

Legacy Mural Brightens the Way

Walking down the entryway to our Hastings Sunrise CPC has always been a path toward community safety – but now it's also a joyous floral experience that can brighten your spirits.

Thanks to a bequest from Yasmina, a former HSCPC board member, the concrete wall flanking Tamam restaurant has become a gorgeous and colourful mural, 54 feet of welcoming vibrancy.

Yasmina included our centre in her will, asking us to use the money for community projects. She liked the mural idea, and helped to design it before she passed.

“She wanted it to involve nature,” says Clair MacGougan, executive director, “so she chose flowers that symbolize indigenous lands, and her native Morocco – and a sunrise!

“And she wanted an up-and-coming artist to be involved. From a list of candidates she selected Andrew McGuire.



Andrew McGuire's colourful mural at 2620 East Hastings. Harry Mah Photo

“She wanted the key ingredients to be hope, diversity/inclusion and connection/love. She lived long enough to approve the design,” says Clair.

Andrew's design was tweaked by the CPC, the East Village BIA and Tamam, working with Yasmina.

Besides the flowers, it incorporates a design featuring three names: Yasmina, her sister Malika, and Sophie, her beloved Bichon Frisé dog.

Yasmina had been a board member from 2012 to 2014.

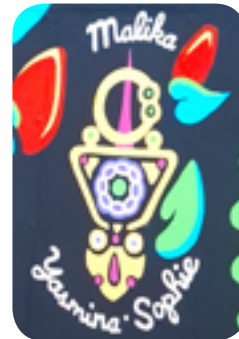
Donations play a large role in the Hastings Sunrise CPC's operations, and legacy giving can be a way of helping ensure a better future for your community.

For details, see our website at hscpc.com or email clairm@hscpc.com.

■ *Chester Grant*

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Working together for a safe community

Beware of Distraction Thieves

Seniors in Hastings Sunrise, and across Greater Vancouver, continue to be targets of organized criminals. They will strike up conversations on the street and then steal jewelry, money or other valuables. Often, the victim doesn't notice the theft until the thieves have gone, usually by car.

More of these distraction thefts occur in summer, when more people are outdoors, walking or tending to their front yards. The thieves are part of organized crime rings — Canadian citizens and foreign nationals — that criss-cross Canada in rental vehicles, staying in a city for a week or two before moving on.

Here are some scenarios, courtesy of the Vancouver Police Department's website:

A person approaches you and starts touching you. They may grab your arms or wrists, or give you a hug. You may be surprised by this behaviour, and during the encounter you might not notice the thief removing your jewelry or valuables.

A person approaches you, possibly trying to overwhelm you with fast, loud, and enthusiastic talking. They show you fake jewelry, placing it on your neck or wrists, removing your authentic jewelry and leaving you with the fake pieces.

Someone stops you and asks you for help. They may want directions or ask where the closest hospital is. They might say they need money urgently and offer to sell you their jewelry for cash. The jewelry ends up being fake.

Here are the VPD's tips to avoid becoming a victim:

- Don't let strangers into your personal space or let them touch or hug you.
- Remain vigilant at all times – even when watering your garden or simply going for a walk.
- If you feel like you are being targeted by a thief for a distraction theft, yell or make a lot of noise to attract attention.
- If you feel someone is acting suspiciously, call 9-1-1. If you can see the license plate on the car belonging to that person, memorize it or write it down, and give it to police.

If you have been the victim of a distraction theft, call 9-1-1 immediately. If you do this right away, the chances



of police finding the suspects increase significantly.

In almost all cases, the thieves are travelling in a car with others, and they quickly leave in the car after the theft. Sometimes, they may also have a small child or baby with them.



Longtime supporter Nyroze Tanious (at left), owner of Tanious Insurance and Investment Services Inc., presents the Hastings Sunrise CPC with a donation of \$4,000 to help us fulfill our mandate of fostering community safety. "We are very grateful for all the years of support from Nyroze, our office neighbour," says HSCPC Executive Director Clair MacGougan (at far right). Also in the photo (from left) are Joan Yaltema of Tanious Insurance, CPC staff members Daniel Kan and Al Heinemann, and volunteer Tony Lin.

Volunteering: It's a Family Affair!

Carol's memories of the Hastings Sunrise Community Policing Centre (HSCPC) go all the way to back to when she was a child coming out for "Trick or Treat" on Hastings Street and getting candy from costumed volunteers at the HSCPC.

Fast forward to 2022, Carol is in her last year of studying criminology and looking to get more experience related to her degree when she starts to volunteer in the HSCPC's front office.

"I have lived in Hastings Sunrise forever and I knew that many of my classmates volunteered at the HSCPC as well, so it was an obvious choice for me," says Carol. She became a cherished volunteer in the street front office and attended many outreach events.

"I have fond memories of going to Hopehill, a seniors' residence, to deliver monthly crime prevention presentations. One time a theft occurred in one of the local businesses and a knife was found shortly after, which was a scary but very memorable experience," adds Carol.

Carol and her sisters Jenny and Mabel are self-described homebodies. When they gathered around the dinner table with their parents and little brother, Carol would tell stories about what had happened during her volunteer shift that day. Before Carol stopped volunteering with the HSCPC, she made sure to pass the torch to Jenny who at that time was trying to figure out her career path but knew that she wanted to work with people and get more life experience.

Jenny stepped right into her older sister's footsteps by volunteering in the HSCPC's street front office and at outreach events. She also made an impact by being a paid staff member on the Sunrise Safety Team: "The Business Safety Program builds direct rapport with local businesses in Hastings Sunrise," says Jenny.

"One time, with the help of a VPD member, who happens to be a former HSCPC volunteer, we recovered various stolen goods and brought them back to the store. I really had a great experience at the Community Policing Centre, largely owed to the many connections I made there."

Both sisters went on to work for the Law Society of BC. Carol is now a legal assistant to a lawyer, and Jenny works with Registration and Licensee Services. "Our



Sisters who serve: (from left) Carol, Mabel and Jenny

volunteer experience in the HSCPC front office gave us a huge advantage when we started applying for jobs because we had learned how to communicate with the public in a friendly but assertive manner, how to write reports and how to connect community members with appropriate resources," Carol and Jenny confirm.

The third and youngest sister, Mabel, learned about the HSCPC because Jenny would take her to the Saturday litter clean-ups. "I like to experience different things and talk to people," says Mabel, who now also volunteers in the street front office.

"One Saturday, we were picking up litter in the pouring rain and one of us slipped down a hill in Pandora Park and was covered in mud. We had lots of laughs!"

Mabel is in her fourth year studying art at Emily Carr University and debating whether she wants to pursue art full time or a different career path. "Connecting with others is really important to me. At the HSCPC, I have met people from all walks of life. I was also surprised at how many resources the centre has and how welcoming everyone is," adds Mabel.

The sisters are currently persuading their mother, who will be retiring soon, to come and volunteer with the HSCPC as well: "It would become a real family tradition and our whole family thinks that being connected to our community is important.

"We have lived in Hastings Sunrise all our lives and we value that it is such a tight knit neighbourhood. It is a small world out here and we would definitely recommend volunteering at the HSCPC to others as well – whether you are looking to meet friendly people or gain new skills."

■ **Nina Kreis**



Electric Scooters: Ride Safely!

The popularity of electric scooters has taken off in Vancouver, including in Hastings Sunrise.

They feature software connectivity to a smart phone providing a digital dashboard. They can charge quickly and travel more than 50 kilometers on a charge, operating quietly with small, powerful electric motors.

Unlike the non-electric scooters of our youth, they are larger, faster (up to 28 kph), and easy to access at stations around the city.

They are easy to rent or buy, fun to ride and handy for short trips. But they can be dangerous – even deadly.

Injuries to riders more than doubled in 2025-26, according to Children's Hospital, and more than half involved children aged 13 to 15, below BC's legal riding age of 16. One rider, a 30-year-old woman, died after she collided with a vehicle July 3. She was not wearing a helmet. Others have been hit by e-scooters.

To riders: Before heading out, learn your e-scooter's capability and features. Then ride safely.

- Know the rules of scooter operation and rules of the road. See <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/cycling/electric-kick-scooter-rules>
- Be at least 16 years old
- Ride alone – no passengers. No bags on handlebars
- Use hand signals to stop or turn. Use a bell or horn
- Stay off sidewalks and major roads
- Practice cornering, braking and signaling

- Wear a snug helmet
- Avoid riding after dark, or wear high visibility clothing and use lights

Be mindful of your surroundings. Stay alert and stay off any electronic devices for entertainment or direction finding. Scooters are quiet, so let others know when you intend to pass. Use the city-wide cycling routes network to stay out of faster vehicular traffic and watch for roadway hazards of uneven terrain, pot holes or debris which can cause a loss of traction or control.

While today's scooters are efficient for short trips and errands, they need to be enjoyed safely while sharing the roadways with other users. Hopefully these tips will make your riding safer and enjoyable for all who share our common pathways.

For details of Vancouver City e-scooter regulations – and more helpful riding tips – see: <https://vancouver.ca/streets-transportation/electric-kick-scooters.aspx>

■ **Harry Mah**



This Issue

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壁画：一份传世赠礼

通往 Hastings Sunrise 社区警务中心的入口通道，一直引领人们走向更安全的社区 — 如今，墙上的绚丽花卉又为这段路增添了喜悦，也让人心情明亮起来。

HSCPC 前董事会成员 Yasmina 留下了一笔遗赠。得益于这笔遗赠，Tamam 餐厅旁的混凝土墙如今变成了一幅长 54 英尺、色彩绚丽的壁画，为来访者带来满满活力。

Yasmina 在遗嘱中将本中心列为受赠对象，并希望这笔钱用于社区项目。她很喜欢创作壁画的构想，也在去世前参与了壁画的设计。

执行总监 Clair MacGougan 说：“她希望壁画中有自然元素，因此选择了象征原住民土地和她故乡 Morocco 的花卉 — 还有一轮日出！”

“她还希望由一位崭露头角的艺术家参与创作。她从候选人名单中选中了 Andrew McGuire。”

Clair 说：“她希望壁画传达希望、多元与包容，以及联结与关爱。她在有生之年看到并批准了设计方案。”



在 Yasmine 的参与下，HSCPC、East Village BIA 和 Tamam 共同对 Andrew 的设计作了一些调整。

除了花卉，壁画中还融入了三个名字：Yasmine、她的姐妹 Malika，以及她深爱的比熊犬 Sophie。

Yasmine 曾于 2012 年至 2014 年担任 HSCPC 董事会成员。

捐赠是维持 Hastings Sunrise 社区警务中心运作的重要支持，而遗产捐赠则能帮助您的社区拥有更美好的未来。

详情请浏览 hscpc.com，或发送电子邮件至 clairm@hscpc.com

转移注意力偷窃

Hastings Sunrise 及 Greater Vancouver 各地的长者，仍然是有组织犯罪分子的目标人群。

这些人会先在街上与长者攀谈，再趁机盗走珠宝、现金或其他贵重物品。

受害者往往要等到盗贼离开后才发现失窃，而盗贼通常会驾车逃走。

夏季户外活动的人更多，无论是散步还是打理自家庭院，都给了窃贼更多可乘之机，因此这类案件也更为多发。

这些盗贼隶属于有组织犯罪团伙 — 成员既有加拿大公民，也有外国公民 — 他们驾驶租来的车辆辗转 Canada 各地，在一座城市停留一两周后便转往别处。

以下是 VPD 网站列举的几种常见作案手法：

有人走近您并开始触碰您，例如抓住您的手臂或手腕，甚至给您一个拥抱。这些举动可能让您措手不及，也让您在接触过程中没有察觉对方正在取走您的珠宝或贵重物品。

有人走近您，用快速、响亮而热情的话语让您应接不暇。对方会拿出假珠宝，替您戴在颈部或手腕上，同时取走您的真珠宝，只留下假货。

有人叫住您并向您求助，例如问路或询问最近的医院在哪里。对方也可能声称急需用钱，提出把珠宝卖给您换取现金，但这些珠宝最终都是假货。

VPD 提醒公众采取以下措施，避免受害：

不要让陌生人靠得太近，也不要让对方触碰或拥抱您。

任何时候都要保持警惕 — 即使您只是在花园浇水，或出门散步。

如果您怀疑自己正成为转移注意力偷窃的目标，请大声呼喊或制造声响，引起周围人的注意。

如果您发现有人行为可疑，请拨打 9-1-1。若能看到对方车辆的车牌，请记住或写下车牌号码，并提供给警方。

如果您遭遇转移注意力盗窃，请立即拨打 9-1-1。报警越晚，警方找到嫌疑人的可能性就越低。

几乎所有案件中，盗贼都会与同伙一起乘车，并在得手后迅速驾车离开。有时，他们身边还会带着幼童或婴儿。



回馈社区：一家人的志愿传承

Carol Xu 与 Hastings Sunrise 社区警务中心 (HSCPC) 的缘分可以追溯到童年。小时候，她曾在 Hastings Street 参加“不给糖就捣蛋”活动，并从 HSCPC 身着节日服装的志愿者手中领取糖果。

到了2022年，Carol 正值犯罪学专业最后一年。为了积累更多与专业相关的经验，她开始在 HSCPC 的临街办公室担任志愿者。

Carol 说：“我一直住在 Hastings Sunrise 社区，也知道很多同学都在 HSCPC 做志愿者，所以这里自然成了我的首选。”

她很快成为临街办公室深受大家喜爱的一名志愿者，还参加了许多社区外展活动。

Carol 回忆道：“我很怀念每月前往长者住所 Hopehill 开展预防犯罪宣讲的日子。有一次，当地一家商户发生盗窃案，不久后又发现了一把刀。那次经历虽然有些可怕，却让我印象非常深刻。”

Carol 和妹妹 Jenny、Mabel 都说自己平时比较喜欢待在家里。一家人与父母和弟弟围坐在餐桌旁时，Carol 常会讲起当天做志愿者时遇到的事情。在结束 HSCPC 的志愿服务前，Carol 特意把接力棒交给了 Jenny。当时，Jenny 还在摸索未来的职业方向，但她很确定自己喜欢与人打交道，也希望积累更多人生经验。

Jenny 接过姐姐的接力棒，在 HSCPC 的临街办公室和社区外展活动中担任志愿者。后来，她还成为 Sunrise 安全团队的受薪工作人员，以另一种方式为社区作出贡献。Jenny 说：“商业安全计划帮助我们与 Hastings Sunrise 的本地商户直接建立联系。”

“有一次，我们在一名温哥华警察局 (VPD) 成员的协助下找回了多件失窃物品，并将它们送回商店。这名 VPD 成员碰巧也曾在 HSCPC 做过志愿者。我在社区警务中心获得了一段非常宝贵的经历，很大程度上是因为我在那里认识了许多人。”

后来，姐妹二人都进入 BC 律师协会工作。Carol 现任律师助理，Jenny 则在注册与持牌人服务部门任职。她们表示：“在 HSCPC 临街办公室担任志愿者的经历，让我们求职时占了很大优势。我们在那里学会了如何以友善而坚定的态度与公众沟通、如何撰写报告，以及如何帮助社区成员找到合适的资源。”

三姐妹中年纪最小的 Mabel，是通过 Jenny 了解到 HSCPC 的，因为 Jenny 常带她参加星期六的垃圾清理活动。如



今，Mabel 也在临街办公室担任志愿者。她说：“我喜欢尝试不同的事物，也喜欢与人交谈。”

“有一个星期六，我们冒着倾盆大雨捡垃圾，其中一人在 Pandora Park 的山坡上滑倒，弄得满身是泥。大家笑了好久！”

Mabel 目前在 Emily Carr University 读艺术专业四年级，正在考虑将来是全职从事艺术，还是选择另一条职业道路。她说：“与他人建立联系对我非常重要。在 HSCPC，我遇到了各行各业的人。这里的资源如此丰富，大家又都这么热情友善，也让我感到很意外。”

姐妹三人目前正说服即将退休的母亲也来 HSCPC 担任志愿者。她们说：“这样一来，志愿服务就真的会成为我们的家族传统。我们全家都认为，与自己生活的社区保持联系非常重要。”

“我们一辈子都住在 Hastings Sunrise，非常珍惜这里紧密的邻里关系。这里的生活圈很小，人与人之间很容易产生联系。无论您是想认识友善的新朋友，还是学习新技能，我们都会毫不犹豫地推荐您来 HSCPC 做志愿者。”

■ Nina Kreis