

The

CPA COMMUNICATOR

Your source for inside information



- 4/7 PES Class (4/14, 4/21, 4/28)
- 4/11 Franklin Academy Bike Rodeo
- 4/18 Pines Day
- 4/25 2nd Annual CERT Competition
- 4/27 CPR Certification Class
- 4/28 or 5/6 Volunteer Luncheon
- 5/2 CPAAA Picnic
- 5/7 CPA Class 41 Graduation
- 5/10 Mother's Day
- 5/16 Chapel Trail Spring Fest
- 5/25 Memorial Day



- 4/11 Franklin Academy Bike Rodeo
- 4/18 Pines Day (booths)
- 5/16 Chapel Trail Spring Fest (Safety table)



- 4/12 Nicholas Antonacci
- 5/4 Guido Isaacs
- 5/16 Suzie Keenan
- 5/25 Maria Claudia Isaacs



The Importance of Volunteering

By Suzie Keenan

"Volunteers are not paid—not because they are worthless—but because they are priceless.".....Unknown

Why did you join the Pembroke Pines Citizens Police Academy Alumni Association? For most of us, it is because we want to give back to the community that we live in and make a difference. How do you do that? It is simple....**VOLUNTEER!**

What is volunteering? Volunteering is about giving, contributing and helping other individuals and the community. With busy lives, it can be hard to find time to volunteer.

However, the benefits of volunteering are enormous to you, your family, and your community. People volunteer for an endless variety of reasons.

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Volunteering connects you to others

Volunteering is a great way to meet new people. Volunteering can strengthen your ties to the community and broaden your network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering can advance your career

Volunteering is a great way to gain experience in a new field. Volunteering offers you the chance to try out a new career without making a long-term commitment. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

Volunteering can benefit your health

Volunteering provides many benefits to both your mental and physical health. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment and can also give you a sense of pride and identity. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.

Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Whatever your reasons for volunteering, the result can only be a positive one. The world needs more volunteers. It is so important to give back when you can because you never know when there comes a time when you might be the recipient of volunteers helping you in a time of need. If everyone volunteers a little time, it all adds up to make a BIG difference. Volunteers don't work for the recognition; volunteers are the silent HEROS. Ask about our current volunteer opportunities TODAY.

CPAAA meetings are held the **THIRD Tuesday** of every month in the Community Room at 7:00 pm (that's 1900 hours cop speak!).



April 21, 2015

May 19, 2015

2015 Board

- John PizialiPresident
- Lisa SheppardVice President
- Suzie KeenanTreasurer
- Sabrina VenturaSecretary
- Bruce EisnerDirector
- Fernando JimenezDirector
- Jay WeisbergDirector
- Sandy SwantonPast President
- John Herman, IISergeant-of-Arms



Please WELCOME our new **Captain Chris Stasio!!!** Chris Stasio graduated from Piper High School in Sunrise. He went on to graduate from Barry University in 1993 with a BS degree in Exercise Science and Biology. Afterwards, he was drafted by the San Francisco Giants Professional Baseball Club in 1993. He also played for the

Boston Red Sox Professional Baseball Club from 1994 to 1996. In October 1996, Chris Stasio joined the Pembroke Pines Police Department. He was a patrol officer from 1997 to 2001. During that time, he married his wife, Trisha Stasio. They have been married for over 18 years. They have three children, Max (15), Cole (13) and Carly (10). From 2001 to 2002, Chris Stasio was a School Resource Officer at Flanagan High School. Later in 2002, he was promoted to Sergeant. He was then assigned to Investigations and supervised the Special Victims Unit from 2007 to 2009 and the Robbery/Homicide Unit from 2009 to 2013. Capt. Stasio has supervised the Mobile Field Force and FTO Program. In 2013, Chris Stasio was promoted to Captain. During his career, he has also supervised the CST and was Communications Liaison. Capt. Stasio is currently assigned as the Administrative Bureau Captain.



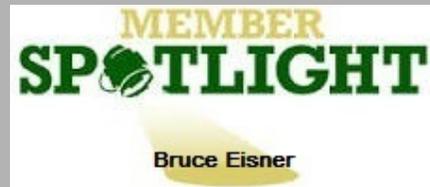
Put Your Phone on ICE

The reason we password-protect our phones is simple: If it gets stolen, the thief can't access all our data. But there's a flipside: If your phone is lost, or more importantly, you've been injured and someone is trying to call your family, there's no way to access your ICE (In Case of Emergency) info.

This thought occurred to me recently while jogging: What if I keeled over or got sideswiped by a car? Whoever found me would also find my phone, but wouldn't know who to call on my behalf. That's because my phone is locked.

The simple fix? Add some ICE to your lock screen -- specifically, to the wallpaper that appears when you tap a button. For this article, I am only going to focus on iPhones, but there are virtually identical tools available for Android and Windows Phone.

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Bruce Eisner joined the Pembroke Pines CPAAA 15 years ago; his primary motivation was to join the COP program. Bruce's interest was first piqued when he joined the mobile patrolling unit with the North Miami Crime Watch Citizens Mobile Unit back in 1978, where he was a charter member. Since then, Bruce has logged over 5,000 hours in police ride-a-longs.

Trying retirement and failing horribly, Bruce now teaches behind the wheel driving part time, while spending a lot of good times volunteering for our Pembroke Pines Police Department. Besides COP, Bruce fills in at the front desk at the main PPPD. For the past 13 years, Bruce has served on the governing board of our CPAAA and enjoys the opportunity of participating in the CPA scenarios, as well as, speaking at the graduation ceremonies. In 2013, Bruce was both humbled and honored to be chosen as the Pembroke Pines Volunteer of the Year. Bruce has a wealth of knowledge that we all can learn from, so stop by and say Hi!

For a fast and easy solution, it's hard to beat **ICE** (In Case of Emergency), a \$1.99 app that, among other things, adds emergency info (your name, any medical conditions, an emergency contact, etc.) to your lock screen. It does this by using a transparent overlay that still allows you to see the image underneath.

However, if you prefer a free, DIY option that gives you control over what info goes where, I recommend **Over** (iOS). This app's sole purpose is to add text to your photos, and it provides a wide range of fonts, colors, orientations, and so on. Here's how to get ICE-y with it:

- **Step 1:** Install and run the app.
 - **Step 2:** Find your current lock-screen photo from the library, tap it, and then tap 'Add Text.'
 - **Step 3:** Now type your text, keeping in mind you'll be able to modify the look and location later. I recommend short emergency-contact info such as: "ICE: John Doe 954-555-1234." You can also choose a color from the accompanying selector, ideally something that will contrast well against your backdrop.
 - **Step 4:** Tap 'Done,' then put your finger on the text and drag it to roughly the area you want it. Now swipe from the right to bring up Over's tools, then choose 'Edit.' Here you can modify the size of the text, but don't shrink it so much that a casual viewer will overlook it.
- (TIP: Do not put your text somewhere that it will be obscured by the time, date, slide-to-unlock bar, or any other lock-screen elements. You can play around with the placement until you find something you like.)
- **Step 5:** When you're done, swipe the tool wheel out again and then tap 'Save.' Don't worry -- Over will preserve your original image while saving this modified one to your Camera Roll.
 - **Step 6:** Open the Photos app, navigate to Camera Roll, tap your new lock-screen image, and then tap the Options icon in the lower-left corner. Swipe the bottom row to the left and choose 'Use as Wallpaper.' Then just follow the usual last couple steps to save as your lock screen.

In the end, you keep your prized lock-screen photo, but adorn it with a crucial piece of information...a WIN-WIN!

NEWS & Announcements

- Please keep our President, John Piziali and his wife Gail in your thoughts and prayers as they are going through a difficult time.
- CPAAA Alumni shirts are available for purchase at \$30 each.
- The PPPD is accepting nominations for Officer, Civilian or Volunteer of the Quarter. Please contact PSA Cheryl Watters for a nomination form. Please submit whomever you think deserves to be recognized for all their hard work.

GET PUBLISHED!

The CPAAA Newsletter welcomes all articles and information relative to the Citizens Police Academy and/or any of the other Pembroke Pines Police Dept. or Fire Rescue volunteer organizations. The CPAAA Newsletter is currently published every two months. Publication of submitted materials are subject to review and space availability. Article deadline is the 10th day of the month prior to the month of publication.

Send articles, submissions, photos, suggestions or comments to PPINESCPAAA@YAHOO.COM