CPAAAN News

MAY 2016

Vol. 15 Issue 9 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, May 17, 7:00 pm
Officer of the Year Award
Presenter: Capt. Daryl Howard NPD

Next meeting

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

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.

Food for Thought:

"Among the changing months, May stands confest
The sweetest, and in fairest colors dressed"—James Thomson

Happy Birthday To:

♦ May 5 — Sloane Balise
♦ May 15 — Brenda C. Roberts
♦ Archie Whitehill
♦ May 17 — Monica Lohr
♦ May 19 — Velma Birkel
♦ May 27 — Margaret Hoots
♦ May 29 — Todd Turner
♦ May 30 — Corey Miller
♦ Katie Bond
♦ May 31 — Stephanie Murnane

Make sure your birthday is recorded with our membership persons.

Food for Thought:

Together

Everyone

Achieves

More
**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,**

For those who attended April’s General Meeting, I thank you for your attendance. The membership was honored to have C. Evans Poston, Jr., Commissioner Of Revenue, City of Norfolk. Again on behalf of the CPAAAN membership, I thank Mr. Poston for taking time out of his busy schedule, in giving us a wonderful presentation.

April 13, 2016 was the Annual NPD Awards Ceremony. I would like to thank Sammy Bateman, Magalene McKelvey, August Raber, and Susan Winstin, I can't tell you how much I appreciate your tireless efforts and dedication to the CPAAAN Mission. I also want to thank Brad Forbes, our new Newsletter distributor.

May 17, 2016 at 8:30am there will be a Breakfast Ceremony at The New Hope Christian Community Center, on the corner of Brest Avenue and Pershing Avenue in the Fairmount Park neighborhood. The ceremony is to honor all of our local Chiefs Of Police. Tickets are $15.00, I hope some of our members will be able to attend.

This month is very busy, please remember The Police Memorial on May 19, 2016 at 9:30am at City Hall. CPAAAN members should arrive at 8:45am.

I look forward to seeing you at our next General Meeting, May 17, 2016 at 7pm. CPAAAN will be honoring their 2016 Officers Of The Year.

Yvette Brown
President

Check out our 2016 Crime Prevention Awards winners and video and video recap of the event. A link is posted on the CPAAAN website.
Minutes from APRIL, 2016

The meeting was called to order by President Yvette Brown at 7:07. The invocation was offered by Carolee Beckham and the Pledge of Allegiance was led by Allen Williams. A motion to accept the minutes as published was made by Anabelle Eversole and seconded by Sammy Bateman.

Ms. Brown introduced our guest speaker C. Evans Poston, Jr., Commissioner of Revenue, City of Norfolk who has been in this position for three years. His office is responsible for collecting taxes and fees with a budget of $989,000 from the state and $1,900,000 from the city. He is trying to reduce the city’s portion by filling job responsibilities with Constitutional Officers for whom the state pays and by hiring retirees who need little training.

Recent changes to his department include outsourcing boat assessment, reassigning parking permits to the Parking Department, adding an ADA station, and rotating lunch breaks among employees to provide better service to customers coming in during their lunch times. His office provides state income tax assistance for free. His employees audit each new business after three years to determine if the proper taxes have been paid, sometimes returning overpayments.

Mr. Poston informed us that Personal Property tax bills will be arriving soon and citizens may bring their cars to Lakewood Park on May 20, 9 AM – 3 PM for reassessment of their value for tax purposes. His presentation was followed by a question and answer period.

Mary Babcock presented the financial statement from the Crime Prevention Awards. Mary announced that members could purchase jackets, t-shirts, and caps by bringing their money to the next general meeting.

Ms. Brown thanked Mr. Forbes for volunteering to deliver newsletters.

The Police Memorial ceremony will be held on May 19 at 9:30 am at City Hall. Members are asked to attend and assist.

Ms. Brown also thanked the members who attended and helped with the Crime Prevention Awards. The next Crime Prevention Awards will be held March 20, 2017. She also thanked members who attended the NPD Awards at Norview High School on April 13 for which CPAAAN provided refreshments.

Members were reminded to get their Food Handlers cards and that cookbooks are available for $12.00 each. Eighteen have been sold.

Congratulations to Anabelle Eversole for winning the 50/50 and to Paula Whalen and Valerie Honaker for winning door prizes.

Ms. Mamie Johnson, city council representative of Ward 3 spoke to the membership. She said she was unable to attend the Crime Prevention Awards. She is her Civic League’s President and she presents to 35 Civic Leagues and 7-8 Senior Centers twice a year. She brought copies of the mayor’s State of the City Address.

The meeting was adjourned at 8:09.

Respectfully submitted,
Susan Winstin, substituting for Sharon Beaty
This month the Norfolk Police Department Peace Officers Memorial Service will be 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 will be observed May 15 – 21, 2016.

This year Mayor Paul Fraim will issue 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.
John School Teaches Lessons to Offenders, Leaders

For the past 15 years, the Norfolk Sheriff’s Office has worked closely with the Norfolk Commonwealth’s Attorney’s Office to develop a John School for first time offenders.

John School is a court-ordered, two day weekend sentence that spares the convicted criminal up to 90 days in jail if he or she successfully completes the school. The goal of the program is to focus attention on the personal and community impact of commercial sex.

NSO Administrative Assistant to Human Resources, Anna Decker, has been running the program since it first began in 2001. It runs one weekend every other month. Each time, she brings in a guest speaker to talk with the Johns.

On April 9th, she invited Vic Yurcovic as a guest instructor. Yurcovic retired from the Navy and is now a small business owner and a successful real estate broker.

“We usually talk about what they’ve done, where they got picked up at, what the consequences of their actions are and how it affects the community,” Yurcovic said.

Before the school starts, each “John” is required to take a blood test with the health department. Afterwards, they are given a serious talk about sexually transmitted diseases, effects of prostitution, and what happens to communities where these dangerous activities take place.

“The feedback that I’ve gotten in the past has been that it’s enlightening to see how the community feels and what impact their actions have had on the community. Hopefully it makes them a better person,” Yurcovic said.

This was not Yurcovic’s first time as a guest instructor and it sure won’t be the last. Every time he steps foot into the courthouse to teach a session, he’s reminded of the people behind the crimes.

“They’re people. We all make mistakes. We’re human,” Yurcovic said.

Since the start of the program, hundreds of “Johns” have completed the school without re-offending.

“I think it works well. I think the people that run it have got it together with the health department and hopefully with nobody coming back, it’s a good sign that it’s working,” Yurcovic said.

Guest speakers in the past have included civic league presidents and outspoken Hampton Roads community leaders.
Suburban Park Elementary volunteer takes action at 93 years young

He's a special helper at Norfolk's Suburban Park Elementary with a big heart and a big smile. I planned on surprising August Raber---or so I thought. When he walked into the school library to the cheers of a handful of students, I asked him if he had any idea what was going on.

His response: "I think I know what's going on. I saw you before on television." He followed that up with, "After the last performance that you did, you presented someone with a plaque and you presented them with a $500 thousand bill!" Raber added with a heart laugh, "You don't remember that do you?"

It was joke after joke from Raber, but all kidding aside, he has been a great friend for Suburban Park Elementary. For several years he has bought school supplies for the students, purchased school uniforms and for the past two years around the holidays, Raber has purchased turkeys for the staff at Suburban Park Elementary—which amounted to 70 turkeys.

For all those reasons we presented Raber with a NewsChannel 3 People Taking Action award, along with a $300 Visa gift card from our community partner Southern Bank. His reaction? "I'm overwhelmed! Really, because it's nice to be appreciated." Raber believes it's important to invest in students in his community and show appreciation to teachers.

Plus he says it keeps him young at 93. "If you sit down, you get moldy and you deteriorate. You don't want to get moldy! Keep busy. Have something to do everyday." That's exactly what this 93-year-old is doing.

We are proud of you August!!! Check out the video at wtkr.com.

What is lupus?

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). Chronic means that the signs and symptoms tend to last longer than six weeks and often for many years.

In lupus, something goes wrong with your immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu). Normally our immune system produces proteins called antibodies that protect the body from these invaders. Autoimmune means your immune system cannot tell the difference between these foreign invaders and your body’s healthy tissues ("auto" means "self") and creates autoantibodies that attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body.

Lupus is also a disease of flares (the symptoms worsen and you feel ill) and remissions (the symptoms improve and you feel better).

These are some additional facts about lupus that you should know:

- Lupus is not contagious, not even through sexual contact. You cannot "catch" lupus from someone or "give" lupus to someone.
- Lupus is not like or related to cancer. Cancer is a condition of malignant, abnormal tissues that grow rapidly and spread into surrounding tissues. Lupus is an autoimmune disease, as described above. However, some treatments for lupus may include immunosuppressant drugs that are also used in chemotherapy.
- Lupus is not like or related to HIV (Human Immune Deficiency Virus) or AIDS (Acquired Immune Deficiency Syndrome). In HIV or AIDS the immune system is underactive; in lupus, the immune system is overactive.
- Lupus can range from mild to life-threatening and should always be treated by a doctor. With good medical care, most people with lupus can lead a full life.
- Our research estimates that at least 1.5 million Americans have lupus. The actual number may be higher; however, there have been no large-scale studies to show the actual number of people in the U.S. living with lupus.
- More than 16,000 new cases of lupus are reported annually across the country.
- It is believed that 5 million people throughout the world have a form of lupus.
- Lupus strikes mostly women of childbearing age (15-44). However, men, children, and teenagers develop lupus, too. Most people with lupus develop the disease between the ages of 15-44.
- Women of color are two to three times more likely to develop lupus than Caucasians. People of all races and ethnic groups can develop lupus.
MAY

OBSERVANCES: National Mental Health Awareness, National Physical Fitness & Sports, Lupus Awareness, National Bike Month, and Asian American & Pacific Islander Heritage Month

HOLIDAYS: May Day(1st); National Teachers Day (3rd); Cinco de Mayo (5th); Holocaust Rememberance Day (5th); Mothers Day(8th); Armed Forces Day (21st); Memorial Day (30th).
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