

OAK BAY POLICE

SPRING 2024

Community Policing Since 1906



Message From the Chief

Welcome to our community newsletter and thank you for taking the time to show a keen interest in the wellness and safety of our community. Our intention is to publish a quarterly newsletter for all members of the community that will include a diversity of topics which will hopefully appeal to a wide audience. One of the advantages of having a department made up of experienced police officers and civilian staff is that we can leverage that diversity of interests and experience to highlight a variety of topics.

With summer approaching we will all see an increase in special events throughout the community. Many of these events require a significant complement of police officers and community volunteers to assist with traffic and crowd control to ensure a safe event for everyone.

With the decision of School District 61 to end the police School Liaison Officer Program, we have been fortunate in Oak Bay to have our Police Board and Municipal Council maintain the funding for an officer to focus solely on supporting youth in our community. Our former School Liaison Officer, Constable Natalie Mishrigi, is now our Community and Youth Liaison Officer. She continues to engage with youth through the Youth Center run by Oak Bay Recreation, engagement in the Greater Victoria Youth Police Camp, gang prevention education seminars, and crime prevention presentations in some of the private schools in our community.

We have also been doing fraud prevention presentations at the Monterey Center and holding monthly *Coffee with A Cop* sessions to give people an opportunity to interact with our officers and ask questions about community safety and policing in general.

On the traffic safety front, we are encouraging our officers to focus on excessive speed and distracted driving enforcement with the end goal of reducing injury accidents in Oak Bay.

In closing I want to thank all of you for being active and interested participants in our community. An engaged and active community is a healthy community. Know that all the members of our department appreciate your support.

Mark Fisher
Chief Constable



Our Commitment

Committed to partnerships with the community and other service providers, leading to effective delivery of police services to Oak Bay.

MISSION

Excellence in community-focused policing.

VISION

A safer community, together.

WE ARE ...

Fair - Empathetic - Accountable
- Committed to Service

OUR FOCUS

Safety

- Decrease property crime
- Decrease injury due to road accidents
- Enhance safety planning for persons at risk of relationship violence
- Maintain excellence in investigations

Engagement

- Improve the sense of safety for minorities, women, and elders
- Maintain a rating of 85% or more to the question "Are OBPD approachable?"
- Continue to earn a sense of trust from children and youth

Equity, Diversity, Inclusion

- Increase Diversity and Inclusion Competence
- Enhance Inclusion and Diversity in the Workplace
- Increase connection with the Lək'wəŋən speaking peoples

Stewardship

- Maintain governance best practices
- Implement a new reporting framework that aligns to the four strategic goals
- Develop employee wellness and build resilience
- Think innovatively about our approach to effective community policing

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www.oakbaypolice.org



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March is Fraud Prevention Month

Scams and frauds are increasingly becoming more prevalent and anyone can be a target. According to an Ipsos poll published last February, 43% of Canadians have been the victim of a fraud or scam in their lifetime. Here are some of the most common scams to be aware of.

Emergency scam / Grandparent scam

A caller pretends to be a family member and claims they have been in an accident or charged with a serious offence. They pass the phone to someone claiming to be a lawyer who will request a sum of money to help the family member.

Tech support

The victim receives a call or an urgent email that claims their computer has been infected. The scammer charges for (unnecessary) repairs, or gains full access to the computer.

CRA-related scams

These scammers claim to be from Canada Revenue or another government institution. The goal is to get you to share personal or financial information. The CRA flagged that Canadians were receiving texts and emails from scammers pretending to be government officials, with fake links to claim deposits such as the Climate Action Incentive Payment.

Phishing scams

The most common and popular form of e-mail or text scam is phishing, where a user receives a message impersonating a person or organization they're familiar with – an urgent message from FedEx, Amazon or Canada Post claiming there's an issue with your package and providing a malicious link, or requesting personal or financial information.

Contests and sweepstakes

Sweepstakes and contest scams are still running rampant, where Canadians receive a call announcing they've won a huge prize or free trip but must pay the extra tax or fee to claim the prize. Don't be fooled. Instead of receiving a prize, you will lose every cent you send the scammer, and if you provide other personal details, your identity could be stolen, too.



Emergence of AI scams

A growing number of scams have been taking advantage of developments in AI technology. Deepfakes – a type of AI-generated video where a person's likeness can be mimicked and manipulated – are being made to create fake advertisements featuring celebrities. AI chatbots are being used to fake conversations with potential victims in romance scams, for example.

How to protect yourself from fraud & scams

Here are a few “rules of thumb” to consider:

- Don't be afraid to say “NO”. If you feel pressured into something say NO or simply hang up or block the email/text.
- Never give out personal or financial information.
- Beware of upfront fees.
- Protect your computer. Never click on a link received in an email unless you are absolutely certain it comes from a reputable source.
- Be careful who you share images with.
- Protect your online accounts by ensuring your passwords are unique and that you change them periodically.
- Recognize “spoofing”. Caller ID, emails and websites can all be made to look legitimate.
- **Do your research.**
 - Always verify the source of any phone call, email, text or website that you are unsure of.
 - Don't allow yourself to be rushed into something. If someone is pressuring you through urgency, ask for their name and contact number and tell them you will get back to them.
 - Don't be afraid to ask a friend or relative for advice if you are unsure.

The Canadian Anti-Fraud Centre is a great online resource.

Community Services

Support Services Sergeant

The Oak Bay Police Community Services Division has had a very busy spring. The division welcomed Sergeant Jason Jewkes in January as the new Support Services Sergeant. Jason comes to the division with a wide range of policing experience. He has worked in several provinces including Ontario, Alberta, and BC and has taken on a variety of roles such as street crime, traffic and the second in command of an RCMP detachment in Northern Alberta. Sgt. Jewkes has been with the Oak Bay Police for three years.

Constable Natalie Mishrigi, the Youth and Community Liaison Officer, hosted the Gang Education meeting at Oak Bay High School on January 22. The meeting was well attended with subject matter experts as speakers.

Now that COVID is becoming a memory, Sgt. Jewkes and Cst. Mishrigi are ready to promote Block Watch in Oak Bay and arrange attendance of officers at Blockwatch meetings and street parties this spring and summer season. They will be hosting a meeting with Blockwatch Captains in the near future.

Jason and Constable Matt McNichol hosted a Fraud presentation at the Monterey Centre that was attended by approximately 40 people. There were many great questions from the engaged attendees.

Natalie and Constable Dean Robson were busy during March with the annual Greater Victoria Police Foundation Police Camp. The camp ran from March 15 – 23. As volunteers and mentors, Dean and Natalie remained at the camp 24 hours a day. Natalie was a team leader for a group of students and Dean a scenario coordinator. The days started at 6:15am and consisted of physical training and classroom sessions. In the afternoon, students participated in scenarios relating to the knowledge gained earlier in the classroom. The students then participated in night patrol and responded to mock calls. The day wrapped up at 9:00pm for most students, with a few going on call and taking mock calls during the night. Police Camp provides an amazing opportunity for youth who may be interested in a career in policing to experience firsthand what the job entails.



Sgt. Jason Jewkes
Support Services Sergeant



Cst. Natalie Mishrigi
Community & Youth Liaison

Community & Youth Liaison Officer

Gang Education & Trends Seminar



Oak Bay High School Parent Advisory Committee asked Cst MISHRIGI to help organize a Gang Education and Trends Seminar at the Dave Dunnet Theatre at Oak Bay High School on Jan 25th. Oak Bay Recreation helped with the registration and advertising of this event. It was well attended.

Youth Drop In Centre



Cst MISHRIGI has been working closely with Oak Bay Recreation which has included running a youth drop in at the Youth Centre from 1200 to 1300 hours every Tuesday. Oak Bay Recreation is a great resource for young people whether they are looking for employment or other programs or resources.

COFFEE WITH A COP

Cst MISHRIGI is looking to plan Coffee with a Cop at the Sports View Lounge at Oak Bay Recreation Centre in the upcoming months. Look out for some advertising or check the Oak Bay Police Department's website: www.oakbaypolice.org



Police Camp



Cst MISHRIGI attended Police Camp again this year from March 18th to 25th as a Team Leader with 60 youth from all over the CRD who are in grade 10 to 12. Students who applied were all interviewed and then selected to join. Police Camp is a unique leadership program for students that have an interest in exploring policing and public safety. Oak Bay High School had two students attend this year. The Greater Victoria Police Foundation funds the camp making it free for students to attend. Another opportunity that the Greater Victoria Police Foundation offers is a Mentorship Program where youth can apply to form a relationship with a police officer. They get together 6 to 12 times a year. A police camp video from last year and how to apply for the mentorship program are posted on the Greater Victoria Police Foundation [website](#).

Did You know?

Keeping Your Home Safe

Do you know that the District of Oak Bay Bylaw No. 1557 requires that every building:

1. Shall affix and keep affixed in a conspicuous place, as near as practicable to the front entrance the street number assigned.
2. If the building is separated from the street by a fence, hedge etc., a duplicate number shall be affixed in a conspicuous place near the entrance through the fence, hedge etc.
3. The street number shall not be, nor become obscured by vegetation or otherwise.

Believe it or not, many house numbers are not visible from the street. It's even worse at night.



House numbering recommendations:

1. Numbers must be of adequate size to be clearly legible from the street.
2. Contrasting background colors should be used.
3. Numbers must be unobstructed by shrubs, trees, and building features.
4. Conduct a "self test" - stand across the street from you house at night. Can you clearly see and understand your address numbers?
5. We recommend illuminating your address at night.
6. It is important that long driveways, lanes etc., be clearly marked for easy identification.



A poorly displayed house number can delay police, fire, and ambulance finding you when you need it most – in an emergency!



Meet the Members

Change of Command

There is a change of command in the future for Oak Bay Police as Chief Constable Mark Fisher will retire on May 31, 2024 and current Deputy Chief Constable, Julie Chanin will step into the role of Chief beginning June 1, 2024.

Chief Fisher's thirty-three year career in policing includes Officer in Charge of the West Shore RCMP and Nanaimo RCMP, RCMP Liaison to the Province on justice reform initiatives, and Commanding Officer of the Saskatchewan RCMP.

Deputy Chief Julie Chanin has been working in policing for 24 years with 13 of those years in Oak Bay. She joined the Oak Bay Police Department from the West Shore RCMP in 2011 as a Constable and quickly progressed to Acting Sergeant, followed by Sergeant and then Deputy Chief in 2022.



Awards and Accolades

At the February meeting of the Oak Bay Police Board, Chief Fisher and Police Board Chair and Mayor, Kevin Murdoch presented two awards to members of the department.

Constable Emma Rutledge who has been with Oak Bay PD for 7 years received the "Life Saving Certificate of the Order of St. John of Jerusalem" and the "Chief Constables Certificate of Commendation" for her life saving efforts administered to a male individual on December 20, 2022.

Special Municipal Constable Chris Horsley who has been with the department since September 2022, was presented with the "Chief Constables Certificate of Commendation" for his patience, keen observation skills, and perseverance which saved a man's life on July 5, 2023.





Mindfulness in March

From Sgt Sandrine Perry

What is Mindfulness? Well that depends....

When used as a noun it means a state of calmness, gratitude, and compassion. Now, when you use it as a verb as in “being mindful”, it means practicing being in the moment and becoming aware of our emotions, thoughts, and how our body feels. Mindfulness has its origin in Ancient Chinese medicine but in recent times it has been utilized everywhere to treat a wide variety of psychological and physiological conditions.

Shauna Shapiro, who has extensively researched and written about mindfulness, says that it’s not just about paying attention. It’s about how we pay attention. Shapiro describes the three vital psychological elements of mindfulness as follows: (Shapiro, 2020)

- **Intention** – how we use our hearts as our compass, directing and reflecting our most profound hopes and values;
- **Attention** – training and grounding our mind in the present moment;
- **Attitude** – paying attention with an attitude of compassion and curiosity

According to the American Psychological Association (APA), research suggests that, despite not being fully understood, the benefits of mindfulness come from its ability to help us “dial down the body’s response to stress” (American Psychological Association, 2019, para. 10).

It seems that by changing activity within regions of the brain associated with attention and emotional regulation, mindfulness lowers our response to stress, driving positive downstream effects throughout the body. (references from Positivepsychology.com)

Simple Ways to Incorporate Mindfulness into Your Life

Morning: When you wake up take a moment to practice gratitude. What are you thankful for? After that, take three intentional breaths. Inhale for four, hold your breath, and exhale for four. Do that three times. See how your body feels after this.

Outside: Go for a walk outside. Take the time to really pay attention to the sounds, sights, smells of where you are. See if you can get out in nature and do this. It will be surprising how much you notice what is around you when you focus specifically on each sense.

In your Car: If you like to listen to the radio, really listen to the words of the songs that are being played. Sing along if you want to!