Vol. 16 Issue 9    Citizens Police Academy Alumni Association of Norfolk    © 2017

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.

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**Current Meeting Notice:**

Tuesday, May 16, 7:00 pm  
CPAAAN Officer of the Year Award  
Guest Speaker: Daniel Hudson, PIO NPD

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**Next Meeting**

Tuesday, June 20, 7:00 pm  
John Roger Scholarship Award  
Presenter: Dr. Lawrence Dotolo, President  
Virginia Tidewater Consortium for Higher Education

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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:**

“REMEMBER THAT THE HAPPIEST PEOPLE ARE NOT THOSE GETTING MORE, BUT THOSE GIVING MORE.”  
H. Jackson Brown, Jr.
The President’s Beat

Dear Membership,

I would like to thank the CPAAAN members that attended last month General meeting. For those that were unable to attend our April 18, 2017 meeting, we had nominations and elections for CPAAAN's Officers. New to the board is: John Ormond - Vice President; Linda Stokes - Newsletter Editor, will also serve as Treasurer; Susan Winstin - Correspondence Secretary. All other Officers remained the same, Yvette Brown - President and Sharon Beaty - Recording Secretary. I welcome all of our new board members and I thank you for serving. I look forward to working with you.

On April 26, 2017, a few CPAAAN members and myself had the pleasure of attending the Mary Calcott Elementary School Youth Academy Graduation. Twenty-nine students graduated and I have to tell you, they look so cute in their Youth Academy shirts. (Picture on page 6.) Officers Sarmiento and Jobe topped off the graduation with a K-9 demonstration, which was a joy by all.

We are almost at the end of our CPAAAN working year. This month is CPAAAN's Officer Of The Year. Each year CPAAAN recognizes a Norfolk Police Officer for their outstanding performance of duty. Please plan to attend, so that we all can congratulate our Officer Of The Year.

May 18, 2017, at 09:30am at City Hall, is the Peace Officers Memorial Service. I hope that if you are available, you will attend. CPAAAN presents a wreath and we serve refreshments.

I look forward to seeing you at our next General Meeting, May 16, 2017 at 7pm.

Yvette Brown, President

Greetings,

You are cordially invited to attend our annual Peace Officers Memorial Day service on Thursday, May 18, 2017, at 9:30 a.m. in front of City Hall. Since 1962, the week of May 15th has been designated National Police Week by the Congress of the United States. Each year, this service is held to honor the memory of our police officers who have sacrificed their lives in the line of duty. We also use this opportunity to recognize the surviving family members of our fallen officers.

I look forward to seeing you there!

L.D. Boone
Chief of Police

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.

John Roger Scholastic Scholarship

Booster:
- 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

John Roger Scholastic Scholarship

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Minutes from April, 2017

President Yvette Brown called the meeting to order at 7:00 PM.

Invocation was offered by Carolee Beckham. Pledge of Allegiance was led by Brad Forbes.

Following a motion by Ronald McEntee and second by Pete Craig the minutes of the March 2017 meeting were accepted as published in the CPAAAN Newsletter.

The Treasurer’s Report was given by Margaret Anne Craig.

The Nominating Committee Chair, Margaret Anne Craig presented the slate of officers for the upcoming two year term (July 1, 2017 - June 30 2019) as follows:

- President: Yvette Brown
- Vice-President: John Ormond
- Treasurer: Linda Stokes
- Corresponding Secretary: Susan Winstin
- Recording Secretary: Sharon Beaty

Nominations were also called for from the floor. There were no additional nominations for any of the offices. Oath of Office will be administered to the incoming officers on a later date. Congratulations to our newly elected officers, and many thanks for your willingness to serve.

Topics for discussion/information were announced:

- Yvette Brown thanked the CPAAAN members who supported the opening night of the current Citizens Police Academy class.
- Saturday, April 29th from 10:00 AM to 2:00 PM Norfolk Police will host the next DEA Prescription Drug Take Back Day. Bring unwanted or expired prescription medications and NPD will dispose of them for you. Collection sites will be at the First, Second, and Third Patrol Divisions. For more information call 664-3277.
- Wednesday April 26th at 4:00 – 5:00 PM is the Mary Calcott Elementary School Youth Academy Graduation. Location: 137 E. Westmont Avenue. Members are invited to attend.
- Next CPAAAN general meeting is on May 16, 2017 at 7:00 PM at the Training Center.

Winner of the 50/50 raffle was Allen Williams.

Margaret Anne Craig
Recording Secretary Pro Tem
Norfolk Police Department’s Peace Officers Memorial Service

The Norfolk Police Department Peace Officers Memorial Service will be held on Thursday, May 18, 2017, at 9:30AM., on the front steps of City Hall, 810 Union Street, and I invite each of you to attend and share with us as we honor their legacy of service. 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 15, 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 14 – 20, 2017. Mayor Kenneth C. Alexander will issue a proclamation designating May 15 – 21, 2017, as Police Week, to honor the service and life of Norfolk police officers who gave their all in protection of the citizens of Norfolk.

Every year at the memorial it is said, “May the last name, remain the last name.” There are no other words said with such earnest and hope as these. It is the quiet prayer and wish of every officer and their families when they leave the safety of their homes, with hugs and kisses to face the days’ uncertainties, that they return safely. No day is the same for any officer. Each citizen engagement, interaction or response to a call for service is unique. The common thread of thought that looms in the minds of most officers, is that he or she may not return to those they love. That thought is hardwired in their conscious and unconscious, until each crosses the threshold of their home after a shift and leans into the love of family.

The death of a law enforcement officer is painful. The inconsolable agony that an officer’s family bears is unimaginable. The loss is exponential, and no one is immune to the emotional devastation. The officers who served with him or her are forever affected, as well as the hearts and minds of the citizens they touched throughout their service. Each of our officers is a hero. While they are too humble to ever say such, each man or woman who has taken the oath to serve and protect perfect strangers, at the cost of their own life, is a hero. I suggest we not focus on how the officers we honor left this world, but the way in which they lived and the families left behind. You can be sure that our fallen heroes are missed every day by their families and friends for countless reasons. I think of the families of our officers who made that ultimate sacrifice often. Their loss will never be remedied …and no amount of justice will bring them back to us. We all wish we could fix that.

We are family from the minute an officer is sworn to serve, till our days of eternal rest. Our duty as officers is to fill in the gaps for the families of our hero’s, just as we would our own immediate families, on any occasion. On the occasion that there is good news or sad news, or a family milestone, we are here for our hero’s families, whatever the need. A smile always crosses my face when I receive a note or message of good news about our hero’s families. Learning their kids, grandkids, or great grandkids received a visit or phone call from one of our officers warms my heart. The legacies of our hero’s, help keep their memories alive in our hearts and minds. My hope for each of our families is that they find comfort in knowing that Norfolk Police is a family that they can depend on.

Please extend my heartfelt invitation to your family and friends to attend the Norfolk Police Department Peace Officers Memorial service. While it is often difficult to know what to say to those who have suffered the death of a loved one, a kind “Thank you,” to the families of the officers who served and made the ultimate sacrifice, will certainly be appreciated. May the last name, remain the last name.
Faith-based programming helped steer these inmates towards redemption

Just a little more than a year ago, Trinity Broadcasting Network (TBN) offered to install a satellite dish on the roof of the Norfolk City Jail. Why? Well, with that dish, inmates would get the chance to have access to a few religious programs. It was completely free, so we agreed to have it installed.

Now, we are able to say that some of our inmates are watching those channels and the programming is actually helping them heal from their pasts while incarcerated.

TBN employees came to meet some of the inmates who agreed to share their stories, and even made a short video featuring Sheriff Baron and Programs Manager Greg Thomas.

Here's how they describe their mission on their website (http://www.tbnsecondchance.org):

"TBN 2nd Chance is a faith-based initiative dedicated to ministering hope and restoration to thousands of men, women and juveniles incarcerated across America. We want to offer inmates a 2nd Chance to make good choices by providing positive, life-affirming television programming that helps with the Rehabilitative and Reduction of Recidivism process."

No matter which religion you practice, if any, we hope you'll be inspired by the video. Please visit https://www.youtube.com/watch?v=Qy8UOQQtSmk to watch.
Education is to mental illness as training is for a job. Learning coping skills, information about medications, treatment options and new research is what prepares you to deal with the inevitable challenges of mental illness. Without education, recovery is a much slower, painstaking process.

It begins with learning the essentials—what mental illness is, how it’s treated, next steps after a diagnosis. For a person at the starting point of their mental illness education, NAMI programs are an amazing resource. For example, NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.

For those who have already learned the basics and are ready to take a deeper dive into this complex topic, here are a few suggestions:

- Ask Your Doctor Specific Questions
  - Are there any alternative treatments I can do in addition to my current treatment?
  - What should I avoid doing other than what you’ve already told me (i.e. drinking, drugs)?
  - What websites or books do you recommend for my condition?
  - What are the most successful coping mechanisms?
  - What should I do if I’m experiencing suicidal thoughts?

- Google—With Caution
  - The Internet is an amazing resource—but it’s also a potentially dangerous one. The web has boundless information for a person who wants a better understanding of mental illness. There are research studies, statistics, scientific articles, etc. However, for every website with accurate information, there are just as many with unreliable and biased misinformation. So, it’s essential to only research from trustworthy sources. Here are just a few NAMI-approved resources:
    - Anxiety and Depression Association of America (ADAA)
    - Depression and Bipolar Support Alliance (DBSA)
    - International OCD Foundation
    - Psychology Today
    - Schizophrenia and Related Disorders Alliance of America (SARDAA)
    - The American Foundation for Suicide Prevention
    - Treatment and Research Advancements for Borderline Personality Disorder (TARA)
MAY 2017

OBSERVANCES: National Physical Fitness and Sports, Asian-Pacific American Heritage Month, National Mental Health Awareness, Lupus Awareness Month, Lyme Disease Awareness Month, National Bike Month

HOLIDAYS: May Day (1st); World Lyme Day (2nd); National Teacher Day (2nd); Cinco de Mayo (5th); Mother’s Day (14th); Armed Forces Day (20th); National Brother Day (24th); Memorial Day (29th)
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