Current Meeting Notice:

Tuesday, October 20, 7:00 pm
Guest Speaker: Michelle Morgan
Life Safety Educator
Norfolk Fire Dept. Office of Public Affairs

Next meeting
Tuesday, November 17, 7:00 pm
Presenter: Norfolk Police Dept
Homeland Security Division
Topic: Active Shooter Preparedness

See You there and Bring a dish for Pot Luck

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.

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“October is a symphony of permanence and change” - Bonaro W. Overstreet

Happy Birthday To:
♦ Oct 2 — Therese Perera
♦ Oct 4 — Donna Williams
♦ Oct 7 — Mary Cook
♦ Oct 10 — Sherri Darling
   Terri Haddock
♦ Oct 11 — Nicholas Vandergrift
♦ Oct 15 — Chip Rogers
♦ Oct 18 — Carolee Beckham
   Lucynthia Rawls
♦ Oct 22 — Stella Jones
♦ Oct 29 — Kathy Mahone
♦ Oct 30 — Gracie Holmes
   Yolanda Raimer
♦ Oct 31 — Freddie DeJesus
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,

It was nice welcome back our membership after what some may consider our short summer break. CPAAAN was also pleased to welcome back, Annabelle Eversole and also congratulate her on her retirement from her long time business, "Wine And Cake Hobbies".

On behalf of the CPAAAN membership, I would like to thank Chief Michael Goldsmith for taking the time to speak at our General Meeting and administer the Oath Of Office to our CPAAAN Officers. It is always great to start our working year off with words from our Chief.

September was very active for CPAAAN members. CPAAAN members covered two events on Saturday, September 19, 2015. Some of our members worked the CPAAAN table at Ward’s Corner for the Ward’s Corner Business Association, "Salute To The Military". CPAAAN also had a table at the "Neighborhood Expo", at the Kroc Center. Thank you to all CPAAAN members that participated at these events. We receive great exposure and interest with people wanting to know when they could sign up for the Citizens Police Academy Classes.

CPAAAN would like to express our deepest sympathy to Jeannette Stover and her family for the loss of her father on September 12, 2015. Jeannette’s father was a Vietnam Veteran and a active member of the Church Of The Holy Apostles in Virginia Beach.

Again, I thank you for your continued support. Remember, we can do great things if we all work together.

I look forward to seeing you at our next General Meeting, October 20, 2015.

Yvette Brown, President
Minutes from September, 2015

The meeting was called to order by President Yvette Brown at 7:00pm. The invocation was offered by Carollee Beckham; the Pledge of allegiance was led by Sammy Bateman. A motion to accept the minutes of the previous meeting was made by Valerie Viverios and second by Tammy Nolette. Mary Babcock gave the treasurers report. Yvette Brown introduced Norfolk Police Chief Michael Goldsmith as our guest speaker. Chief Goldsmith spoke about the 21st Century Policing report and Body cameras. Chief Goldsmith stated that there are 35-40 police officers acting as mentors, teaching reading to the younger students in various neighborhood schools. This is helping the youth to see police officers in a different way in hopes that they will turn away from violence, and the officers and students will be more aware of each other’s viewpoint.

Chief Goldsmith also talked about the body cameras on the police officers. He stated that 300 cameras were purchased in February 2015. Additionally, a goal has been set to purchase 200-250 more in the near future. These cameras have been essential in many cases on the to provide an accurate recording of a situation when there has been a dispute about the incident. Each recruit has a camera issued to them. The film can be viewed but not be edited. Each camera footage is stored for up to 45 days; if it is needed in an ongoing case it is retained until the case is closed.

Yvette Brown then called the recently elected officers forward to be sworn in by Chief Goldsmith. President Yvette Brown, Vice President Allen Williams, Treasurer Mary Babcock, Corresponding Secretary Margaret Anne Craig, and Recording Secretary Sharon Beaty all were administered the Oath of Office for the 2015-2017 term. Congratulations to all.

Yvette Brown then held the 50/50 drawing and the winner was Annabelle Eversole. The meeting was adjourned at 8:20 pm.

Respectfully submitted,
Sharon Beaty, Recording Secretary
Norfolk Police Driving Breast Cancer Awareness

I am pleased to share the news that Norfolk Police is now a part of driving breast cancer awareness throughout the City of Norfolk…literally! On Monday, September 21, 2015, we unveiled a pink and white painted police vehicle. The purpose of the vehicle is to heighten awareness not just during Breast Cancer Awareness Month observed every October, but every day and to serve as a reminder to women to have annual mammograms and perform monthly self-breast exams. According to BreastCancer.Org, 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime. A man’s lifetime risk of breast cancer is about 1 in 1,000. We have all been impacted by breast cancer, whether directly or indirectly, and I am grateful that Norfolk Police can bring our own brand of awareness to the disease.

Look for the vehicle throughout various Norfolk communities. On, October 10th, 2015, Noon to 4:00pm, please join the Colonial Place, Highland Park and Larchmont communities for an uber neighborhood block party. Get to know your neighbors while playing “Dunk a Cop,” at the Dunk Tank, Corn Hole and kickball games between neighbors and police. Also get your bike registered, and your kid’s photo taken with Ident A-Kid Kits from the Norfolk Sheriff’s Office.

“Building Relations Before Graduation” is now in its second year. The initiative began last year with Academy Recruits developing projects that would immerse them in communities they will soon serve. This year Academy Class 97 is collecting blankets to distribute to those in need throughout the City of Norfolk. The initiative allow recruits to develop empathy for communities that may not be familiar to them. If you can help, please drop off your new or gently used blankets to the Norfolk Police Training Center at 2500 North Military Highway.

Halloween will be here before you know it. This year Halloween is observed on Saturday, October 31, 2015. Here’s just a few tips to help keep the trick or treater’s safe. Wear reflective costumes or use reflective tape on clothes, trick or treat in familiar neighborhoods, and only approach homes that have a light on outside.

And finally congratulations to Deputy Chief of Police, Larry Boone. Deputy Chief Boone will officially be appointed this month, after serving as an Assistant Chief for more than a year. Deputy Chief Boone has been a member of the Department since 1989, and is in charge of the Field Operations Bureau. Chief Boone is a graduate of Georgia Southern University and the National Academy. He will complete his Master’s Degree in Public Administration from Old Dominion University in 2016.
Norfolk Sheriffs Office Wins Governor’s Award

Dressed in blue khaki uniforms, the Norfolk Sheriff’s Office Academy class marched in unison into the training building. While they’re brand new recruits, they look sharp, and comfortable, almost like they’ve done this before. In a sense, many of them have. Out of a class of 23, nine of them are U.S. Veterans.

Deputy Recruits Anthony Horn and Royce Mader both served in the Marine Corps doing multiple combat tours. When Deputy Recruit Kendall Prunty was getting out of the Air Force, his Supervisor in the military told him to apply at the Norfolk Sheriff’s Office. What might seem like a random tip about a job was actually the result of efforts by our Norfolk Sheriff’s Office Human Resources team.

“I think the main thing is we are actively reaching out to let veterans know that we are there for them,” Norfolk Sheriff’s Office Human Resources Director Lt. Darrell Freeman said.

The hard work is being noticed; the Norfolk Sheriff’s Office has received the Governor's award for hiring the most veterans for a large company in Virginia.

“We are extremely proud to have more than 170 veterans working for the Norfolk Sheriff’s Office. Approximately 40 percent of the Norfolk Sheriff’s Office are veterans. As a veteran myself, I know and understand the value of having veterans work within our organization. Veterans are already service oriented and their military background makes them a great fit for law enforcement,” Sheriff Bob McCabe said.

Governor Terry McAuliffe started the "Virginia Values Veterans (V3)" program to encourage employers throughout the Commonwealth of Virginia to hire veterans. The Norfolk Sheriff’s Office became a “V3” certified company, which means the Sheriff has committed to hiring dozens of veterans each year and reporting the hiring data to the Governor’s staff on a quarterly basis.

NSO Human Resources Secretary Anna Decker has worked diligently to build relationships with the Fleet and Family Support Centers of Hampton Roads. When NSO is hiring deputies, the jobs are posted on local military sites and the Virginia Employment Commission site, and if there is a military job fair, our staff is there.

The little things also matter. When job candidates come in for the first time, often it’s Decker who greets them and encourages them by sharing why she likes working at NSO.

“It’s my home away from home. I went to 8th grade with the Sheriff. It’s a wonderful organization, and I highly recommend if someone can come here, to stay,” Decker said.

Sheriff McCabe took the effort to recruit veterans one step further, getting U.S. Department of Veterans Affairs approval for the On-the-Job-Training and Apprenticeship program. His office went through an extensive process to develop a one-year curriculum for law enforcement training. This means veterans can use one year of their G.I. Bill while working at NSO, adding anywhere from $1,200 in additional pay to each month’s check.

"When they know that’s a possibility, if they don’t want to go to a traditional college they can do it here. I think most people are looking at the fact that we are veteran friendly,” Lt. Freeman said.

Lt. Freeman understands veterans because he grew up in a military family, with his Dad in the Navy, his brother in the Army, and younger brother and sister in the Air Force. Freeman was a US Airways manager responsible for hiring all airline employees, before he joined the Norfolk Sheriff’s Office. In order to understand how to explain the job to recruit deputies, Freeman went through the academy himself.

“I respect our training department and going through it myself gave me an edge. When I recruit these guys, I tell them you’ll have to do leg lifts in July in 90 degree weather. I was out there and I did it,” he said.

Deputy Recruits Frank Denicola and Seth Hodgson are there now, doing the academy while still serving in the reserves.

“All my supervisors here at the Norfolk Sheriff’s Office went above and beyond and ensured everything was taken care of for me to meet my Marine Corps reserves obligation,” Hodgson said.

The Norfolk Sheriff’s Office was the only law enforcement agency in Virginia to receive the Governor’s award for hiring the most veterans. Overall, it’s our consistency with recruiting efforts and our passion for finding the best people for the Norfolk Sheriff’s Office.

Often times those people are veterans because they already know how to follow direction and order, they’re used to the tough schedules and they’re always ready. Even as new recruits, veterans have a good idea of what to expect and how to rise to the top.
Food for Thought:

What is Breast Cancer

Breast cancer occurs when cells in the breast divide and grow without their normal control. Sometimes, cancer cells can spread to nearby tissue or other parts of the body (invasive breast cancer). Learn more.

Warning Signs

The warning signs of breast cancer are not the same for all women. The most common signs are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge. Learn more.

DID YOU KNOW?

In 2015, it is estimated that among U.S. women there will be:

- 231,840 new cases of invasive breast cancer
- 40,290 breast cancer deaths

- See more at: http://ww5.komen.org/BreastCancer/FactsandStatistics.html#sthash.b0Vh2hax.dpuf

![Warning Signs Images](image-url)
October

**OBSERVANCES:** Breast Cancer Awareness, Domestic Violence Awareness, National Apple Month, Filipino American History Month

**HOLIDAYS:** Sukkot (1st), Columbus Day (12th), Fire Prevention Week (4-10), Navy Birthday (13th), Boss’s Day (16th), Halloween (31st).
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