

Free and Fun! Here are some great events for kids and their families happening this summer in Hastings Sunrise!



After three years of Covid limitations, the HSCPC's outreach program is back in full swing. Our staff and volunteers are thrilled about joining numerous events this summer, connecting with community members and providing information about safety and crime prevention. Of course, our popular Mini-POPAT for kids (see below) will have a comeback as well! Bring your whole family - all of Hastings Sunrise's summer events make for a lot of fun!*

■ *Nina Kreis, coordinator,
Hastings Sunrise CPC*

Volunteer Jade
Spencer-Tam demonstrates
the sled pull

Volunteer Steven Chan
at the push-up station



Franklin School Association presents: Franklin Community Gathering

Come check out the Mini-POPAT*, face painting, balloon twisting, and games.

BBQ by donation or feel free to bring your own picnic! Fun for all ages! Located at Franklin Elementary School, 250 Skeena St.

Saturday June 24 - 4 to 7 PM

Thunderbird Community Centre presents: Thunderbird Summer Kick-Off

Kick off the summer with golfing, face painting, meeting Firefighters, and the Mini-POPAT*, 2311 Cassiar St., in the gravel field behind Thunderbird Community Centre

Thursday June 29 - 1 to 3 PM

Hastings Community Centre presents: Hastings Summer Fun!!

Games, BBQ, bouncy castle, live entertainment, and much more! Located at the grassy area of Hastings Community Centre Building (beside spray park), 3096 East Hastings St.

Sunday July 9 - 11 AM to 2PM

Frog Hollow Neighbourhood House presents: Harvest Festival

Come see the famous veggie contest, live music, information booths, vendors, snacks, and door prizes.

Located at Clinton Park, 2690 Grant Street

Thursday August 31 - 10 AM to 2 PM

*Mini POPAT is a child-sized version of the Police Officers Physical Abilities Test, which is used to test and train Vancouver Police Department personnel to ensure they can meet the rigorous demands of the job.

The POPAT is a timed obstacle course that requires the candidate to run, jump, climb stairs, do push-ups and sit-ups, and push and pull heavy weights. It must be completed within four minutes. See a video on the VPD website under "VPD Recruiting" or check it out on YouTube.

■ **Meghan Wong**

Dine Out for Safety – Thank You!

Thanks to the generosity of its supporters in the community, the Hastings Sunrise CPC put on another of its annual Dine-for-Safety dinners May 2 at Tamam Fine Palestinian Cuisine.

Through auctions, donations and ticket sales, we raised \$9,200, all of it earmarked for the community safety programs that help make our neighbourhoods great places to live, work and visit!

Special thanks to major supporters PCI Developments and Tamam.

We are also grateful to all those who contributed items for our always-popular silent auction.

Thank you to:

Toni Carlson, Artist

BC Lions

Bosa Foods

Carlsberg

Chop House Restaurant

Coast Therapy – East Vancouver

Columbus Meats

Dirty Laundry Vineyard

Everything Wine

Eighteen Pastures Golf Course

Fitness Depot

GoDark Bags

Hastings North BIA

High Point Beer Wine Spirits

Kanaka Coffee

Lassonde Industries

May Lam

Moorestock Outfitters

Moxies

Musqueam Administration

Musqueam Golf Course

Musqueam Chief Wayne Sparrow

Nimbus Grappling

Northland Group Denny's

Pacific National Exhibition

PCI



Peach Orchard Campground

Relaxus Products Ltd.

Renzullo Food Market

Stanley Park Horse Drawn Tours

Steamworks Brewery

Tanious Insurance and Investments

The Improv Centre

Vancouver Canadians

Vancouver Canucks

Vancouver Police Department

Vancouver Police Museum

Vancouver Police Foundation

Shredding Day was a Win-Win!

Cloudy with a chance of showers was the forecast for our 2023 shredding event in May.

That might explain why we took in 8,500 pounds of documents for shredding – down slightly from 8,900 pounds in 2022.

But Shredding Day is always a sunny win-win for the Hastings Sunrise Community Policing Centre and the community. The public can shred bulk documents securely for the low donation of \$10 per box, and the CPC gets added funding to offer community-based programs for Hastings Sunrise.

Today's culprits are identity thieves – an impersonator who uses your sensitive information. Protect yourself by saving documents and visiting us at next year's event and we always help unload your car!

A big and warm Thank You to Rod Ivey at Best Shredding! Rod manages and operates the Best Shredding truck at our annual Shredding Day event.

Thanks also to the Hastings North Business Improvement Association (BIA) which co-hosts the shredding event each year.

▪ **Harry Mah**



Adam Markovic (left: staff) and Ricardo Silva (volunteer) load up for another big shred!

Working together for a safe community

The Hastings Sunrise Community Policing Centre works in partnership with the Vancouver Police Department



Other Partners:

