

The Advocate: Helping Ourselves Help Others

May 13, 2019

St. Albert Victim Services Newsletter

St. Albert Victim Services



We provide support, assistance, information and referrals to victims of crime, violent acts and accidental or natural disasters within the City of St. Albert, Alberta in order to minimize the effect of their crisis and help return their lives to a desired degree of stability.



Save The Date

Corey Hirsch: Lose the Mask

May 14, 2019, April 29 newsletter

Police Week BBQ

May 14, 2019 at the Detachment

Monthly Board Meeting

May 16, 2019 @ Digital Link

18116 102 Ave NW, Edmonton, AB T5S 1S7

Anxiety

May 28, 2019 6 pm – 8 pm. (see April 8 newsletter)

Victims and Survivors of Crime Week Workshop

May 30, 2019, April 29 newsletter

Safety Fair

June 9, 2019 (info to follow soonish)

Mental Health First Aid

June 20 and 27 2019 (see page 2)

Family Violence Across the LifeSpan Workshops (see Feb. 25 newsletter)

June 26 and 27

September 4 and 5

December 4 and 5

All of the exciting past issues are located in the VSU office.



**St. Albert
Victim Services**

St. Albert RCMP Encourage Block Party Organizers to Join the #9PMRoutine

St. Albert, Alta – On April 29 and May 4, 2019, RCMP officers spoke to volunteer Block Party organizers about the #9PMRoutine movement and asked them to develop the “Lock it up” habit. With almost 500 reported thefts from vehicles, over 200 reports of break and enters to either businesses or homes and with over 150 vehicles being reported stolen in St. Albert in 2018, RCMP officers are asking for all residents to be part of the crime reduction solution.

The #9PMRoutine steps are simple:

- It's 9 pm. Did you remove all your valuables from your vehicles?
- Did you close the windows and lock your vehicles?
- Did you park inside the garage?
- Is your garage door closed and all house doors locked?
- Are your house windows shut?
- Have you turned on an exterior light?

St. Albert RCMP will be visiting Block Parties this summer to talk to residents about the #9PMRoutine, and Crime Prevention Through Environmental Design measures such as improved locks and property lighting that can reduce your chances of being a victim of theft.

-30-

Attached is a picture of Cpl. Kading at the Block Party Boot Camp April 29, 2019 at the St. Albert Library.



But Seriously...

I JUST SOLD A
LAWNMOWER ON
CRAIGSLIST...

THAT'S THE LAST TIME MY
NEIGHBOR IS GOING TO WAKE
ME UP ON A
SATURDAY MORNING.

Congratulations to Stephanie Foster and Garret Melnyk – winners of the summer wine basket draw VSU initiative in support of our quest for a BBQ for summer events. Thank you to everyone who bought tickets in support of this endeavour. Our first test run the with new BBQ is on Tuesday at the National Police Week BBQ. VSU will also be BBQing up a storm at the Safety Fair in June. When not on “official duty” it will be available to everyone in the detachment.



A sweet “Hello” from Joanne! Have a wonderful trip!



Local Police hunting the 'knitting needle nutter', who has stabbed six people in the bum in the last 48 hours, they believe the attacker could be following some kind of pattern.



Jensz Grenz



Training Opportunity:

Easy as 1, 2, 3 –

Register

Attend

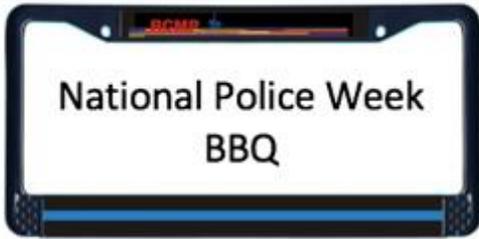
Submit receipt for reimbursement

(a few advocates have recently completed this – they found it to be beneficial. The presenters captured and held the interest of the participants.



A big shout out to all of our volunteers attending the Senior's Expo on May 8, 2019. Thank you for all you do! Sincerely! The new face (beside Don) is a new member in Cpl. Kading's office – Annie Starzynski.





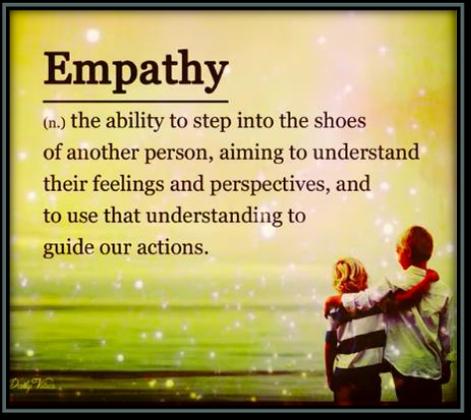
Tuesday, May 14, 2019
At the St. Albert RCMP
Detachment

10:00 am to 2:00 pm

Join us for celebration, friendship and
a hot dog or two.



A hug shout-out to Marie-Catherine and her husband for sharing their knowledge and expertise on self-defence. It was an enjoyable and informative day!



If you have any food allergies or preferences, would pass them on to Diane so we can take them into account for gatherings. For example, Diane has quite a preference for lobster but not for gluten.....lol.



Thank you to Bonny for sharing resources she found while helping a victim relocate:

Please see the Advocate Board in the office for a list of moving companies that offer discounts for people in crisis and a new sexual assault resource.



Congratulations to Felicia and Crystal – winners of the Advocate Meeting door prizes.