

Partners Help You Block Out Crime

Your community policing centre and Block Watch are stepping up their partnership!

These two community safety initiatives have supported each other for many years, but new training modules jointly developed should make both even more effective. Online sessions for new Block Watch members began in July.

Here's why you should care: A healthy Block Watch means less local crime. Neighbours learn how to spot crime, or criminal activity in the making. They learn when and how to report it. As a bonus, they get to know one another better, and their block becomes a better place to live.

Leah Marlay, Block Watch administrator since 2008, is retiring this year after helping the program grow to 400 groups and 8,000 members across the city.

"I am so excited about this opportunity," she says. "It's a perfect fit. To quote HSCPC's Clair MacGougan, 'CPCs are really Block Watch on steroids.' CPCs will be able to use Block Watch to bring even more neighbourhoods together in safety."

"Citizens who start or join a Block Watch do it for two reasons. One, unfortunately, is that they were the victim of crime or they notice a spike in crime in their neighbourhood. And, two, it's a great way to meet your neighbours. When neighbours know each other and have been Block Watch trained, it's easier to recognize suspicious or criminal activity."

Leah tells the story of a Block Watch captain who brought complaints of graffiti, drug dealing, speeding vehicles, and more. His area was very multilingual and he struggled to communicate with neighbours. He invited them to an annual Block Watch block party. Few showed up, until by the third year he was thrilled by the attendance! At the same time, he was working with Constable Dave Krenz on the crime issues.

"He said he often was able to find one family member who spoke English who would share the Block Watch information with the rest of the family -- the need to call the police to report crime and suspicious activity. If it's not reported, the police don't know it's happening and can't analyze patterns or assign appropriate resources.

"Cst. Krenz connected the captain with the City to help clean up the graffiti and



A sunny lookback - Volunteers Abby, Jenny and Edward helping out one bright August day at Pedal Palooza in the Kamloops plaza.

got traffic calming and street lights installed. He worked with other police resources and the community policing centre to bring a more visible police presence. It took a few years, but this resilient Block Watch captain had brought his neighbourhood together and, rather than selling and moving from his beloved neighbourhood, he had reclaimed it."

"Joining Block Watch can be a great way for new immigrants to build trust

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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:



Scam Prevention Tips

Phone scammers want to steal your personal information and, eventually, your money! Don't let them! Here's how:

Protect sensitive information: Avoid giving out your Social Insurance Number (SIN), banking information, passwords, birth dates, family names and associations. Shred your personal and sensitive printed documents at the annual HSCPC Shredding Day which is held the first Saturday in May every year.

Never send money to strangers: Scammers may ask you to buy gift, store or Visa cash cards and tell them the card numbers. If you are unsure, call a friend or trusted neighbour instead and tell them about the call.

Beware of "urgent" or "free:" If a caller wants you to act urgently, be wary. Also beware of "free" trip offers that usually involve revealing personal and sensitive information.

Who are you? When a stranger asks for information or money, ask for details of their company or organization. Then look up the phone number online and ask them to mail you information.

Keep it short: Scammers try to gain your trust by being friendly, seeking further information. Keep stranger conversations short, or just hang up.

Answering machine: Let the answering machine take your calls; you can always pick up if you recognize a voice but most scammers won't leave a message.

Call Display: Don't trust Call Display; It can show false and manipulated information, called "spoofing".

For more helpful hints, go to [Fraud Prevention on the VPD website \(vpd.ca\)](http://Fraud Prevention on the VPD website (vpd.ca)), or [The Little Black Book of Scams](#) on the Competition Bureau Canada site (in several languages including Chinese).

■ *Harry Mah*



Peacemakers Practice for 2025 Launch

Hastings Sunrise is one step closer to becoming a Restorative Neighbourhood. Since it was chosen as the first seedbed for the initiative, as part of Vancouver becoming a Restorative City, many things have progressed to make this vision a reality.

Sixteen peacemakers from the three lead organizations – Hastings Sunrise Community Policing Centre (HSCPC), Frog Hollow Neighbourhood House and Peace of the Circle – have gone through almost 50 hours of extensive training, consisting of modules on communications and conflict resolution, trauma informed practices and peace circles. “The training addresses complex trauma, and how facilitators work with it using Indigenous approaches that are body centred and land based,” says Norm Leech, executive director at Frog Hollow, who delivered the second training module.

Another training on facilitating peace circles will take place in November when Dr. Evelyn Zellerer (Peace of the Circle) and Gillian Lindquist (Restorative Justice Victoria) will do a deeper dive into the intricacies of resolving conflict by being in Circle together.

Peacemakers are currently practicing their skills by facilitating dialogue circles. All of the Circles are being debriefed with the peacemaker cohort so that everyone benefits from the learnings. The goal is for every peacemaker to have facilitated at least three dialogue circles so that they are ready to take on more difficult cases that involve conflict by the end of the year.

Our leadership team is developing policies and procedures for a new restorative program, which will be hosted at the HSCPC. “From our work with the community, we know that there is demand for an alternative process that offers a space for people to connect, communicate and create change. The process can be complementary or an alternative to the legal system,” says Nina Kreis, HSCPC coordinator.

“Restorative justice focuses on addressing harm, healing and relationships. Affected parties – those who caused harm, those harmed, their families and community – are invited to participate in determining meaningful accountability, reparation, meeting needs and a path forward,” explains Dr. Evelyn Zellerer, founder and director of Peace of the Circle.

At the end of July, we also hosted the first Hastings Sunrise Leadership Circle for local community leaders and partners to meet with the Restorative Neighbourhood team to learn about this initiative and invite participation.

“We are very pleased that leaders in the neighbourhood, such as Vancouver Public Library, Hastings Community Centre, the Aboriginal Friendship Centre and many others, have shown keen interest in being involved and supporting the Restorative Neighbourhood initiative,” rejoices Clair MacGougan, HSCPC executive director.

Stay tuned as we continue this collaborative journey with an aim to launch the restorative justice program in early 2025.

For more information about Restorative City Vancouver, including our neighbourhood initiative, visit: peaceofthecircle.com/restorativecity

■ *Nina Kreis*

Community Safety is an All-ages Event

Like any family, our Hastings Sunrise CPC family works best with a mix of generations. The energy of our younger volunteers is balanced with the wisdom and life experience of our elders.

We invite you to meet three of our valued volunteers – retired from their careers but still happy to help make their community safer, cleaner and more liveable.

Lily Gee was a public librarian for 40 years. She was also vice-president of her family cleaning business, and worked at many historic sporting events, including the 2010 Olympics women's ice hockey gold medal game, the men's final, and the last game of the 2011 Stanley Cup playoffs.

These days she enjoys her garden, photography, and quality time with family and friends.

But Lily is not one to take it easy. For years she has diligently supported other seniors through her local neighbourhood house. In 2019 she joined the HSCPC as a volunteer.

"Volunteering helps us seniors as well," says Lily. "It helps us stay safe and connected to our communities, to learn new skills and develop old ones. This helps seniors feel confident and capable."

The benefits include better mental and physical health. She helps younger volunteers develop people skills and good teamwork.



Lily Gee



Kathy Mangan



Sangam

"A senior can help contribute life experience in all these areas. We are a generation that is filled with experience and education."

Kathy Mangan retired from a desk job with a major technology company and now spends as much time as she can on her feet, hiking and exploring local and far-flung trails. She joined the HSCPC in 2019.

Kathy is an anchor on our Community Cleanup Program, leading litter cleanup and graffiti paint-out efforts. More recently she has jumped right into our Road Safety program, and is often seen on Speed Watch or Cell Watch deployments, showing how to set up equipment or document observations.

She has logged more hours than any other volunteer this year.

"Hastings Sunrise is a wonderful area," says Kathy. "I got involved with volunteering to help keep it a welcoming, supportive community. I'm single, so it provides interactions with others of all ages. It's great to be exposed to younger people, hearing their thoughts and plans and opinions."

Sangam, a Montrealer, had a long career in frontline public health. She joined the HSCPC as a volunteer in 2019 after walking by the office and seeing a Speed Watch poster. She was waved into the office by two friendly volunteers.

A favourite memory happened early on in her time with us. "I attended a training event with bomb detection dogs. It was so cool watching the dogs busy at work. And then, when the handler released them, all of a sudden they played like puppies and ran after a ball."

During almost 500 hours of volunteering she has participated in Citizens Patrol, Road Safety, and Outreach events. "I also really like volunteering with the VPD doing distracted driving enforcement. One time a VPD plainclothes officer was pretending to be drunk while actually looking in vehicles checking for distracted driving. That memory sticks with me."

As with Lily and Kathy, Sangam enjoys working with younger volunteers. "Volunteering connects with what I have to offer. I am a senior and the vast majority of volunteers are in their 20s. A lot of them are doing it as part of applying for a policing career. I am not doing it for the same reasons. It's not like I am about to become a cop."

This is my neighbourhood. I would like to participate in keeping it safe. I also think that I have a lot to offer those youngsters. I have life experience and I worked on the frontlines."

To learn about our volunteer opportunities, stop by the office, phone, or email us!

■ **Al Heinemann**

Volunteers and Donors Make It All Possible

If you can't volunteer your time to help the Hastings Sunrise CPC foster a safe, clean and livable community, consider making tax-deductible donations. You'll join a growing number of financial supporters who have seen the benefits we bring to our corner of Vancouver.

All donations help to fill the gap between the basic funding from the city and other grants, and the actual cost of providing all our services.

See our website at <http://hastingsunriseipc.com/donation/> to sign up for one-time or monthly donations, or visit our office at 2620 East Hastings St. We are a charitable non-profit organization. Tax receipts are provided for donations totalling \$20 or more.

From page 1 - Block Watch



Leah Marlay

and feel safer in their new community," says Leah. "It allows you to take an active role in ensuring the safety of your neighbourhood. Unlike in some countries where police might be viewed with suspicion, Block Watch is community-driven, focuses on collaboration between residents and is property crime focused.

"By being part of such a group, you can help create a safer environment for yourself and your neighbours, fostering a sense of empowerment and belonging. It also provides an opportunity to meet and connect with fellow residents, building a

supportive network that can help you feel more at home and secure in your new surroundings."

To learn more, visit <https://vpd.ca/community/block-watch/> or call (604) 717-2857, Monday to Thursday.



This Issue

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街区守望



Leah Marlay

您的社区警讯服务中心迎来了一个新的合作伙伴——街区守望计划！

这两个社区安全项目已经互相支持多年，但现在，双方联合开发的新培训模块将使这两个项目更加有效。新的街区守望计划成员的在线课程已于七月开始。

为什么您应该关心这个？一个健康的街区守望计划意味着当地的犯罪率会降低。邻居们会学会如何发现犯罪或犯罪活动的迹象，他们还会

知道何时以及如何报告。而且，作为额外的好处，邻居们会更加熟悉彼此，使得他们所在的街区成为一个更适合居住的地方。自2008年起担任街区守望计划管理员的Leah Marlay今年将退休。在她的帮助下，该项目已经在全市发展到400个小组和8000名成员。

“我对现在能与CPC合作感到非常兴奋，”她说。“这是一个完美的结合。正如HSCPC的Clair MacGougan所说，‘CPC真的是街区守望计划的加强版。’CPC将能够通过街区守望计划将更多的社区团结在一起，确保安全。”

“开始或加入街区守望计划的公民这样做有两个原因。第一个不幸的原因是他们是犯罪的受害者，或者他们注意到自己社区的犯罪率上升。第二个原因是，这是一种结识邻居的好方式。当邻居彼此认识并接受过街区守望计划的培训时，识别可疑或犯罪活动变得更加容易。”

Leah 讲述了一位街区守望队长的故事，这位队长曾抱怨涂鸦、毒品交易、卖淫、超速车辆等问题。他所在的社区语言多样化，沟通存在困难。他邀请了邻居参加一年一度的街区守望街区聚会。开始时参与的人不多，直到第三年，他为参与人数的激增感到欣喜！与此同时，他与警官Dave Krenz一起解决了犯罪问题。

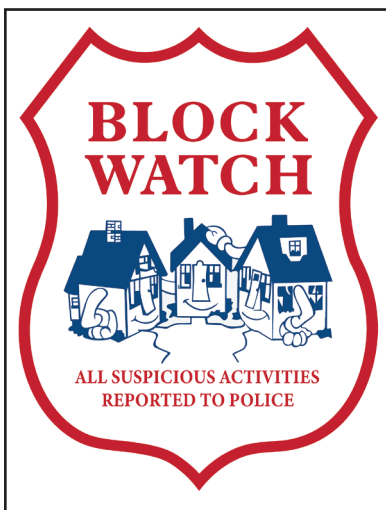
“他说他经常能够找到一个会说英语的家庭成员，并由这个人向其他家庭成员传达街区守望计划的信息——例如，报告犯罪和可疑活动的必要性。如果不报告，警方就不知道事情的发生，也无法分析犯罪模式或分配合适的资源。”

“警官Krenz帮助该队长联系市政府，清除涂鸦并安装交通缓解设施和路灯。他还与其他警察资源和社区警讯服务中心合作，增加警察的可见性。经过几年的努力，这位坚韧的街区守望队长成功地团结了他的社区，他不仅没有搬离自己心爱的社区，反而成功地将社区重新找回。”

Leah说：“加入街区守望计划对新移民来说也是一个很好的方式，可以帮助他们在新社区中建立信任感和安全感。它让您能够主动参与确保街区安全。与一些国家不同，那里的人可能对警察心存怀疑，而街区守望计划则是以街区为驱动的，专注于居民之间的合作，且主要针对财产犯罪。”

“通过参与这样的组织，您可以帮助为自己和邻居创造一个更安全的环境，增强自我力量和归属感。它还为您提供了与其他居民见面和建立联系的机会，形成一个支持网络，帮助您在新的环境中感到更舒适和安全。”

想了解更多信息，请访问<https://vpd.ca/community/block-watch/>或拨打电话(604) 717-2857（周一至周四）。



电话诈骗预防提示

电话诈骗者的目的是窃取您的个人信息，最终是您的钱！不要让他们得逞！以下是一些防范方法：

保护敏感信息：避免透露您的社会保险号码（SIN）、银行信息、密码、出生日期、家族名称和关系。每年在HSCPC的“文件粉碎日”上将您的个人和敏感文件进行粉碎处理。

不要向陌生人汇款：诈骗者可能会要求您购买礼品卡、商店卡或Visa现金卡，并让您告诉他们卡号。如果您不确定，可以先打电话给朋友或可信赖的邻居，告诉他们关于这个电话的情况。

警惕“紧急”或“免费”：如果电话中的人要求您立即采取行动，请保持警惕。还要警惕所谓的“免费”旅行，这通常涉及透露个人和敏感信息。

问清楚对方身份：当陌生人要求提供信息或钱财时，询问他们公司或组织的详细信息。然后在网上查找该公司号码，要求对方通过邮件发送信息。

保持简短：诈骗者往往会通过友好态度博取您的信任，进而获取更多信息。保持与陌生人的对话简短，或者干脆挂断电话。

使用电话答录机：让电话答录机接听您的电话；如果您认出某个声音，您可以接听电话，但大多数骗子不会留言。

不要完全相信来电显示：来电显示可能会显示虚假的、经过操纵的信息，称为“来电号码欺骗”。

更多有用的提示，请访问VPD网站上的诈骗预防页面或竞争局加拿大网站上的《小黑书——骗局指南》（有包括中文在内的多种语言版本）。



如何报告诈骗

1. 是否损失了金钱？
 - o 是：在当地警察网站上报告，或拨打非紧急电话
 - o 否：向加拿大反诈骗中心报告
2. 是否泄露了信息？
 - o 是：向Equifax和TransUnion

■ Harry Mah

恢复性司法进展

Hastings Sunrise 正在朝着成为恢复性社区的目标迈进了一步。作为温哥华成为恢复性城市的一部分，它被选为该计划的首个试验区，自此以来，为了实现这一愿景，许多事情都取得了进展。

来自三个参与组织——Hastings Sunrise 社区警讯服务中心 (HSCPC)、Frog Hollow 邻里之家 (Frog Hollow Neighbourhood House) 和 Peace of the Circle ——的16位调解者，经过了近50小时的广泛培训，培训模块涉及沟通与冲突解决、创伤知情实践和和平圈等内容。“培训内容涉及复杂的创伤，并通过原住民的身与土地联系的方法来处理这些创伤，Frog Hollow的执行董事Norm Leech说道，他负责了第二个培训模块。

另一场和平圈的培训将在11月举行，届时Peace of the Circle的Evelyn Zellerer和Restorative Justice Victoria的Gillian Lindquist将深入探讨如何通过共同参与圆圈来解决冲突的复杂性。

“恢复性司法专注于解决伤害、治愈和关系。” Peace of the Circle创始人兼董事Evelyn Zellerer解释道，“受影响的各方——包括造成伤害的人、受害者、他们的家庭和社区——都被邀请参与，帮助确定有意义的问责、赔偿、满足需求以及未来的行动方向。”

调解者们正通过在三个创始组织内组织对话或圆圈谈话的方式来实践他们的技能，这些对话不会涉及激烈的冲突。所有的圆圈讨

论都会与调解者小组一起进行总结，以便每个人都能从中获得经验。目标是在秋季末之前，每位调解者至少要主持三场对话圆圈，以便他们能够准备好处理涉及外部当事人的更复杂冲突案例。

与此同时，一个规划团队正在为新项目制定政策和程序，该项目将由HSCPC主持，以提供日常运营的路线图。这些政策不仅确保遵守现有的法规，并为决策提供指导，还简化了内部流程。

“根据我们与社区的工作经验，我们知道人们对一种替代程序有需求，这种程序为人们提供了一个连接、沟通并创造变化的空间。该程序可以与法律系统互补，或者作为法律系统的替代方案。” HSCPC协调员Nina Kreis说道。

7月底，15位社区合作伙伴与恢复性社区规划团队首次会面，参加了Hastings Sunrise 领导圆桌会议，提供了项目进展的更新，并邀请大家提出问题。

“Hastings社区中心、温哥华公共图书馆、原住民友谊中心以及许多其他社区领导者表现出了强烈的参与和支持恢复性社区倡议的兴趣，这让我们感到非常高兴。” HSCPC执行董事Clair MacGougan说。

另一场领导圆桌会议将于秋季末举行，计划于2025年初启动该项目。

■ Nina Kreis