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, November 15, 7:00 pm
Topic: Emergency Management and
The operations of EOC
Presenter: Scott Mahone, Deputy Coordinator

Next meeting
Tuesday, December 20, 7:00 pm
Annual Christmas Social

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:
"Freedom is not the right to do as you please, but the liberty to do as you ought."

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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.

The President’s Beat

Dear Membership,

I would like to thank all of the CPAAAN members who attended our October General meeting.

On behalf of the CPAAAN Membership, I thank Chaplain Terry Haddock for the wonderful presentation on the responsibilities and requirements of being a Chaplain. The Norfolk Police Department made a wise decision in choosing Terry to be one of the Department Chaplains.

At our October General Meeting, I reminded the membership of the upcoming graduation for The Citizens Police Academy Class, November 17, 2016 at 6:30pm. Please remember to support the graduation and bring a side dish to share. I always appreciate having a good number of alumni present at the graduation; it shows our support and appreciation for the citizens that took time to attend and complete the course and also for the Police Officers that instruct the classes.

Trunk or Treat was a big success. So many families came out and they thanked us for giving their children a wonderful and safe Trunk or Treat.

The dates for the Spring session of The Citizens Police Academy Class are March 30, 2017 through June 22, 2017. Application will be on the CPAAAN website soon and we will have hard copies available at our General Meeting.

As Thanksgiving is approaching this month, the CPAAAN Board wishes you a safe and happy Thanksgiving. I hope you take time to enjoy your family and friends.

I look forward to seeing you at our Next General Meeting, November 15, 2016 at 7pm.

Yvette Brown, President
The October 18, 2016 general meeting was called to order by President Yvette Brown at 7:00pm. The Invocation was offered by Chaplain Terry Haddock; the Pledge of Allegiance was led by Mr. Hahn. A motion was made and seconded to accept the minutes as published. Valerie Honaker then gave a brief Treasurer report.

Ms. Brown then introduced our guest speaker Norfolk Police Chaplain Terry Haddock. Ms. Haddock stated that she went through the same training as a police officer does. Then she went in front of the board to get approved for the Chaplain position. There are 14 Chaplains on the department; she is the only female. They also have one Rabbi.

Chaplain Haddock used to do the jail ministry before she was invited to be a Chaplain. She is also a CPAAAN member. Some of the roles as a Chaplain include but are not limited to: help make death notifications, conduct funerals, visit the officers when they are in the hospital or during a loss of a family member. They are also a listener when an officer or someone needs to talk. They assist in many calls that an officer will go on, perhaps to help console someone on a scene at which a death occurred etc. The Chaplains do not lean toward one domination all is equal.

Chaplain Haddock also stated she is affiliated with the Sheriff’s Department as a Chaplain as well. She also teaches at the Chesapeake and Norfolk City Jail. She also suggested we watch Norfolk Perspective on channel 48.

Ms. Brown then talked about the Trunk or Treat event that is being held on October 22 from 6-8:30 at the Target on North Military highway. The 24th annual Crime Prevention will be held on March 20, 2017 at 6:30 pm. Mayor Kenneth Alexander will be the guest speaker. Also remember The Citizens Police Academy graduation is November 17th at 6:30 pm; please bring a covered dish. We have cookbooks for sale for $12.00 they would make GREAT Christmas gifts.

Congratulations to Margaret Anne Craig for winning the fifty-fifty drawing.

Respectfully Submitted,
Sharon Beaty, Recording Secretary
In Community Partnerships We Trust for Mutual Trust!

During this season of gratitude, I am grateful that our officers continue to show their commitment to working with Norfolk residents as partners to help deter crimes with crime prevention, and solve crimes, through community policing, to keep our neighborhoods safe. Our work to renew and develop new community bonds will never be exhausted. Recently I was humbled and honored to accept the Life Enrichment Center Partner of the Year Award, on behalf of the Norfolk police officers who have served the past two years as literacy tutors in Title 1 Norfolk elementary schools. As we move into the third academic school year of Police Leadership Unveils Success– PLUS partnership with the Life Enrichment Center, I am pleased to share that nearly 60 officers serve as tutors for one hour a week, to improve literacy for the future success of students. Congratulations to Sergeant P. Dixon who was honored as the Life Enrichment Center Outstanding Tutor of the Year, and Corporal D. Benjamin, who received an honorable mention for a chess initiative he started as a result of his experience as a literacy tutor. Karen Parker-Chesson, our Community Relations Manager was also honored for her administrative role in the partnership.

Officers continue to volunteer their time to mentor youth through our other initiatives, such as Cops and Kids Eating – CAKE, with the Boys and Girls Club - Norview Unit, and the Norfolk Police Youth Academy, a decade long engagement staple for outreach to children across the City.

Thank you to each and everyone of our community partners that supported Trunk or Treat last month. Civic league members, city departments, local businesses, and non-profits, all served for the good of citizens to present 2 1/2 hours of safe family fun. Special thanks to Officer's Aldrich and Horan, who spearheaded this successful event.

Please stop by NPD's next two "Coffee with a Cop," on November 18th and 28th, a series of informal citizen engagement and fellowship gatherings. Have a cup of coffee on us and start talking! We simply listen to what's on your mind and share everything from the benefits of community policing, to how we grow as partners for the safest Norfolk.
For those who work in law enforcement, you know your job isn’t easy. You’ve probably experienced personal struggle, wondered why we do things a certain way, and may have even wondered how other people in this industry operate in other countries. This fall, Sheriff McCabe had the opportunity to host a group of police officers from Ansbach, Germany. The officers, who he had gotten to know while visiting his Army son stationed in Europe in 2015, were visiting America for the first time.

They flew into New York and began their great all-American road trip; stopping in iconic American cities like Boston, Philadelphia and Baltimore. As they were making their way down the east coast en route to fly back home out of Miami, they decided to stop in Norfolk.

With the help of Colonel Baron, Sheriff McCabe was able to set up the group up for a tour of the Norfolk Police Department facilities, as well as visit the Norfolk City Jail. Their reactions to both the NPD and NSO facilities, as well as American law enforcement in general, were notable when they saw the inside of the Norfolk City Jail for the first time. “The biggest difference is that you guys can afford more technology that makes your job, whether it be in the jail or on the street, a lot easier,” Paul said. The group also said they got the chance to interact with police officers in some larger cities, like New York City and Boston. They were amazed that the officers were, in their own words, “really friendly and open minded.”

Paul has been a police officer in Germany for just shy of 7 years. He’s often the man on the scene when a riot breaks out or large events need security personnel. He says his gun that he was assigned for use on-the-job is about 45 years old. “Politics and money play a big role in determining our resources and job tools,” Paul said. “Inmates are treated like they should be treated here. They recognize that they did something wrong. If you put them in German jails, in my opinion, some of them don’t realize they did something wrong because they have good circumstances. It looks like a hotel,” Torok said.

Finally, Torok was asked if he was aware of recent law enforcement issues going on in society today. He was very in tune with recent national officer involved shooting cases. “I think every country pays attention to what’s going on in law enforcement. Every country has its own problems. We have the same problems, we just tell different stories,” Torok said.

As the group returns to Germany, they are grateful for their first American experience and what they were able to take away from their visit. “We learned a lot, but unfortunately, we aren’t in a spot where we have the power to change things. We will share what we saw, and hopefully, things will change in time,” Torok said.
Warning Signs of Lung Disease

A nagging cough or slight wheeze may barely register in the course of our busy days, but it's critically important to pay attention to even mild symptoms. Sometimes people think having trouble breathing is just something that comes with getting older. It is important to pay attention to these symptoms as they could be the first signs of lung disease, including COPD, asthma and lung cancer. Knowing the early warning signs of lung disease can help you receive treatment before the disease becomes serious or even life threatening. If you experience any of the following warning signs, make an appointment with your healthcare provider as soon as possible. Early detection could save your life.

**Warning Signs**

**Chronic cough:** A cough that you have had for a month or longer is considered chronic. This is an important early symptom that tells you something is wrong with your respiratory system.

**Shortness of breath:** It's not normal to experience shortness of breath that doesn't go away after exercising, or that you have after little or no exertion. Labored or difficult breathing—the feeling that it is hard to breathe in out—is also a warning sign.

**Chronic mucus production:** Mucus, also called sputum or phlegm, is produced by the airways as a defense against infections or irritants. If your mucus production has lasted a month or longer, this could indicate lung disease.

**Wheezing:** Noisy breathing or wheezing is a sign that something unusual is blocking your lungs' airways or making them too narrow.

**Coughing up blood:** If you are coughing up blood, it may be coming from your lungs or upper respiratory tract. Wherever it's coming from, it signals a health problem.

**Chronic chest pain:** Unexplained chest pain that lasts for a month or more—especially if it gets worse when you breathe in or cough—also is a warning sign.

**Talking to Your Doctor**

Prepare for a visit to your healthcare provider by following these steps:

1. Take a copy of your medical records with you. Or, see if your previous healthcare provider can send a copy. If you are unable to obtain your medical records, you can also write a short note about your health problems, when they occurred and the healthcare provider(s) that took care of you.
2. Make a list of all the medicines that you are using now. This means prescribed and over-the-counter medicines, as well as herbs and supplements and any non-traditional methods you use to treat your condition.
3. Make a list of all the healthcare providers you see and why you see them.
4. Make a list of the symptoms you are having and note which ones bother you the most. Write down when they started and what you have done (if anything) to make them better.
OBSERVANCES: National Diabetes Month; Lung Cancer Awareness Month; National Adoption Month; National Native American Heritage Month

HOLIDAYS: Daylight Savings Time ends (6th), Election Day (8th); Veteran’s Day (11th); Great American Smokeout (17th); Thanksgiving Day (24th); Black Friday (25th); Advent begins (27th); Cyber Monday (28th).

November is National American Indian Heritage Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the rich ancestry and traditions of Native Americans.
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