

## We're Back to Help !



Those were the days: a pre-pandemic photo op of volunteers and staff on our outside stairs in early February.

The volunteers and staff at the Hastings Sunrise Community Policing Centre were just building momentum for the year when the pandemic arrived. Before we knew it we had suspended all of our volunteer programs and closed our door to the public.

The staff continued to work behind the scenes, while figuring out how to move our organization forward under new conditions.

Community members continued to call and email, and we advised them on their safety and quality of life concerns. We found ways to reach out to our volunteers, using unfamiliar technology. Additionally, we focused on organizational planning and administrative projects that we just hadn't had time for in the hustle and bustle of normal operations.

Our Sunrise Safety Team stayed active through the shutdown. They undertook a thorough program review and a training upgrade. Then, they returned to the streets for litter and graffiti clean-up initiatives. As pandemic recovery progressed, they assisted local businesses by delivering COVID-safety reopening packages and resumed visits to businesses to address safety and crime concerns.

In June we started the process of carefully relaunching our volunteer programs and re-opening our door after weeks of planning safe ways to do so.

Our Information and Community Assistance volunteers began coming back in May to respond to community inquiries and

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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:



# Frog Hollow Makes Indigenous Link

When Frog Hollow Neighbourhood House staff initiated the Waacus Salee project last fall, they had several goals in mind: Reflecting on how things are done in their organization and finding ways to align them better with Indigenous principles as well as creating long-term connections with Indigenous groups in the neighbourhood.

Waacus Salee, which means “Frog Spirit” in the Salish language, is a project funded by Heritage Canada and co-led by Frog Hollow Neighbourhood House (FHNH) and the Metro Vancouver Aboriginal Executive Council (MVAEC).

“We wanted a strong partner in the Indigenous community who could pioneer connections with other Indigenous organizations and families. It was important for us to receive guidance and advice throughout the project so that we can adjust our work accordingly to create long-lasting connections,” says Gloria Tsui, Intergenerational Coordinator at FHNH and project manager of Waacus Salee.

The project offers a variety of activities where community members can join in: The Advisory Circle takes place every three months and is all about sharing knowledge and connecting with other organizations, such as Kiwassa Neighbourhood House, the Urban Native Youth Association, Vancouver Coastal Health and the Vancouver Public Library, and contributing ideas on how the Indigenous community in Vancouver can be served better. Regular All-Nations Drum Circles, Cook-Alongs and cultural excursions are also part of “Frog Spirit”.

“One of our highlights was to plant an Indigenous garden at the Clinton Park Fieldhouse where Lori Snyder, a Métis herbalist, shared her wisdom with us. It was amazing to learn about native plants and how they can serve as medicine. We will also create multilingual signage for the garden so that everyone can enjoy it,” says Gloria.

Another important piece of Waacus Salee is the workshops on Decolonization and Indigenization led by Norm Leech, executive director at the Vancouver Aboriginal Community Policing Centre. In the workshops, participants gain cultural competence in bridging the gap between Indigenous and non-Indigenous communities through a journey of self-reflection, healing and decolonization.

Has the project had the desired impact? “People are finding ways to reconnect with their own roots and become more connected with the challenges faced by the Indigenous



Cooking up a (pre-pandemic) feast at Frog Hollow NH

community in Vancouver and how to be an active part in the Truth and Reconciliation Movement,” says Gloria. “We are hoping that the relationships we have created will continue to flourish after the project will end in September.”

“The advice and guidance we have received from Indigenous organizations is invaluable. FHNH will continue to be a safe space for everyone and lead the way with meaningful conversations.”

■ *Nina Kreis*



Photo: Feb 09, 2020

Drumming circle facilitated by Jessie Seegerts (centre), Intergenerational Programmer

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concerns. At first they did this behind closed doors and now the office has reopened to the public.

Though our community events are canceled, our Outreach team has begun to organize and participate in online initiatives.

In June our Citizens Patrol program started its return to the community. We continue to increase the frequency of patrols.

Our Road Safety program resumed with an ICBC/ VPD Traffic Unit event and we have begun our own regular deployments in the neighbourhood.

# Porch Pirates

They look like you or me but when crooks see parcels at someone's front door, they swing into action -- casually walking to the porch and walking away with a package as if nothing had happened.

The coronavirus pandemic has even more people shopping online. Here's how to thwart the porch pirates.

Ship to a secondary address. Most internet purchases allow for a shipping location different from your billing address.

A secondary location could be your workplace -- is there a reception desk or service counter person to receive a package? Do you have reliable neighbours who work from home or are retired? Consider the friendly shops and restaurants that you visit frequently. If you are a regular customer, perhaps they wouldn't mind taking in a package once in a while. Make sure you ask first, to ensure they are willing to help and best to tell them how big or heavy the package is.

One can place a plastic storage bin behind your house, where it can't be seen from the street or the lane, and ask for deliveries there. This way, the package is disguised and the cardboard smiley box (Amazon) is out of sight.

Sometimes you can pay extra for delivery outside hours, when you are back home.

The best tip of all is to shop at the "brick and mortar" stores, and just take your purchase home! And remember: don't leave packages unattended and visible in your vehicle.

■ **Harry Mah**



Don't give a porch pirate a chance

# Our Clean-up Hitter

The Hastings Sunrise Community Clean-up is one of the most accessible ways for community members to get involved in their neighbourhood. There is no need to be cleared as a volunteer to participate, and everyone is welcome to come and help out!

Stick around for a free bite to eat and some good conversation afterwards, provided by the Hastings Sunrise Community Policing Centre (HSCPC). Every second Saturday and some other days throughout the week, HSCPC holds a community clean-up led by Sampson Hsieh.

Sampson is a dedicated Hastings Sunrise local and volunteer who has been with the CPC since 2012. His hard work was recognized when he received the Ken Buhay Award for reaching 1,000 volunteer hours in April of 2019.

HSCPC Executive Director Clair MacGougan says that "Sampson has been an incredible asset to our organization. He's participated in most of our programs and often provides leadership. His caring and friendly demeanour, along with his unwavering commitment to our organization, has endeared him to staff, volunteers and community members alike."

Sampson has worked for the Vancouver Police Department since 2008 and currently teaches information management technology to sworn and civilian employees. He joined the CPC primarily to be a part of the Citizens Patrol program but soon found his way to community clean-ups.

"Saturdays are where you get to see the most people," says Sampson. The social aspect of the clean-ups drew him into the program, but he also loves being able to contribute to the community he calls home. "This is my neighbourhood," he says with a smile of pride.

Over the years, Sampson has seen many different people come to help, from seniors to father-and-son duos, to high school students working on their volunteer hours. Most participants are drop-ins, but some are regular volunteers who go on to become police officers. "One of the really cool things I get to see is someone who starts off as a volunteer and then goes on to become a police officer -- which I get to train again at the JIBC (Justice Institute of British Columbia)."

To get involved with the community clean-up, call 604-717-3584 or visit <http://hastings sunrise cpc.com/community-cleanup/> to learn more. If you'd like to get your club or organization involved, HSCPC is also able to come to you with the needed equipment such as safety vests and tongs.

■ **Aliz Revoczi**



Sampson Hsieh with Ken Buhay Award for 1,000 volunteer hours

In June we also relaunched our Community Clean Up program. On their first day our volunteers covered a 56-block area where they picked up 15 bags of litter.

The last several months have been largely focused on responding to the COVID pandemic and now we are reconnecting with our volunteers and our community partners. We are focused on getting our volunteers out into the community again and assisting those who connect with us through visits, calls, emails and events so that we can continue to work together for a safe Hastings Sunrise!

■ **Al Heinemann, Program Leader**

# Our Board

Behind every successful HSCPC event lies a team of up to 12 largely unsung and unseen volunteers: the Board of Directors.

Peter Wong, the current president, explains that the board sets the framework for the staff team to execute and ensures the organization is responsibly governed. They ensure that HSCPC acts legally and responsibly and in keeping with its mission and vision. They also ensure that it is financially viable.

Peter has been a board member for five years, including stints as secretary and vice-president before becoming president. He also regularly comes to outreach events.

His motivation for joining the board stems from a desire to give back to his community, but in reality his involvement has brought so much more. "I have lived in Hastings Sunrise for over 40 years and seen the good and the bad; being a board member gives me an opportunity to make a difference in my community and to have a say in community safety," he explains. "I get to work with the community at large and meet interesting people; it has also helped me improve my communication skills."

Clair MacGougan, executive director, speaks to the unique role of the HSCPC board: "Having our own board means we have strong local governance. We take our direction from the board as opposed to other community policing centre jurisdictions where it often comes directly from the police. This allows community members to work hand-in-hand with the police to improve community safety."

■ **Loretta Revoczi**



Peter Wong

# Don't Be Distracted!

Vancouver Police are warning the public to be vigilant after an increase in reports of thefts involving distraction techniques since June.

"We want the public, especially the elderly, to be very cautious when approached by strangers while out walking, shopping or even doing chores in the yard," says Constable Tania Visintin of the VPD. "Be cautious of strangers getting close, offering hugs, placing fake jewelry on you or asking for help."

Scenarios include:

- **Street distractions** – a female will approach an elderly person wearing expensive jewelry, hug or get close to them and replace the jewelry with fakes.
- **Store distractions** – at a jewelry or convenience store with only one employee, one thief distracts the employee while another accesses the back storage room.
- **PIN pad distractions** – a suspect at a checkout watches a debit card being used, including the PIN, then follows the shopper out and distracts them while an accomplice removes the debit card from a purse or wallet.
- **Family in need** – suspect(s) will stop victims in cars on the street or a highway ramp. They will tell the victim a fictitious story about a family member in need. As collateral for financial help, the suspect offers expensive-looking jewelry which turns out to be fake.

"Spread this information to elders and others ... who may not have access to the news or social media," adds Cst. Visintin. "Please tell your parents, aunts and uncles, and grandparents and ask them to be aware and report suspicious activity to police by calling 9-1-1." ■

# This Issue

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- Clair MacGougan
- Chester Grant
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## Board of Directors

- Peter Wong, President
- David Huynh, Vice President
- Victor Huang, Treasurer
- Simon Lin, Secretary
- Alaleh Shah Ali
- Charlie Kiers
- Hesham El Kurdy
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Sunday and Holiday weekends: ... Closed

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## 喜士定日出社區警務中心 (HSCPC) 重新開放



正當喜士定日出社區警務中心的志願者和工作人員們熱切地計劃著本年度社區工作的時候，我們面臨了新冠肺炎疫情的到來。我們措手不及地暫停了對外開放辦公室以及所有志願者項目。

雖然如此，我們的員工繼續從事幕後的工作，並計劃如何在面對新的情況下推動我們組織繼續前進。

我們也繼續收到社區成員的電話和電郵，並就他們對安全和生活素質等方面的憂慮提供了相關建議。我們也通過不熟悉的科技與志願者們保持聯繫。此外，我們也專注於一些以前中心在正常運作忙碌的情況下沒有空餘時間處理的組織與行政項目。

我們的日出安全團隊在中心關閉期間一直保持著活躍的狀態。他們進行了全面的計劃審查以及培訓改進。然後，他們回到街頭進行了垃圾和塗鴉清理活動。隨著社區慢慢地從新冠疫情中恢復過來，他們也為本地企業提供了新冠病毒(COVID)安全重啟套裝，並重新開始探訪商戶，處理他們對安全和罪案的憂慮。

在六月，我們謹慎地重新啟動我們志願者計劃的進程，並經過數週的小心策劃後，重新打開我們辦公室的大門。

我們的資訊與社區支援志願者在五月便回到工作單位，解答社區裏的詢問和憂慮。他們一開始在辦公室關閉的情況下提供服務，而現在，辦公室也重新向公眾開放。

儘管我們的社區活動已被取消，但是我們的外展團隊也開始在線上參與、組織和計劃活動。

在六月，我們的公民巡邏計劃開始重返社區。我們正繼續增加巡邏的次數。

隨著參與ICBC 和溫哥華警察局交通部門合辦的活動，我們的道路安全義工們也恢復了在鄰社中進行的常規部署。

在六月，我們也重新啟動了社區清潔計劃。在第一天，我們的志願者一共覆蓋了56個街區，並撿起了一共15袋的垃圾。

在過去的幾個月，我們主要集中應對新冠疫情(COVID)，而現在，我們與志願者和各社區合作夥伴們重新進行聯繫。我們正致力讓我們的志願者重返社區，並為打電話、發電郵和造訪我們的各位提供協助，以便我們能夠繼續共同努力，實現一個安全的喜士定日出社區！

■ Al Heinemann, Program Leader

### Working together for a safe community

黑斯廷一日出社區警務服務中心與溫哥華警察局合作



其他社區合作夥伴



# 弗罗格霍洛 (Frog Hollow)



當弗罗格霍洛睦鄰之家(FHNH)的員工在去年秋天發起名為WaacusSalee的項目時，他們有數個目標是希望能夠達到的。他們希望能夠反思組織的工作模式，尋求一個能夠與原住民原則更一致的方法，並與鄰近的原住民團體建立長期的聯繫。

Waacus Salee，在薩利甚語中的意思為“青蛙精神”，是一個得到加拿大文化遺產部資金援助的項目，並由弗罗格霍洛睦鄰之家(FHNH)和大溫哥華地區原住民理事會(MVAEC)共同帶領營運。

弗罗格霍洛睦鄰之家(FHNH)的世代協調員兼WaacusSalee項目經理的Gloria Tsui表示：“我們希望一個在原住民社區中能夠開拓與其他原住民組織和家庭聯繫的強大合作夥伴。對我們而言，在整個項目中獲得相關的指導和建議是

非常重要的，這能夠讓我們相應地調整工作以建立長期的聯繫。”

該項目提供了各種供社區成員們參與的活動。諮詢圈每三個月舉行一次，旨在分享知識，以及與Kiwassa睦鄰之家、城市原住民青年協會、溫哥華沿岸衛生局和溫哥華公共圖書館等其他機構進行聯係，為完善溫哥華原住民社區的服務提供意見。常規的原住民部族鼓圈，廚藝共享(Cook-Alongs)和文化之旅也是“青蛙精神”的一部分。

Gloria續說：“我們項目的其中一個亮點是在克林頓公園運動場設立一個原住民花園，讓梅蒂斯族(Métis)的草藥師Lori Snyder，在當中與我們分享了她的智慧。能夠從中認識本地植物及其醫藥用途是一個神奇的體驗。我們也將會為花園豎立多種語言的標示牌，以便所有人都能夠享用它。”

WaacusSalee項目的另一個重點是由溫哥華原住民社區警務中心執行董事Norm Leech主持的非殖民化和本土化的工作坊。在這工作坊裏，參與者通過自我反思、療愈和非殖民化的旅程，從而獲得彌合原住民以及非原住民社區差異上的文化洞悉能力。

該項目產生了預期的影響嗎？Gloria說：“人們正在尋找與自己根源重新建立聯繫的方式，對溫哥華原住民社區面臨的挑戰有更加緊密的連接，以及如何積極參與真相與和解的運動。我們希望該項目在九月結束後，我們建立的關係將能夠繼續蓬勃地發展下去。我們從原住民組織所獲得的建議和指導是非常寶貴的。弗罗格霍洛睦鄰之家(FHNH)將繼續為所有人提供安全的空間，並通過有意義的對話引領前路。”



■ Nina Kreis

## 門廊盜賊

門廊盜賊！他們看起來就像您和我，但是當盜賊看到某人門廊放置著包裹時，他們便會採取行動。他們會隨意地走向門廊，帶著包裹離去，裝作好像什麼也沒發生過的樣子。

新冠肺炎疫情令更多的人選擇線上購物。以下是阻撓門廊盜賊的方法。

要求送貨到其他的地址。大多互聯網的購物服務允許發送商品到跟您帳單地址不同的送貨地點。

這送貨的地址可以是您的工作場所 --有接待台或櫃檯服務人員來接收包裹？您有在家工作或已經退休的可靠鄰居嗎？您也可以考慮一下您經常光顧和有良好關係的商店和餐館。如果您是老客戶，也許他們也不會介意偶爾地替您接收包裹。但事前請必須先諮詢他們，告訴他們包裹的大小和重量，以確保他們願意給您提供幫助。

您也可以在您房子的後面，從街道或小巷不能夠看到的地方放置一個塑料儲物箱，並要求送貨到那個位置。這樣，您的包裹就戴上了偽裝，而亞馬遜的笑臉紙箱也不會出現在可視範圍裏了。

有時候，您也可以支付額外的費用要求在非辦公時間，您家的時候送貨。

最好的提示就是在實體商店購物後直接把商品帶回家！但請記住：不要讓包裹無人看管以及放在車輛裏的可視位置。



■ Harry Mah