Summer in Oak Bay is a wonderful time of year! There is so much going on and our community really comes to life with festivals and events that encourage people to get out and about. Strolling down the “Avenue”, it is refreshing to see people sitting outside at the cafes and restaurants and visiting with their neighbours. I am so pleased when community members stop me on the street to chat.

The Oak Bay Night Market is coming back to the Avenue starting in July and our members will be out patrolling this and other events in the community. Summer means kids are out of school and many people are leaving on holidays. If you are planning a holiday, you can register for the “Vacation Home Security Program” which provides perimeter checks while you are away. For details on the program contact the Oak Bay Police Department or see our website. The website also provides many great tips for keeping your home safe while you are away.

I would like to remind motorists that summer is roadblock season as well. Members will be out during this high traffic time of year.

I would also like to point out to our residents that fraud doesn’t take a break during vacation season. With the advent of Artificial Intelligence, fraudsters are becoming more sophisticated all the time. They often target seniors who may not be as up to date on the latest technology.

A good rule of thumb is to never give out any personal, banking, or credit card information over the phone or by email. If something seems suspicious to you, it probably is. Hang up and call a family member who can help.

I would like to welcome our new Deputy Chief Constable, Kris Rice, to the Oak Bay Police Department. I know that DC Rice is very excited to be working for our community and I know that our members and residents will make him, and his family feel welcome.

I wish everyone a wonderful safe, fun, relaxing summer full of good times with family and friends and the opportunity to do all the things you love to do.

Julie Chanin
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 Lək̓ʷəŋən 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
follow us on X (formerly Twitter)
Fraudsters Impersonating the Canadian Anti-Fraud Centre

There is no end to the lengths that fraudsters and scammers will go to in order to part you from your money. Sometime they even claim to be working with the Canadian Anti-Fraud Centre (CAFC). A victim will be sent a fraudulent letter via email which may include the CAFC’s logo. The letter will advise that the CAFC is investigating and that you, the victim, must cooperate in order to "catch" the suspect. Fraudulent contact information (phone number and email address) is provided for you to communicate with them. They may claim that a payment is required to assist with the investigation and will promise to return the funds, of course they never will.

The three most common impersonation scams to look out for include:

Bank investigator
The fraudster claims to be from the bank, a major credit card provider or, in some cases, from businesses such as Amazon. They claim there are unauthorized charges on your account or that your account is compromised. At times, the fraudster demands that you provide your credit card information and that you send money for reimbursement fees or as bait money to help catch a bad employee.

Tech support
The fraudster claims a virus infected your computer. Fraudsters state that your computer is sending out viruses or has been hacked and must be serviced. They request access to your computer and may run programs or alter settings. Fraudsters will claim that they have found fraudulent activity on your computer and an investigation is required. Victims are contacted by:

- Alarming website pop-ups that demand you call a number urgently
- Unsolicited telephone calls (they may claim to be a Microsoft or other well-known computer company employee)

Recovery pitch
If you have been a victim of a fraud, you may be targeted again with a promise to get your money back. Fraudsters will claim to be from a government agency or law enforcement and ask for your help with a “sting” operation to take down scammers who stole your money.

Warning signs and how to protect yourself

- The CAFC or police services will never ask:
  - to transfer money or make a payment
  - for remote access to your computer
  - for personal information or any type of payment from you
- Fraudsters will often provide the first 4 to 6 numbers of your debit or credit card. Remember that most debit and credit card numbers with specific financial institutions begin with the same four to six numbers.
- Do not assume that phone numbers appearing on your call display are accurate. Criminals use call-spoofing to mislead victims.
- If you get an incoming call claiming to be from your financial institution, advise the caller that you will call them back. End the call and dial the number on the back of your card from a different phone if possible or wait 10 minutes before making the outgoing call.
- Never be afraid to disconnect the call
- Never allow an unknown person to gain remote access to your computer/device
- Always have your computer/device serviced by a reputable business
Never pay an advance fee to get a refund.

Protecting your Social Insurance Number (SIN)
Your SIN is confidential. Do not use it as identification or provide it for job applications, rental applications, etc.
In the wrong hands, your SIN could lead to:
- an invasion of privacy
- identity theft
- loss of government benefits, tax refunds or bank credits
If someone uses your SIN to commit fraud, it could ruin your credit rating. Someone could also use your SIN to work illegally. In this case, the Canada Revenue Agency (CRA) may expect you to pay tax on income you did not receive.
Hi, I’m Dan Martin. I was previously with the Southwestern Manitoba RCMP. This was a difficult situation for me and my wife, who was here in Victoria. I was able to join Oak Bay and be reunited with my family which I am thankful for. I have called the Peninsula home for over 10 years.

I enjoy hiking which is useful when I am helping my wife with her nature photography. We go all over Vancouver Island and the mainland including into Kananaskis, Alberta. We have done some memorable trips to Jasper and Yellow Stone, which led us into a very interesting situation - being up close and personal with a grizzly bear, who was aware of us but keen on eating.

When time permits, you might find me working on my mechanical skills or canoeing around the Saanich peninsula.

SJ: What do you enjoy about policing in Oak Bay?
The variety of police calls. The lovely vista of the Olympic Mountains. The community is very helpful and supportive of the police.

SJ: What has been the highlight of your policing career thus far?
Helping to safely bring into custody a subject that had been violent towards his parents. After the arrest, the individual was able to get the help he needed to deal with his Mental Health issues.

SJ: What are your future policing goals?
My goal is to join the Public Safety Unit, that maintains public safety related to events, rallies, protests and demonstrations. I aspire in the future to take on a leadership role.

SJ: What is your favorite sports team?
The Toronto Maple Leafs.
On July 11, 2024 Constable Mishrigi along with Reserve Constables Parker and Adolf, provided a cycling escort for the Arts Alive, Oak Bay Opening Celebration. A bike safety talk was provided by police prior to the registered group setting off on the route to view seven art installations and meet the artists who were available to discuss their work.

There were also live vocal performances and Hazels ice cream provided a sweet treat. One of the cyclists had music playing during the ride, adding to the festive atmosphere.

The Oak Bay Parks and Recreation van drove along the route with other participants.

It was a wonderful event, enjoyed by all. A big thank you to Andrea Pass, Arts and Culture Programmer from Oak Bay Parks and Recreation for coordinating the event.

PROTECT YOUR BIKE!

The Oak Bay Police Department is joining other Vancouver Island police departments by adopting the “Project 529” bike registry app.

The app is a free, online tool that allows cyclists to register their bike making it easier to track if it is ever stolen. Bike owners can also search a bike they may be considering buying or one they have found to determine if it has been reported stolen.

The bike registry can be accessed from the Oak Bay Police Department’s website on the “Crime Prevention” page.
As summer heat begins to set in, it’s crucial to be prepared for extreme heat events. British Columbia is experiencing higher annual summer temperatures and more extremely hot days due to the effects of climate change. Climate trends point to the increasing likelihood for more extreme heat events like the heat dome experienced in 2021, making it more critical for people to understand the risk, prepare for these conditions, and know where to access support. Here are some tips to help you stay safe and comfortable during hot weather:

- **Stay Cool:** Spend time in air-conditioned places like shopping malls or public libraries if your home isn’t air-conditioned. Use fans, take cool showers, and keep curtains closed to block out the sun.
- **Hydrate:** Drink plenty of water throughout the day, even if you don’t feel thirsty. Avoid sugary, caffeinated, or alcoholic drinks as they can lead to dehydration.
- **Check on Others:** Keep in touch with family, friends, and neighbours, especially the elderly, young children, and those with health conditions, as they are more vulnerable to heat-related illnesses.
- **Limit Outdoor Activities:** Avoid strenuous activities during the hottest parts of the day, typically between 10 a.m. and 4 p.m. If you must be outside, take frequent breaks in the shade or a cool area.
- **Prepare Your Home:** Keep your living space cool by using shades, blinds, or curtains. Open windows at night to let in cooler air and consider using a dehumidifier if you live in a humid area.
- **Eat Light:** Consume smaller, light meals that are easy to digest. Avoid hot and heavy meals as they can increase your body’s internal temperature.
- **Clothing:** Wear loose, light-colored, and lightweight clothing. A wide-brimmed hat can help keep your head cool when you’re outdoors.

**Sign Up Now to Be Informed Later...**

Just a few minutes on your phone now can ensure you’re informed during an emergency! You can sign up for the District of Oak Bay’s free Oak Bay Alerts system. In the case of a public safety incident, the District’s free alerting service will be used to deliver critical and potentially life-saving alerts to residents who have registered. This information can help you and your family know what to do, where to go, and what to expect.

The Oak Bay Alerts system is optional, and you will only receive notifications if you sign up for this service. Our system can send alerts for public safety incidents such as earthquakes, tsunami warnings, or evacuation notices. To find more details and to sign up, visit OakBay.ca/alerts.

**Come visit us at the Oak Bay Night Markets!**

The Oak Bay Emergency Program (OBEP) volunteers will be at the Oak Bay Night Markets all summer. Come visit us and test your emergency preparedness knowledge with our spinning wheel! We bet you will learn something new and maybe even walk away with a nice prize!

**Learn More About the Oak Bay Emergency Program**

The Oak Bay Emergency Program (OBEP) is here to help prepare you and your community for emergencies. Curious about how you can help in your community? OBEP is always looking for volunteers. For more details, contact OBEP at obep@oakbay.ca or call 250-592-9121.

Jacob Tilson, Manager
Oak Bay Emergency Program
Meet the Members

Kris Rice - Oak Bay Police's new Deputy Chief

Oak Bay's new Deputy Chief Constable, Kris Rice was sworn in on July 3, 2024. DC Rice replaces Julie Chanin who was recently promoted to Chief Constable upon the retirement of former Chief, Mark Fisher.

DC Rice comes to Oak Bay from Nelson Police Department where he was Officer in Charge of Operations. Prior to Nelson, Kris was with Victoria Police as Staff Sergeant: Investigative Services Division, Staff Sergeant Patrol Watch Commander and Sergeant: Major Crime Unit.

Kris is excited to be joining Oak Bay PD and returning, with his family, to Vancouver Island. He brings over 20-years of policing and leadership experience to the role of Deputy Chief Constable.

NEW POLICE BOARD MEMBERS

The Oak Bay Police Board welcomed three new Board members in June. With the retirement of long-time Board member Wendy Zink, and an existing vacancy to fill, the Police Board now has a full complement moving forward.

New members are Bob Plecas, Robert Richards, and Ian Robertson.

Bob Plecas has an illustrious background working for the provincial government in diverse roles including that of a Deputy Minister. He has also worked in the private sector, spent 12 years as a political panelist at CBC’s “On the Island” and has written a best selling book and has another in the works.

Robert Richards is currently the A/Senior Director of Corporate Finance at British Columbia Investment Management Corporation (BCI). He is a seasoned financial professional with over 15 years experience in the industry. In addition, Robert shares his financial knowledge and experience by volunteering and supporting numerous non-profit organizations.

Ian Robertson is the recently retired CEO of the Greater Victoria Harbour Authority. Prior to this, Ian was the CEO of the Tourism Industry Association of BC, Senior Manager at Rocky Mountaineer, Park Commissioner at the City of Vancouver and Chair of the Vancouver Park Board. Ian has extensive knowledge of board governance, community engagement, stakeholder relations, crisis communication and human resources.

The Oak Bay Police Board is currently on summer break. The next Police Board meeting will take place on Tuesday, September 24 in Council Chambers at the Oak Bay Municipal Hall beginning at 4:00 pm.
Living with flowers can provide a boost of energy, happiness and enthusiasm at work. Having flowers at home can have a positive carry-over impact on our mood at work, too. The study found that people were more likely to feel happier and have more enthusiasm and energy at work when flowers were in their home living environments.

“As a psychologist, I'm particularly intrigued to find that people who live with flowers report fewer episodes of anxiety and depressed feelings,” Etcoff says. “Our results suggest that flowers have a positive impact on our well being.”

Methodology
Nancy Etcoff, Ph.D., of Massachusetts General Hospital and Harvard Medical School and her research team investigated the effects of flowers in the home environment on well being. Fifty-four people, ages 25-60, were studied using a series of self-report measures allowing the research team to know where the person was, with whom and what they were doing when they experienced an emotion, both when flowers were and were not present. Half of the participants received a “control” home décor item, other than flowers, to ensure study validity. After living with either flowers or the control intervention for approximately one week, participants rated their feelings during specific periods of the day, recording emotions during each episode. The research team also took photographs before and after flowers were delivered to determine any changes in use or appearance of the room.

About the Researcher
Nancy Etcoff, Ph.D., is a faculty member of the Harvard Medical School and the Harvard University Mind/Brain/Behavior Initiative and a practicing psychologist at the Massachusetts General Hospital Department of Psychiatry where she is the Director of the Program in Aesthetics and Well Being. At Harvard, she currently teaches a course entitled “The Science of Happiness.”

Flowers feed compassion. Study participants who lived with fresh cut flowers for less than a week felt an increase in feelings of compassion and kindness for others.

Flowers chase away anxieties, worries and the blues at home. Overall, people in the study simply felt less negative after being around flowers at home for just a few days. Participants most frequently placed flowers in their kitchens, dining rooms and living rooms, where they spend a lot of time at home. They reported wanting to see the blooms first thing in the morning.