished Service Medal:
Inv. R. W. Gillespie
Vice / Narcotics Division
Inv. S. M. Maxey
Vice / Narcotics Division
Inv. J. V. Natiello
Vice / Narcotics Division

Purple Heart:
Off. A. Mondie
Third Patrol Division

(continued on page 4)
Minutes of January 2014
*Meeting was canceled due to Inclement Weather

(continued from page 3)

Life Saving Award:     Off. R. Eugene Williams  Second Patrol Division
                      Sgt. R. I. Godwin      Second Patrol Division
                      Off. J. O. Simms      Third Patrol Division
                      Off. D. W. Lefleur    Third Patrol Division
                      Off. G. D. Winnie, Jr Third Patrol Division
                      Inv. L. E. Roberson   Detective Division
                      Off. M. E. Angstrom   First Patrol Division
                      Off. T. L. Cossey     First Patrol Division
                      Off. B. C. Kubik      First Patrol Division

Police Commendation Award: Inv. D. A. Benjamin  Detective Division
                         Off. N. A. Robertson  Third Patrol Division

Letter of Commendation:  Off. M. Cranford       Training Division
                        Off. R. A. Stocks      Vice/Narcotics Division
                        Off. B. Elmer          Second Patrol Division
                        Off. T. Mogush        Second Patrol Division
                        Off. R. W. White       First Patrol Division
                        Off. S. Sweder        First Patrol Division
                        Off. M. E. Drenkhahn   Homeland Security
                        Inv. J. A. Brown       Detective Division
                        Inv. M. S. Morlang     Detective Division
                        Inv. V. H. Powell      Detective Division
                        Ms. Mary Heltman       Detective Division
                        Off. E. G. Bertram     Detective Division
                        Off. J. A. Clark       Homeland Security
                        Ops. Off. K. Ferebee   Central Records
                        Inv. J. A. Loudenback  Vice/Narcotics Division
                        Inv. M. G. Wray        Detective Division
                        Inv. M. H. Zelada      Detective Division

Citizen Service Medal:   Mr. Jimmy Fisher
                         Mr. Candelario Giron

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Regional Training for Significant Weather-Related Events for Jails

Flood ravaged Colorado serves as a poignant reminder of the devastation caused by natural disasters. Emergency preparedness is a necessity for communities as a whole, and correctional institutions in particular. Riots and hostage situations are not the only jail emergencies personnel are called on to handle. Other situations, including gas leaks, bomb threats and fires can also present security challenges and prompt significant manpower response. Preparedness capabilities often determine the success of handling the emergency and the decision may boil down to sheltering in place or evacuating inmates.

Those were the topics and challenges discussed in two separate conferences this summer during tabletop exercises known as Operation Secure Fortress. In May, representatives from local and regional jails in South Hampton Roads came together for an exercise to evaluate the effectiveness of plans for significant weather-related events.

The representatives were faced with a scenario of a Category 2 Hurricane and had to determine their responses, concerns, forms of communication and Department of Corrections requirement that must be maintained, to name just a few.

In July, the exercise expanded to a regional event and included similar participants from the Peninsula. It’s the first-of-its-kind regional preparedness program involving jails. The exercise was sponsored by the Hampton Roads Planning District Commission and followed FEMA and Homeland Security guidelines.

NSO Fire Safety Coordinator Paul Ballance served as point person for the NSO during Operation Secure Fortress and described the two sessions as “an extremely important exercise which opened eyes to areas of emergency response that we had not fully considered.” Ballance says, “we also learned, for instance, that the Western Tidewater Regional Jail and Chesapeake City Jail would be able to accommodate many of our inmates if we were forced to evacuate them.”

The exercises left participants with a better grasp of Planning, Situational Assessment, Operational Coordination, Operational Communications, Mass Care Services and Critical Transportation needs.
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Spread the News!

Citizen’s Police Academy
Spring Session #36 begins in April

Please share this information with your family, friends, civic league or others who want to attend the Citizen’s Police Academy and learn about law enforcement policies and procedures in their community.

The first Citizen’s Police Academy of 2014 has been announced. The Spring Session #36 will be held from April 3, 2014 – June 26, 2014; applications are now being accepted. For further details or to obtain an application you may contact Officer Warren (390-0386) or Officer Sarmiento (390-0387). To learn more about the academy or to download and print an application for the upcoming session visit the CPAAAN website, cpaaan.org, click on the “About the Citizens Police Academy” link in the left column, and then click on CPA Application. Be sure to include your mailing address and/or telephone number. Complete, sign and return the application to the Norfolk Police Department Citizens Police Academy, 2500 N. Military Highway Norfolk, VA 23502.

American Heart Month

Heart disease is the leading cause of death in the United States, killing more than 600,000 Americans each year. And it’s why we devote the entire month of February to raising awareness of heart health. You should also know:

- Cardiovascular disease kills more people each year than cancer, lower respiratory diseases and accidents.
- Cigarette smokers are two to three times more likely to die from coronary heart disease than nonsmokers.
- Heart disease is the leading cause of death for women in the United States, killing 292,188 women in 2009 – that’s 1 in every 4 female deaths.
- Heart disease killed 631,636 people in 2006.

So what can you do to protect yourself from heart disease? While there are some risk factors you can’t control, such as age, gender, heredity, race and diabetes, there are risk factors for heart disease you CAN control, like high cholesterol, high blood pressure, smoking, exercise, obesity and stress.

By eating a healthy diet that includes plenty of fresh fruits and vegetables and exercising regularly for at least 30 minutes each day, you can do wonders for your heart. Determine whether or not your weight is within a healthy range, don’t smoke and limit how much alcohol you drink. You should also talk with your health care provider about your heart care. Talk to him or her about monitoring your blood pressure, testing your cholesterol levels and regularly monitoring your blood sugar levels if you have diabetes.