Current Meeting Notice:

Tuesday, March 17, 7:00 pm
Speaker: Sheriff Robert McCabe
Topic: Norfolk’s New Courthouse

Next meeting:

Tuesday, April 21, 2015  7:00
Speaker: Officer Courtney Smith
NPD Community Resource Office
Topic: Community Policing

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.

Food for Thought:
What lies behind us and what lies before us are tiny matters... compared to what lies within us.

Ralph Waldo Emerson
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 missed seeing all of you at our January General Meeting, however safety on the roads was far more important. Our thanks to Scott Mahone for always keeping us informed on the weather and road conditions.

This month CPAAAN has a busy calendar. Again I want to remind the membership of the Norfolk Police Department Recruit Graduation, March 5, 2015, 6:30PM AT Norview High. Please try to arrive at 5:30pm, we have been asked to help pass out programs and also serve refreshments. March 17, 2015 is our General Meeting, I hope we have a good turn out to welcome Sheriff Robert McCabe; his topic will be the new Courthouse.

Last month I mentioned an upcoming event " Neighborhoods United"; that event will be March 28, 2015, from 10am to 1pm; 2500 N. Military Hwy. Please plan to attend this event, your assistance is very much needed. It would be great if all of our membership would invite family, friends, neighbors, and please remember, we want children to attend also. There will be activities, informational tables, and entertainment. For those who want a snack, food trucks will be on site for you to purchase refreshments.

Thank you for all you do throughout our working year.

Yvette Brown
President
Minutes from February 2015
(Meeting was cancelled)

If you’re Irish then March is your month!

It is designated as National Irish American Month, along with National Peanut month, National Women’s History month, Music in Our Schools month, and National Nutrition Month. Some of the celebrations are: Peanut Butter Lovers Day (1st), International Women’s Day (8th), Ides of March (15th), St. Patrick’s Day (17th) and Palm Sunday (28th).

Many of you are familiar with Norfolk’s annual Saint Patrick’s Day Parade, with floats, bands and festivities for kids and adults. The date for this year is March 14, 2015. Everyone is invited, even your pets!

Some additional events can be found on the Norfolk.gov or norfolkparade.com websites.

Here are the top 10 safety tips to a safe day/night out!

1. Plan ahead, take a friend
2. Predetermine a safe way to get home for you and your friends
3. Eat
4. Stay hydrated
5. Pace yourself
6. Avoid rowdy places
7. Be aware of your surroundings
8. Be extra cautious on the roads
9. Don’t let friends drive under the influence
10. Wear green, so you don’t get pinched!
Spring will soon be here, and exciting fun to the City of Norfolk, in the form of sports and lots of green.

This month the Norfolk Police Department is honored to partner with the 2015 MEAC Basketball Tournament for their 3rd Public Safety-Public Service Night event, on March 11, 2015, at SCOPE. The Mid-Eastern Athletic Conference (MEAC) is a collegiate athletics conference of historically black colleges and universities (HBCUs) in the Southeastern United States, and a member of the National Collegiate Athletic Association's Division I. The MEAC's stead includes local academic institutions Hampton University and Norfolk State University. The 2011–12 Norfolk State Spartans men's basketball team won the 2012 MEAC Men's Basketball Tournament championship which gave them the conference's automatic bid in the 2012 NCAA Men's Division I Basketball Tournament, the school's first ever appearance in the tournament.

Designated Norfolk Police officers will be honored and recognized by the MEAC for their life saving work. I encourage you to continue your support of all Hampton Roads Public Safety personnel, and gather on March 11, 2015, at SCOPE, to honor their service. There will be law enforcement representation throughout the day at the MEAC Tournament, from Norfolk Police, Norfolk Fire-Rescue, the Norfolk Sheriff’s Office, and Chesapeake Police. Also, please tell family and friends that recruiters from Norfolk Police and Norfolk Fire will be on hand to answer questions regarding employment. We continue to heavily recruit and accept applications for the July 2015 Recruit Academy, as the deadline for applications for that academy is the end of this month.

Did you know there are some Public Safety personnel who moonlight as singers? They do! Hear our very own “Public Safety Idols” sing our country’s National Anthem at the start of each game on Public Safety-Public Service day and night games, after the entrance of the Norfolk Police Honor Guard.

Now to the green! On March 14, 2015, the Ocean View community will host the 48th Annual St. Patrick’s Day Parade. The parade has been a decade’s long tradition in Norfolk, with enthusiastic participants who don the most creative St. Patrick’s Day costumes and regalia, this side of the Blarney Stone. I look forward to seeing you there and will have a special treat for the little ones on the parade route. Enjoy the parade festivities and stay safe!

We will be able to look forward to more daylight soon with Daylight Savings time. Don’t forget to “spring forward,” on Sunday, March 8, 2015, by setting your clocks ahead one hour.
SNOW REMOVAL: A GOOD DEAL FOR TAXPAYERS AND THE INMATES

Inmate Justin Monk shoveled snow for at least eight hours for the City of Norfolk, but he was glad to do it. “It’s very beneficial to me,” Monk said.

That’s because non-violent offenders, like Monk, are getting credit for their hard work. For each hour they’re out shoveling, they receive $7.25 credit toward their court fines.

The mutually beneficial program is called the Norfolk Sheriff’s Office workforce program. For nearly 20 years now, non-violent inmates have been given the opportunity to get out of the jail to work. Deputies are always supervising the inmates to ensure the safety of the public. After a hard day's work, the inmates return to jail at night, many of them serving time for traffic charges, child support or drug possession.

One of the best parts is the labor comes at no cost to taxpayers. In a typical year, Sheriff Bob McCabe explained, inmates work nearly 200,000 hours, saving the city about $2 million doing things like cleaning up at Scope, doing yard work and maintenance at city parks, roads, schools, cemeteries, the airport gateway, Nauticus, Half Moone Cruise Terminal and The Waterside.

“If the inmates impress us, we will be able to bring an employer in and say hire this guy. We can show employers that this inmate is nonviolent and will be an asset to your company. Hopefully he won’t come back to our facility,” workforce director Mike O’Toole said.

As for Monk, his hard work shoveling snow already did pay off.

“I paid off all my court fines in the workforce program, and now I’m able to get my driver’s license too,” he said.

His story was featured on 13NewsNow and WTKR, and a day later, a local business owner hired him.

Monk moved up from the "inmate workforce" program to the "work release" program. Now he works at a local business by day, and he spends night in jail. Once he’s out, he will already have a job.

NSO has built relationships with nearly 200 local businesses. If deputies see inmates with a good work ethic, they'll recommend them for a real job. It's one way Sheriff Bob McCabe works to have inmates successfully reenter society, and not end up staying back in jail at the taxpayer's cost.
NEIGHBORHOODS UNITED
celebrating a partnership between NPD and citizens

March 28, 2015
10 AM to 1 PM
2500 Military Highway
Norfolk

Please join CPAAAN*, the Crime Prevention Awards Committee and Norfolk Police Department for celebration of our neighborhoods, the city and Norfolk Police Department. Join us at the 2nd Patrol Division located at 2500 N Military Hwy on Saturday March 28 from 10 am to 1 pm. Event will be held inside in case of inclement weather. Meet, greet, have fun, learn about opportunities to get involved, and have a chance to win a door prize.

*CPAAAN (Citizens Police Academy Alumni Association)
As you know, the Citizens Police Academy Alumni Association of Norfolk (CPAAAN) is preparing a taste- tempting custom cookbook featuring recipes from our members, First Responders, and the Norfolk Police Department. Due to inclement weather the February general membership meeting was cancelled and the deadline for submitting recipes has been extended. We are now accepting recipes and will continue to do so at both the March 17, 2015, and April 21, 2015 general meetings, as well as by email and regular mail. It would be very much appreciated if your recipes are submitted by that time if possible. **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!

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**Spring Session #38 Citizen’s Police Academy Begins in April!**

Please share this information with your friends, neighbors or civic league members.

The schedule for the spring 2015 Citizen’s Police Academy has been announced. The Citizen’s Police Academy in Norfolk, Virginia provides the opportunity to learn about the practices and procedures of law enforcement. This is a free 13 week course which offers a wide range of topics, each with a stimulating mix of lecture and practical exercises. The upcoming session will begin on April 2, 2015 and end with graduation on June 25, 2015. Classes are held on Thursday evenings beginning at 6:30 PM at the Second Patrol Training Division, 2500 N. Military Highway. The Citizen’s Police Academy is very popular; the class size is limited and it will fill quickly. For further information contact Officer Warren at 390-0386 or Officer Sarmiento at 390-0387. Anyone interested in applying may also visit our website at cpaaan.org and click on “About The Citizens Academy” link for additional details or to download and print an application.
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