Current Meeting Notice:

Tuesday, November 18, 7:00 pm
Topic: Bomb Squad

Next meeting:

Tuesday, December 16, 7:00 pm
Topic: Holiday Social

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.

Inside
Member Birthdays ....................................... 1
Officers & Chairs ....................................... 2
President’s Beat ......................................... 2
Minutes ...................................................... 3
From the Chief’s Office ................................ 4
Sheriff’s Corner .......................................... 5
October & Crime Prevention ......................... 6
Crime Prevention Awards Winners .................... 7
Advertisers .................................................. 8

Food for Thought:

Advice from a TREE:

Stand up tall and proud,
Sink your roots into the earth,
Be content with your natural beauty,
Go out on a limb,
Drink plenty of water,
Remember your roots,
Enjoy the view!

Han Shamir
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,

What a great presentation we had for our October’s General Meeting. We thank Detective Ryan Crowder for the outstanding presentation, he presented on the Auto Squad and Auto Theft. I know some of the members are interested in the window etching, we will get that information to you as soon as we find out the dates and places where you can have it done.

On October 25, some of the Norfolk Police arranged a Trunk or Treat at the Target Parking lot, on Military Highway. The event was extremely successful. There were more families than anyone participated. The good thing was, along with Norfolk Police Department, Norfolk Fire Department, the civilian personnel with NPD, Target and CPAAAN, we had plenty of treats for all who attended. I lost count of how many parents thanked us for the Trunk or Treat. One mother said "she was from Chesapeake and that she had found out about the event online. It was the first time she had ever heard of Trunk or Treat, she said "she will never allow her children to go trick or treating again, from now on, it will be trunk or treating for her family". I can't tell you how nice it is to hear and see how much the citizens appreciate the Norfolk Police Officers for all the extra things they do for the youth and the citizens.

November 20, 2014 at 6:30pm will be the Citizen’s Police Academy Graduation. Please plan to attend and bring a dish for the graduates and their guests to share. We want to congratulate them and hopefully welcome them to become members of the alumni.

I look forward to seeing you at our next General Meeting. Have a great Thanksgiving.

Yvette Brown, President

John Roger Scholastic Scholarship
Booster:
- 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

Cpaaan News
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Candle Holder with Star Design
Minutes from October 2014

The meeting was called to order by Yvette Brown. The invocation was given by Ms. Beckham. The Pledge of Allegiance was led by Mr. B. Childers. Motion to adopt the minutes was made by Ms. M. Babcock and seconded by Mr. S. Bateman. Ms. Warring gave the Treasurer's Report.

Ms. Brown introduced our guest speaker Detective Ryan Crowder of the NPD Auto Squad. Detective Crowder, who has been with the Auto Theft Unit for 6 years, expressed his appreciation to CPAAAN for all that our organization does for the NPD. Detective Crowder informed members about the auto theft prevention program, H.E.A.T which coordinates citizen action with law enforcement agencies through a confidential, 24/7, toll-free tip line. H.E.A.T. which stands for Help Eliminate Auto Theft was established in Virginia in 1992, due primarily to a huge and increasing amount of auto theft in the Norfolk Virginia, Hampton Roads, Northern Virginia and Richmond areas. Calls reporting thefts are anonymous and rewards are up to $25,000.00.

A few tips to avoid car theft are: take your keys, don’t leave your car running, remove valet keys. Detective Crowder gave the members some tips on protecting your vehicle of theft. There are some visible deterrents: audible alarms, steering wheel lock, tire lock. VIN etching on window glass is done three times a year free of charge by Norfolk Police and Navy Base Police. DMV, insurance companies and the auto theft unit meet every month to compare notes and determine patterns. Some areas have more of a certain type of vehicle stolen than others, motorcycles being the most popular as of now. Stolen vehicles are frequently placed in Chop Shops making the parts untraceable. Straight re-sales which involve clones of VINs and forged documents, may relocate vehicles to other parts of the US and even overseas. The summer months of June, July and August are usually the busiest for thefts. Bikes typically are stolen from hotels, apartments, locked garages, also bike events. Norfolk recovers about 85% of stolen vehicles. 14-16% are never recovered.

Junk yards are required by law to inform the Auto Theft Unit when a car is stolen, along with National Insurance Investigator. There is such a thing as bait vehicle, which is donated but the department pays for the equipment inside that vehicle. Detective Crowder answered many questions the members had, then passed out a goody bag to all. Ms. Brown thanked Det. Crowder for the valuable information.

For those members who have flower cards, Turpin’s Florist has merged with Greenbrier Florist and moved to 1813 Greenbrier Parkway. Those who want info about the photo of the recent CPA Graduation, contact Officer Miles Warren; photos can be sent by E-Mail. Ms. Brown thanked those who attended the Crime Prevention Award Ceremony and asked the members to think of ideas for fund raising. Everyone was thanked for helping to keep the classroom clean and removing the trash. The meeting was adjourned.

Magalene McKelvey,
Recording Secretary
Thankful for Community Partnerships

During this season of thanks and giving, I am grateful that our officers continue to show their commitment to working with residents as partners to help solve crimes, solve problems, and keep our neighborhoods safe. We constantly work to renew and develop new community bonds.

We recognize the youth of Norfolk are our future and we continue to invest and volunteer our time and attention to educate them through mentoring with the Life Enrichment Center of Norfolk, and the Boys and Girls Club Norview Unit. The Norfolk Police Youth Academy; a staple in our arsenal of youth initiatives, continues to serve children across the City every day. Officers have positively impacted the lives of hundreds of Norfolk elementary and middle school students since the Academy's inception in 2006.

The spirit of community engagement has already begun in the current academy recruit class, with "Building Relations BEFORE Graduation." Recruit Class 95, set to graduate December 18, 2014, became the first academy class to develop and commit to a community initiative, before becoming officers in the neighborhoods they will soon serve. "Trunk or Treat" was solely organized and hosted by the recruits on Halloween Eve in Tidewater Gardens.

Officers are also working with our four legged residents with Norfolk Animal Care Center, to bring adoption awareness, with "Norfolk's Finest and Furriest." In September we began to feature officers with animals from NACC who needed homes, on our social media pages. I'm glad to say each animal featured was adopted in less than a week and a half. Response to our new initiatives, has been overwhelming. Please be sure to go to Facebook.com/NorfolkPD to learn and see how we are serving and Norfolk.gov/Police.

Our fortitude as a Department comes from our personnel, and I am sincerely pleased and thankful for the high quality of professionalism and caliber of work executed by civilians and sworn members. Mayor Fraim and Council members continue to show themselves supportive of the Department, and are our strongest allies in making Norfolk a safe place to live, work and play.

This month one of Norfolk's finest will be celebrated and honored for nearly four decades of service to the City of Norfolk. Deputy Chief of Police, Vernon Simmons will officially retire from Norfolk Police January 1, 2015, after 39 years. Our appreciation to Deputy Chief Simmons will be formally noted on November 20, 2014, at the Third Patrol Division Community Room, at 2:00 P.M. All our welcome to wish him well, and to tell him, 'Thank you," for his service.
NSO Lieutenant Earns Polygraph Certification

The Norfolk Sheriff’s Office is pleased to announce that Lieutenant Darrell Freeman has earned permanent certification as a polygraph examiner.

Lieutenant Freeman, who joined the NSO in 2009, has been working toward permanent certification for more than two years. In November 2012, Freeman graduated from the Virginia School of Polygraph. Since then he has completed a one-year internship in polygraph examinations and has undergone extensive testing. A 150 question exam required a passing grade of at least 80 percent, plus he had an oral review board and had to submit three criminal polygraph tests he conducted. Licensure as a polygraph examiner means Freeman can administer and interpret tests to detect deception and to verify truth.

The certification allows Freeman to administer polygraphs anywhere in the country. He must renew his license, yearly, through the Virginia Department of Professional and Occupational Regulation (DPOR). At the Norfolk Sheriff’s Office, Lieutenant Freeman is head of the Personnel Division.

By Paula Miller — Public Information Officer — Norfolk Sheriff’s Office
The Month Of November

November is: Child Safety Protection month, National Epilepsy Awareness month, National Adoption Awareness month, Aviation History month, Peanut Butter Lovers month, Native American Heritage month, International Drum month and many more. Celebrations and Holidays include: All Saints day (1st), National General Election Day (4th), Veterans Day (11th), World Kindness Day (13th), American Thanksgiving Day (27th), Black Friday (28th) and the beginning of Advent (30th).

Tucked between the two monster sized holidays of Halloween and Christmas, Thanksgiving receives far less attention. But Thanksgiving is a very important holiday, especially in the busy lives of Americans. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a huge feast. It's also time for us to give thanks to our God, for the things he has bestowed upon us and upon this great nation. There is no nation in the world that has more to be thankful for than us.

FIVE TIPS TO SAVE ON YOUR THANKSGIVING MEAL
PREPARE A FEAST WITHOUT BREAKING THE BANK.

Hosting a Thanksgiving dinner can be a joyful, uplifting experience – a wonderful way to express gratitude and share with others.

Problem is, creating a bountiful spread can be costly. Save money on your Thanksgiving meal with these great suggestions.

**Get back to basics:** Fancy dishes may be fun, but they often involve a lot of special, costly ingredients. And, if they flop, you’ll pay dearly (literally!). Cook classic dishes you’re familiar with.

**Go with frozen birds:** Frozen turkeys usually are less expensive than fresh birds and can be just as flavorful, especially when brined.

**Encourage sharing:** Going potluck enhances the spirit of “sharing” exemplified by the first Thanksgiving, and it can reduce the costs and time spent preparing your feast.

**Plan ahead:** Plan your menu a week or two in advance, so you can take full advantage of sales and coupons. If guests are bringing dishes, avoid costly duplication of efforts by sharing the menu via email or document-sharing websites, such as Google Docs. Online Thanksgiving meal calculators can help reduce waste.

**Shop smart:** When shopping for ingredients, resist the temptation to buy additional and potentially costly items. Frozen and canned ingredients often are less expensive and taste just as good in holiday dishes. Bulk items usually are less expensive, but be sure to compare prices – sometimes bulk costs more. Making food from scratch can save money, too.

Make sure you stay safe in the kitchen when preparing your Thanksgiving spread!

Thanksgiving is a time to express gratitude for the people and things you value most in life. It’s a celebration of your dreams.

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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!
Last month you read about the 2014 Crime Prevention Awards Ceremony. This month you will “meet” the winners in this newsletter, and more importantly learn what each of them did to receive the award in their particular category. There are many ways to prevent crime in our community and below are great examples!

**Youth – Clara Huff** Fourteen year old Clara Huff turned her experience of being bullied into an anti-bullying campaign, and shared her experience by participating in workshops and seminars. She was speaker at the Hampton Roads Youth Leadership Conference in 2014, and co-authored the recently published book “A Letter to My Bully”. She also designed several acrylic paintings to show how bullying affects children. Clara was named “Miss Youth Matter Teen 2013”.

**Group Service – Teens With a Purpose (TWP)** Since the early 2000’s this peer-led program has developed positive attitudes, and strengthened the self-worth of youth. In addition to performing music and arts, this group assists with schoolwork, and encourages community service and education. This group is a repeat winner!

**Barbara Davis Volunteer – Raytron White** The mission of this Grandy Village Civic League President has been to focus on children in his area, and it has resulted in youth crime decreasing tremendously. He has advocated for recreation equipment, and organized a sports program in which youth and police officers are teammates. Mr. White brought a re-entry workshop to Grandy Village in order to help young men obtain employment, and initiated a program that rewards good behavior and grades.

**City Employee – Gloria Peek** Coach Gloria Peek, a veteran employee of the Parks, Recreation and Open Spaces Department, runs Team Norfolk Boxing Club at Barraud Park Boxing Center and partners with the Police Athletic League so that police could assist with training and mentoring. Her nominator states “She has played a major role in development of Norfolk Youth over many years and is a shining example of someone who not only cares about the community but puts her heart into making it a better place”.

**City Employee Group - Officer Kenneth Aldrich and Officer Thomas Horan** These two officers have demonstrated a great desire to inspire and inform youth of the Broad Creek and River Forest Civic League areas. Two recent special events were Pumpkin Carving Day and Trunk or Treat, programs showing the young ones how to be safe on Halloween night. These officers maintain close contact and participate in all civic league activities and community functions resulting in more youth involvement.

**Law Enforcement - Officer James Caruso and Officer James Carrington** These community resource officers for the Lambert’s Point section were nominated by a resident for doing a great job and keeping crime down in the Lambert’s Point section. In addition to attending the civic league meetings on a regular basis, they also work on community cleanups and check in on the seniors. To quote the nominator “these two officers are always willing to go the extra mile to work with the civic league, the Block Watch Program. Keep up the good work!”

**Lifetime Achievement Award – Judy Hash** Retired NPD Investigator Judy Hash served the Norfolk Police Department for over 25 tears. She has educated both law enforcement officers and the citizens of Norfolk in an effort to make the city a better, safer place to live. Officer Hash played a large part in the formation and growth of the Citizens Police Academy Alumni Association. For her dedication and tenacity for excellence and for exemplary service throughout her career, Judy Hash received the 2014 Lifetime Achievement Award.
Barclay C. Winn
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