Current Meeting Notice:
Tuesday, October 15, 2019, 7:00 PM.
Presenter: Lieutenant L.B. Walston
Norfolk Fire-Rescue, Norfolk Fire Marshal Office
Topic: Code Enforcement

Next Meeting Notice:
Tuesday, November 19, 2019, 7:00 PM
Presenter: Kathryn Clark Hall, Chief Probation & Parole Officer
Probation & Parole District 2 Norfolk

COME ON OUT AND JOIN US

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.

Meet 3rd Tuesday of each month (except July and August)
7:00 PM at Second Patrol Division • 2500 N. Military Hwy, Norfolk
CPAAAN is a 501c(3) non-profit whose mission is to support Norfolk law enforcement.

October

Food for Thought:

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Vol. 19 Issue 2 Citizens Police Academy Alumni Association of Norfolk
Dear Membership,

It was a pleasure to see our CPAAAN members in attendance at our September General Meeting. I also would like to recognize the CPAAAN members that are also active members of the Ballantine Civic League, for their continued support and attendance.

Last month, we were fortunate to have as our presenter, Marlene Bright, Assistant Director Community Outreach and Engagement Team Office of The Norfolk Commonwealth’s Attorney. Bright has been with the Commonwealth Attorney Office for 23 years.

During Ms. Bright’s presentation, we learned about:
1. The Victims Services Center, located at Military Circle Mall and one in Berkeley.
2. The Norfolk Family Justice Center, location-500 Plume Street, across from McArthur Mall.

At the Family Justice Center, they teach empowerment, prevention, awareness and not to react. There are services funding through VOCA(Victims Services Grant). These funds can be used for housing relocation, transportation, and getting ready for court.

Another area of concern for The Commonwealth Attorney’s Office is Senior Abuse. Ms. Bright stated that Officers are going to receive training on the signs to look for, when interacting with Seniors. will enable Officers to determine if the Seniors are victims of abuse.

On behalf of CPAAAN, we thank Marlene Bright for giving an informative presentation, and we hope she will come back again to update us on any new programs.

This month, is an active month for CPAAAN and The Norfolk Police Department. October 9, 2019 at 6pm, Recruit Class 105 will have their Graduation Ceremony. The location will be at Nauticus, 1 Waterside Drive. October 16, 2019, Senior Fest will be at the ODU’S TED CONSTANT CENTER, from 10am to 2pm. The last event for this month so far, TRUNK OR TREAT, October 26, 2019, from 6pm to 8:30pm. The location is 1245 North Military Highway (Target Parking lot). If you would like to decorate your trunk and give out some treats, please come out and join us.

I look forward to seeing you at our next General Meeting, October 15, 2019 at 7pm.

Yvette Brown,
President
The Norfolk Police Department presents:

**Trunk OR TREAT 2019**

**WHERE:**
1245 N. Military Hwy (Target)

**WHEN:**
October 26TH 2019
600 pm TO 830 pm

A NORFOLK COMMUNITY SAFETY EVENT
No minutes were submitted.
(Please read President’s Beat for information about the meeting.)

National Breast Cancer Awareness Month

“During National Breast Cancer Awareness Month, our Nation honors the courage and strength of the over 3.4 million Americans who are battling this terrible disease and remembers loved ones whose lives have been affected by breast cancer. In memory of those we have lost, we pledge never to waver from our ongoing search for effective and innovative medical advancements to treat and prevent this disease.

In the United States, more than 268,000 women and approximately 2,600 men are diagnosed with breast cancer annually. While deaths from breast cancer have declined over time, it remains the second most common form of cancer and the second leading cause of cancer death overall among American women, with a staggering 41,000 lives lost each year. For this reason, Melania and I urge our fellow Americans, especially those who have a family history or may be at increased risk, to consult with their healthcare providers about the individual likelihood of developing breast cancer. Early detection and regular screening mammograms, followed by timely treatment upon diagnosis, can significantly improve a patient’s chance of survival.

My Administration continues to support the cutting-edge research needed to develop treatments that may save the lives of breast cancer patients. Since my first day in office, I have eliminated burdensome regulations, allowing researchers to more easily develop new drugs that can be approved quickly by the Food and Drug Administration (FDA). Just this year, the FDA has approved several new therapies for the treatment of breast cancer. Additionally, last year, I signed into law the Federal “Right to Try” legislation, which allows those diagnosed with a terminal illness greater access to lifesaving drugs. The expanded options for patients also allow researchers to better understand the safety and effectiveness of new approaches to treatment, bringing us closer to defeating breast cancer completely.

This month, and throughout the year, we join together in support of our fellow Americans diagnosed with breast cancer, those who are in remission, and those who have lost loved ones to this disease. We also commend the skilled medical professionals and dedicated researchers who provide quality treatment and care to women and men across our country. As one Nation, we will continue to strive for a future in which every American may enjoy a long, healthy life free from the threat of cancer…”

(Presidential Proclamation on National Breast Cancer Awareness Month, 2019; Healthcare Issued on September 20, 2019)
When a person ends up inside the Norfolk City Jail, their families can suffer. Children are often placed in the custody of a different parent or relative and their lives are upended. The stigma of seeing their mother or father only via video visitation wearing a jail jumpsuit can be shocking.

Sheriff Baron’s vision for the Norfolk Sheriff’s Office is to make a difference in the lives of others as far as we can reach. Our Programs unit is already working hard to rehabilitate those inmates so they can become productive citizens and parents again – but who helps the children? Virginia Rader, our LIDS and Grants manager thought ‘why not us?’ Ms. Rader worked tirelessly to secure just one of ten $750,000 grants available nationwide to bring the Second Chances program to the Norfolk City Jail.

The goal: help the parent, help the child, and then help them together.

“When a parent is incarcerated, it affects their family both economically and emotionally. The children of the incarcerated parents often have more incidents of behavior issues and poorer school performance than their peers and higher rate of incarceration themselves in adulthood. This program aims to break that cycle. By providing therapy and parenting classes to both the offenders and the custodial family and opening the doors of communication between the parent and child, we hope to limit the isolating effects of parental incarceration and provide a positive method to improve communication on both sides, strengthening the parental bond and encouraging reinvestment in the community and family by offenders,” said Virginia Rader.

The grant allowed the NCJ to hire an inmate rehabilitation specialist and licensed clinical therapist supervisor.

The program will be divided into three parts: first there will be services to the inmate such as parenting classes and cognitive behavior therapy. Then, services will be provided to the custodial family including parenting classes and therapy services for the children. The third and final phase is called Reintroduction. In this phase, children and incarcerated parents will complete coordinated letter writing and will have in-person visitation in a non-correctional setting. The visits will be facilitated by staff and will include planned activities.

In addition, an outside agency is helping the children with tutoring and any other wrap around services they may need.

“The goal of the Norfolk Sheriff’s Office is to make a difference in the lives of others as far as we can reach. We want the inmates in our facility to return as productive members of society. Strengthening the family bond is one of the most impactful ways we can do our part to set these men up for success.”

Our first participant group will complete their classes at the end of September and a new group will begin. Even though they have “graduated,” they will still be part of the program and continue with letter writing and visitation to build and expand upon their relationship with their children. Being better parents and being there for their children is what made them want to be a part of this program. Their incarceration is just a chapter in their life, what comes next is up to them.
October marks Energy Awareness Month, and the nation is looking to the federal government to provide leadership in energy management and building optimization, energy resilience and security, and the use of advanced and distributed energy technologies. The Federal Energy Management Program (FEMP) helps agencies meet federal energy efficiency and renewable energy laws and requirements. Agencies are making tremendous progress toward these requirements by implementing energy- and water-management projects throughout the federal government.

Whether these projects are implemented campus-wide or in individual facilities, every action taken by hard-working employees in U.S. defense and civilian agencies contributes toward strengthening the security and resilience of our federal infrastructure.

Build Awareness in Your Agency
During Energy Awareness Month and throughout the year, FEMP recommends using these steps and resources to raise awareness of energy- and water-saving possibilities and support agencies' missions.
Step 1: Plan the Effort
Step 2: Design and Implement
Step 3: Evaluate and Report Results
Step 4: Sustain the Effort

Holidays: German-American Day (6th); World Mental Health Day (10th); Sukkot-start(13th); Columbus Day (14th); World Food Day (16th); Sukkot-end (20th) United Nations Day (24th); National Trick or Treat Day (26th); Halloween (31st); All Saints Day (Nov. 1st); All Soul’s Day (Nov. 2nd); End DST (Nov. 3rd).

No response is a response. And it’s a powerful one.
Remember that.

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