CPAAAN News

MARCH 2016

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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, March 15, 7:00 pm
Topic: Crisis Intervention Team (CIT)
Speaker: Lt. W. F. Handley

Next meeting
Tuesday, April 19, 7:00 pm
Speaker: C. Evans Poston, Jr.
Commissioner of Revenue, City of Norfolk

See You there and Bring a dish for Pot Luck

March

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens (1812–1870), Great Expectations

Happy Birthday To:

♦ Mar 5 — Clarence Holmes, Jr.
♦ Mar 8 — Catherine Wallis
♦ Mar 12 — Vanessa Onyirimba
♦ Mar 13 — Joseph “Sammy” Bateman
♦ Mar 18 — August Raber
♦ Mar 21 — Marceline Peet
♦ Mar 24 — Truzinski Scott
♦ Mar 28 — Kargit Sanderlin
♦ Mar 29 — Thomas Murname

Make sure your birthday is recorded with our membership persons.

Food for Thought:

Praise, model, correct, teach endlessly.
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 want to thank our CPAAAN members who attended February General Meeting. Again, I apologize for our speaker not being able to attend, and I thank everyone in attendance for understanding that our speakers are police officer and sometime their work must come first.

For those who were unable to attend last month’s meeting, I gave out information about obtaining Food Handler's Cards; this is required by the city of Norfolk. As you know, CPAAAN serves at NPD events, and sometimes that requires us to serve refreshments. If you are interested in volunteering to serve refreshments, you may obtain a Food Handler's Card by attending the Food Handler's Class at the Huntersville Neighborhood Center. The classes are given twice a week, Mondays and Thursdays at 09:30am, Thursdays there is also an afternoon class at 3:30pm. The cost is $10.00, and the card last for two(2) years. Please make sure if you attend the class, to arrive at least 30 minutes early, for registration.

While I am on the subject for volunteering, we have a couple of tasks for which volunteers are needed. The first is CPAAAN Jail Tours Program for at risk youths. CPAAAN Vice President Allen Williams is the coordinator for that program. We need two(2) or three (3) reliable members to work along with Allen Williams. The second request is one(1) or two(2) volunteers to distribute our Newsletters to a few places that receive our Newsletter hand delivered. Some of our Board Members are doing multiple jobs, and have been for many years. I would like to take some of the burden off their shoulders, and have some of the members help out.

This month, we will have someone from the Crisis Intervention Unit as our speaker. I look forward to seeing you at our next General Meeting, March 15, 2016 at 7pm.

Yvette Brown, President
The meeting was called to order by President Yvette Brown at 7:10pm. The invocation was offered by Bill Childress; the Pledge of Allegiance was led by Allen Williams. A motion to accept the minutes of the previous meeting as published was made by Susan Winstin and seconded by Valerie Honaker. Mary Babcock then gave the treasurer’s report.

Ms. Brown provided information on how to obtain the Food Handlers card. This is necessary because CPAAAN members frequently serve food at our meetings and other events that we support. Individuals who work with unpackaged and/or packaged food, food equipment or utensils, or food contact surfaces are required to possess a food service (handlers) card. The classes are offered at the Huntersville Neighborhood Center, 830 Goff Street, Norfolk 23504. Cost is $10.00, classes are on Mondays and Thursdays; registration starts at 8:30am. Classes may also be taken online.

Ms. Brown talked about the Crime prevention ceremony on March 21 at 6:30pm. She stated we need ushers to seat the people at their table; a seating chart will be provided. If you can do this let Ms. Brown know. Mary Babcock announced she is in need of some greeters to encourage people to buy raffle tickets, cash only, at the Crime Prevention ceremony. Please contact Ms. Babcock if you can do this. The next Citizens Police Academy Class: April 7, 2016 - June 30, 2016. Applications can be found on the CPAAAN website.

Carolee Beckham announced that 100 cookbooks have been ordered. They will sell for $12.00 each, and we should have them by March 15, 2016. The title of the book is “Serving with Honor”.

Scott Mahone announced the next CERT class will be Saturday March 12th and 19th from 8:30-3:00 at the EOC. You must attend both classes. Also, Norfolk has a new alert service. Go to WWW.Norfolk.Gov/Emergency to get the app.

We then had the 50/50 drawing and the winner was Freddy. We also had door prize drawings for Crime Prevention Ceremony the winners are: Annabell Eversole, Bill Childress, Paula Whalen, Mary Watson, Amanda Stewart, Margaret Anne Craig, Gracie Holmes and Doris Williams. Congratulations to all.

The meeting was adjourned at 8:15pm.

Respectfully submitted,
Sharon Beaty, Recording Secretary
Spring is Almost Here!

Who isn’t ready for warmer temperatures and a couple of more hours of daylight? After a few winter tussles with Mother Nature last month, we are all thirsty for sunshine. With the advent of the Spring Equinox on Sunday, March 20th, I want to remind you of a few crime prevention “spring housekeeping” tips that will improve your safety.

- With spring time many are planting flowers, working, and playing in the yard. Remember to keep your homes front/back door locked, especially when working in the back yard, or vice versa. Don’t forget to keep the garage door closed also.
- It’s that perfect time of year when usually you don’t have to turn on the heat or air conditioner in your home and a breeze of fresh air through open windows will suffice. Just remember to close and lock those windows and glass patio doors before you leave your home, or go to bed.
- Please remember to place your tools in secure storage after using them. Often, tools left outside may offer criminals easier access to the inside of your home. Always lock your storage shed.
- Tis the season for home improvement scams and criminals posing as contractors. Beware especially if you did not solicit a home improvement service/visit. Share with your neighbors and your civic league if you witness a suspicious person offering services, or looking into your property windows.
- If someone comes to your door claiming to be a utility representative (electric, gas, water) ask them to show you their company photo identification card, or call the utility company to verify their employment.

Being an engaged and watchful neighbor is helpful to all in your neighborhood. Your eyes and ears are excellent crime prevention tools that can identify criminals, which helps police.

Become a member of your civic or neighborhood league and get involved. By the way, you’ll get more daylight for vigilance on Sunday, March 13, when we “Spring Forward” with Daylight Saving Time. Remember to set your clocks ahead one hour, and I’ll see you for the Norfolk Crime Prevention Awards, Monday, March 21, 6:30 p.m. at The Double Tree by Hilton, 1500 North Military Highway in Norfolk.

The Mermaid City will serve as host to some of the best basketball this side of the east coast, with the 2016 MEAC Men’s and Women’s Basketball Tournament at SCOPE, March 5th – 12th.

Be sure to check out the MEAC’s salute to law enforcement on their “First Responders-Public Safety” Night, Tuesday, March 8, 2016. The MEAC has offered a significant discount to all law enforcement officers and City of Norfolk employees for the aforementioned date. Enjoy the games and stay safe!
It was a Thursday night in early January. A Norfolk Sheriff’s Office employee walked by and saw an inmate sitting by himself near the cell doors while the other inmates in the block were all watching television. The employee asked the inmate if there was something wrong. He responded, "No. I just can't wait to go to dog training class tomorrow morning."
Yes, you heard him right. Dog training class. In jail.
Since November, over a dozen inmates inside the Norfolk City jail have been taught basic dog training skills by Norfolk SPCA staff trainer Mackenzie Towell.
Every other Friday, Towell brings one of the SPCA's shelter dogs into cell 2K. From there, a group of inmates are brought down from the program block for an hour of this new type of "therapy."
"It's a good way to get my mind off of stress and other things going on," one of the inmate participants said.
The tricks taught go way beyond just sit, stay, and heel.
Towell engages these men in real life skills that they need when taking on responsibility both with dogs and in situations outside of jail.
"It's a discipline for us too because have to do certain things with them. That'll give us good habits for when we get out of here," an inmate participant told Towell.
The Norfolk City Jail is the first jail in Hampton Roads and the surrounding area to attempt such a program.
"We've been focusing a lot over the past year on different rehabilitation programs and coming up with out-of-the box ideas to try and reduce recidivism," Sheriff Bob McCabe said.
Over the past few years, programs where shelter dogs are paired up with inmates have been sprouting up across the country in prisons. Jails, however, are a different story due to the shorter stays and limited resources.
"Our typical inmate stay is 58 days, which means we have to work twice as hard to make sure inmates are able to learn these skills before they leave," Sheriff McCabe said.
Sheriff McCabe, being a big proponent of partnerships with Norfolk-based organizations, was eager to find a way to make this work in a jail situation.
"I have nothing but respect for the Norfolk SPCA and everything they do for the community- including us," Sheriff McCabe said.
Not only do the inmates feel less stressed when interacting with the dogs, but the companionship is what gives a lot of them strength to better themselves.
"It helps them out as much as it helps us out," one inmate said.
Throughout history, women have driven humanity forward on the path to a more equal and just society, contributing in innumerable ways to our character and progress as a people. In the face of discrimination and undue hardship, they have never given up on the promise of America: that with hard work and determination, nothing is out of reach. During Women's History Month, we remember the trailblazers of the past, including the women who are not recorded in our history books, and we honor their legacies by carrying forward the valuable lessons learned from the powerful examples they set.

For too long, women were formally excluded from full participation in our society and our democracy. Because of the courage of so many bold women who dared to transcend preconceived expectations and prove they were capable of doing all that a man could do and more, advances were made, discoveries were revealed, barriers were broken, and progress triumphed. Whether serving in elected positions across America, leading groundbreaking civil rights movements, venturing into unknown frontiers, or programming revolutionary technologies, generations of women that knew their gender was no obstacle to what they could accomplish have long stirred new ideas and opened new doors, having a profound and positive impact on our Nation. Through hardship and strife and in every realm of life, women have spurred change in communities around the world, steadfastly joining together to overcome adversity and lead the charge for a fairer, more inclusive, and more progressive society.

During Women's History Month, we honor the countless women who sacrificed and strived to ensure all people have an equal shot at pursuing the American dream. As President, the first bill I signed into law was the Lilly Ledbetter Fair Pay Act, making it easier for working American women to effectively challenge illegal, unequal pay disparities. Additionally, my Administration proposed collecting pay data from businesses to shine a light on pay discrimination, and I signed an Executive Order to ensure the Federal Government only works with and awards contracts to businesses that follow laws that uphold fair and equal labor practices. Thanks to the Affordable Care Act, insurance companies can no longer charge women more for health insurance simply because of their gender. And last year, we officially opened for women the last jobs left unavailable to them in our military, because one of the best ways to ensure our Armed Forces remains the strongest in the world is to draw on the talents and skills of all Americans.

Though we have made great progress toward achieving gender equality, work remains to be done. Women still earn, on average, less for every dollar made by men, which is why I continue to call on the Congress to pass the Paycheck Fairness Act -- a sensible step to provide women with basic tools to fight pay discrimination. Meanwhile, my Administration has taken steps to support working families by fighting for paid leave for all Americans, providing women with more small business loans and opportunities, and addressing the challenges still faced by women and girls of color, who consistently face wider opportunity gaps and structural barriers -- including greater discrepancies in pay. And although the majority of our Nation's college and graduate students are women, they are still underrepresented in science, technology, engineering, and mathematics, which is why we are encouraging more women and girls to pursue careers in these fields.

This May, the White House will host a summit on "The United State of Women," to highlight the advances we have made in the United States and across the globe and to expand our efforts on helping women confront the challenges they face and reach for their highest aspirations. We must strive to build the future we want our children to inherit -- one in which their dreams are not deferred or denied, but where they are uplifted and praised. We have come far, but there is still far to go in shattering the glass ceiling that holds women back. This month, as we reflect on the marks made by women throughout history, let us uphold the responsibility that falls on all of us -- regardless of gender -- and fight for equal opportunity for our daughters as well as our sons.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim March 2016 as Women's History Month. I call upon all Americans to observe this month and to celebrate International Women's Day on March 8, 2016, with appropriate programs, ceremonies, and activities. I also invite all Americans to visit www.WomensHistoryMonth.gov to learn more about the generations of women who have left enduring imprints on our history.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-ninth day of February, in the year of our Lord two thousand sixteen, and of the Independence of the United States of America the two hundred and fortieth.

BARACK OBAMA
MARCH

OBSERVANCES: Red Cross Month; Irish American Month; Music in Our Schools Month; National Women’s History Month; National Nutrition Month; National Craft Month

HOLIDAYS: Daylight Savings Begins (13th); Ides of March (15th); St. Patrick’s Day (17th); Palm Sunday & Spring (20th); Purim (start) (23rd); Good Friday (25th); Easter (27th).
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