

Lane Numbers to Speed 911 Calls

Hastings Sunrise laneways are about to become a lot easier to navigate as street numbers are posted on the back of buildings through the Vancouver Police Department's initiative named Project Landmark.

Free metal plates with street address numbers will be delivered to some residents and business owners in the spring, complete with instructions on how to install.

According to Sergeant Lorna Berndsen, who is heading up the project, reporting and responding to emergencies in lanes can take longer when it is hard to identify the address. Project Landmark will help to reduce delays in responding when a 911 caller has to go to the front of a building to find an address. Emergency crews will be able to go straight to the scene, rather than first looking for the number out front. First responders requesting backup will also be able to identify their location quickly and accurately, making their jobs a little safer.

The Vancouver Police Foundation is funding production of the number plates following an audit of addresses needing better laneway identification carried out by volunteers from Hastings Sunrise Community Policing Centre (HSCPC). Plates will be delivered directly to residences and businesses by HSCPC volunteers. Businesses and residences not covered by the project can purchase number signs for less than \$30 at hardware stores.



HSCPC volunteer Harold Catt helps to install street address numbers behind Hastings Sunrise residences, to help emergency responders.

The project follows a similar pilot in parts of the Downtown Eastside and Strathcona, whose Strathcona CPC was a great help in launching it in Hastings Sunrise. Other cities including Calgary and Winnipeg have enacted by-laws requiring all properties to be numbered at both the front and back. The goal of Project Landmark is to ensure all Vancouver premises have a rear address and for Vancouver City Council to consider a bylaw in the future.

At a time when major infrastructure projects can make access to the front of a building impossible, and in the context of a year when 86% of illicit drug toxicity deaths took place inside a building, easier address identification means faster responses times and potentially better outcomes.

As Sgt. Berndsen states: "We can't help you if we can't find you."

■ *Loretta Revoczi*

Inside:

- Vaping and More! - p.2
- Connecting Over Coffee! - p.3
- Biz Safety Turns 10! - p.4

Working together for a safe community

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



Other Partners:



Vaping: Trendy, But How Safe Is It?

Vaping or E-cigarettes were introduced in 2004 and appear to have replaced tobacco smoking as young Canadians' preferred choice of inhaling nicotine.

Consumers are told -- by vape companies -- that vaping can be a safer and more effective way to help adults quit smoking. However, youth tend to start vaping rather than quit smoking. In 2015, 13% of people in Canada reported having tried an E-cigarette. Youth (15-19) and young adults (20-24) had the highest rates of trying E-cigarettes. Within the youth category, 1 in 4 had tried an E-cigarette.

Smoking is the inhaling of smoke from smoldering conditioned tobacco leaves. Vaping is inhaling a heated or vapourized mixture of glycols, gelatins, flavours and added nicotine. The electronic cigarette contains a battery, electronics and a heating element (much like an electric stove element) to "vapourize" the mixture -- sometimes called "juice" within the industry.

While it's claimed to be better for one's health to inhale a combination of heated fluids rather than the burning remnants of tobacco, vaping may be more harmful than smoking. The fact is, breathing anything that is heated or burning is hard on the cardiovascular system and in particular the lungs. E-cigarette products are relatively new and the science and data studies for vaping just aren't available to prove vaping is safer than cigarettes.

The electronic cigarettes or pens are sleek, attractive and look nothing like a cigarette. The packaging for vape products don't have the ugly warnings that cigarettes do. The price is initially high for a vape kit but slightly cheaper for packages of juice or cartridges once a pen has been purchased.



Both cigarettes and vape products are controlled by the Tobacco and Vape Acts, respectively. Legislation makes law on how such products are distributed and consumed. Did you know it is illegal to smoke or vape within 6 meters of a door or window?

Lately, in the media, much has been reported about the dangers of vaping. Users have been reported to be struck by unknown illness, possibly due to vaping. Health authorities have issued warnings and several US states and Nova Scotia have now banned the sale of flavoured vape juices. Youth in particular have been the mainstream users of vaping products and the sales of these products continue to grow quickly.

Unsure about vaping? Do your research on the topic. If you are still unsure, it's best not to start a possibly habitual product that doesn't do your health any good.

Editor's note: HSCPC volunteer Harry Mah operates a corner store whose stock includes tobacco and vape products.

■ Harry Mah

Resources for Parents

Canadian youth are among the world's top cannabis consumers – and parents need to know how to deal with that fact. Fortunately, there are resources.

A UNICEF report ranked Canada second with 28% of young people aged 12 to 17 trying marijuana.

A survey conducted by McCreary Centre Society in 2018 shows that a quarter of young people in B.C. tried marijuana. Only 11 % used it on a regular basis.

Asked why they used substances including marijuana, alcohol and vaping, most B.C. students say: "having fun" or to "have a good time", the survey reports. Second and third reasons were "experimenting" and "following their friends' example".

"Very often it is counterproductive to tell teenagers 'do not use drugs'; they will not listen if parents just tell them 'no,'" says Alexandra Wilson, District Parent and Family Engagement Stream Lead for SACY (Supporting and Connecting Youth).

This initiative was launched by the Vancouver School Board and Vancouver Coastal Health to prevent substance use among

students and help parents, teachers and administrators to communicate with young people and influence them in a positive way.



"Every secondary school in Vancouver has a SACY youth engager attached to it," Alexandra explains. "They work both with teachers and students and run discussion groups, where kids can ask questions or submit their written questions anonymously.

"Teenagers are encouraged to join the conversation and discuss reasons why some people use drugs and why other people choose not to. We want them to engage their critical thinking skills, to learn their values and in the long run to be able to set boundaries for themselves."

Many studies show that if young people are connected to their school, their community, their friends and family, they make healthier decisions in their lives. "When we work on prevention, we are trying to strengthen youth in their positive connections," says Alexandra.

See page 3 - Resources for Parents

Café Talk - Looking Out for Each Other



Long-time neighbours Shirley Hargreaves and Andrew Hattrick stay connected at seniors' luncheons.

Statistics Canada reports that over 1.4 million elderly Canadians experience feeling lonely. With an increasingly isolated senior population, long-time Hastings-Sunrise residents Andrew Hattrick and Shirley Hargreaves give us hope that this doesn't have to be the case.

If you ever find yourself at the Black Rook Bakery on a Friday afternoon, you might be lucky enough to meet Andy and Shirley; A pair whose friendship has stood the test of time as next-door neighbours for over 60 years. This duo has seen the community dramatically change over the years since the time there was a streetcar running down Hastings Street.

They meet twice a week with other long-time residents to share their stories over cake and coffee. Both friends have remained social and engaged in the neighbourhood thanks to being involved with the Ward Memorial Church and one special volunteer that brought them all together.

Resources for Parents - from page 2

SACY also conducts courses and seminars for parents, where adults are shown the most effective ways to communicate with their teens and to be heard.

"Being parents, we model our kids' behaviour every day," Alexandra notes. "If we are stressed, tired or anxious and the first thing we reach out for is a glass of wine, a bottle of beer or recreational cannabis, what message are we sending to our kids?"

Parents can find useful information and advice on the SACY website. Go to vsb.bc.ca, click on Student Support, then Safe and Inclusive Schools, then SACY.

Alexandra also recommends information from the Centre for Addiction and Mental Health: Go to camh.ca, then search for "What Parents Need to Know".

To get personal advice, parents and caregivers can contact SACY staff at their children's schools or call 604-713-5899.

■ *Olga Shaporenko*

The late Mary Boszey, a long-time local advocate for seniors, started luncheons a few years ago after noticing the isolated population of seniors in the neighbourhood, allowing this group to meet one another. These luncheons bring together a group of residents with similar life experiences who would be able to rely on one another. "It's important that we keep an eye out for each other," says Andy.

Road safety is a major concern for Andy and Shirley. Both residents agree that the amount of traffic in the neighbourhood worries them. Shirley indicates that it can sometimes take her more time than the crossing light allows, to cross the street. She is often worried about erratic drivers and afraid for her safety. Andy also is bothered by the increased density and volume of traffic on Hastings Street. This is likely a concern for other residents and is something that we should keep in mind when making the community comfortable for all.

A major reason, according to Statistics Canada, that seniors experience isolation is that they feel disconnected from their community. Connecting groups like this in the community is an example of how we fight this issue. "It's just nice to talk with people who know what you are talking about," says Andy.

■ *Aliz Revoczi*

Shred Day Ahead!

Annual document shredding
and fundraising event

Saturday May 2 - 10am to 2pm

Sunrise Square parking lot, 2500 Franklin St.

Suggested donation: \$10 per box

Sponsored by HSCPC and Hastings North BIA

Supported by Best Shredding

More info: call us at 604-717-3584

CRIME REPORTING

Reporting crime online
Just got easier.

Visit VPD.ca/online-reporting or visit us at the Hastings Sunrise Community Policing Centre for more information

Business Safety Team Turns 10

Sunrise! Safety! and Team!

Three pretty good concepts – put them together and you get Sunrise Safety Team, the little band of patrollers in bright blue jackets who have become a vital link between local businesses and the organizations that strive to keep them safe and connected.

The team has just celebrated 10 years of patrolling the Hastings strip from Renfrew to Clark Drive, including the light industrial area north of Hastings. They travel in pairs for four hours a day, six days a week, dropping in on every business several times a month to follow up on concerns or just to say “hi”.

The program is run by Hastings Sunrise Community Policing Centre (HSCPC) in partnership with Hastings North Business Improvement Association (BIA). Patrollers are trained by both HSCPC and the Vancouver Police Department.

Its mandate is to develop relationships with community members, especially in the business district, with the aim of deterring crime and increasing public safety.

Patricia Barnes, executive director of the BIA, explains its origins: “Many years ago, we were getting many calls for security and safety issues. We tried private security for a while and it didn’t go very well, so we stopped that and looked for something more neighbourhood based.”

She collaborated with Clair MacGougan, HSCPC executive director. They came up with the Safety Team concept: non-interventional and preventative, not just responsive.



Left: Tommy Luong, Liam Simpson and Brendan Connors

Below: Joey Hsieh, Carmen MacLeod and Mona Abdirahman



Tommy Luong, now the outgoing HSCPC program coordinator, was an original SST member back in 2009. “At first we focused on building good rapport with businesses. After four or five years of building trust we saw a turnaround – people felt freer to communicate their concerns,” says Tommy. Patrollers report all findings to the Hastings Sunrise neighbourhood police officer (NPO), who can then spot crime trends or even identify culprits.

“They also address quality of life concerns,” says Tommy. “Litter, graffiti, illegal dumping, discarded needles – there’s been a big increase in needles. They report to 311 and get the city involved. It’s probably 40 per cent of their work now.”

Aside from core staff, SST members are the only paid HSCPC representatives. But they all put in unpaid volunteer hours in other programs. At least a half-dozen have gone on to careers in policing or other public security fields.

This Issue

Contributors

Aliz Revoczi
Olga Shaporenko
Loretta Revoczi
Clair MacGougan
Chester Grant
Harry Mah

Board of Directors

Peter Wong, President
David Huynh, Vice President
Victor Huang, Treasurer
Simon Lin, Secretary
Charlie Kiers
Cheryl Ing
Hesham El Kurdy
Lara Davis
Lester Poon
Ruth Boogert
Simon Kwok

Executive Director:
Clair MacGougan

Neighbourhood Police Officer:
Constable Thomas Nguyen

Contact us:

2620 E. Hastings Street
Vancouver, BC, V5K 1Z6
604 - 717 - 3584
info@hscpc.com
www.hscpc.com

Office hours:

Mon to Fri: 9:30am - 4:30pm
Saturday: 10:00am - 4:00pm
Sunday and Holiday
weekends: ... Closed

“We’re really pleased with the program,” says the BIA’s Patricia Barnes. “It is very respectful of everybody in the neighbourhood. For example, we don’t move people along: we try to help them out.

“Personally, I think it’s better than private security,” she says. “It’s more personable, more accountable.”

This newsletter generously donated by:

Brochures | Flyers
Newsletters | Stationery
Presentation Folders
Posters | Labels | Tags
Business & Computer Forms
Cheques | Envelopes

BURROUGHS
PRINTING LTD

311 West 7th Avenue
Vancouver BC V5Y 1M2
tel 604 876 4151 | fax 604 876 4158
info@burroughsprinting.ca

Taking pride in what we do.
Committed to Service and Quality
Committed to our Customers

地標工程



志願者 Harold Catt

溫哥華警察局發起的名為「地標工程」的倡議，將街道號碼張貼在喜士定日出區內建築物背後的车道，將使這區變得更加容易導航。

印上街道號碼的金屬板，並附有如何安裝的說明，將在春季免費交付給區內一些居民和企業戶主。

據負責該項目的沙展 Lorna Berndsen說，處理和應對區內的緊急情況可能要花費較長的時間，因為可能難以確定發生事故的建築物。當發生緊急情況，公眾在撥打911時可能需要去建築物的前面以識別位置而造成延誤，「地標工程」項目將有助於減少反應上的延遲。這也意味著急救人員可以直接去急救地點，而不必先從建築物前面尋找街道號碼。第一應變人員到場後如需要增援，支援人員也將能夠快速、準確地標識他們的位置，從而使工作更加安全。

先由喜士定日出社區警務中心（HSCPC）的志願者進行審核車道內需要識別的地址，繼由溫哥華警察基金會供資金生產地址牌。地址牌將由喜士定日出社區的志願者直接送到區內住宅和企業。該項目未涵蓋的企業和居民可以自花30元在五金店購買數字標牌。

該項目遵循士達孔那和溫哥華東區的類似試點項目。其他城市，包括卡加里（Calgary）和溫尼伯（Winnipeg）在內，也已經頒布了法規，要求在所有房屋的正面和背面都標上街道號碼。「地標工程」的目標是確保溫哥華的所有物業背後都有地址，並讓溫哥華市議會在將來考慮引入市府條例。

現今有大型基礎建築物，是無法從前面進入的，但年中有86%的非法藥物過量毒性死亡是發生在建築物內部，在這情況下，能容易地識別地址，意味著更快的反應時間和更好的結果。

正如沙展Berndsen說：“如果找不到您，我們便不可能幫到您。”

■ Loretta Revoczi

Working together for a safe community

黑斯廷一日出社區警訊服務中心與溫哥華警察局合作



其他社區合作夥伴



霧化吸入

霧化吸入或電子煙於2004年推出，似乎已取代吸煙，為加拿大年輕人吸入尼古丁的首選方法。

出產電子煙的公司告訴消費者 - 使用電子煙是能更安全更有效幫助成年人戒菸的方法。但是，年輕人傾向於開始吸煙而不是戒菸。2015年，加拿大有13%的人報告曾嘗試過電子煙。年輕人（15-19歲）和青年人（20-24歲）嘗試電子煙的比例最高。在年輕人類別中，四分之一的人嘗試過電子煙。

吸煙是燃點處理過的菸葉並吸入其煙霧，而霧化吸入的，是加熱或汽化了的乙二醇，明膠，香料和添加的尼古丁的混合物。電子煙的構造是電池，電子線路和加熱元件（很像電爐元件），用於「汽化」在行業中稱為「果汁」的混合物。

雖然據稱吸入加熱了的液體對健康比吸入燃燒的煙草殘餘物較為有益，但霧化吸入比吸煙更有害。事實是，吸入任何加熱或燃燒的東西對心血管系統尤其是肺部來說都是困難的。電子煙產品吸引了年輕人，這是一種相對較新的產品，而有關霧化的科學和數據研究還無法證明霧化比捲菸更安全。

電子煙或筆很時尚，很吸引人，看上去就像香煙。霧化產品的包裝沒有像香煙那樣難看的警告。最初使用霧化套件的價格較高，但是一旦購買了筆，再購買補充包裝的果汁便不覺太貴。

捲菸和霧化產品分別受煙草法案和霧化法案的管制。立法制定了有關如何分銷和使用此類產品的法律。您知道在門或窗戶的6米內吸煙或吸電子煙是違法的嗎？

最近，在媒體上，已經有很多關於霧化吸入的危險的報導。據報導，用戶可能因霧化吸入而患未知的疾病。衛生當局已經發出警告，美國的幾個州和諾華使高沙省現在已經禁止銷售調味的霧化「果汁」。年輕人一直是霧化產品的主要用戶，這些產品的銷售繼續快速增長。

不確定霧化吸入是否適合嗎？請對這個主題進行研究。如果您仍然不確定，最好不要開始使用可能對您的健康無益的習慣性產品。編者註：喜士定日出社區警務中心志願者哈里·馬（Harry Mah）經營一家專賣店，其存貨包括煙草和霧化產品。

■ Harry Mah

日出安全隊

日出！
安全！
和團隊！

三個非常好的概念 - 將它們組合在一起，您將得到「日出安全隊」，這是一群身穿鮮豔藍色外套的巡邏人員，他們已成為當地企業與努力保持其安全和聯繫的組織之間至為重要的聯絡。

團隊剛剛慶祝了10週年的巡邏服務，範圍從倫弗魯（Renfrew）到克拉克大道（Clark Drive）的喜士定（Hastings），包括喜士定北部的輕工業區。他們結伴出隊，每週六天，每天四小時，每個月到各商戶探訪數次，以跟進問題或只是打個招呼。

該計劃由喜士定日出社區警務中心（HSCPC）與喜士定北部商業促進協會（BIA）合作推行。巡邏隊員的培訓則由喜士定日出社區警務中心和溫哥華警察局提供。

它的任務是發展與社區成員的關係，特別是在商業區，以遏制犯罪和增加公共安全。

商業促進協會執行董事Patricia Barnes解釋了其起源：

“許多年前，我們收到了許多有關保安和安全的問題。我們嘗試了一段時間的使用私人保安，但進展得並不順利，因此我們停止了這方法，並在社區內尋找更地道的方法。”

她與喜士定日出社區警務中心執行董事Clair MacGougan合作。他們提出了安全隊的概念：非干預性和預防性的，而不僅僅是反應性的。

現在即將卸任的喜士定日出社區警務中心計劃協調員Tommy Luong是2009年最初的「日出安全隊」成員。Tommy說：“起初，我們專注於與企業建立良好的融洽關係。在建立信任四到五年之後，我們看到了轉機 - 人們感到更自由地表達他們的關注。”

巡邏人員將所有調查結果報告給喜士定日出社區的睦鄰警官（NPO），警官隨後可以發現犯罪趨勢甚至識別罪魁禍首。

Tommy說：“他們還提出關乎生活質量的問題。亂扔垃圾，到處塗鴉，非法傾倒，丟棄的針頭 - 針頭的數量大幅度增加。他們向311報告，並讓該市參與問題的解決。現在大概是他們工作的40%。”

除核心人員外，「日出安全隊」成員是唯一的喜士定日出社區警務中心帶薪代表。但是他們都在其他計劃中投入了無償志願者時間。至少有六名從事警務或其他公共保安領域的職業。

商業促進協會的Patricia Barnes說：“我們對該計劃感到非常滿意，對社區中的每個人都非常尊重。例如，我們不會強推人們前進，我們會盡力幫助他們。就個人而言，我認為這要比私人保安更好。更個人化，更受問責。”

■ Chester Grant