CPAAAN News

JUNE 2016

Vol. 15 Issue 10 Citizens Police Academy Alumni Association of Norfolk © 2015

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, Sept. 17, 7:00 pm
John Roger Scholarship Awards
Presenter: Dr. Larry Dotolo, President
Virginia Tidewater Consortium for Higher Education

Next meeting
There are no meetings in July and August.
Meetings will resume on
Tuesday, September 20, 7:00 pm

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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Food for Thought:

Good men have the fewest fears. He has but one great fear who fears to do wrong; he has a thousand who has overcome it.

Christian Nestell Bovee
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,

Thank you to all of the CPAAAN members who attended our May General Meeting. Again we congratulate CPAAAN's 2016 Officers Of The Year; Officers Ashton, Condon, Mazzio and Sheldon. Each year when we present our Officer Of The Year, it is a reminder of how fortunate we are as citizens of Norfolk to have the men and women of NPD serving our community and this city. For the members who were unable to attend last month meeting, you missed seeing Chief Goldsmith. It is always a treat for us when the Chief is able to attend our meeting, and we thank Chief Goldsmith for taking time out of his busy schedule to be with us on such a special night.

This month, we will be awarding our Scholarships. It is my hope that all of our members will be in attendance. For our new CPAAAN members, it is very important that you see why it is that we have fund raisers like the Crime Prevention Award Ceremony, and the CPAAAN cook books. We work hard so we can continue to provide the deserving individual with scholarships. This is also the end of our official working year, and as always we will have a social for our honored guests and the membership. Please remember to bring a dish to share.

I thank all of the membership for another great year. You are a great team to work with, and I couldn't do what I need to do without you.

Remember to check your E-Mails for upcoming events and please do not forget The Citizens Police Academy Graduation on June 30, 2016 at 6:30pm.

Have a great summer, and I look forward to seeing you at our next General meeting, September 20, 2016 at 7pm.

Yvette Brown
President
Minutes from MAY, 2016

The meeting was called to order by President Yvette Brown at 7:03. The invocation was offered by Bill Childress and the Pledge of Allegiance was led by Allen Williams. A motion to accept the minutes as published was made and seconded. The Treasurer’s report was given by Mary Babcock.

Ms. Brown introduced our guest speaker Officer Daryl Howard who was accompanied by Chief Goldsmith. After thanking CPAAAN for its continued support of the Norfolk Police Department, he introduced our Officers of the Year, Officers Ashton, Condon, and Sheldon. Also awarded was Officer Mazzio who was unable to attend but was represented by Sergeant Jackson. Officer Howard read a description of the incident for which the officers were being honored. Their actions saved two lives. Each was given a plaque to commemorate this tribute to their heroism. Each recipient was shown our respect with a round of applause. Chief Goldsmith took the opportunity to thank CPAAAN for all the things it does to assist the Norfolk Police Department.

President Yvette Brown reminded the membership of upcoming events including the Police Memorial ceremony which will be held on May 19 at 9:30 am at City Hall. Members are asked to arrive by 8:45 to assist. Citizen’s Police Academy Alumni are also expected to attend the Citizen’s Police Academy Graduation on June 30 and to bring a dish to share. Members were reminded to get their Food Handlers cards. At our next meeting, scholarships will be awarded.

Cookbooks are on sale for $12.00. National Night Out will be held at Tarrallton this year.

Congratulations to Mary Watson for winning the 50/50 and to Margaret Anne Craig, Susan Winstin, Bill Childress, and Gracie Holmes for winning cookbooks. These cookbooks were donated by August Raber and Bill Childress.

The meeting was adjourned at 7:22.

Respectfully submitted,
Susan Winstin, substituting for Sharon Beaty
Last month the Norfolk Police Department Peace Officers Memorial Service was held on Thursday, May 19, 2016, at 9:30AM., on the front steps of City Hall, 810 Union Street. Each year the Department pays tribute to Norfolk Police officers who made the ultimate sacrifice, with a memorial service. In 1962 President John F. Kennedy signed a proclamation which designated May 15th as Peace Officers Memorial Day, and the week of that date as Police Week, to honor law enforcement officers in the United States who perished in the line of duty. This year National Police Week was observed on May 15 – 21, 2016.

This year Mayor Paul Fraim issued his final proclamation to Norfolk citizens to observe May 15 – 21, 2016, as Police Week. Sadly since the last Norfolk Police Peace Officers’ Memorial, another member of the Norfolk police family has made the ultimate sacrifice. Tragically, we lost K-9 Krijger on January 11, 2016, when a barricaded person shot and killed him after a lengthy stand-off. K-9 Krijger, a 4-year old Belgian Malinois, and 3-year veteran of the department, will be remembered just as the meaning of his Dutch name, a “Warrior.”

Before K-9 Krijger’s death, Officer Brian W. Jones made the ultimate sacrifice on May 30, 2014. Officer Jones was well liked and respected by citizens and peers alike, and loved by his family. Many fondly recall Officer Jones as a very engaging Community Resource Officer who delivered consummate customer service, easy to understand presentations for civic leagues, crime prevention tips, and time enough to swap a family story or two about his beloved wife Rebecca and their 3 children. The Navy veteran honorably served our country, the residents of Norfolk, and his family until his last breath.

To best remember or honor police officers lost in the line of duty, take a moment during National Police Week or any time, to speak or write words of gratitude to their families who bear the pain of their ultimate sacrifice. Please join us in honoring our fallen officers May 19th and share your gratitude with their families that day.

Last month, I was honored to participate as one of 50 Norfolk police officers, for our inaugural community engagement initiative, “COPS and CURLS.” “COPS and CURLS” was created and developed, to uplift the self-esteem of 50 girls, 6-12 years old from underserved communities, by way of engagement with officers who encouraged self-confidence and the use of their voices to speak out about their concerns. We hosted a myriad of interactive activities at the event, to include crafting photo frames, selfie and nail art stations, dancing to music with a special DJ and writing, all along with the best ice cream sundaes, popcorn, mini pizza’s, chicken tenders, and fresh fruit one could eat!

COPS and CURLS was a tremendous success because of the officers who graciously volunteered their time, and the ear to ear smiles of the girls. Thank you to Norfolk Redevelopment and Housing Authority who identified the “CURLS,” Norfolk Commonwealth’s Attorney Office, and the Norfolk Alumnae Chapter of Delta Sigma Theta Sorority, Inc., who contributed by outfitting more than half of the girls, and providing event services. COPS and CURLS 2017 is already in the planning stages. If you want to be a part of NPD’s COPS and CURLS next year, call Community Relations Manager, Karen Parker-Chesson at 390-1954.
On April 10th, Lieutenant Terry and Captain Moore were honored by the U.S. Attorney's Office for the role they played in "Operation Royal Flush," where a high-ranking gang member was sentenced to life imprisonment.

They were the only sheriff’s office employees to receive an award during the ceremony in Norfolk. In the fall of 2013, Christopher Smith returned to the City of Portsmouth from his latest stay in state prison. He used his new status as a Godfather of the Imperial Gangsta Bloods to found a local “set” of the gang, which primarily focused on heroin dealing. Smith recruited extremely violent Bloods members to the set to enforce discipline.

Smith and other members of the gang were involved in a heroin-related dispute with the Saunders Brothers, a separate Portsmouth drug operation, for much of the summer of 2014. On two occasions, Smith sent gang members to kill the Saunders Brothers. In one incident, one brother was shot multiple times but survived.

The federal case began after Smith was arrested on the Eastern Shore while trafficking a package of heroin from New York to Hampton Roads. Once he was incarcerated, Smith spent eight months attempting to identify government witnesses and have them silenced. After he put out an order that law enforcement interpreted as a hit, his access to the jail phone was cut off.

In the course of the investigation, state and federal investigators executed traffic stops and search warrants while cultivating sources from the community to build an extensive case against the senior leadership of the gang.

Countless hours were spent reviewing phone data, listening to jail phone calls, and creating transcriptions. This allowed the investigative team to safeguard the government witnesses and yield significant evidence against Smith and other gang members. This is where Lt. Terry and Captain Moore became vital members of the investigation.

Smith is behind bars for the rest of his life, while the other highly dangerous gang members are currently serving lengthy prison sentences. Sheriff McCabe is unbelievably proud of the entire Security Threat Unit team and these two men for their valiant effort in keeping the Hampton Roads community safe.

Sheriff McCabe’s Summer Camps 2016!

For well over a decade, Sheriff Bob McCabe’s Youth Camps have helped children in our community to become great citizens. With the help of his 501(c)3 charitable foundation, his free popular camps teach kids ages 10-14 important character building skills and give law enforcement a chance to build good relationships with children, offering them a chance for a positive interaction with deputies.

Children must live in Norfolk to participate and registration materials can be downloaded from the Sheriff’s website: www.norfolk-sheriff.com.

The Youth Sports Camp includes baseball, basketball, and football camps. The 5-week Youth Summer Camps are a partnership with the Colonial Chapter of the Girl Scouts of America and are held at Camp Apasus in Norfolk.

After this year’s camps, nearly 2,000 Norfolk middle school children will have enjoyed the experience. Support from the community is welcome and local businesses can donate prizes (such as gift cards to kid-friendly places) that can be used as incentives for children. Donations can be mailed to:

Sheriff Bob McCabe Foundation
P.O. Box 3236
Norfolk, VA 23514-3236

Volunteers can also help. To get involved, please contact Julia Dunn, Community Affairs Division, 441-1066.
Men's Health Facts

Health Facts:
Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

Prevention:
Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate

<table>
<thead>
<tr>
<th>Cause</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>228.6</td>
<td>143.0</td>
</tr>
<tr>
<td>Cancer</td>
<td>211.6</td>
<td>146.8</td>
</tr>
<tr>
<td>Injuries</td>
<td>51.1</td>
<td>24.6</td>
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<tr>
<td>Stroke</td>
<td>39.7</td>
<td>37.8</td>
</tr>
<tr>
<td>Suicide</td>
<td>19.2</td>
<td>4.9</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>4.4</td>
<td>1.7</td>
</tr>
</tbody>
</table>

Men as Victims of Homicide
The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim
- 1 in 30 for black males
- 1 in 179 for white males
- 1 in 132 for black females
- 1 in 495 for white females

*BJH DATA REPORT, 1989

Depression and Suicide
Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.
- Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
- Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females.
- The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Who is the Weaker Sex?
- 115 males are conceived for every 100 females.
- The male fetus is at greater risk of miscarriage and stillbirth.
- 25% more newborn males die than females.
- 3/5 of SIDS victims are boys.
- Men suffer hearing loss at 2x the rate of women.
- Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

Life Expectancy At Birth, 2010

To learn more, call:
Men's Health Network
P.O. Box 75972
Washington D.C. 20013
202.543.MHN.1 (6461) x 101
info@menshealthnetwork.org
www.menshealthnetwork.org

2. Life Expectancy data is from CDC/NCHS, Health, United States, 2013
**June**

**Observances:** National Dairy Month, Men’s Health Month, Cataract Awareness Month, National Fresh Fruits and Vegetables Month; LGBT Pride Month.

**Holidays:** National Donut Day (3rd); Cancer Survivors Day (5th); Ramadan (6th); Shavuot (12th & 13th); Flag Day (14th); Father’s Day (19th); Juneteenth (19th); Summer Solstice (20th).
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