CPAAAN is a 501c(3) non-profit whose mission is to support Norfolk law enforcement.

Current Meeting Notice:
Tuesday, November 17, 7:00 pm
Presenter: Norfolk Police Dept.
Homeland Security Division
Topic: Active Shooter Preparedness

Next meeting
Tuesday, December 15, 7:00 pm
ANNUAL CHRISTMAS SOCIAL & RAFFLE

See You there and Bring a dish for Pot Luck

November

“November always seemed to me the Norway of the year.” – Emily Dickinson

Happy Birthday To:
- Nov 5 — Scott Mahone
- Nov 13 — Kimberley Pierce
- Nov 25 — Betty Border

Food for Thought:

ONE DAY AT A TIME -- THIS IS ENOUGH. DO NOT LOOK BACK AND GRIEVE OVER THE PAST FOR IT IS GONE; AND DO NOT BE TROUBLED ABOUT THE FUTURE, FOR IT HAS NOT YET COME. LIVE IN THE PRESENT, AND MAKE IT SO BEAUTIFUL IT WILL BE WORTH REMEMBERING.

HAPPINESS IS A JOURNEY.
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,

Please join me in thanking Michelle Morgan, Life Safety Educator, Norfolk Fire Department, Office Of Public Affairs for her excellent presentation on home fire safety. Ms. Morgan captivated the membership with high energy and an interactive presentation.

Saturday October 24, 2015 was the annual “Trunk or Treat” at the Target parking lot on Military Hwy. The event was a great success, the number of attendees far exceeded last year’s event. Congratulations to our NPD Officers for having the vision to provide a safe and fun environment for children and their families to enjoy. Some of the participants were from various departments from the city of Norfolk, Norfolk Fire and Rescue, the Sheriff Dept., the Attorney General Office, Norfolk Police Dept., and CPAAAN.

I want to remind our membership that there will be a Citizen’s Police Academy Graduation this month, November 19, 2015 at 6:30pm. Please remember that CPAAAN provides the refreshments for the first and last class, so please bring a dish to share.

For our members who missed the October General Meeting, we are having a Christmas raffle. The raffle is for one turkey and one ham, each item will be raffled separately. Winners will be drawn at our December General Meeting, and you must be present to win.

I look forward to seeing you at our next General Meeting, November 17, 2015 at 7pm.

Yvette Brown, President

John Roger Scholastic Scholarship Boosters:

- 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
The meeting was called to order by President Yvette Brown at 7:00pm. The invocation was offered by Bill Childress; the Pledge of Allegiance was led by Sammy Bateman. A motion to accept the minutes of the previous meeting was made by Mary Babcock and a second by Sammy Bateman. Mary Babcock gave the Treasurer’s report.

Yvette Brown introduced Michelle Morgan, Life safety educator, of the Norfolk Fire Department Office of Public Affairs as our guest speaker. Ms. Morgan talked about how the most common kitchen fire is caused by grease left on the stove. The best way to put this out is with a fire extinguisher and if one is not available use baking soda and call the fire department, never use flour. She also stated that you should change out your extinguisher every five years.

Ms Morgan then spoke about smoke detectors and that there should be one in each room of the house. She also stated if you own your home and live in the city of Norfolk the Fire department will come and put two detectors in your house for free. She also spoke about the importance of having an escape plan and exit route in case of a fire and you should practice it regularly. Ms. Morgan then gave us a demonstration on how to properly use a fire extinguisher and put out the fire by remembering PASS (Pull ring, Aim at bottom of flame, Squeeze and Sweep).

Yvette Brown then talked about how we need to increase membership participation at the different events. Our responsibility is to help and support the police department and the city. It requires a lot of volunteers. We have newly designed brochures explaining what CPAAAN is and does to hand out to attendees of the events. Thank you Valerie Viverios for doing a great job on the new brochures.

We are having a raffle for a Turkey and Ham. You can get your tickets at each general meeting and the winner will be drawn during our December meeting. You must be at the meeting to win.

The 2016 Crime Prevention ceremony will be March 21, 2016 at the Double Tree Hilton on Military Highway. Start saving now for your $30.00 ticket.

The 50/50 winner was Valerie Viverios congratulations.

Yvette Brown adjourned the meeting at 8:20pm.

Respectfully submitted,
Sharon Beaty, Recording Secretary

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Police and Citizens Moving Forward

Last week I, along with several members of the Norfolk Police command staff, attended the 2015 International Chiefs of Police Conference in Chicago. All of us have served over two decades in law enforcement and were able to identify a reoccurring message throughout the sum of the sessions we participated. First and foremost, citizens and police must work in tandem, just as the two wheels of a bicycle do to advance. The work must be constant and varied, to reach and serve those who need information and resources. In a message to conference attendees, President Obama encouraged community involvement, “…build trust before a crisis erupts. Officers then feel more welcome to their communities, citizens are more likely to cooperate with the police, and that makes us all safer.” Safety for all is something that I’m certain we can all agree with.

A few months ago President Obama released a report researched and gathered by the top minds in law enforcement from across the country: The Final Report of the President’s Task Force on 21st Century Policing. The report contains 6 pillars and is quite lengthy; however Pillar 1. Building Trust and Legitimacy and Pillar 4. Community Policing and Crime Reduction are worthy reads as we collectively move forward. My entire command staff is currently reading the report in an effort to implement the findings to assist in the increase of more positive relationships between citizens and our officers.

Last year my command staff and I participated in numerous community forums that addressed a myriad of very important and sometimes difficult topics. I invited the community to attend a very different forum, “Citizens and Police Moving Forward with the 21st Century Plan” which was held on Wednesday, November 4, 2015, 6:30pm - 8:30pm, at Ruffner Academy, 489 Tidewater Dive, Norfolk, VA. This forum was in partnership with the Norfolk Alumnae Chapter of Delta Sigma Theta Sorority, Inc., a service organization that has been a stellar conduit for community service for over 8 decades in Norfolk, and over 100 years world-wide. Hopefully, we will form a lasting and effective partnership with the community in the near future.
Thinking for a Change: Inside Norfolk’s Jail

“I felt like the more you lock me up, the more drugs I’m going out to sell,” Demetrous Bowe said. Like a pumped up athlete ready to get back in the game, Bowe described his determination to break the law again, as soon he was released. That’s what he did, over and over again. He’s been in an out of the Norfolk City Jail his entire life.

“I’ve never saw a reason to change. I’m going out to steal and sell drugs; that’s how I make a living. Now I’m thinking I’m 47 years old now; it’s time to change. Now I’m really starting to see it. There are a lot of programs out there, Second Chances, Step Up; I just never wanted to use them,” Bowe said.

This epiphany happened for Bowe while he was taking the newest class inside Norfolk’s Jail, called simply, “Thinking for a Change.” The classic concept is offenders can take control of their lives by taking control of their thinking. A class full of inmates in black-and-white jumpsuits fills up the room, engaged in self-reflection, considering the impact of their actions on others, and learning problem solving skills to address challenges and stress.

“Never wake up without a positive plan for each day,” inmate McKinley Scott said was his biggest lesson from the class. “I have also disappointed the people I love. Now I need to put this mess behind me. I have to use my tools to stop coming to jail,” Scott said.

Scott has been in and out of jail his entire life. His first time behind bars was at age 15, and now he’s 60 years old. As he shared his story, 20-year-old Terrence Barfield sat next to him, listening and hoping that his future would be different.

“Instead of thinking one way, I think will another. It will put me on a different path. I have a good support system at home. I always had a mother and father at home. It’s really all on me,” Barfield said.

Barfield spent his 20th birthday inside the Norfolk jail, and it’s his second time here for stealing cars. He says he graduated from Murray High school. “I look back on a lot of stuff I’ve done; I knew better. I’m not stupid. I got caught up being in the wrong place, trying to impress the wrong people,” Barfield said.

Just by sitting in one class, you could listen to inmates analyzing their actions, and taking responsibility for their past. But once they are released, will the techniques from this program really help prevent them from committing crimes again?

According to research, there is some hope. The National Institute of Corrections launched “Thinking for a Change” in 1998, and since then, it has become an evidence-based practice with dozens of studies nationwide stating the program reduces recidivism. In Virginia, the data shows a 27 percent drop in people reoffending, according to the Virginia Department of Corrections.

For the most part, only prisons have offered the program, where inmates have longer stays compared to the average jail stay of 58 days. Norfolk is standing out as a leader here, becoming one of the first jails in the Commonwealth to offer “Thinking for a Change.” The city’s courts, human services, probation and parole and the Sheriff’s office are all providing staff to teach the classes, and the curriculum is free. While it’s definitely positive teamwork among multiple government agencies, there is much room for improvement. What will it take to reduce the recidivism rate by 50 percent?

The Norfolk City Jail already offers a variety of programs to help inmates learn to make better decisions, become better fathers, connect with their spirituality, overcome substance abuse addictions, participate in work release jobs and even listen to TED Talks.

Sheriff Bob McCabe believes that the biggest change will come from creating a greater network between the incarcerated and the community. He encourages community leaders (background check approved) to volunteer in jail, to help bridge that gap. Recently, teachers from the Governor’s School for the Arts led an art class, where they mentored talented, incarcerated artists and also told them about job opportunities in the growing Norfolk Arts District. There are also creative writing classes in the works, and weekly volunteer speakers to talk in jail about overcoming obstacles.

What if we all started “Thinking for a Change” too? Let us know what types of programs you would like to see in jail. Do you think we can reduce recidivism further and make our communities safer with a more holistic approach to criminal justice?
Diabetes Awareness

**FAST FACTS**

**Data and Statistics about Diabetes**

**KEY FACTS**

- Almost 30 million children and adults in the United States have diabetes
- 86 million Americans have prediabetes
- 1.7 million Americans are diagnosed with diabetes every year

**Diabetes in the United States**

- 291 million Americans; 9.3% of the population have diabetes
- 21 million Americans have diagnosed diabetes
- 81 million Americans have undiagnosed diabetes (27.8% of diabetes is undiagnosed)
- 1.7 million Americans aged 20 years or older are newly diagnosed with diabetes each year, 4,656/day; one every 15 seconds
- Age 20 years or older: 12.3% of all people in this age group have diabetes
- Age 65 years or older: 11.2 million, or 25.9% of all people in this age group, have diabetes

**Diabetes in Youth**

- About 206,000 people younger than 20 years have diabetes (type 1 or type 2). This represents 2.5% of all people in the age group, or about 1 in 400
- 18,438 youth are newly diagnosed with type 1 diabetes annually
- 5,089 youth are newly diagnosed with type 2 diabetes annually

**Prediabetes**

- 57% of U.S. adults aged 20 years or older have prediabetes
- 36 million Americans aged 20 years or older have prediabetes. Only 11% of Americans with prediabetes have been told they have it

**Racial Disparities**

- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 1.2 times higher among Asian Americans, 1.7 times higher among Hispanics, and 1.7 times higher among non-Hispanic blacks
- 12.8% of Hispanic/Latino adults in the United States have diagnosed diabetes
- 13.2% of non-Hispanic black adults in the United States have diagnosed diabetes
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5% for Central and South Americans, 9.7% for Cubans, 13.9% for Mexican Americans, and 14.3% for Puerto Ricans
- Among Asian American adults, the age-adjusted rate of diagnosed diabetes was 4.4% for Chinese, 11.3% for Filipinos, 15.6% for Asian Indians, and 6.9% for other Asians
- Among American Indian and Alaska Native adults, the age-adjusted rate of diagnosed diabetes varied by region from 6% among Alaska Natives to 24.1% among American Indians in southern Arizona

**Diabetes as Cause of Death**

- Diabetes is the primary cause of death for 69,077 Americans each year
- Diabetes contributes to the death of 234,051 Americans annually (combining death certificates that list diabetes as the primary and a contributing cause of death)

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Lung Cancer Awareness

**EVERY DAY 432 AMERICANS DIE OF LUNG CANCER**

**2015 LUNG CANCER FACTS**

- Lung cancer is the leading cancer killer in men & women in every ethnic group.

**Veterans**

- Have at least a 25% higher incidence rate of lung cancer than civilians.

**African American Men**

- Have a higher incidence & mortality rate than white males.

**SNAPSHOT OF PEOPLE WITH LUNG CANCER**

- 20.8K current smokers
- 60.6K former smokers
- 17.8K never smoked
NOVEMBER

OBSERVANCES: American Diabetes Month, Lung Cancer Awareness Month, Native American Heritage, and National Family Caregivers Month

HOLIDAYS: All Saints Day (1st); Election Day (3rd); Veterans’ Day (11th); Great American Smokeout (19th); Thanksgiving (26th); Advent begins (29th).
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