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, April 21, 7:00 pm
Speaker: Officer Courtney Smith
NPD Community Resource Office
Topic: Community Policing

Next meeting:
Tuesday, May 19, 7:00 pm
Presenter: Assistant Chief Ed Ryan
Topic: Officer of the Year Award

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:
- Apr 1 — Joyce Chambers
- Apr 4 — John Moscoe
- Apr 6 — Dorothy Rawls
- Apr 14 — John Csomay

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

Food for Thought:

LIFE STOPS WHEN YOU STOP DREAMING,
hope ends when you stop believing,
LOVE ENDS WHEN YOU STOP CARING, friendship ends when you stop sharing.
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,

I hope all who attended our March General Meeting enjoyed it as much as I did. It was wonderful to see so many of our members in attendance after our unexpected break in February, due to the snow.

Sheriff McCabe gave an outstanding presentation on the new Court House and the programs the Sheriff's Department has to help inmates transition back into society. We give our thanks to Sheriff McCabe, and we look forward to seeing him in the future.

At our March General meeting, I announced the passing of a long time member of CPAAAN, John Donahue. For many years John was a loyal and active member. John served on the CPAAAN Board, took charge of selling the cook books, and served as Vice-President. John was always willing to serve. I remember when I went through the Citizens Police Academy Classes John was there for each class as CPAAAN's representative; he also worked with the Jail Tour. John was an active member of his Civic League and also participated in Clean The Bay.

A true community leader, John Donahue will be greatly missed. Our deepest sympathy to his wife Frankie Donahue and the entire Donahue family.

This month our speaker will be Officer Courtney Smith, NPD Community Resource Officer. Please try to attend. Officer Smith is an outstanding Officer and I know his presentation on community policing is one you will not want to miss.

I look forward to seeing you on April 21, 2015, at our next General Meeting.

Yvette Brown, President

John Roger Scholastic Scholarship

Boosters:
- Faye Johansen
- Eileen and Sam Sanchez
- August Raber
- Edith Warring

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
President Yvette Brown called the meeting to order at 7:00pm. The invocation was offered by Carolee Beckham. The pledge of allegiance was led by Ron McEntee.

After a brief business meeting the guest speaker, Sheriff Robert McCabe, was introduced. He spoke about the new Norfolk Courthouse, the Jail, and the Norfolk Sheriff’s Department operations and programs.

Sheriff McCabe has been with the department since 1993 and was with the NPD for 12 years and 6 months before that.

He stated that Norfolk has the largest Jail and work force program in the region. This program allows non-violent offenders to earn credit to pay off court fees by working for the city. The inmates receive 2 hot meals (breakfast and dinner) and a bag lunch each day. Sheriff McCabe stated it costs an average of 78 cents per meal a day to feed the inmates. They have a Gym and a doctor on premises 24/7. The sheriff’s department works with the DMV to help provide a current ID card to the inmate when they get out.

The sheriff’s department also has a Senior program that currently has 100 members. The department checks on these seniors on a regular basis, and has started a Project Lifesaver program in which they provide the seniors a wristband with an electronic device in it so if they wander off they can be found quickly.

Yvette Brown announced that there is a planning committee meeting on April 9th for the Annual National Night out event. Meeting will be at Crossroads Elementary School in Ocean View at 5:00pm. Carolee Beckham announced that the CPAAAN cookbook will be done for a Christmas fund raiser.

We had the 50/50 drawing and Mr. Ellis Thomas was the winner.

Meeting was adjourned.

Respectfully submitted,
Sharon Beaty, Recording Secretary
Spring has sprung, and with it a multitude of opportunities to continue your community police partnership with the Norfolk Police Department! We thank you for your continuous and loyal support, as there are a variety of options for increased participation. During this month of April, we observe National Crime Victims' Rights Week, April 19-25, 2015. This year’s theme is, “Engaging Communities, Empowering Victims.” For over 30 years the National Office for Victims of Crime, have promoted victims' rights, and honored those who have advocated for them. During this year’s observance, I ask that you acknowledge victim’s families and friends and reach out with kind words, or an expression of remembrance. Also, please join us for the Norfolk Commonwealth’s Attorneys’ Community Resource Fair, Monday, April 20, 4:00PM-6:00PM, at the Berkley Multi-Purpose Center, 925 South Main Street, to mark the week. The loss of a loved one is never forgotten, nor the violent act, or incident a victim endured.

Be sure to get a good eye full for a good cause, as I participate in the 4th Annual "Walk A Mile in Her Shoes" Men's March, to stop rape, sexual assault, and gender violence, on Thursday, April 23rd, 11:30AM, at Macarthur Center Mall, Downtown Norfolk. The high heels the Assistant Chief's and I will be wearing will certainly be a sight to see!

The Badges for Baseball program is in full swing and I highly recommend signing up your children, and or sharing the information with those who have young boys and girls. RBI-Reviving Baseball in the Inner Cities, Badges for Baseball is not limited to youth residents of the City of Norfolk. The program is free and affords every child/teen an opportunity to get physical exercise, learn the virtues of good sportsmanship, and enjoy a mentor relationship with officers for positive interaction. Badges for Baseball is executed in partnership with the City of Norfolk’s Recreation, Parks and Open Space, and Norfolk State University. Their partnership is key and supports this tremendous program for youth. Please call the Crime Prevention Section at 664-6944 or 664-6901, to get youth signed up for Badges for Baseball. The deadline to register is May 1st, and “Opening Day” is May 16th, the official launch of this years’ Badges for Baseball season. Enjoy the spring, and let’s get our youth signed up to engage in fun, exercise and mentor relationships with OUR officers.
THE NEW COURTHOUSE AND SWAT

NORFOLK, VA--Security cameras scan and zoom nearly every angle, and electronic keys open cell doors. Norfolk’s new $123 million courthouse is state-of-the-art, but an excellent Sheriff’s Office team made it even better, under the leadership of Major Larry Carter.

To understand why, you’ve got to look back at Carter’s past. “Everyone said I would be in jail; I would never amount to anything,” he said. As a child, Carter was overweight, shy, and insecure. He grew up in an abusive environment. “I could hardly read and write. I couldn’t concentrate at school because when I got home I would get beat, called names,” he recalled.

But deep down, Carter knew he could do better. His hope and desire to escape his past led him to enlist in the United States Marine Corps. “The Marine Corps was the basic school of life; what you set your mind to, you can accomplish. You’re not going to fail. You’re not going to quit,” he said.

With that mantra, Carter conquered physical challenges in boot camp, and he stretched his mind as well, staying up late at night teaching himself to read so he could rise up in rank. Soon enough, Carter’s superiors saw something in him that he didn’t yet see in himself; Carter was a leader. “I was nominated for drill instructor school. There were 167 candidates, only 19 of us graduated,” he said.

Carter’s confidence kept on growing, and he decided to leave the Marines to join the Norfolk Police Department. He was put in charge of starting the city’s first, true SWAT team. “I was putting people through hell; the hours were very long, and most of these people weren’t volunteers,” he said. After two months of intensive training, Norfolk’s newly formed SWAT team graduated. On that very same night, they were put to the test.

It was April 14th, 1984 when the horrifying call came in; a suspect shot and killed a police officer and a pregnant woman. It was the kind of situation SWAT teams are made for, and coincidentally, Norfolk Police now had a team to respond. The heavily armed suspect had barricaded himself inside a home. After seven hours of negotiations and creating diversions, the SWAT team took down the suspect. The story gained national attention, and the following year, the Marine Corps recognized two agencies to train SWAT officers nationwide: Los Angeles Police on the West Coast, and Norfolk Police on the East Coast.

After serving nearly 30 years on the police force, Carter joined the Norfolk Sheriff’s Office. In 2015, he oversaw creating a different sort of team: a group to open the City’s new courthouse. “It was like planning a SWAT school times five,” Carter said. That’s because the courthouse crew had to juggle extensive training on running all aspects of the new facility, while still operating the old courthouse until opening day. “They reminded me of that first SWAT team in many ways,” Carter said.

And like that last team, this group also found surprises. By studying blueprints, they noticed some of the doors were lacking the proper security alarms and locks. Even worse, it was easy for guests to sneak past the metal detectors at the front entrance. Those problems were all fixed before any threats could ever arise.

Carter’s habit of teaching to "expect the unexpected" made Norfolk’s courthouse even stronger, but his humility laid the foundation. “I couldn’t have accomplished this on my own. It was all about having a great team,” Carter stressed.
Swing for the Fence
Sign up for RBI today!

Baseball & Softball
Ages 5-18

Registration:
March 23rd - May 1st
Opening Day: May 16th

Fundamentals
Sportmanship
Fair play
Teamwork
Competition
Citizenship
Academics

More Information:
Call: 757-441-5835 (Lakewood Athletic Office) or 757-664-6944 (Officer Barrera)
Visit: Norfolk.gov/RPOS
Like: Facebook.com/NorfolkRPOS

We’re looking for dedicated volunteers to coach our RBI teams. Coaching clinics and training will be provided. Call us today to get involved in this life-changing league.

Upcoming Events:

Coaches Clinic and Meeting
April 7th - 10:00am
Northside Park
Current and prospective coaches learn the rules of the RBI league and drills to help your team take home the championship trophy. Register your team and schedule your times for practice at the Brambleton batting cage.

Pitch, Hit & Run Contest
April 7th - Northside Park
Registration: 9:00am
Contest Begins: 10:00am
Cook-out: 2:00pm-3:00pm
Calling all players ages 7-14. Compete against each other in the key areas of baseball; pitching, hitting and running. Enjoy a free cookout after the event provided by the NPB Police Athletic League. Winners will advance to the sectional contest.

Take this opportunity to sign up for the RBI baseball league. First 200 players to register will receive a free T-shirt. All Pitch, Hit & Run competitors will receive a free ticket to the Norfolk State vs. Norfolk Tides baseball game on April 1st at Harbor Park.

Rain date: April 9th
As previously announced, the Citizens Police Academy Alumni Association of Norfolk (CPAAAN) is planning to prepare a taste-tempting custom cookbook featuring recipes from our members, friends, First Responders, and the Norfolk Police Department. Due to inclement weather the February general membership meeting was cancelled and the deadline for submitting recipes was extended. We are currently accepting recipes and will continue to do so at the next few general meetings, as well as by email and regular mail. It would be very much appreciated if your recipes are submitted at the earliest possible time. You may bring them to the meetings, email them to caroleeb@cox.net, or send by regular mail to 2101 Helsley Avenue, Norfolk, VA 23518.

Please submit as many recipes as you would like so that you can be represented in the new CPAAAN cookbook. Be sure to include the recipe title, category and the contributor’s name so it can be acknowledged. We ask that you print legibly (one recipe per 8 ½ X 11 page, written in paragraph form). List the ingredients in order of use. Indicate container size, along with cooking, baking and/or freezing times. Your help in contributing recipes will ensure that our cookbook will be a big success. Ask your friends and relatives from out of state to send their special recipes along also. Your family’s favorite recipes are always welcome!

April is the month for National Autism Awareness, National Poetry, Stress Awareness, National STDS Education and Awareness, National Donate Life and Sexual Assault Awareness and Prevention. (Check to see what is locally celebrated.) Of course we observe April Fools day on the 1st, Good Friday on the 3rd, Passover on the 4th thru 11th, Easter on the 5th, Easter Monday 6th, Tax Day on the 15th, Holocaust Remembrance on the 16th, Administrative Professionals Day on the 22nd, and Arbor Day on 24th.
BARCLAY C. WINN  
COUNCILMAN

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Hormel Hot Dogs  
New York Hot Sausage  
Carolina Pork B-B-Q  
Freedom Fries  
Home-made Chili

Lew’s Hot Dogs  
1531 Azalea Garden Rd.  
Norfolk, VA 23502

Hours: Monday–Friday  
11:00–4:00  
Saturday 11:00–3:00

757-855-9539

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