

## Baby Powder Reveals Career Choice

When Hastings Sunrise Community Policing Centre (HSCPC) volunteer Kajol Gounder was five years old, she put the accessories for her doll to good use. She got out baby powder and a small brush, not to pamper her baby doll, but to comb through her family house to collect fingerprints.

Fast forward two decades and Kajol is a lot closer to achieving her lifelong dream of becoming a forensic identification specialist. She graduated from BCIT with a degree in Forensic Science before being hired by the Vancouver Police Department as a Special Municipal Constable (SMC) earlier this year.

As a graduated SMC, she is currently employed in three different sectors: as a jail guard, in traffic authority and community safety personnel.

"I enjoy working in community safety because I get to create a professional network that will further my career. Recently, I applied as a full-time jail guard because I'm planning to pursue a policing career and apply as a full member. This position will help me obtain the needed experience," says Kajol.

Being a volunteer, as well as a Sunrise Safety Team member at the Hastings Sunrise CPC, has given her a glimpse into what it is like working in the community and dealing with questions and concerns from residents and business owners.

"My time at the HSCPC has taught me a lot about handling difficult situations and how to engage with people that are going through a hard time in their life. I use these de-escalation techniques on a daily basis," says Kajol.

Working at a police department, she expected to find a hierarchical and competitive environment. "Of course there are different ranks and it is important to act accordingly but I really did find a big family where everyone is helpful and supportive," she adds.

Kajol's goal is to learn as much as she can as Special Municipal Constable before applying to become a regular Vancouver Police Officer within the next year.

Meanwhile, she is not losing sight of her dream. "I really hope to obtain the certification to be able to join the VPD Forensic Identification one day. So far my

ambition and hard work has paid off and I know it will be a long journey but I'm here for all of it," Kajol enthuses. Our CPC is lucky to have volunteers like her who choose to stay with the

organization despite their busy schedules. She still stops by the office, either to pick up found property as part of her job, on her lunch break, or for volunteer shifts.

"The CPC also feels like family to me and Hastings Sunrise is the neighbourhood I live in. It is important to me to give back whenever I can."

■ **Nina Kreis**



Special Municipal Constable  
(and HSCPC volunteer!)  
Kajol Gounder

### Inside:

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### Working together for a safe community

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



Other Partners:



# Restorative Justice Initiative Grows

New ways of addressing conflict in Vancouver are being created and nurtured – and Hastings Sunrise is in the forefront!

Since we first told Bulletin readers about Vancouver becoming a Restorative City in our Spring 2022 issue, large steps have been taken toward determining just what it would look like, starting in our community.

The vision is to have other processes beside police and courts involved in dealing with community conflict, harm and crime. To that end, an initiative has just launched and a cohort of local people are receiving training over the next few months to become “peacemakers”.

Three organizations are collaboratively leading this project: Frog Hollow Neighbourhood House, Hastings Sunrise Community Policing Centre (HSCPC), and Peace of the Circle, which is the coordinating host organization of Vancouver becoming the first Restorative City in Canada.

The local initiative is the result of a consensus reached by the Restorative Collective to build restorative neighbourhoods. Hastings Sunrise was chosen as the first seedbed neighbourhood.

“It will take time and further resources to fully implement the vision,” says Clair MacGougan, HSCPC executive director. “Ours is an inaugural project. Other neighbourhoods, including Strathcona, are also interested and planning on becoming restorative neighbourhoods.”

“We could look at dealing with neighbour disputes in peace circles,” he says. “Another area might be police and community relations.”

This project has received a grant from the City of Vancouver and from the Ministry of Public Safety and Solicitor General. The coordinating team is seeking further funding to ensure continued success.

For more information, see <https://peaceofthecircle.com/restorativecity> and follow @Peace of the Circle on social media (Facebook, Instagram, LinkedIn).



Hastings Sunrisers are all smiles after a session of training to become “peacemakers” under the guidance of Dr. Evelyn Zellerer (back row, 3rd from right), founder, Peace of the Circle.

## Alzheimer's Resources

Friends and family of people affected by a diagnosis of Alzheimer's disease often encounter hardship, difficulty with the affected person's behaviours, being overwhelmed or just having difficulty with personal interactions. Alzheimer's disease is the most common type of dementia.

A good starting point is the Alzheimer Society of BC. With an internet connected device, anyone can find information and resources related to Alzheimer's disease. The link to Alzheimer's BC website is: <https://alzheimer.ca/bc/en>

Here, you can find accurate, informative online and in-person resources. Topics include:

- Free, confidential information and support
- 10 warnings signs of dementia (video)

- Newsletters
- Find support
- Webinars
- Resources on Covid-19 and dementia
- Chinese language information

There is no cure for Alzheimer's; there are treatments (see a doctor) and ways to manage by learning and incorporating skills \ techniques from professionals and good sources like the Alzheimer Society. Increasing management skills helps to maintain a good level of independence and quality of life for the affected person.



The first step at times can be difficult, but with information on the Alzheimer Society of BC website, the first step becomes easier.

■ Harry Mah

## Sunrise Place Welcomes Newcomers

Frog Hollow Neighbourhood House is excited to announce an additional space in our community: Sunrise Welcome Place - Settlement and Integration Services, at 2740 E Hastings St.

Sunrise Welcome Place offers a diverse range of settlement and integration services to help newcomers adapt and thrive in their new community.

Immigration, Refugees and Citizenship Canada (IRCC) has supported the establishment of this new space through funding, fostering a welcoming space for community growth and connection.

A smudging ceremony by Elder Seislom took place on Nov. 14.

Sunrise Welcome Place is open now with limited onsite programs and services.



# Calendar Choice: Dogs or Horses?



The Vancouver Police Foundation has released the 2024 edition of the annual VPD Canine Unit calendar, along with a brand new VPD Mounted Unit calendar.

The Canine calendar features the VPD's K9 dogs appearing all over Vancouver, from the beach to the Grouse Gondola! The Mounted calendar showcases the VPD's horses in action throughout the city, as well as relaxing in their home stable in Stanley Park.

The calendars can be purchased at the CPC or online at the VPF's website for \$15 per calendar.

Proceeds from the Canine calendar are divided equally between BC Children's Hospital Foundation and the BC Cancer Foundation, while all proceeds from the Mounted Unit calendar will support programming funded by the Vancouver Police Foundation.

VPF website: <https://www.vancouverpolicefoundation.org/>

■ Nina Kreis

## Vibrant Mural Graces Kamloops Plaza

In April 2021, a temporary pop-up plaza was placed at Hastings and Kamloops. This was the City of Vancouver's response to COVID-19 to provide residents an outdoor gathering space and to support local business recovery.

More than two years later, it has undergone upgrades to become a more permanent fixture and the name "pop-up plaza" has been replaced with "Neighbourhood Plaza". Here to stay for at least the next five years, it will help provide our community with a space to eat, rest, socialize and participate in neighbourhood activities.

What is great about this plaza is that it has been catered to our neighbourhood. None of the other plazas look identical, allowing community members to make it their own. There is even a message board for neighbours sharing information on events. The City and the BIA have partnered with Mission Possible who

provide employment for people who are vulnerable and/or experiencing poverty. Members from Mission Possible not only keep the plaza beautiful and clean, but also the HastingsSunrise neighbourhood.

The plaza also has a beautiful new mural painted by Jody Wasserman. This is their largest mural painted to date and has been designed to reflect positivity, community, diversity and vibrancy. More of Jody's art will be installed in the plaza next year.



If you have ideas for how the plaza can be improved, or if you want to host an event, get involved, or receive funding to improve or celebrate in the space, email the City of Vancouver at [plazas@vancouver.ca](mailto:plazas@vancouver.ca)

To have your poster placed on the community board, contact the East Village Business Improvement Association (BIA) of Hastings Sunrise and Grandview-Woodland at [info@eastvillagevancouver.ca](mailto:info@eastvillagevancouver.ca)

The City of Vancouver has also partnered with the BIA, Kiwassa Neighbourhood House, Vancouver Urban Food Forest Foundation, and Ward Memorial Baptist Church for our local pop-up plaza.

■ Meghan Wong

Mural art by Jody Wasserman

# How to Stay Safe This Winter

## Outdoor Tips:

- **Be seen.** As daylight hours decrease, it becomes more difficult for drivers to see you. Avoid wearing dark coloured clothing at night. Pick up an ICBC reflector from our office.
- **Eye contact.** Always make eye contact with the driver, never assume that the driver sees you.
- **Dress appropriately for the weather.** Wear warm clothing. Also wear appropriate footwear for sidewalks and roads that may be slippery. Walk like a penguin when there is ice on the sidewalk!
- **Avoid distractions.**  
As a driver, leave the phone alone. Pull over if you need to make a call or respond to a text message.  
As a pedestrian, put the phone down and have your head up to be aware of your surroundings. Avoid having both earbuds on.
- **Keep an emergency kit in your car** in case you get stuck in it because of poor driving conditions. You can start with a blanket and non-perishable foods.

## Going on vacation?

**Avoid posting on social media that you are going away.** If people know that no one will be home, it is an opportunity for potential crime.

- **Ensure packages will not be delivered while you are away.** Multiple packages on your porch over a few days indicates to the public that no one is home. Or you can direct your mail and packages to your closest Canada Post office.
- **Have a trusted neighbour or friend** check up on your home while you are away. They can store your mail and packages until you come home.
- **Have timers for your lights.** Timer-activated lights give the impression that someone is at home.
- **Motion sensor lights.** They provide the sense that someone has just turned on their lights and is watching the area.

■ *Meghan Wong*

Sources: Government of Canada, ICBC and Doctors of BC.

## This Issue

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## 嬰兒爽身粉揭示了職業選擇

喜士定日升區警訊服務中心（HSCPC）的義工KajolGounder在五歲的時候，就懂得充分利用洋娃娃的配件。她拿出嬰兒爽身粉和小刷子，不是用來梳理她的洋娃娃，而是為了在家裡收集指紋。

二十年過去，Kajol離成為法醫鑑定專家的夢想又近一步。她畢業於BCIT，獲得法醫學學位，今年被溫哥華警察局聘為特別市政警察（SMC）。

作為一名特別市政警察，她目前在三個不同的部門工作：監獄警衛、交通部門和社區安全部門。

「我喜歡在社區安全部門工作，因為我可以建立一個專業的人際網絡來提升我的職業生涯。最近，我申請做全職監獄看守，因為我計劃成為一名警察，這個職位將有助於我獲得所需經驗。」Kajol說。

她成為一名義工以及日升區警訊服務中心安全隊員，不但了解在社區工作的情况，更明白居民和企業對於該區的疑問和擔憂。

「在喜士定日升區警訊服務中心的經歷教會了我如何與生活困難的人打交道，而這些技巧在日常生活中得以學以致用。」Kajol說。

她預料警察局是一個階級分明、競爭激烈的工作環境。「當然，等級不同，需履行的職責也不同，但我確實找到了一個大家庭，

每個人都幫助和支持我，」她補充道。

Kajol的目標是在明年申請做溫哥華警察之前，盡力地增長在特別市政警察學到的知識。

同時，她也沒有忘記自己的夢想。「我真的希望有一天能夠加入溫哥華警察局的法醫鑑定部門。現今為止，我的付出和努力都獲得回報。我知道這是一段漫長的旅程，但我會全力以赴。」Kajol興奮地說。

我們的警訊服務中心很幸運有像她這樣的義工，在繁忙日程中為機構抽出時間。她會在午休時間在辦公室處理失物，或在服務中心輪班。

「對我來說，警訊服務中心像家一樣，而喜士定日升區是我居住的社區，我希望盡我所能回饋社會。」

■Nina Kreis



特別市政警察  
（還有喜士定日升區義工！）  
KajolGounder

## 冬天安全指南

戶外小貼士：

- 可被看見。隨著白天時間減少，駕駛者更難在路上注意到你。避免在晚上穿深色的衣服，可以從我們的辦公室領取 ICBC 反光板。
- 眼神接觸。與司機保持眼神交流，切勿假定司機看到你。
- 根據天氣穿著合適的衣服。穿保暖的衣服。在可能濕滑的人行道和道路上穿著合適的鞋襪。當人行道上結冰時，像企鵝一樣行走！
- 避免干擾。
  - 作為司機，不要使用手機。如果你需要撥打電話或回覆短信，請靠邊停車。
  - 作為行人，放下手機並抬頭觀察四圍環境。避免同時配戴兩個耳塞。
- 在車內準備一個應急包，以應對因駕駛條件惡劣而被困在車內。你可以準備毯子和不易腐爛的食物。

去度假嗎？

- 避免在社群媒體上發布你要離開的消息。如果被人知道沒人在家，便會增加潛在犯罪的機會。
- 確保在你離開期間不會有包裹投送到家裡。當你的門廊上堆滿了包裹，人們便會知道沒人在家。
  - 或者，你也可以將郵件和包裹直接寄到最近的加拿大郵局。
- 當你離開期間，請讓你信賴的鄰居或朋友家期檢查你的家。他們可以保存你的郵件和包裹，直到你回家為止。
- 為你的燈設立開關計時器。定時開啟的燈給人一種有人在家感覺。
- 設置運動感應燈。它們給人一種有人剛打開燈並觀察四周的感覺。

■Meghan Wong

# 朝氣勃勃的Kamloops廣場

2021 年 4 月，政府在Hastings和Kamloops設立了一個臨時廣場。這是溫哥華市在 COVID-19 後，為居民提供戶外聚會的空間並支持本地經濟復甦。

兩年多後，廣場進行了升級，成為一個較為固定的地方，而「臨時廣場」的名稱也被「鄰裡廣場」取代。它會持續開放至少五年，為居民提供餐飲、休息、社交和參與社區活動的空間。

這個廣場的特別之處是融合了社區的元素。與其他廣場不同，居民可以將它變成自己的廣場，那裡有一個留言板供居民分享活動資訊。政府和 BIA 與 Mission Maybe 合作，為弱勢群體和/或貧困人口提供就業機會。Mission Maybe 的成員不僅維持了廣場，還有喜士定日升區的美麗和清潔。

廣場上有喬迪·沃瑟曼 (Jody Wasserman) 繪製的美麗的新壁畫。這是他們迄今為止繪製的最大的壁畫，旨在反映積極性、社區、多元性和活力。明年，廣場上將展出更多喬迪的藝術品。

如果你對改善廣場有任何想法，或想要舉辦活動、參與其中或獲得資金來改善廣場，請發送電子郵件至 [plazas@vancouver.ca](mailto:plazas@vancouver.ca) 給溫哥華市政府。

想將你的海報張貼在社區板上，請聯絡 Hastings Sunrise 和 Grandview-Woodland 的 East Village Business Improvement Association (BIA)，郵箱為 [info@eastvillagevancouver.ca](mailto:info@eastvillagevancouver.ca)

溫哥華市也與 BIA、Kiwassa Neighborhood House、Vancouver Urban Food Forest Foundation和Ward Memorial Baptist Church合作，建造了我們的臨時廣場。

■ Meghan Wong



朝氣勃勃的Kamloops廣場  
喬迪·沃瑟曼(Jody Wasserman) 創作的壁畫

## 阿茲海默症

患有阿茲海默症的病人身邊的朋友和家人經常會因為患者的行為感到難受或不知所措。阿茲海默症是最常見的失智症類型。

不列顛哥倫比亞省阿茲海默症協會是一個很好的平台。只要有上網的設備，任何人都可以在網站上找到與阿茲海默症相關的資訊和資源。

阿茲海默症不列顛哥倫比亞省網站的連結是：<https://alzheimer.ca/bc/en>

在這裡，你可以找到準確、資訊豐富的線上和實體資源。主題包括：

- 免費、保密的資訊和支持
- 失智症的10個警訊（影片）
- 時事通訊
- 尋求支持
- 網路研討會
- 有關 Covid-19 和失智症的資源
- 中文訊息

阿茲海默症無法根治。除了一般的治療方法（看醫生），亦可透過專業人士和阿茲海默症協會學習管理技能。提升管理技能有助患者維持獨立和生活品質。

萬事起頭難，不列顛哥倫比亞省阿茲海默症協會網站上的信息，讓大家更容易踏出第一步。

■ Harry Mah

