CPAAAN News

DECEMBER 2014

Vol. 14 Issue 4  Citizens Police Academy Alumni Association of Norfolk  © 2014

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, December 16, 7:00 pm
Special Speaker: Clara Hull
Youth Award Winner
& Holiday Social

Next meeting:

Tuesday, January 20, 7:00 pm
Speaker: Jay Hanna, Chief of Police
Norfolk Airport Authority

Bring a dish to share with our fellow members at the 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.

Happy Birthday To:

♦ Dec 9 - Phillip Hawkins Jr.
♦ Dec 10 - Valerie Anderson
  Michael Arthur
  Dwayne Bazar
  Mary Ann Fagan
♦ Dec 19 - Kathleen Rose
♦ Dec 20 - Reina Ferandes
  Shelia Wade
♦ Dec 21 - John A Pitts III
♦ Dec 30 - Susan Winstin
♦ Dec 31 - Merlyn Blackwood
  Susan “Sunny” Hahn

If your name is not here, please update your membership information. Thanks

Food for Thought:

Learn to Love with all your heart & accept the unlovable side of others. For anyone can Love a rose, but only a great heart can include the thorns.
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.

Dear Membership,

I hope everyone enjoyed our November's General Meeting. On behalf of our CPAAAN membership, I thank MPO Jon Kim for his upbeat and informative presentation on all that is entailed with the training and work with being a part of The Bomb Squad.

I would like to congratulate those who graduated from the November 20th 2014 Citizens Police Academy Class. For those who decided to join CPAAAN, I thank you and look forward to working with you in the future.

This year, many of the NPD Resource Officers were present for The Citizens Police Academy Classes. I had the opportunity to speak with several of the officers and they were excited to be part of the classes, and also looking forward to forming a bond with the citizens. CPAAAN will continue in this direction by showing our appreciation in nurturing close bonds with our Resource Officers. I look forward to the Officers joining us for our Christmas Social.

As always, as we come to the close of the calendar year, we look forward to the New Year. I thank you for all of the support you have given The Norfolk Police Department in 2014. Please keep our Officers in your thoughts and prayers for the New Year, and I hope you continue to support The Norfolk Police Department.

I look forward to seeing you at our Christmas Social, December 16, 2014. Our guest speaker will be Ms. Clara Huff, 2014 Crime Prevention Award Youth Winner. Please remember to bring a dish to share.

On behalf of the CPAAAN Board, we wish you Happy Holidays and the very best in the New Year.

Yvette Brown, President

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**John Roger Scholastic Scholarship**

Boosters:
- Anonymous
- John & Velma Birkel
- Faye Johansen
- Eileen and Sam Sanchez
- August Raber

Any donation is fully tax-deductible and greatly appreciated. Make checks payable to CPAAAN and mail to: CPAAAN Treasurer, 2500 N. Military Highway, Norfolk, 23502

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**NORFOLK SHERIFF'S OFFICE**

Robert J. McCabe, Sheriff / High Constable

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**DECEMBER**

Yvette Brown,

President
The meeting was called to order by President Yvette Brown. The invocation was given by Ms. D. Justice. The Pledge of Allegiance was led by Ms. M. Babcock. Motion to adopt the minutes as published was made by Mr. McEntee and seconded by Ms. Justice. Ms. Warring gave the Treasurer’s Report.

MPO Jon Kim, Bomb Squad Commander who has been with the department for 22 years was the guest speaker. The Bomb Squad was established in 2005 with joint forces of Norfolk Police Department and Fire Rescue. In 2006, National Accreditation was received. The Bomb Squad is a part of the Homeland Security Division, which also includes K-9, Traffic, Harbor Patrol and Special Operations Team. Twelve weeks of training in Huntsville Alabama is required of every applicant. Currently, there is a 14 month waiting list to go through the class. Squad members must recertify every 3 years. A few examples of response/ duties are security sweeps, training, assisting local, state and Federal Agencies; and responding to bomb threats. Some equipment used are the Remote Robot, which is equipped with a camera and capable of lifting 25 pounds and the Total Containment Vessel(TCV), which is mineral water bottled and hydra-Jet disrupters. Three priorities are considered: 1. preservation of life, 2. preservation of property and 3. preservation of evidence. MPO Kim answered many questions and was thanked for enlightening the organization with such valuable information. Contact information: MPO Jon Kim (757) 630-3882 cell and Investigator K. Harlan.

CPAAAN members were invited to attend the retirement ceremony for Deputy Chief Vernon Simmon’s at 2 p.m. on November 2014 at the 3rd Division. Chief Simmons is retiring after 39 years of service with the NPD. Members were also invited to attend and support the Citizens Police Academy Graduation, 6:30 p.m. November 20, 2014.

Two tickets for breakfast at Applebee’s were donated for tonight’s door prizes by Kathy Mahone. Ms. Mahone informed us that there will be a fund raising breakfast held there on Dec. 6, 2014 from 8-10 a.m. The price is $7.00; 911 personnel will be the servers. Tickets may be purchased in advance at the EOC. Ms. Mahone also stated that the Entertainment Books are now on sale. CPAAAN Identification Badges will be made by Mr. Scott Mahone on 25 Nov. 2014, between 2-5 p.m. at the EOC. Ms. Margaret Anne Craig was thanked for her write-up in the November Newsletter on the winners of the 2014 Crime Prevention Award Ceremony. Mr. Lewis Bateman was acknowledged as being CPAAAN Recruiter Chair person. There will be a Christmas Grab Bag, for gifts not to exceed $10.00. ONLY those who placed a gift in the bag can participate to receive a gift. 50/50 winner was Mr. T. Ellis. The Applebee’s winners were Ms. T. Clark and Ms. S. Winstin.

Ms. Brown thanked everyone for helping to keep the classroom clean and removing the trash. The meeting was adjourned.

Magalene McKelvey,
Recording Secretary
Norfolk Police and Nextdoor  
Community Policing NOW at Your Fingertips

Advancement in technology and social media helps bring us all closer to one another, despite debates regarding all of its distractions. Last month, in an effort to increase communications between neighboring residents for improved safety, Norfolk Police and Nextdoor have partnered. Nextdoor is a website that connects residents within their own neighborhoods and communities on-line. The process to join Nextdoor is very easy, it’s user friendly and free to join.

Residents who enjoy the convenience of social media will appreciate getting to know or meeting their neighbors for the first time via Nextdoors’ virtual neighborhood network. No app is necessary to get started on assisting in making your neighborhood safer, or alerting police and your neighbors about everything from suspicious activity to an unregistered vehicle or yard sale.

Nextdoor offers residents yet another platform in which to partner with Police for community policing, emergency preparedness, and community engagement. Nextdoor is also an excellent resource to connect to neighborhood civic leagues, and receive messages or alerts from police regarding your specific community.

Because time is at such a high premium these days, we have also made it convenient for citizens to also file a police report on-line on the Norfolk Police website. This service should be used to report non-emergencies and non-violent crimes with no suspect information or leads, occurring within the City of Norfolk. I encourage Norfolk residents to sign up for increased safety by signing up for Nextdoor. It’s another level of investment for you and your neighbors’ safety.

During this holiday season, we typically note an increase in a variety of crimes to include car larcenies. Let’s protect each other by sharing information with police, the Crime Line, Text a Tip, or Nextdoor… Tis the season with the gift of information.

Reminder: Graduation! Norfolk Police Recruit Academy 95, are poised to graduate Thursday, December 18, 2014, 6:30pm, at Norview High School, 6501Chesapeake Boulevard, Norfolk, VA 23513.
With the holiday season upon us we tend to get busy with our own lives and forget about those in our communities who are less fortunate such as individuals with little or no money; those who have lost a job; living alone with no family and the homeless. There are those of us in our community that are having a hard time making ends meet or who are living alone and homebound with no family. That is why Sheriff McCabe and the deputies and staff of the Norfolk Sheriff’s Office strive to step up and make a difference in the lives of those who need assistance.

Law enforcement is a public service career. Protecting citizens from crime and working to keep our neighborhoods safe is the top priority. The Norfolk Sheriff’s Office always strives to give back to the city that we serve and on Monday November 24, 2014 they did just that. Sheriff McCabe spearheaded another successful Thanksgiving basket give away for those in our community who could really need a helping hand. Partnering with Mr. Matt Hales with Gateway Ventures who donated 150 frozen turkeys to this charitable cause and also with Port Alliance Credit Union who donated personalized insulated grocery sack. The deputies and staff of the Norfolk Sheriff’s Office collected enough food to complete 150 baskets to go with the donated turkeys. Cans of green beans, collard greens, corn and cranberry sauce were collected along with boxed stuffing, corn bread mix and macaroni and cheese.

Sheriff McCabe and the deputies set out that morning and delivered these complete Thanksgiving dinners to elderly members of our community and to needy families. Bulk deliveries were also made to church pantries within Norfolk as well as to some elementary schools who were instrumental in finding families who really could use this helping hand. All who received these gifts were most appreciative and we hope this helps to make their Thanksgiving holiday a better one.

Taking public service to the next level is something that the Norfolk Sheriff’s Office aims to do on a daily basis. Organizations such as Relay for Life, and Special Olympics have benefited from the efforts of Sheriff McCabe and his staff and the Norfolk Sheriff’s Office will continue to help out our citizens whenever the need arises.

For more information contact the Community Affairs Division of the Norfolk Sheriff’s Office at 757-441-1066 or go to our website at www.norfolksheriffsoffice.com.
December is here, the end of another year (2014), we are truly blessed. This month is: World Aids month, National Drunk and Drugged driving Prevention month, Safe Toys and Gifts month, Universal Human Rights month, Spiritual Literacy month and National Tie month. Days observed are: World Aids Day—1st, Human Rights Day—10th, Hanukah—16th-24th, Christmas Day—25th, Kwanzaa—26th, and New Year’s Eve—31st.

The Month Of December

The NPD Recreation Committee is hosting a Public Safety Holiday Celebration Cruise aboard the Spirit of Norfolk on December 19, 2014 from 9:00 pm till 12:00. Tickets are on sale now for only $35.00 per person for this three hour holiday cruise!
12 Ways to Stay Healthy for the Holiday Season

Follow 12 recommended tips for self-care this season. Keep yourself and your loved ones safe and healthy—and ready to enjoy the holidays.

1. **Wash hands often** to help prevent the possibility of spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.

2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, mittens, hats, scarves, and waterproof boots.

3. **Manage stress.** Give yourself a break if you feel stressed out. Find support, connect socially, and get plenty of sleep.

4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.

5. **Be smoke-free.** Avoid smoking and secondhand smoke. It's common knowledge that smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke, also referred to as secondhand smoke.

6. **Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Use seat belts on every trip, no matter how short the trip.

7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.

8. **Get your vaccinations**, which help prevent various diseases and save lives. Everyone 6 months and older should get a flu vaccine each year. Vaccination is especially important for people who are at high risk for complications from flu, and for people who live with or care for someone who is at high risk.

9. **Monitor the children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Dress your children warmly for outdoor activities. Develop family rules on safe behavior—on using electronic media, for instance.

10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures and refrigerate them promptly.

12. **Eat healthy, stay active.** Eat fruits and vegetables, which pack plenty of nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.
**Barclay C. Winn**  
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