Meet 3rd Tuesday of each month (except July and August)
7:00 PM 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 19, 7:00 pm
Speaker: C. Evans Poston, Jr.
Commissioner of Revenue,
City of Norfolk

Next meeting
Tuesday, May 17, 7:00 pm
Officer of the Year Award

See You there and Bring a dish for Pot Luck

April hath put a spirit of youth in everything!
William Shakespeare

Happy Birthday To:
♦ Apr 1 — Joyce Chambers
  Jim Hahn
♦ Apr 4 — John Moscoe
♦ Apr 6 — Dorothy Rawls

Make sure your birthday is recorded with our membership persons.

Food for Thought:

WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE...
WHAT KIND OF DIFFERENCE YOU WANT TO MAKE.

JANE GOODALL
CPAAAN NEWS

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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.

Dear Membership,

March was an exciting time for CPAAAN. At our General Meeting, Lt. W. F. Handley gave us an excellent presentation about the Crisis Intervention Team (CIT). Our thanks to Lt. Handley, it is always a pleasure whenever we are fortunate to have him present to us.

March 21, 2016 was the 23RD Annual Crime Prevention Award Ceremony. It was wonderful to see such a large turn out and we thank all who came out to support this event. I would also like to thank the CPAAAN members who attended, and all of the volunteers. It is important to thank the 2016 Crime Prevention Award Selection Committee because without their months of work, I can honestly say, this event would not have happened.

On March 22, 2016 the Criminal Justice Explorer students graduated; there were 19 graduates. I want to thank Linda Stokes, Annabelle Eversole, and Magalene McKelvey for attending the graduation and representing CPAAAN.

Our CPAAAN work year is quickly coming to an end, and as always, we want to finish strong. April 7, 2016 is the first night of The Citizens Police Academy Class. Please remember that CPAAAN provides the refreshments for the first and last class. Please bring a dish to share. April 13, 2016 at 6:30PM is the Annual NPD Awards Ceremony. CPAAAN members are to arrive by 5:30PM. We will be handing out programs and serving refreshments. I hope members that plan to serve refreshments, remember to have your up-to-date Food Handlers Card.

I look forward to seeing you at our next General meeting, April 19, 2016 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
Minutes from MARCH, 2016

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 Pete Craig. A motion to accept the minutes from the previous meeting as published was made by John Pitts and a second by Pete Craig. Mary Babcock then gave the treasurers report.

Ms. Brown then introduced our guest speaker Lt. W. Handley of the Crisis Intervention Team (CIT). The CIT handles all mental health calls. They handle an average of 10-15 calls per day. Examples of calls include, but are not limited to depression, bipolar disorder, homelessness and alcoholism.

The CIT training course takes 40 hours to complete (Norfolk has the toughest course out of 37 in the commonwealth). The candidates are taught how to handle the many types of mental issue related calls. They are also taught to stay calm and keep in control of the situation at hand, asking questions like have you been taking your medication as prescribed by the doctor. The CIT officer will talk in a normal tone not a harsh one; this will keep the subject calm and not think they are being attacked. Only Law Enforcement officers can take the CIT class. The cost is around $100.00 per student to complete the training.

President Yvette Brown then stated that we need more volunteers for the Jail Tours and to deliver the newsletters. Please talk to Allen Williams if interested. Mr. Brad Forbes offered to deliver the newsletters. (Thank You). The next Citizen Police Academy Class will be April 7, 2016 to June 30, 2016. April 13, 2016 is the date for the NPD Annual Award Ceremony at Norview High School. CPAAAN members will assist by handing out programs and serving at the reception that follows. We should arrive by 5:30pm.

Carolee Beckham announced that the Cook Books for our fundraiser are now available, the cost is $12.00 per book. Don't forget to get yours before they are all gone, only 100 book were ordered.

Congratulations to the 50/50 winner, Bill Childress of $23.50.

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 10-16. This year's theme is, Serving Victims. Building Trust. Restoring Hope. For over 3 decades 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. The loss of a loved one is never forgotten, nor the violent act, or incident a victim endured.

**Badges for Baseball** 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. Please call the Crime Prevention Section at 664-6944 or Lakewood Athletics at 441-5834, to get boys and girls, 7-14 years of age, registered.

Let's get our youth engaged in fun, exercise and mentor relationships with our officers.

On Wednesday, April 13, 2016, at 6:30PM. Norfolk Police will host its Annual Awards Ceremony at Norview High School. I welcome you to join us as we honor the men and women, sworn and civilian who have made an exceptional impact with their selfless lifesaving actions, and outstanding contributions towards the organization’s goals and mission.
NSO Responds to Fire Victim’s Needs Post-Fire

Out of all the good things the Norfolk Sheriff’s Office does for the community, giving back is what we do best.

On Friday, March 2nd, Sheriff McCabe, Major Bennett and Deputy McFerren made a special delivery to a mother and son who lost everything they owned in a duplex fire on Kingston Avenue on February 26th.

In just five days leading up to the delivery, the NSO raised over $1,000 for the family and used it to purchase gift cards to Walmart and other local grocery stores so the family could try and rebuild their life. Valerie and her son, Jakari, both jumped out of their second story home with a baby they were watching for a family friend. They spent five days in the hospital as a result. Valerie also had to undergo back surgery due to her injuries.

The fire also claimed the life of an elderly woman living in the duplex.

“This is what we do. We don’t ever have to think twice about helping Norfolk citizens in need. Just seeing how happy they were, despite their unfortunate circumstance was all we needed to see,” Sheriff McCabe said.

The family has been put up in a temporary apartment in Norfolk. So far, the cause of the fire has not been released.

Thank you to everyone in the Norfolk community who helped give this family something to believe in during their time of need.
April is the Month of the Military Child. This awareness month was established to underscore the important role children play in the Armed Forces community. There are approximately 2 million military children, ranging in ages from newborn to 18 years old; 1.3 million military children are school-aged. Care of military children sustains our fighting force, and strengthens the health, security, and safety of our nation’s families and communities. The Network offers special thanks to all the NCTSN sites that provide care and support for our military children and families. Check out your community for special observances.

November is the Month of the Military Family. Military families make tremendous sacrifices as they contend with separation from their families and make adjustments to new living situations and communities. However, most Military Families embody strength, resilience, and courage. The NCTSN has a number of excellent resources, webinars, and links to partner organizations to support the well-being of our Nation’s Military Families, including those with a service member currently serving in the US Armed Forces, or those who have retired or separated. The NCTSN offers a special thanks to all NCTSN sites that provide care and support for our military and veteran families. Most importantly, the NCTSN appreciates and acknowledges the tremendous contributions our Military Families make to our Nation.

Sexual Assault Awareness Month

Sexual violence—including child sexual abuse—crosses all ages, genders, races, ethnicities, and economic backgrounds. According to the Child Maltreatment 2014 report from the U.S. Department of Health and Human Services’ Children’s Bureau, 58,105 cases of child sexual abuse were reported in the United States in 2013—8.3 percent of the total number of reported maltreatment cases that year. The National Sexual Violence Resource Center has designated April as National Sexual Assault Awareness month, in recognition of the widespread prevalence of sexual assault nationwide. This April, the 2016 Sexual Assault Awareness Month (SAAM) campaign is focused on healthy sexuality and young people. Although the amount of sexual violence is alarming, there is hope for survivors. NCTSN member Esther Deblinger, PhD, an expert in the field of child sexual abuse (and co-director of the CARES Institute) says, "There is increasing evidence that, with support from a caring adult and high-quality treatment, many children and parents effectively recover and may feel stronger and closer as a family in the aftermath of a traumatic experience."

The National Child Traumatic Stress Network (NCTSN) is proud to observe National Sexual Assault Awareness Month, and offers the resources listed below to help educate families and communities, mental health and victim services professionals, and policy makers about the profound impact that sexual violence has on men, women, and children.
23RD ANNUAL CRIME PREVENTION AWARDS CEREMONY

Each year, the Norfolk Police Department and the Citizens Police Academy Alumni Association of Norfolk come together to award those in the city who have made a positive effort in eradicating and stopping crime. This year the ceremony was held at the Double Tree by Hilton Hotel with a delicious meal and live Jazz music.

The guest speaker was Deputy Attorney General Linda Bryant, who applauded this event and the things that resulted in the awards. Many notables were present from the Office of the Mayor, General Assembly Representatives, City Council, and Norfolk Public School Board, Sheriff’s office, Police Department and of course CPAAAN and community representatives.

The Awards and Awardees were:
Youth—Chloe Brazzi; Group Service—Neighborhood Development/Norfolk Emerging Leaders; Barbara Davis Volunteer—Karen Bailey; City Employee—Terre Ebron, Sanitation Dept.; City Employee Group—Fire Rescue/NPD; and Law Enforcement—Officer Michael Lipieko.

We are already looking forward to next year’s ceremony. Be sure to join us!

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CPAAAN Jackets, Tee Shirts and Caps Orders

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To Order Contact Mary Babcock

Checks or Cash for your orders can be brought to the next couple of meetings.

Additional Notice:

**OUR NEW CPAAAN FUNDRAISING COOKBOOKS ARE HERE !!!!!!!**

**THEY ARE ON SALE NOW $12.00**

**PLEASE SEE CAROLEE FOR YOUR COOKBOOK.**
About Autism

Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person’s ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a “spectrum condition” that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills’ and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

In March 2014, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report concluded that the prevalence of autism had risen to 1 in every 68 births in the United States – nearly twice as great as the 2004 rate of 1 in 125 – and almost 1 in 54 boys. The spotlight shining on autism as a result has opened opportunities for the nation to consider how to serve families facing a lifetime of supports for their children. In June 2014, researchers estimated the lifetime cost of caring for a child with autism is as great as $2.4 million. The Autism Society estimates that the United States is facing almost $90 billion annually in costs for autism. (This figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.)

KNOW THE SIGNS:
EACH IDENTIFICATION CAN CHANGE LIVES

Autism is treatable. Children do not “outgrow” autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes. For more information on developmental milestones, visit the CDC’s “Know the Signs. Act Early” site.

Here are some signs to look for in the children in your life:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects
APRIL

OBSERVANCES: Child Abuse Prevention; National Poetry; Sexual Assault Awareness & Prevention; Autism Awareness; Stress Awareness; Month of the Military Child; Math Education

HOLIDAYS: April Fool’s Day (1st); World Health Day (7th); Tax Day (15th); Earth Day (22nd); Passover (start) (23rd); Administrative Professionals Day (27th); Arbor Day (29th).
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