

October/November 2017

Published Monthly (or so)

# NSO Times

Your Source for Norfolk Sheriff's Office News

#### Inside

•	Staff Birthdays for both October
	and November2&3
•	Holiday Party and other
	noteworthy dates3
•	United Way Campaign3
•	Pink badges and patches were
	part of some NSO uniforms in
	October4
•	Inmates prepare for a better life
	by earning GEDs6
•	Service Awards/Recognitions -
	October/November 6
•	NSO well represented at LEC's
	Fall Banquet <b>7</b>
•	Master Deputy Little promoted;
	others recognized8
•	Lt. Breeden excels at
	representing the LGBT
	community on behalf of NSO 9
•	Mermaid City's Fourth Annual
	Trunk or Treat - a frightfully
	spooktacular event10
•	Congratulations to the
	Employees of the Third Quarter
	2017 <b>11</b>
•	Sheriff Baron shares leadership tips with Public Works
	employees12
	Sheriff Baron visits local event
Ĭ	supporting first responders 13
	FAU Coach Lane Kiffen Tweets
	about NSO13
	Lt. Gerald Snyder and his wife
	are proud grandparents 14
	Sheriff Baron shares his
	personal experiences with
	depression and suicide 15

• NSO aces DOC inspection..... 15

Red Cross ...... 15

after fighting the good fight. 16

• Major Ron McInnis passes away

Hurricane relief donation to



Seniors line up to check out the services available at our seminar

## Hundreds of Norfolk seniors enjoy day especially meant for them

It would be hard to overemphasize how pleased the Norfolk Sheriff's Office is with how our Senior Support Services Seminar turned out. Hundreds of older Norfolk residents were able to participate in an event focused on them and their unique needs.

It began at 9 a.m. with vendor exhibits. The NSO honor guard did the presentation of colors followed by an invocation by Rev. Dr. Kirk T. Houston, Sr. and lunch. Mayor Alexander spoke and Sheriff Baron presented plaques

to the key sponsors: Irwin Pharmacy, Anthem, Attorney General's Office, and Dominion Power.

We had over 500 attendees. The 65 vendors who signed up for the event provided access to services and products that helped make it a huge success. One guest said that the vendors could not have done a better job explaining their services and she really appreciated them.

The entertainment was

(Cont. on Page 2)



## Staff Birthdays for October

**Christopher Amos** Angela Bacon **Donna Blevins** Kesha Bray Mark Deschaine **Emory Dunston** Robert Dziagwa Ellice Elliott-James Michael England Raymond Fiorella Jane Garrett Jeana Gordon-Moss Darryl Griebel **Cheryl Harris** Aleen Heffron **Derrick Johnston** Perry Lightfoot Tanula McInnis Lakiya Miller Latosha Moore Benjamin Pestik **Anthony Rivera** Angela Sentz Juan Serrano Erik Shildt Michael Smith Gerald Snyder, Jr. Paula Sumler **Danielle Sykes Gregory Toczek Thomas Todd Thomas Trail** Deborah Vogler James Willoughby Jennifer Worden

## Hundreds of Norfolk seniors enjoy day especially meant for them (Cont.)

awesome and enjoyed by everyone in attendance. The seniors loved winning door prizes, as well as the flowers on the table which were donated by **Lowes**.

Our guests seemed very appreciative when the elected and city officials, staff, and volunteers all lined up to present them with door prizes donated by the exhibitors toward the end of the seminar.

Many thanks to Mayor Alexander, Congressman Scott, Senator Spruill, Delegate Sessoms-Hester, Norfolk Councilwomen Williams-Graves, Johnson, and McClellan, Mr. Shackleford (Attorney General's Office), School Board Member Dr. Gabriel, Rev. Dr. Houston, and Mr. Crittendon of the City of Norfolk for attending. We can't possibly express sufficient thanks to our sponsors and special contributors.

Our Platinum Sponsor was Irwin's Pharmacy. Our Gold Sponsors were **Anthem HealthKeepers** and The **Office of Attorney General** Mark Herring. Our Bronze Sponsors were **Sentara**, **Norfolk Redevelopment** and Housing Authority, and **PrimePlus**. Our Special Contributors were **Lowes**, Sam's Club (flu shots) **EVMS, Norfolk Coffee &** Tea, Naa's Bakery and the City of Norfolk (free parking).

We look forward to an even bigger and better event next year. Check back in late summer of 2018 for more information.



There are many more photos from the Senior Services
Seminar on the NSO Times website.

## SAVE THE DATE! NSO Holiday Party

### NSO Staff Holiday Party

Wednesday, December 20

Baxters Sports Bar and Lounge

500 Granby Street 5 to 9 p.m.

(establishment closed for employees' private party during these hours)

### But Wait! There's More!

All the stories in this publication are also posted on the NSO Times website, where you will often find additional photos, and occasionally videos associated with these stories that we can't fit in here.

Please go to the NSO Times online for more great content.

http://norfolk-sheriff.com/index. php/news/nso-times



## Noteworthy upcoming dates and holidays

**November 5:** Daylight Saving Time ends

(Turn back your clocks)

**November 10: Veterans Day** 

(Staff holiday)

**November 16:** Academy Graduation

(Save the date!)



### Thanksgiving falls on November 23 this year.

The holiday will honored by the NSO with ½ day off on Wed., November 22, and full days off on Thu., November 23 (Thanksgiving Day) and Fri, November 24.

## NSO staffers give generously to the United Way campaign

We are proud to report that the NSO raised over \$10,600 for the **United Way of South Hampton Roads** during our annual campaign.

Our employees designated over \$6,500 of their pledg-

es to be directed to the

**Sheriff Joe Baron Foundation**, a non-profit 501(c)(3) write-in agency.





## Staff Birthdays for November

**Christopher Adams** James Allen Kristian Arciaga Antonio Bell **Andrew Bice** Kenneth Campbell **Aprille Canniff** Matthew Christman Craig Crider Joshua Curran William Davis Jonathan Dominguez William Driskill Mychal Edwards John Evans Richard Ferguson Joseph Goyette **Barbara Grimes Leray Holmes Ashley Houck Latrice James Kyle Jones** Marsha Kerzanet Reggie Ketter Jessica Miller Diana Minor Towanda Mitchell Marcial Montoya **Walter Moss** Lamarquis Myles Jasmine Parker Alisha Pimentel **Jason Raynor** Sunny Reynolds Carla Riddick Elisha Shy Dornesha Smith Stephen Smith John Stitt Christopher Tincler Jamal Welch

# Pink badges and patches were part of some NSO uniforms in October

Throughout the month of October, anyone who encountered a NSO staffer may have noticed something a bit different - a pink NSO badge or patch.

Back in August, a story in NSO Times announced that the NSO would become a participant in The Pink Patch Project.

At the time, Lt. Felicia Morgan, a cancer survivor, presented Sheriff Baron with the pink badge that he purchased to wear during the month of October.

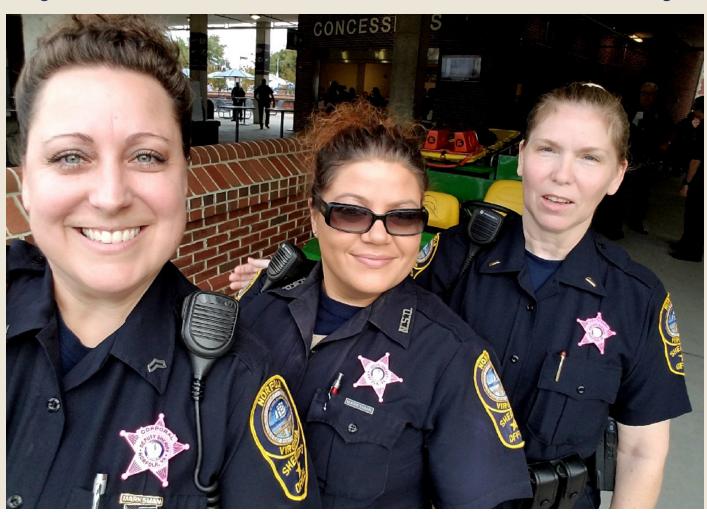
#### The back story:

Throughout the Norfolk Sheriff's Office, it is safe to say that every employee knows someone courageously undergoing cancer treatment or is undergoing a fight against cancer themselves. As a team, we've supported our co-workers who've been diagnosed with this life-altering illness, and sadly, we've even had to lay to rest some of our own whose lives were taken too soon.

Lives may be lost, but cancer never wins.

NSO Lieutenant Felicia Morgan wanted to make

(Cont. on Page 5)



# Pink badges and patches were part of some NSO uniforms in October (Cont.)

everyone aware of that. As a breast cancer survivor herself, Lieutenant Morgan wanted to participate in the Pink Patch Project.

The Pink Patch Project is an innovative public awareness campaign designed to bring attention to the fight against breast cancer and to support breast cancer research organizations in combating this devastating disease.

The program started in Los Angeles, California with the Los Angeles County Police Chief's Association and grew to include many public safety groups throughout the United States. The Norfolk Sheriff's Office may be the first Virginia agency to participate in this program.

Badges are recreated in pink by the company Smith & Warren and they are full size. When a badge is purchased Smith & Warren makes a 10% donation

to the National Breast Cancer Foundation.

ORFO/ IMA WARRING OFFICE

Sheriff Baron gave his consent for his deputies to wear the badges and the patches during the month of October.



#### **NSO Times**





## Service Awards/Recognitions - October/November

#### **October Service Anniversary Awards:**

Larry Carter – 15 Years Dep. Mychal Edwards – 10 Years Dep. Darryl Griebel – 10 Years Randy Klear – 5 Years

#### **November Service Anniversary Awards:**

M. Dep. Ashley Houck – 15 Years Jason Raynor – 10 Years Dep. Davin Steffen – 15 Years

## Completion of Larry Carter's Leadership Course:

Corporal M. Russell Sergeant N. Keisel Sergeant J. Taylor Lieutenant R. Trevena Captain W. Crocker

# Inmates prepare for a better life by earning GEDs

Here at the NSO, we pride ourselves on the effort we put into providing our inmates with some of the tools they need to change the circumstances in their lives which led to them being incarcerated. In fact, nothing makes us happier than never seeing an inmate return to our custody.

We want to recognize two of our inmates who have tested and completed the GED program within the Norfolk City Jail.

Inmate Jarod Morris completed and received his GED certificate on September 1, 2017, and Inmate Wayne Outland completed and received his GED certificate on September 12, 2017.

Both inmates set record high scores compared to previous inmates that have completed the program. They did this in spite of many obstacles that had to be overcome, including program upgrade issue, and scheduling and compliance problems, but they both still worked hard to successfully complete the program at the level that they did.

Mr. Greg Banks, along with his Program Department personnel, never swayed in the face of issues and continued to inspire these two inmates to succeed.

Thanks to Ms. McDonald, Ms. Gordon, Ms. Garrett, Ms. Castellano and Ms. Carpenter.

The GED program is one of many opportunities the NSO offers to our inmates to enable them to learn and improve their lives once released.

You can learn more about NSO's Reentry Programs on the NSO website.

### NSO well represented at LEC's Fall Banquet

Some of our department's LEC (Life Enrichment Center) volunteers recently attended the organization's Fall Banquet. They represent the group of 20+ NSO volunteers who participate as tutors and mentors to help children become confident readers.

The LEC banquet in October gives the organization a chance to express appreciation to its volunteers and supporters who join the event and to hear an inspiring message that keeps us focused on the mission. It affords friends and guests with a wonderful opportunity to learn more about LEC and the children served. It's a joyful time as they highlight

accomplishments, recognize the Partner of the Year and look ahead at opportunities to expand programs.

Commonly known as the LEC, the organization was tasked in 2006 to make sure children in Norfolk could read proficiently by the end of the third grade. The majority of students originally enrolled in the tutoring program grew up in impoverished neighborhoods where education - especially literacy - took a back seat to organized crime, neglect, and family problems. While initiating the LEC, President and Founder Kevin Turpin was told that some cities base the number of jail spaces they'll need on the number of kids

who can't read on-level by 8th grade. He promised himself that he couldn't (and wouldn't) let that happen in Norfolk.

The original plan for the LEC was to serve between 20-30 students. Today, the LEC proudly has tutors assigned to dozens of Title 1 elementary schools in Norfolk, Virginia Beach, Chesapeake, and Hampton. These volunteers are trained by certified LEC staff to successfully tutor in phonics, comprehension, grammar, and spelling. Each tutor is matched with a child in need of assistance for one hour each week throughout an entire school year.



Captain Arrington and her husband – Seated | Sergeant and Mrs. Goosby - Seated Fred Little - Standing | Jennifer Worden - Standing | Lieutenant Pestik - Standing

# Master Deputy Little promoted; others' service anniversaries recognized

Congratulations to **Corporal Efrem Little** on the occasion of his promotion.

On September 1, then Master Deputy Little was promoted to Corporal during a ceremony at the Norfolk Sheriff's Office Training Academy.

Efrem was hired by the NSO in October 2003. A Norfolk native, he was raised by his parents and his older brother, Fred Little Jr. He graduated from Norview High School and worked for the Chrysler Museum of Arts for seven years. Currently he is also working for the Norfolk Tides which he has done for the past 32 years. In the 90's, he worked for the Norfolk State Basketball team.

He graduated from the NSO Basic Training Academy in 2004 and was assigned to the jail's D-Team. While on D-Team he worked numerous assignments including the 2nd Floor and as clothing deputy. He was a member of the Probe Team before becoming a member of the Sheriff's **Emergency Response Team** (SERT). Less than a year after completing the NSO training academy, he received his Master Deputy designation. He was a 2009 Deputy of the Quarter and Deputy of the

Year.

Master Deputy Little was transferred to the **Transportation Department** in May 2006 (his current assignment) and served as the Supervisor for a short period of time. He enjoys running, playing basketball and softball, but has slowed down from playing football. His favorite sport teams are the Pittsburgh Steelers and the Syracuse Orangemen Basketball Team. He loves making trips to New York and exploring the Harlem District of the city.

Everyone who knows Master Deputy Little knows his pride and joy is his son and little buddy who has given him the fire in his life and the beat in his heart. He loves hanging out with him while they enjoy playing baseball and traveling. Recently they enjoyed going to the Football Hall of Fame Ceremony in Canton, Ohio, attending their first Pittsburgh Steelers game, and meeting the players in the locker room. He and his son have enjoyed watching Orioles Baseball games and eating White Castle burgers.

During the same ceremony, several staff members were formally recognized for their longevity:

- · Master Deputy Jeana Gordon-Moss – 20 Years
- · Donna Blevins 20 Years
- Sergeant Kelly Campbell –15 Years
- **Deputy Michael Smith** 5 Years



# Lt. Breeden excels at representing the LGBT community on behalf of NSO

As we reported back in February of 2017, although long an inclusive workplace, the Norfolk Sheriff's Office, under the leadership of Sheriff Joe Baron, took the additional step of appointing Lt. Meryah Breeden as on-staff LGBT Liason (as well as Corporal Xavier Kent to be her assistant) for the NSO.

Recently, Lt. Breeden - along with LGBT liasons from law enforcement agencies across the area and other advocates for the LGBT community - was a guest on The Hampton Roads Show on WAVY-TV, talking about the positive impact their work is having.

In the February article, Sheriff Baron said he hoped that by making Lieutenant Breeden and Corporal Kent available to staff members, every employee will feel embraced as a person when he or she comes to work. "No one should have to check his or her identity at the door," he said.

This initiative was embraced by Hampton Roads Pride. "We are beyond excited to have their commitment to equality and for their service to the community," president Michael Berlucchi said.

(You can read the original story on the NSO Times website)

Following the appearance by Lt. Breeden on The Hampton

Roads Show, Sheriff Baron received the following letter from Mr. Berlucchi (who was also a guest on the program):

Dear Sheriff Baron,

I'm writing to share a clip from the Hampton Roads Show, filmed on Wednesday, September 27, featuring Lieutenant Meryah Breeden discussing her role as the LGBT Liaison at the Norfolk Sheriff's Office with host Kerri Furey.

Thank you for appointing Lt. Breeden as the first LGBT Liaison at a Hampton Roads Sheriff's Office. Since she accepted the role, which was voluntary and is supplemental to her primary responsibilities, I can report, with confidence, that the relationship between the Sheriff's Office and the LGBT community has been strengthened because of her efforts and your support. I

am convinced that Norfolk is safer and more equitable because of her talents and dedication to her role as a law enforcement professional.

I am proud and grateful that a person of her integrity serves our community and thank you for your bold, decisive leadership to make this appointment and your commitment to promote public safety and inclusive practices.

I value and appreciate our partnership and look forward to the opportunity to continue to work with you and Lt. Breeden to serve our community.

Sincerely,

Michael Berlucchi President Hampton Roads Pride



### Mermaid City's Fourth Annual Trunk or Treat a frightfully spooktacular event



A whole slew of little ghosts and goblins had a frightfully spooktacular time at the Mermaid City's **Fourth Annual Trunk or Treat** event, which took place on October 21.

It was a Norfolk Community Safety Event held as a safe way for children to get candy and enjoy the festive activities, blue lights, fire trucks and ladders, and plenty of wrapped candy!

Our staff joined the Norfolk Police and Fire Departments to welcome thousands of kids (not to mention a lot of adults) in costume for a safe trick or treat. Officers hosted the event - the largest of its type in the city - in the parking lot at the Target on N. Military Highway.

This event gives citizens, businesses, city organizations, law enforcement and first

responders a chance to get together, share in some holiday fun and interact in a positive environment.







# Congratulations to the Employees of the Third Quarter 2017

#### By Sheriff Joe Baron

I am pleased to announce the following selections for Employees of the Third Quarter - 2017 for the quarter ending September 30, 2017.

Deputy Michael Conner was nominated by his supervisor and has been selected as Deputy of the Third Quarter 2017.

On August 16, 2017, Deputy Michael Conner was first on the scene to assist with a medical emergency involving one of his teammates. Deputy Conner remained calm in the midst of a stressful and highly unusual circumstance. He instinctively reverted to training received through the academy, his previous employment, and life experience to render immediate aid to Cpl. Barclift.

Many individuals responded that morning and demonstrated the true meaning of teamwork, brotherhood, and love for their fellow man. Because Deputy Conner was first on the scene, there were many questions staff and Cpl. Barclift's family relied on him to answer. Dep. Conner made himself available to speak with Cpl. Barclift's loved ones and

explained what he observed and the actions taken by himself and responding staff. Although this was difficult, Dep. Conner understood the family's need for answers.

His work ethic is stellar. He is often assigned to the clothing post, but when he is not performing those duties, he takes the initiative to assist with Post 2B or anywhere where he is needed. His proactive mindset makes his supervisors remark, "I wish we had more Deputy. Conners." Conner is also a devoted family man and volunteers at his children's school. His supervisor is proud to nominate Dep. Conner as Deputy of the Third Quarter.

#### Mr. Mario Crawford was nominated and selected as Civilian of the Third Quarter 2017.

Mr. Mario Crawford has been assigned to Community Corrections as a transportation van driver since his hire date of July 8, 2014. He currently works a split shift of four hours in the morning, a four hour break and four hours in the evening. Recently he has had to assume the responsibilities of the lead driver due to the upcoming retirement of the current lead driver. This



requires him to structure a delivery and pickup list of times and locations from a master list provided by the **Community Corrections** Case Managers daily. He has shown his ability to make decisions on the move due to last minute changes in work schedules, traffic issues and "call offs" throughout his shift. Mr. Crawford has made needed adjustments by switching from a split shift to a full shift or taking a weekday off to cover a weekend shift to support the post.

Throughout the day he meets everyone with a smile and a "can do" attitude - always willing to go the extra mile. He has been seen assisting the counselors from time to time with their work to ease some of the burden and at the same time learn all aspects of the Community Corrections Division.

Prior to employment, Mr. Crawford graduated from Romulus High School in Michigan and attended Post

(Cont. on Page 12)

## Congratulations to the Employees of the Third Quarter 2017 (Cont.)

Graduate Prep School at the Fork Union Military Academy in Virginia. While in Michigan he worked as a summer camp counselor at the Romulus Recreation Center. As a counselor he coordinated activities and field trips as well as being a life coach to the children and communicating their progress to the parents. He received a full athletic scholarship to Old Dominion University where he went to play football for the Monarchs. After a career-ending injury, he continued his education and earned a Bachelor of Science degree in Criminal Justice. While attending ODU, he stayed active in the athletic department as an assistant running back coach. He also worked at the Pepsi Company and eventually ending up as an Assistant Sports Performance coach at ODU.

In his free time, Mr. Crawford has volunteered for the Special Olympics, ODU School Field Day and the ODU Bone Marrow Drive. Throughout the year he continues his ODU duties as a football strength and conditioning coach. During his four hour break, he dedicated his time to the Sheriff's Sports Camp as an assistant in conditioning and life coach for youth who attended. Mr. Crawford has

proven that the community, youth athletics and a can do attitude can come together with successful results.

Because of his attention to detail and eagerness, he is a true asset to the Norfolk Sheriff's Office and is well deserving of the Civilian of The Ouarter.

Many former Employees

of the Quarter continue to demonstrate excellence and the committee recognizes their enduring contributions to the organization. Thank you to ALL employees who were nominated for Employee of the Quarter. All individuals nominated are to be commended for your dedicated performance!

Awards will be presented on a date to be announced.

## Sheriff Baron shares leadership tips with Public Works employees

From Mr. Williams with the City of Norfolk:

Thank you to Norfolk Sheriff Joe Baron and TCC Department Head Richard James for sharing their insight and knowledge with the future leaders of the City of Norfolk's Public Works Department. The leadership development program is designed to give the employees valuable information and insight about leadership qualities and techniques. I am very proud of our Public Works Employees!



# Sheriff Baron visits local event supporting first responders

A recent event held by a long-respected community service organization brought out a bevy of appreciative first responders, including Sheriff Joe Baron.

The event was called "Day of Remembrance," called an "appreciation of First Responders and Youth Safety event," and held to honor first responders the week of the anniversary of 9/11. It was organized by STOP Inc., which stands for Supporting Transformational Opportunities for People.

According to a note from one of the organizers, Sheriff Baron "added a special touch as he sat and drew the Snoopy Character, colored and engaged both the youth and adults. We had a lot of fun."

A story in the Virginian Pilot about the event said:

"Police officers, firefighters and public officials mingled with children and their families at Lafayette Park on Granby Street and taught them safety tips.

"The event was also designed to build bonds between first responders and neighborhood children.

"The children scrambled aboard fire trucks to sound the sirens, test flashing lights and listen to emergency calls on the radio."





STOP, Inc. has been serving the Hampton Roads community for over 50 years. They've assisted thousands of economically disadvantaged residents in improving their living conditions while helping them achieve greater levels of self-sufficiency. The official history on their website reads:

"STOP was created in 1965 as the designated Community Action Agency to serve the Southeastern Tidewater Virginia area.

"Governed by a dedicated board of directors, STOP employs more than 37 highly skilled staff members who implement 15 programs with funding from 11 Federal, State, Local, and Private sources.

"Our Mission: With the assistance of community partners, reduce the effects of poverty by assisting low and moderate wage earners and economically disadvantaged residents of Eastern Virginia achieve self-sufficiency through program and service initiatives which encompass education, employment, housing and health for the improvement of their quality of life."

Sheriff Baron and the NSO are proud to support STOP, Inc. in its work to improve the living conditions of residents of our area.

### **FAU Coach Lane Kiffen Tweets about NSO**

After their visit to Norfolk to play ODU, Florida Atlantic University coach Lane Kiffen posted on Twitter about a letter he received from NSO Corporal Juan Serrano about an encounter Serrano and Lt. Meryah Breeden had with one of the FAU players after the game.

In his emailed letter to Kiffen, Cpl. Serrano wrote:

Good Morning,

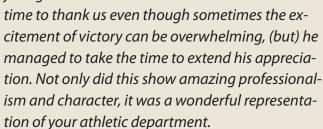
I am sending this email on behalf of the Norfolk Sheriff's Office Community Affairs Division in Norfolk, VA.

On October 7, 2017 FAU Football played ODU Football and the Norfolk Sheriff's Office was there working the game for security purposes which I'm sure your local law enforcement agencies do as well. Although ODU lost it was a win for us from a security standpoint.

All that aside the reason I am writing is to acknowledge the gesture of gratitude one of your players extended to our department. After FAU's win QB Conor Miller was heading back to the locker room and approached Lieutenant Breeden and

myself, Corporal Serrano, and told us "Thank you for being here for us", and then shook both our hands.

This small gesture was truly appreciated. This young man took the



That small gesture truly stood out to us. We have full respect for him as well as your program and would like you to forward our thanks to him.

Thank you again for your time and good luck on the rest of your season.

Kiffen, who the Virginian Pilot said in their story about this is *not* a prolific Twitter user, posted a picture of Serrano's email with his own personal note, saying: "This is really cool!!!!!"

Lt. Gerald Snyder and his wife are proud to announce the birth of their first grandchild.



Please welcome:

### Avaleen Nickole Snyder

(pronounced Ay-vah-leen)

DOB: 9-17-17 at 10:48 pm 19 inches - 7lb 8oz

Parents: Ashley & Jerry A. Snyder (Ft. Irwin, California)
Grandparents: Chicky & Jerry F. Snyder (Norfolk, Virginia)



# Sheriff Baron shares his personal experiences with depression and suicide

#### (From "Talk About It Norfolk":)

"It's tough, in law enforcement, because you're expected to be tough," said Norfolk Sheriff Joe Baron. "You start talking about being depressed.... you may feel like if you say those things in our environment, that someone will consider that a weakness."

It's a stigma we, as a society, have to break.

It's one that Sheriff Baron's family had to confront before his father could tackle his alcoholism.

As part of the "Talk About it Norfolk" project to address suicide and depression,

# NSO's jail operations pass surprise DOC inspection with flying colors

On September 8, the Department of Corrections completed their unannounced inspection of our jail operations at the Norfolk Sheriff's Office.

#### Sheriff Baron said:

"I am proud to report we passed with 100% compliance. I am grateful to all of our staff who participated in the process, answering tough questions, maintaining a clean environment, and just plain doing a great job.

Go Team NSO!"

which spanned the month of October, Sheriff Baron was one of several people who shared their own experiences in the hope that it would encourage others to open up about the topic.

You can listen to him tell the touching story of how depression impacted him and his family on the NSO Facebook page, as well as many other locations online.



### Sheriff's foundation donates to the American Red Cross for hurricane relief on behalf of NSO

Recent hurricanes have created a complete disaster in many places. Many of us feel helpless to do anything about it. We watch rescues and we see thousand stranded in shelters with no home to return to. They will need food, water, and shelter for the long term until they can resettle.

The board for the Sheriff Joe Baron Foundation has donated \$500 to the American Red Cross in the name of all Norfolk Sheriffs Office employees to help. They will need every dollar to help provide supporting services. Please donate if you can. It is the best way to help at this time! #redcross, #hurricaneharvey, #sheriffjoebaronfoundation.

# Major Ron McInnis passes away after fighting the good fight



All Staff:

It is with great sadness I report to you the passing of Major Ron McInnis. Ron died in his home with his family there supporting him. He fought his illness with courage long and hard for over four years, which is remarkable for anyone.

Ron was a good friend to me and a beloved member of the Norfolk Sheriff's Office family. He served in just about every area of the Sheriff's Office with a smile, respect, care, and dignity. He was full of compassion and never wavered to speak up as an advocate for others. Ron truly knew the meaning of the "golden rule" because he always treated others the way he wanted to be treated. His leadership and presence will be greatly missed.

Ron was promoted to Major on August 17. This is the official biographical information that accompanied the announcement:

### Captain Ronald McInnis

(Promoted to Major)

Ron was hired on August 23, 2003. He was a NSO deputy from 1984 until 1993 under the Sheriff Mapp administration. He ran for Sheriff in 1993 and was rehired by Sheriff McCabe in 2003 and graduated from Basic Training Academy in 2004. Assignments have included the Jail, Security Threat Unit, Operations-Circuit Courts and various assign-

ments including Community Affairs. His previous promotion to Captain was in December 2013. Ron was a Certified Gang Specialist.

Please keep Ron's family and friends in your thoughts and prayers.

~ Sheriff Baron



