



North Vancouver

Block Watch

Newsletter

Making your neighbourhood safe one block at a time

Summer 2013

147 East 14th Street, North Vancouver, BC V7L 2N4 • Tel: 604-985-0800 • Fax 604-969-7450 • NVBlockWatch@rcmp-grc.gc.ca

Main Detachment
147 East 14th Street
North Vancouver, BC
V7L 2N4
604-985-1311

**Crime Prevention
Centers**

City
112 East 3rd Street
North Vancouver, BC
V7L 1E6
604-969-7464

District
355 West Queens Road
North Vancouver, BC
V7N 4N5
604-990-2342

**Police Emergency
Crimes in Progress**
911

**Other Crime and
Suspicious Activity**
604-985-1311

Crimestoppers
1-800-222-Tips

Block Watch and Neighbourhood Emergency Preparedness

The Block Watch Society has recently added “Emergency Preparedness” as a component to consider in your neighbourhood Block Watch plan. We are therefore providing the following information from the District of North Vancouver Fire Prevention Office.

Fire Safety

Fire has changed significantly in the past 30 years. Smoke is much more toxic and fire develops much more rapidly. The purpose of this article is to educate you about how to protect yourself and your family.

“You have less than 3 minutes to escape your home from the time the first smoke alarm activates.”

In the event of a fire, the window of opportunity to escape your home has been drastically reduced. Why? This is due to the contents of the room. For example, 30 years ago a typical sofa was made of wood, wool, and cotton. Today, that same sofa is made of plastic, foam, and synthetics. These products are all made with petroleum based components. So that sofa in your home is like a cube of gasoline, which will burn more rapidly and have a higher heat release rate than wood. The smoke created by the burning of these products is much more toxic as well. On average you and your family have less than 3 minutes to escape your home from the time the first smoke alarm activates. How you and your family respond to a warning of fire will greatly effect the outcome of the situation.

How You Can Protect Yourself and Family

First step: Getting early detection of the fire will greatly increase your chances of survival. Ensure you have proper smoke alarm coverage. That means having a smoke alarm on every floor of your home, outside the bedrooms, and the kitchen. It is best to have interconnected smoke alarms so they can communicate with one another; if the basement alarm activates, all the alarms activate at the same time. For older homes “Kidde” now offers a wireless product that operates on a radio frequency so all the alarms will activate. As a bonus, this product also allows you to give an alarm to a neighbor when you go on holiday. That way they will be alerted if a fire occurs in your home.



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Second step: How you and your family react to the smoke alarm will greatly increase your chances of survival. There is not enough time to investigate the activation of smoke alarms, leave that to us! Get your family out of the house, get to your meeting place, and call 911.

Third step: Properly maintaining your smoke alarms will greatly increase your chances of survival. Check your smoke alarms

monthly and replace the batteries annually. Even hard-wired smoke alarms need to have

battery back-ups. Did you know that most smoke alarms only have a shelf-life of 10 years? Check the back of the smoke alarm for its production date. If it is older than 10 years or has no date it needs to be replaced. If you have a fire extinguisher it should be serviced annually by an Applied Science Technologist (AST), available at any fire safety company.

**“Test smoke alarms monthly.
Replace batteries annually.
Smoke alarms only last 10 years.”**

Fire Safety Plan and Fire Drills

Have a fire safety plan for your home and discuss it with your family regularly. It should include a layout plan of your home, escape routes, exits, and a meeting place. Everyone in your home should know this plan. Practice this plan monthly with your family and run different scenarios each time. What if you and your family are stuck in your bedrooms because the fire is in the hallway? Everyone needs at least two exits.

Carbon Monoxide (CO)

If you are constantly suffering from dizziness, headaches, or nausea it could be carbon monoxide poisoning. Carbon monoxide is known as the ‘silent killer’. It is invisible, odorless and tasteless. If you have a fuel burning appliance in your home you should have a carbon monoxide detector. Carbon monoxide poisoning is very serious. If your detector activates get everyone out of your home and call 911. Below are the symptoms a person may suffer if

exposed to these concentrations of carbon monoxide (ppm - parts per million):

Concentration (CO)	Symptoms
35 ppm (0.0035%)	Headache and dizziness within six to eight hours of constant exposure.
100 ppm (0.01%)	Slight headache in two to three hours.
200 ppm (0.02%)	Slight headache within two to three hours; loss of judgment.
400 ppm (0.04%)	Frontal headache within one to two hours.
800 ppm (0.08%)	Dizziness, nausea, and convulsions within 45 min; insensible within two hours.
1,600 ppm (0.16%)	Headache, tachycardia, dizziness, and nausea within 20 min; death in less than two hours.
3,200 ppm (0.32%)	Headache, dizziness and nausea in five to ten minutes. Death within 30 minutes.
6,400 ppm (0.64%)	Headache and dizziness in one to two minutes. Convulsions, respiratory arrest, and death in less than 20 minutes.
12,800 ppm (1.28%)	Unconsciousness after two–three breaths. Death in less than three minutes.

Resources



Follow the District Fire Prevention Office on Facebook @ facebook.com/dnvfrs and Twitter @ twitter.com/dnvfrs where we post department news, messages, and fire safety tips.

You can also call us @ 604-980-7575.

We offer an extinguisher training program that includes a classroom lecture and live fire training. If anyone is interested in taking this program please contact us.



The RCMP Musical Ride is Coming!

Representing a colourful tradition and ceremony through the horse and scarlet uniform, the RCMP created this world renowned event known as the Musical Ride. The Musical Ride provides Canadians, from coast to coast, with the opportunity to experience part of our heritage and national identity.

The RCMP Musical Ride is scheduled to perform in North Vancouver on Wednesday, August 21st at 6:30pm. They will perform at Mahon Park and the horses will be stabled at Kinsmen Park for public viewing. There will be further advertising as the date approaches.

Tips for Driving Undistracted

What is Distracted Driving?

Distracted driving can be defined as any activity which takes a driver's attention away from driving and can include: adjusting the stereo; searching for something in the car; eating or drinking while driving; using a handheld device; watching television or other entertainment devices. Types of Distracted Driving are:

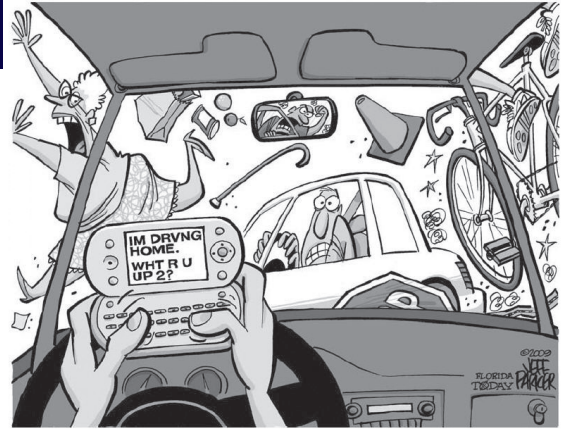
Visual - Taking your eyes off the road;

Manual - Taking your hands off the wheel;

Cognitive - Taking your mind off what you're doing.

If you drive when you are unable to give all of your attention to your driving, you're putting yourself, your passengers, and others at risk. You can make a difference:

1. **Keep the phone out of arms reach.** Put it in your glove compartment or leave it in your purse, which you can put in your backseat.
2. **Turn off your phone when you're driving.** If you don't hear it ring, you can't pick it up.
3. **Download anti-texting software onto your phone.**
4. **Don't text or call others when you know they are driving.** Parents often call their teenagers to make sure they are safe on the road or have safely reached their destination, but calling or texting them while they are driving may cause them to be distracted.
5. **Have a designated "texter" while driving.** If you have a friend or passenger in the car with you, have them answer the phone or respond to a text message.
6. **Remember that distracted driving is just as bad as impaired driving.** Several studies have shown that texting while driving impairs your driving ability in the same way that alcohol does.
7. **Imagine the pedestrians and passengers in the other cars as people you know and love.** Would you want a distracted driver on the road if your loved ones were there? Also, driving distracted with passengers in your car puts their lives at risk as well as yours. It also sets an example that you don't want others to mimic.



Block Watch 25th Anniversary

The North Vancouver Block Watch Program celebrates its 25th Anniversary this year. On Thursday, April 4th, we held a special event at Centennial Theatre. We had two excellent presentations. Jesse Miller presented on "Social Media Education and Awareness". Sgt. Kevin Bracewell, our City Response Sergeant and Police Officer in charge of Block Watch, presented on "Policing in Afghanistan". Refreshments at intermission were enjoyed by all.

Did you know we have 594 streets enrolled in the program with over 12,000 residents participating throughout the City and District of North Vancouver. It is a neighbourhood crime prevention program driven by volunteers!

In recent decades policing has changed dramatically. A growing population, budget cuts and other factors have forced police to rely on you, the public, more than ever. Consequently, Community Policing arrived throughout B.C. Block Watch started in B.C. in 1986. The model of Community Policing led to the development of the Block Watch Program. Our program was modeled on a similar project in Seattle which was effective in reducing residential Break and Enters by up to 60%.

Thank you to all of our volunteers who are actively involved in our community!



April 21st to 26th 2013 was National Volunteer Week. We held a volunteer recognition event at the North Vancouver RCMP Detachment on Wednesday evening, April 24th. The Block Watch Program recognized 151 volunteers reaching milestones of 5, 10, 15 and 20 years of service. This program would not exist without your involvement and we thank you for the commitment you have made to our neighbourhood crime prevention program!



Ask a cop

Do you have concerns in your neighbourhood or a police related question you'd like answered? Call or email Sgt. Kevin Bracewell, City Response Sergeant and Police Officer in charge of the Block Watch Program:
604-969-7559 or kevin.bracewell@rcmp-grc.gc.ca

Home Vacation Check

This program is offered to North Vancouver residents for additional peace of mind while away on vacation. Volunteers will visually check your residence at random days and times while you are out of town on vacation.

Anything that is suspicious or out of place will be reported to either your designated contact person responsible for the residence or directly to the police if the circumstances warrant it.

Please call the Community Policing Administrator at 604-969-7423 to make arrangements. All that is required is to provide proof of identity, details of your absence, and emergency contact numbers and you will be included in the program.



Block Watch Participants



Block Captains/Co-Captains



Zone Coordinators



Area Coordinators



Block Watch Office

Block Watch Communication Reminders

Block Watch Participants

- ✓ Promptly report any crime or suspicious activity to the police **first** (either 911, or non-emergency 604-985-1311, press 1 at the recording). **Secondly** call your Block Captain so your fellow block participants can be kept informed.

Captains

- ✓ Keep your Block map updated yearly (do not put email addresses on the map to block participants). Deliver a copy to your block participants and ask them to dispose of old maps like any confidential information.
- ✓ If a crime or suspicious activity is reported to you, inform your block participants immediately as well as your Zone Coordinator. Call the Block Watch Office if you do not know who your Zone Coordinator is.
- ✓ Create an email distribution list. Please "bcc" recipients for privacy.
- ✓ Check your email frequently to forward any Block Watch email.



B&E Stats and Fanout Phone Number

Break & Enter Statistics
604-969-7488, Option "6"
Block Watch Fanout
604-969-7488, Option "7"

Website:

www.nvan.rcmp.ca

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This issue of the North Vancouver Block Watch Newsletter is sponsored by Dodi Thorhaug as part of her commitment to loss prevention and community involvement.