

Some handy but essential tips:

1. Please only put the Trolley Bins out the morning of pick up day.
2. Make sure your Street Number is clearly displayed.
3. Test your Security system monthly.
4. Keep security gates locked when doors are left open.
5. Exchange contact details with your neighbours.
6. Ensure that your driveway and areas are brightly illuminated at night.
7. Make an inventory of your valuable possessions.
8. Keep all contact and emergency numbers well displayed.
9. Make sure that all gates and locks work properly.
10. Keep a complete set of keys and remotes with a trusted friend or family member.
11. Always have a First Aid Kit in your home.
12. Ensure that your Fire fighting equipment is adequate and in working order.

Another short concise crime tip for the day:

- **If you remove the opportunity, you have won 80% of the crime prevention war.**

They are out there, don't give them a chance!

YOU'RE EVENING CHECK LIST:

Lookout for suspect people and or cars near your house or in the Street and report;

Look for “criminal signs” (Eishgalo) along Street front perimeter of your and adjoining properties and remove;

Scissors, tools and things which can be used to cause injury are all safely locked away;

Ladders, spades, garden forks and other possible "break-in tools" locked away out of sight;

All outside gates and doors including garage / washing room / toilet locked;

All obvious “attractions” locked away (bicycles, motorbikes, laundry, etc.);

All internal and external access doors and safety gates locked;

No keys left in locks but in safe place out of sight but accessible;

All curtains and blinds – drawn before switching on lights;

No valuables close to windows and placed out of sight (laptops, cell phones, etc.);

All doors leading from rooms of which the windows do not have safety bars are locked or secured;

Cell phones with emergency numbers on hand;

Alarm system – outside beams/passive infrared detectors activated;

Alarm panic remote - on hand;

Weapons / firearms, if you use them – out of sight but within reach;

Outside lights and movement detector lights on;

Flashlights, in working order and batteries charged, close by within reach;

Car keys - close by if needed to find them quickly;

All bathroom and toilet windows closed and secured.

NEIGHBOURHOOD WATCH SUPPORT BULLETIN:

" Did you know, the only possible way a Neighbourhood Watch can guard each and every house in the neighbourhood, is when each and every resident becomes a member of such neighbourhood Watch !"

Very wise words from a Correspondent .

WEEKEND BULLETIN

Safety Hints and Tips – When at home

- 1 Ensure that your gate and driveway are well lit after dark.** Replace fused light bulbs immediately.
- 2 Ensure that the number of your house is clearly visible** at all times.
- 3 Reduce all heavy foliage near the garage entrance and front door to reduce the possibility of those spots being used as hiding places**
- 4 Install electric gates** – consider this a necessity rather than a luxury.
- 5 If you have electric gates and an intercom system, ensure that visitors can reach the intercom without having to get out of their cars.** Do not leave them waiting outside for longer than is absolutely necessary.
- 6 Be particularly alert if you live in a cul-de-sac,** given the single point of entry and exit.
- 7 After having building work done at your home** take certain steps such as changing the access code on your gate and home remotes and change the locks if you've given the builder keys to the premises.
- 8 Let your Security Company know if you are having building work done** or are expecting other contractors or an estate agent on site – it really assists them in keeping an eye out for you.
- 9 Test your alarm system with your service provider regularly.** Always arm your alarm when you aren't at home.
- 10 Keep emergency numbers close to hand.**

AWARENESS BULLETI FOR KIDS:

Please make your children aware of the following:

For children - everyday rules to keep safe:

Always walk or play with a friend or friends. Always walk along streets you know. Never take shortcuts through wooded areas or empty lots.

If someone tries to grab hold of you or take you away, fight, kick and scream: Shout out: "Help! This is not my Mom or Dad!"

Always tell your parents who you will be with, where you will be and when you will be home.

Never talk to strangers, no matter how friendly they seem. Always stay at least an arm's length away from a stranger.

If you get separated from Mom or Dad in the store, go to the nearest sales person or uniformed security guard and ask for help.

Never ever leave the store to go to the car or to look for Mom or Dad in the parking lot.

If a car stops or slows down beside you, run fast in the direction from which the car came.

Never get into a stranger's car even if they say someone you love is hurt or if they say they are supposed to pick you up. Your Mom and Dad would never send a stranger to get you.

HINTS TO HELP PREVENT FALSE ALARM ACTIVATION :

1. Ensure people using your alarm system have been correctly trained.
2. Try to minimize the number of people who operate the system.
3. Before leaving the premises check physically that all doors and windows are secured. Pay special attention to bathroom and toilet windows.
4. Ensure detection devices are not obstructed. Inside curtains could be culprits, outside overgrown vegetation could cause malfunction.
5. If movement detectors are installed, do not introduce new sources of heat, movement or sound in the area they protect.
6. Always follow the agreed and correct entry/exit procedures.
7. Ensure you have all keys, alarm system code numbers and passwords available when entering or leaving the premises.
8. Inform your security provider of any alterations to your premises, which may affect your alarm system. Please upgrade.
9. Inform your security provider immediately of any damage to the alarm system, its detectors or wiring and call in a Technician to rectify same.
10. Have your battery checked if older than a year.
11. Test your system regularly with your service provider.
12. Upgrade your system rather than doubling up zones-your insurers might not entertaining your claim if more than 1 application is loaded on the same zone.
13. Taking short cuts could prove to be very expensive and severely compromise your safety and security !

IDEAS, ADVICE ON AND COST OF SECURITY

How much is your family worth ?

- **When considering security** for your home, think like a criminal and not like a home owner.
- **A criminal has all the time** in the world to plan his way into your home.
- **But upon triggering an alarm** or being discovered, they have a very limited time to make their escape.
- **Make it difficult for criminals** to make their escape as you can be sure that when they are planning their way in, they will also be planning their way out!
- **Ensure that your home has** all round defense on the perimeter, not just on one or two walls.
- **Ensure that your home has** some sort of detection device that will alert you to an intruder before they penetrate your bedrooms when you do not have perimeter detection.
- Even better, **ensure they are detected whilst still outside.**
- **Ensure that if you are cornered**, someone capable, like a Security company is already on their way to help you.
- **All of these ideas can be achieved** with some realistic planning and implementation.
- **If you want a reasonable financial target** to spend on your families security, the following is a sensible calculation:
 - **Take the value of your home** (R1.0 million) + the value of the contents (R500k) = R1.5 million.
 - **Spend an average of 1%** of that per annum on security upgrades and armed response etc. = R15 000 PA. This amounts to R1250 per month.
 - **Once your home is secure**, the amount can be reduced but ensure that you upgrade as and when improvements are available, do not become complacent.
 - **But whilst your home is vulnerable**, this is a reasonable amount to spend to bring it up to a safe standard.
- **If that is too much considerhow much is spent on ego items?**

Dealing with Unknown Persons at your home

- ◆ **It is vital that you confirm the identity** of anyone who approaches you in official guise.
- ◆ **Remember, identity cards** and books can be and often are forged.
- ◆ **It may be necessary to phone** the relevant institution to confirm not only employment, but also their business on your premises.
- ◆ **Do not use the telephone number they provide.** The "legitimacy" of their business would merely be confirmed by accomplices. Look up the number in the directory or phone information, if you do not have it in your list of telephone numbers.
- ◆ **As a matter of course,** never trust anyone. It is better to err on the side of discretion. Most legitimate callers will fully understand and respect the precautions you are taking.
- ◆ **When you feel it necessary to refuse entry to a caller,** be firm. Do not allow them to manipulate you or play on your emotions. Allow them no space and certainly no entry.
- ◆ **Should callers become abusive,** it may be necessary to call the police or your Security supplier, especially if you suspect their business is not legitimate.
- ◆ **Remember that by law** certain people must be allowed access to your premises. One of these would be the meter reader. It may be a good idea to relocate the meter to a place where it is easily accessible, or failing that, have a specific routine for dealing with such people.
- ◆ **Never open the door to a stranger.** If you do not have a Camera at the access point do install peepholes in all exterior doors so you can identify whoever is outside. Do not rely on a door safety chain, because these can easily be broken. Rather ensure that no entry is gained into your property by means of a door bell, buzzer or intercom fitted outside the perimeter.

Wednesday Wisdom Bulletin

Everyday safety tips to heed

Be crime conscious - be aware of crime opportunists at all times.

Never walk around alone where possible and avoid talking to strangers.

Be on the lookout for strange cars or people around your suburb or street.

At night walk in well-lit busy streets or areas and in a group, if possible.

Make sure your home is secure, and become a member of an armed response service, the local Block watch and/or CPF sector.

Be sure that you know all the emergency numbers and have them displayed in an prominent and accessible area.

Always let someone know where you are going and how long you will be gone.

Think twice before advertising your impending absence on social media. Criminals also have access to Facebook, Twitter and such like.

Trust your instinct.

Avoid congested streets where you cannot even walk properly, that is where you will find the local criminals pick pocketing or bag grabbing.

SOME PERSONAL OUT AND AROUND SAFETY TIPS

When a scheduled meeting with a stranger is to take place :

- Insist on a public meeting place like a cafe .
- Do not meet in a secluded place, or invite strangers into your home
- Be especially careful when buying/selling high value items .
- Tell a friend or family member where you're going .
- Take your cell phone along if you have one .
- Consider having a friend accompany you .
- Trust your instincts .

Avoid displaying valuables where criminals can see them or wear excessive expensive jewelry.

LOAD SHEDDING AND YOUR SECURITY SYSTEMS

The majority of modern security systems are dependent on electricity. Although all good security systems will have a number of layers of redundancy built into them, they were not designed to cope with the amount of power outages we are currently experiencing. So what do I need to keep in mind?

Gate motors and boom gates

Many people might not know this but gate motors and boom gates constantly need power from the battery. If you remove the battery you won't be able to operate the motors even if you have power on the system. With all the power outages the batteries build up memory and won't be able to power the motor. When you test the voltage on the battery it will still be 12 V but there won't be enough Amps to drive the motor.

Tip: Keep a bicycle chain on hand. You can always operate the gate manually and then use a normal bicycle lock to lock it. It won't damage the gate and on most combination locks you can change the combinations, allowing you to change it if you have to provide someone with the combination.

Servers and computer system

Your server might be running on an inline UPS and generator for backup power, but your air conditioning is not. If you have a generator for backup power ensure that your server room air conditioner is also linked. Alternatively monitor the temperature inside the server room and power off the systems when it gets too hot.

Tip: Next time you upgrade the computers in your office, rather go for a laptop than a desktop. Modern laptops are just as powerful as their desktop counterparts are, but are designed to be mobile and not dependent on power.

Electrified fences

The energisers that power electrified fencing in general have battery backup built into the system. In general a fence can stay active for up to 7 hours depending on the system. The problem comes when you have more than one blackout in 24 hours. The batteries need time to charge up to full capacity. Under Stage 2 load shedding, you will notice that your fence remains active for shorter periods of time between outages.

Tip: Dead shorts on the fence rapidly deplete the battery life of the energiser. Make sure your fence is well maintained and clear of all vegetation that might cause a dead short.

Alarm response

While accredited security service providers' control rooms should be able to deal with the lack of power, the indirect effects of power outages will have an effect on service delivery. Monitoring facilities get swamped by an increase in 'low battery' and 'AC Fail' signals, while equipment suffers damage having to frequently shut down and power up. Response times are also affected as companies manage an increased amount of alarm signals. External factors like congestion due to the lack of working traffic signals, can delay reaction units from dealing with an alarm.

If you use a GSM module on your alarm system to communicate to external parties, you might get slapped with a sizable bill at the end of the month for the increase in messages from your alarm systems. If you don't have a contract with your cellular service provider and working on a pay as you go basis, you will run out of airtime earlier than normal.

Tip: Consider the use of alternative power sources to power your alarm system. Alarm systems can easily be powered using a small solar panel.

Alarm systems

Wireless alarm systems have become very popular because it eliminates the need for cabling making it a more attractive option. While the passive infrared devices might run on normal batteries, your alarm base station and radio generally run off the normal power grid. As with all the above they generally have battery backup as a standard feature. What one needs to keep in mind is the radio link with your monitoring company. The radios are high power devices and will rapidly deplete the battery.

Tip: Use your landline to connect to your monitoring company instead of using a radio link. Apart from the power advantages it also can't be jammed. Make sure your installer and monitoring company is SAIDSA accredited and ask for a by-law 25 certificate for your installation. That way you know your service provider won't be in the dark when you need them the most.

Heat sources

During the cold winter months, heating inside buildings is generally provided by things that convert electricity into heat. When there is no electricity, there won't be any heat. This might cause people to make a fire to provide an alternative heat source and with that comes a host of other risks. Although gas heating is a working alternative, it also creates other health and safety risks.

Tip: Make sure to communicate to all staff with clear instruction and specific disciplinary consequences in this regard.

The blame for load shedding might lay with the politicians but we all share in the problem. My team and myself are doing our bit to save power. We want to challenge you all to do the same.

HOUSE SECURITY TIPS

In the Burglary of Single-Family Houses, it was shown that burglars select targets based on a number of key factors, including the following:

- ◆Familiarity with the target and convenience of the location
- ◆Occupancy
- ◆Visibility or ease of surveying
- ◆Accessibility
- ◆Vulnerability or security
- ◆Potential rewards

Useful and helpful crime and burglary prevention steps :

- ◆Use common sense—don't be an easy target.
- ◆Install quality locks on doors and windows and use them.
- ◆Lock and close your doors and windows even when you're home.
- ◆Do not rely on thumb-turn locks on windows, as they can be unlocked through a broken window pane.
- ◆Install deadbolt locks and peepholes on exterior doors and any interior door between the garage and house.
- ◆Do not leave your garage door open or unlocked if you are not in the immediate area.
- ◆Pay attention to suspicious activity or anything that appears out of place.
- ◆Immediately report any and all suspicious activity by calling your Security Company or local police Sector vehicle in the event of an emergency.
- ◆If you have an alarm, set it!
- ◆Lighting is one of the best deterrents to night time burglary — outdoor lighting is important. Install lights at all exterior doors and make bulbs hard to reach.
- ◆Beware of solicitors. Door-to-door salespeople must have a business license or permit issued by the city or town, so always ask to see it for verification.

- ◆Don't let strangers into your home—this includes workers and other—if you are not with them.
- ◆Never give keys to people making improvements to your home.
- ◆If you are going to be out of town have family, friends, or neighbours check on your home with infrequent but regular intervals.
- ◆Do not hide spare house keys outside your home but leave them with a trusted neighbour instead.
- ◆Photograph your valuables and engrave your property with a form of identification.
- ◆Have locks changed or re-keyed when moving into a new home or apartment.
- ◆Install track-type locks, drop bars, wooden dowels, or pinning devices on sliding glass doors.
- ◆Trim shrubs around doors and windows so burglars don't have a sheltered place to work.
- ◆Store ladders in the garage or padlock them to fixed objects so burglars can't use them to reach upper floor windows or the roof.

Safety Tips to consider during load shedding:

A first aid kit

When the power is cut you are more at risk of having an accident. The potential lack of light makes it important that you have first aid items gathered together.

Things to consider:

Keep your emergency kit accessible: Remember, you will have to locate it during a power cut, which may mean in the dark. Keeping the kit in the same place always will help your family locate it quickly and without difficulty. It may be a good idea, however, to check the load shedding schedule in your area in order to try to be prepared and have your kit ready for when the electricity is cut.

Communication: Make sure that your cellphone's battery is fully charged at all times. Not only is this a good idea regardless of the circumstances, but when landline telecommunications are interrupted due to power outages, you will need your cellphone to reach the outside world.

Transport: Adequate fuel in your vehicle is another precaution, given that pumps at some petrol stations cannot be operated during power outages. The same goes for ATMs, therefore some cash stored in a safe place at home is a good idea.

Electric doors and gates: To ensure that you will be able to get into (and out of) your home, release automatic electric garage door mechanisms and switch electric security gates to manual operation. Refrain from opening the refrigerator door during a power outage as this will allow the cold air to escape. By keeping the door closed, a power outage of up to four hours will not cause food to spoil in the fridge, while a freezer should keep frozen food safe for at least a day. It is a good idea to have snacks available that do not need refrigeration.

Heating: If you have a fireplace, make sure that you have adequate wood or charcoal for a fire. If not, invest in a gas heater. Not only will this come in handy during an outage, but gas is far more effective for space heating than electricity.

Food preparation: You will need to think about cooking and the like, as load shedding occurs during the time you would be preparing food for your family a lot of the time. If you are aware of when your electricity will be down, you can make sure you boil enough hot water before it happens and put it in flasks, so that you can at least have your cup of coffee when you need it. A second precaution you could take is to prepare stews, casseroles and curries beforehand and freeze them. This means you can just warm it up on a gas stove or on a gel stove and have food ready for the family. Alternatively, why not use the opportunity for family bonding? A good, old fashioned braai, a picnic on the lounge floor or a Chinese Stir Fry (on a Skottel Scar) could make for a perfect evening with the ones you love. You

could include your children in the preparation of your salads or try one of our load shedding recipe ideas to share the experience with them.

While driving

- Keep your car keys ready but not visible as you approach your vehicle.
- Before driving inspect the inside, outside and surroundings for any obstructions.
- Know in which direction you are heading and stay alert if you are lost.
- Make a mental note of the local police stations and always leave space between you and other cars in case you need to make a quick getaway.
- Always drive with your doors locked and your windows rolled up.
- Avoid driving through high crime or unfamiliar areas.
- If possible avoid driving late at night or in the early hours of the morning when the roads are quiet.
- Also try to drive in the middle lane, keeping away from pedestrians.
- Try to avoid driving alone and when dropping someone off make sure they are safely in their car before leaving.
- Never pick up hitchhikers and try to change up your driving routine as often as possible to avoid being watched.

While parking or pulling into your driveway

- Check the driveway and street for suspicious pedestrians and parked cars with occupants. If you spot either drive past and come back later.
- Keep your driveway well lit with no shrubs or places for perpetrators to hide.
- Get to know your neighbours and their vehicles and note when your pets change their habits as a perpetrator may have overpowered them.
- When arriving home late make sure the area is well lit and have someone meet you outside.
- If you need to open the gate yourself, switch off the car and exit.
- If you have young children, take the key out of the car as a bargaining tool and if you have older children let them exit the car with you in case a hijacker hits.
- Never sit in a stationary vehicle without being aware of your surroundings. Sleeping in a car is especially dangerous.
- If you are involved in a hijacking arm your tracking device if applicable and report the incident to the nearest police station as soon as possible.
- Know the car make, model, colour, registration and VIN number, and have anything else that will be of help to track the vehicle down on hand at all times.
- Also keep pictures of your car on your computer for reference.

NOTE : Do not try and text whilst driving or waiting for a change of traffic lights. Stay aware of your immediate surroundings !

WEEKEND WORTHWHILE WOMAN BULLETIN

WRITTEN BY A COP: Everyone should take 5 minutes to read this. It may save your life or a loved one's life. In daylight hours, refresh yourself of these things to do in an emergency situation... This is for you, and for you to share with your wife, your children, & everyone you know. After reading these 9 crucial tips, forward them to someone you care about. It never hurts to be careful in this crazy world we live in.

1. Tip from Tae Kwon Do :The elbow is the strongest point on your body. If you are close enough to use it, do!

2. Learned this from a tourist guide. If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you... Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy.. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. DON'T DO THIS!) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR , LOCK THE DOORS AND LEAVE..

If someone is in the car with a gun to your head DO NOT DRIVE OFF, Repeat: DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware:look around you, look into your car, at the passenger side floor , and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door.

Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. C.) Look at the car parked on the driver's side of your vehicle, and the passenger side.. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!

7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, Preferably in a zig -zag pattern!

8. As women, we are always trying to be sympathetic: STOP It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the

sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird.. The police told her 'Whatever you do, DO NOT open the door..' The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, DO NOT open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby.. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then attack.

Stay alert, keep safe, and look out for your neighbors! Please pass this on

Hijack tips

We wish to remind residents to exercise extreme caution when entering and exiting your driveway (and anywhere else)... Statistically most hijackings take place outside people's homes...

Be specifically cautious when driving home from a shopping centre, petrol garage or other public place as suspects often follow their victims from a place within 5km's of your home...

ALWAYS ask yourself "Am I Being Followed?"

Some other tips that can help:

- > When you are less than 5km's from your home or destination, reduce the volume of your radio and take note of the vehicles behind you and in front of you - monitor whether or not they remain on the same roads as you - if they do then take a different turn and see how they react... If they continue to follow you then head directly to the nearest police station and dial 10111 and explain to them what is happening...
 - > At your home ensure that your driveway is kept free of hiding spaces, plants are pretty but don't let them become so bushy that a suspect is able to hide in there! Also ensure that entrances and driveways and your whole garden is well lit - suspects love the dark!
 - > If you have an alarm system please get remote panics linked to your alarm system so that if you are approached in your driveway you can activate help quickly!
 - > Also look around you when you turning into your driveway... Anything strange? Any persons digging in a dustbin close by? Anyone walking in the street? Any parked cars with persons in them? Any cars behind you?
- If you feel something is not right - rather do not turn in, call your security company or the SAPS and get them to check it out for you...

HOW TO BURGLAR PROOF YOUR WINDOWS

Ensuring your windows are burglar proof is an essential task for every home owner, **but it is important to remember that you may need to use the windows as an escape route during a fire or other emergency. Make sure you have the ability to get out through a window if it becomes necessary to do so.**

Windows are a very common entry point for burglars. **They are often left unlocked or even wide open.** When closed and latched, windows can easily be shattered with a rock, brick or any other heavy object. **However, there are several options available to help secure your windows.**

Window Add Ons

Metal bars can be placed over all the windows in your home. This makes it impossible for a burglar to gain access. Even if they are able to break the glass, there is no way to squeeze in through the bars. The drawback is that some people feel the metal bars make their dwelling look more like a prison than a home.

There are also laminated films that can be placed over every window. The films bond with the glass to make them nearly impregnable. In addition, the film is clear so the window will remain completely transparent. **A burglar won't even know the glass is protected until they try to break it.**

Reinforced Glass

Another option to burglar proof your windows is to use glass that is strong enough to withstand extreme force. Some window panes are even bullet resistant, so a single shot from most guns will not break them. **This type of glass may be more than you need and it is very expensive,** but there are other choices.

Some glass contains thick wires all throughout, making it both decorative and functional. Burglars will know right away that this will not be an easy window to get through. After breaking the glass, the wires will still be in the way, and would need to be cut before entry is possible. Criminals will most likely pass on a window like this because getting through them would be difficult and time consuming.

Glass that is tempered has been placed in a very hot oven and then immediately moved to frigid surroundings. This is done to bring the glass to a melting point, and then freeze it back into a solid piece, which makes it stronger. Tempered glass is far more durable than standard window panes, and very difficult to break. A burglar can't shatter it with normal tools of the criminal trade, and will tend to give up and move on to an easier target.

Windows do not have to be made from glass. Plexiglass looks like the real thing, but is actually made out of a thick plastic. It is transparent so it gives the illusion of being a regular window, **but burglars will find it is impossible to break.**

Sliding Windows

Some homes have windows that slide open on a track. Burglars may find it easy to gain access through these windows, so it is essential to secure them. By installing latches, such as those found in a "Casement Window" you can make them very difficult to open. You can also find bolts and locking pins for sliding windows, but burglars are often able to pry them open if they are determined to get in.

Statistics show that the older you get, the less likely you are to be a victim of crime. But it still makes sense to take precautions ... especially against fraud and con games, which are some of the greatest crime threats for Seniors.

- ◆ Install and use good locks on doors and windows.
- ◆ Install a good alarm system with early warning ability (outside beams and/or passives).
- ◆ Don't hide keys under the doormat, in the mailbox or in a planter rather leave an extra set with a neighbor.
- ◆ When service or delivery people come to your door, ask for ID, and check with their company if you're still not sure, but do not let them in until the ID is confirmed.
- ◆ Make sure the street number on your house is large, well lit and unobstructed so emergency personnel can find your home quickly.
- ◆ Hold your purse close or keep your wallet in an inside front pocket when shopping etc...
- ◆ Don't carry large amounts of cash or unneeded credit cards.
- ◆ Keep car doors locked, be watchful in parking lots and garages, and try to park in well-lighted spots near entrances.
- ◆ If a person or situation makes you nervous, get away.
- ◆ If it sounds too good to be true – it normally is - avoid it.
- ◆ It's illegal for telemarketers to ask for credit card, phone card or bank account numbers etc. to verify prizes, so if anyone asks, don't give it to them.
- ◆ If someone tries to rush you into signing an insurance policy, sales contract or anything else, be suspicious , the rule is to read it carefully and have a trusted friend check it, too.
- ◆ Some con artists pose as representatives of companies or government agencies that, for a fee, recover money lost to fraudulent telemarketers , don't fall for it.

The 7 Sin Bulletin

The 7 "SINS" that need to be monitored constantly, by everyone, not just our Community Leaders, it's a by everybody for everybody necessity!

1. **Streetlights** - dark streets attract criminals. Report outages and get Ref numbers, pass on to the local Councilors for actioning if no positive result experienced.
2. **Overgrowth** - Overgrown vegetation gives a hiding place for criminals.
3. **Vagrants** - the every day in vagrants and suspicious people in our suburb need to be dealt with. These people monitor our movement and have time to plot criminal activity.
4. **Dumping** - a messy neighborhood attracts criminals and shows that the community is also not actively concerned about what happens in the area.
5. **Crime** - we need to get better information about crime in our area from residents, to make the rest of the community aware and to put countermeasures in place. Check your Whatsapp updates and participate, but restrict your postings to matters of a Crime related nature. Chit chat on the Social apps !
6. **Roads** - the upkeep of our infrastructure is important for safety

of our community. Not having road signs and poor roads or unnumbered properties can cause accidents

and make it difficult for safety officers to operate in the area.

7. **Water** - water is a resource that needs to be monitored.

First aid for burns

Many people light candles and kerosene lamps during loadshedding, which increases the chances of being burnt.

Here's what to do if you burn yourself:

- Submerge the burnt area in cool, running water until the pain subsides, between 10 and 30 minutes.
- Cool water reduces the heat and prevents further tissue damage.
- Alternatively, cover it with a wet, clean cloth, or a burn shield, particularly if the burn is on the face.
- Don't use ice as it can cause frostbite. Never use butter, grease or oil on a burn.
- Once the pain subsides, wash the area gently with soap and water and pat dry.
- If the burn rubs against clothing, cover it with an antiseptic cream and a dry gauze bandage changed twice a day.
- Remove clothing and jewellery from the burnt area as swelling could make it difficult to remove it later.
- Don't remove clothing that sticks to the skin.
- If a secondary burn is on the arm or leg, keep the limb elevated above the heart.
- Take paracetamol for pain.
- Don't burst blisters. They help the skin to heal. If blisters break, clean them with water, apply antiseptic ointment and cover with a gauze bandage. Change the bandage twice a day.

Worthy Weekend Bulletin :

Don't Be A Victim Of a Driveway Robbery !

- **When you are arriving or leaving your home**, you are at one of your most vulnerable points of your journey.
- Unfortunately, **driveway robbery is a reality of everyday life**. Follow these basic safety tips on how to avoid a driveway robbery.

TO DO:

- **Turn off your radio when you're 1 km from home** and avoid the use of the Cellphone so you can be more aware of your environment.
- **Be familiar with your area**; get to know the newspaper sellers on the corner, for example.
- **Notice how people dress**, if a "newspaper seller" or "hawker" is wearing overalls that seem new he might not be who he appears to be.

DO and DON'T:

- **If a driveway robber confronts you** put up your hands immediately, don't try to grab your bag or cell phone: it may look like you're reaching for a firearm.
- **Stay calm**, listen to the armed robber and obey commands.
- **Don't look the driveway robber in the eye.**
- **Don't pretend not to have a bag or wallet.** If the driveway robber finds out you're lying he might hurt you in anger or out of frustration.
- **Don't throw your keys away.** It will just make your attacker angry.
- **If you lie face down outside the car** he might not force you to get back in.

Get to know your neighbors, tenants and staff

Once you get to know your neighbors around you, front, sides and behind, you will be better prepared and empowered to notice strangers walking aimlessly down your street.

Always take note of everyone in the street, especially their daily (if applicable) habits.

Any person... **even you...** can become a victim of crime at any time.

A criminal may still target you even if you have taken every precaution possible to prevent and protect yourself.

Hijack Prevention notes

As we all know, prevention is better than cure, but in order to prevent a hijacking situation one needs to be aware and equipped with the correct information.

Hijacking is a reality and you need to be prepared by understanding the cunning methods used by hijackers. These include:

- ◆ Pretending to be a stranded motorist.
- ◆ Faking a rear-end collision or deliberately getting involved in an accident with the victim.
- ◆ Throwing an object through an open window of a vehicle.
- ◆ Deflating a tyre or removing a number plate so that when the driver of the vehicle is signaled, they respond to the 'good Samaritan's' notice by stopping.
- ◆ Placing sharp objects behind or in front of car tyres; the hijacker will then follow the driver until he stops to change the punctured/flat tyre.
- ◆ Approaching the victim while he is stopped at a traffic light /stop sign/ yield sign
- ◆ Approaching a victim in car parks, private driveways and apartment complex parking lots.
- ◆ Waiting for a driver to arrive at or leave their place of employment.
- ◆ Accosting a driver who is waiting for someone, such as parents collecting children at sports events, schools, etc.

SAFETY

Criminals “migrate” to warmer areas to continue their crime sprees

As the winter season arrives, criminals temporarily relocate to areas with warmer temperatures. It is normal behaviour for mankind to sleep deeper during the winter, as we snuggle up under blankets, and use heaters to create warmth. We also tend to rush to our cars, and into our homes to escape the cold, thus our vigilance of our surroundings decreases.

Also taking into account an influx of victors being expected as families have already commenced their winter vacation, choosing areas with tropical weather and beaches as their holiday destination.

Criminals prey on these facts, and therefore an increase of crime can be expected over the pre-winter, and actual vacation period.

A pro-active initiative was launched by SAPS; Brighton Beach to counter the influx of expected criminal activities; a brochure awareness campaign was hosted, with the purpose being to re-condition residents and visitors on ways to protect themselves, loved-ones and their belongings. Herewith some safety guides are shared:

General safety

- Store emergency numbers under your contact list using “A” for easier access , for example ; “A1” should be the command centre of your security company, “A2” your closest police station/10111, “A3” your neighbour you have made arrangement with who can assist you in an emergency. When you are under distress you do not have time to scroll down a contact list looking for numbers. You can also add other emergency services numbers eg: Ambulance Services, Fire Department etc. under your “A” contact list by just numbering them.
- Make a report of any suspicious people or vehicles. Take note of appearances, clothing, body features, make, model colour and registration of vehicle/s. Contact 10111, also inform your security company.
- Do not talk or text on your mobile device when you are in motion is in on foot or driving your vehicle.
- When making withdrawals from an ATM look around you before making the transaction use your body as a shield when conducting the transaction and do not accept help from anybody. Place the cash in your wallet before leave the ATM or banking hall.

Travel safety

- Face your vehicle when activating your vehicle alarm system ensuring that you view the doors locking and that you indicator confirm activation. Also before walking away watch you vehicle for a few seconds to confirm that your vehicle locking device was not deactivated. Do not leave valuable inside your vehicle in plain sight, such as sunglasses, identification documents, mobile phones, jewellery or items that might attract criminals.
- When exiting a shopping mall make time to look behind you, to ensure you are not being followed.
- Remove your vehicle keys from your handbag or pants prior to arrival at your vehicle, do not fidget for your keys upon arrival at your vehicle. Upon entering your vehicle ensure you immediately lock the door.
- If you suspect you are being followed travel to the nearest public place or police station if you know the location.
- Change your arrival and departure routes to and from your home, if possible times as well.
- Look to your left and right and in your review mirror before entering your premises through the

gate.

Home safety

- If you do have the services of a security company, ensure your alarm system is fully functional for activation purposes and is regularly serviced.
- Ensure that security features at your residence is used correctly when leaving your home. Close windows, lock security gates and do not leave your front gates open, if you are just going for a short drive to the corner café.
- Before retiring for the night; again ensure affixed security features are used appropriately. Do not tie your dog up. Let him/her have freedom to move, remember your dog is your first line of defence.
- Never investigated noises or movements. Phone 10111, and if you have the services of a security company activate your panic alarm. Also ensure that all occupants of the home know the whereabouts of the panic alarm devices in the home, including roaming devices

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- If you suspect you are being followed travel to the nearest public place or police station if you know the location.
- Change your arrival and departure routes to and from your home, if possible times as well.

- Look to your left and right and in your review mirror before entering your premises through the gate.

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FATHERS DAY FINE CRIME TIPS JUNE 2015

Make an inventory of your valuable

possessions.

Be watchful when strangers such as movers, electricians and painters are around.

Teach your children your address.

Get to know your neighbours - the more people looking out for you, the better.

Install motion sensor lighting near your garage and all entry points.

Check your alarm system and equipment regularly.

Keep all contact and emergency numbers next to or near your landline phone.

Make sure all electricity points are safe.

If you have panic buttons, make sure your whole family knows where they are.

Be absolutely certain that all gates and locks work properly.

Keep a spare set of keys with a trusted friend or family member.

Always have a first aid kit in your home and be sure to top up contents if used at all !.

Ensure that your fire fighting equipment

is adequate and in working order.

VISITORS TO SHOPPING MALLS TO BE MORE VIGILANT, especially when you are at your Holiday destination, **DON'T DO LIKE THE LOCALS DO.**

During vehicle and foot patrols of shopping malls it has been noticed by SAPS Brighton Beach that visitors are exposing themselves to becoming victims of crime. Although no incidents have been reported to date we wish to provide the following concerns as a preventable measures:

■ **Ladies are urged** not to place their handbags in trollies, keep them clutched under your arm whilst doing your shopping with the zip end facing oncoming traffic.

■ **Men are walking** with wallets in the back pocket of their pants which may lead to theft by snatching/pocket picking.

■ **Several people are visiting** banks and bank halls and are fidgeting for their motor vehicle keys on route to their vehicles thus exposing themselves to being robbed or hi-jacked. Ensure that your motor vehicle keys are in your hands before leaving the bank or banking hall so that you can be vigilant on-route to vehicle to ensure you are not being followed. Also upon entering you vehicle ensure that you lock your doors.

■ **Vehicles are found unlocked**, and even some windows are found wounded down with valuables expose such as mobile phones, identification documents and removable radio/cd players.

■ **Vehicle owners are also urged when using a mobile locking device to face their**

vehicle when using such as motor vehicle remote. Jammers are everywhere .

Do not let up your vigilance even though you are on holiday !

Safety tips for loadshedding

When the power is out, it could take your alarm and other security features down with it. Here are some tips to keeping safe when you've got no power.

First things first – make sure the battery for your alarm system is in good working order before Eskom flips the switch. As a rule of thumb, your alarms' backup battery will power the system for eight hours. However, this is dependent on a number of factors such as how many devices are linked to the panel, the age of the battery, how many power failures or power spikes are experienced in the area (these tend to deteriorate the lifetime of the battery).

Some more tips to keeping safe during power outages:

- 1. Purchase an additional battery** that can be attached to your alarm — this will ensure additional battery back-up time.
- 2. Install battery operated lights** at strategic points in your home -these are connected to the main electricity supply and automatically switch on during a power failure. These lights are particularly handy in the evenings and are a lot safer than candles.
- 3. Keep a torch in your car** should you

arrive home in the dark and need to manually open your perimeter security gate.

4. **However it is advisable to have a backup battery** attached to your perimeter gate in the event of a lengthy power failure.

5. **If you have a pedestrian gate** to access your property, make sure you have the gate key in your car. Ensure a spare key is kept in all your motor vehicles.

6. **Be vigilant at all times**, especially at night and there is a power outage in your area.

7. **Ensure you have the number of your security provider programmed into speed dial on your cell phone.**

8. **Call your security company** immediately if you have accidentally set off your alarm system....".

Crime tips for kids

exactly who is walking behind me?

- ◆ am I being followed ?
- ◆ why are those guys checking me out?
- ◆ why is that vehicle driving so slowly near me?
- ◆ why is that vehicle passing me for the second or third time in a row?
- ◆ that group of men make me feel uncomfortable – I must rather move away from them!
- ◆ why is that person looking suspect to me?
- ◆ why will this unknown person want to start a conversation with ME?
- ◆ why am I feeling uncomfortable with the situation I'm in at the moment?
- ◆ is that "little voice" or "feeling" trying to tell me something?
- ◆ I must ALWAYS take the safest road and not the shortest one!
- ◆ I must NEVER take shortcuts through parks, fields, backstreets or allies!
- ◆ I must ALWAYS walk in a group of three or more and NEVER walk alone!
- ◆ somebody must ALWAYS know which road I'm going to take and also the estimated time of arrival!
- ◆ I must ALWAYS let somebody know when I have arrived at my destination!
- ◆ I must ALWAYS let somebody know about my change of plans or when I deviate from my original route!
- ◆ I must memorize safe places on my route like a shop or filling station, where I can run to when in danger!
- ◆ have my cell phone got enough airtime on to phone in an emergency and is the battery charged?

- ◆ have I got all emergency numbers saved on my phone?
- ◆ do I know my parents numbers by heart? (and also the neighbourhood watch/CPF/police emergency numbers?)
- ◆ I MUST NOT show off or "advertise" my i-pod / MP3 / Cell phone / Money in public!
- ◆ ONLY use my cell phone in a save place like inside a shop!
- ◆ I must turn down the volume of my i-pod / MP3 player so that I can hear what's going on at all times!
- ◆ I MUST NOT walk, ride or jog with headphones in my ears!
- ◆ if I'm attacked or abducted, I must yell on top of my voice to get as much attention as possible from other people!
- ◆ the best and safest way of self-defense is still to FLEE when I get the chance!
- ◆ I must ALWAYS know what's going on around me and be on the alert!

PRINT OUT AND KEEP HANDY:

"When anyone calls 10111 – or any other emergency service

we often find that the operator gets the street name and address incorrect:

1. Learn to spell your street name using the following – this

way SAP vans/vehicles as well as ambulances and fire trucks

will be given a proper spelling of the street.

2. Make very sure that your home is CLEARLY

MARKED - the

numbers are all to often VERY difficult to see – also making

response time longer.

A = ALPHA.

B = BRAVO.

C = CHARLIE.

D = DELTA.

E = ECHO.

F = FOXTROT.

G = GOLF.

H = HOTEL.

I = INDIA.

J = JULIET.

K = KILO.

L = LIMA.

M = MIKE.

N = NOVEMBER.

O = OSCAR.

P = PAPA.

Q = QUEBEC.

R = ROMEO.

S = SIERRA.

T = TANGO.

U = UNIFORM.

V = VICTOR.

W = WHISKEY.

X = XRAY.

Y = YANKEE

Z = ZULU.

• ABBREVIATION TABLE •

BOLO – Be On Look Out
MVA – Motor Vehicle Accident
MBA – Motorbike Accident
PVA – Pedestrian Vehicle Accident
LMV – Light Motor Vehicle (car/taxi)
HMV – Heavy Motor Vehicle (truck/bus)
LMVA – Light Motor Vehicle Accident
HMVA – Heavy Motor Vehicle Accident
Standby – Reporting, get back to you now
Mobile / En route – On the way
EMS – Emergency Services
ETA – Estimated time of arrival
LDV – Light Duty Vehicle (Car/Bakkie)
DUI – Driving Under the Influence

EMERGENCY NUMBERS:

MEDICAL & OTHER

ALL GOV EMS/SAPS N RESCUE SERVICES -112

ER 24 - 084 124

Netcare911 - 082911

AA Emergency Rescue – 082 16 111

Ambulance & Fire Department - 10177

Medical rescue – 083 1999

Flying squad - 10111

Child line - 080 005 5555

Women abuse - 080 015 0150

Poison: 0800 334 44

Cell emergency - 112

Crime stop - 086 001 0111

Please make sure you have your local police stations
number

and the sector van number for emergencies you can get
hold

of a sector van patrolling in your area."

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particularly handy in the evenings and are a lot safer than candles.

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4. **However it is advisable to have a backup battery** attached to your perimeter gate in the event of a lengthy power failure.

5. **If you have a pedestrian gate** to access your property, make sure you have the gate key in your car. Ensure a spare key is kept in all your motor vehicles.

6. **Be vigilant at all times**, especially at night and there is a power outage in your area.

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EXTERNAL SECURITY

- 1. Shrubs & bushes:** prune and cut back to prevent intruders from hiding behind or underneath.
- 2. Floodlights or motion-sensitive lighting:** install and keep in working order to ensure effective lighting of all or most dark areas around the house and grounds.
- 3. Outdoor lights:** keep these on at night regardless of whether you are home or away; use energy-saving bulbs and timer-switches.
- 4. Ladders:** keep these locked away, and make sure that trellises and drainpipes giving access to the upper floors and roof are protected.
- 5. Gates, garage and shed doors:** always keep securely locked.
- 6. Braais, lawnmowers and other garden tools:** keep these locked away or securely anchored to immovable fixtures, so as not to be an open invitation to burglars.
- 7. Bicycles:** keep these locked at all times with a u-bar or chain & lock and attached to an immovable fixture, even if you are away for just a minute.
- 8. House number on street:** ensure that this is clearly displayed to enable the Police, Security company or other Emergency services to find the house without delay.

SAFETY WHILE DRIVING

Travel on busy, well-lighted streets.

Keep your car in good running order.

Keep your car in gear while waiting at traffic signals and stop signs. If you are approached and threatened, honk the horn and drive away.

Plan your route in advance, particularly on unfamiliar trips. Have enough gasoline and money to get you there and back. Never allow your gasoline gauge to fall below the quarter tank level.

Drive with all car doors locked.

Keep the windows rolled up whenever possible.

Keep your wallet, purse and other valuables out of sight while driving. Do not leave them on the seat next to you. Place personal items in the glove compartment, under a front seat or in the trunk.

Do not store valuable items in your car.

Never pick up hitchhikers.

Try carpooling or sharing rides with others. This will save money and you will have help in case of an emergency.

Keep spare money in your car for a taxi, bus fare or telephone calls in case of a breakdown. If you see another motorist in trouble, do not stop. As you drive by, signal the motorist that you are going to get help. Use your cellular telephone to call for assistance.

If the driver of another car tries to force your car off the road do not stop. Continue driving to an open business, police station, filling station or other safe place. Try to obtain the license number and description of the car, driver and passengers. Report the incident to the police.

If you are driving during late or odd hours be aware that commuter routes congested during rush hours may be deserted. Use freeways and main thoroughfares and avoid alternate, less travelled roads as much as possible.

If you travel a regular route to and from work, make yourself familiar with businesses on the route that stay open late in case you need emergency assistance.

Be alert to your surroundings at all times while driving and when you are getting in and out of your car.

Do not let yourself be distracted while driving. Resist applying cosmetics, reading or making calls on your cellular telephone.

Drive in the lane closest to the centre of the roadway when travelling in an unknown area, or areas you determine to be unsafe.

Leave enough space between your car and the car in front of you to enable you to go around the car quickly if necessary.

Keep your car keys and house keys on separate key rings.

Minor car accidents are sometimes planned by criminals to set up a "bump and rob" or "carjacking." If you feel your car was "bumped" intentionally, remain inside your locked car, windows rolled up. Signal the other driver to follow you to the nearest POLICE station to report the incident, do not get out of your car to inspect the damage. If your car cannot be driven, remain in your car, use your cellular telephone to call for assistance. If not, sound the horn to attract attention and wait for help to arrive.

There is a concerning rise in violent crime categories and it is only through the vigilance of members that we can try prevent these incidents:

- Always ask yourself, "Am I Being Followed?". Check your rear view mirror and if you have any doubts please do not pull into your driveway but rather drive to your police station or call your security provider.
- When at home please keep external gates and doors locked at all times. If you have an alarm system with external passives, please arm these so that they can be an early warning system. Also explore the option of remote panic buttons that can be kept on your person at all times.
- Also ensure that you have a clear emergency numbers list/s in your home that is easily accessible.
- Avoid parking your motor vehicle in isolated areas or dark areas, try park where there is foot traffic and take note of any suspicious persons in the parking area.
- Please try not to make use of ATM's, especially ATM's that do not have security guards at them. Explore options where you can rather make electronic payments or swipe your card, these are safer and will reduce the risk of ATM fraud... If you make use of an ATM, never ever accept any help and rather hit cancel as soon as you see someone approaching you at the ATM or behaving suspiciously offering you assistance, if need be scream loudly to attract attention...
- Please do not leave valuables in your motor vehicle over night or when you park in a public place as they can get stolen and are a real hassle to replace...
- Remember that smash and grabs are still a reality at Gordon and 14th Avenue offramps from the N1 as well as the intersection of Wilgerood and Christiaan De Wet and other sites across the city... Keep all valuables in your boot as this can help prevent an incident...
- Please also be aware that street robberies are on the rise... It is advisable for people to walk in groups and to also remain alert whilst walking, remove all headphones and keep your cellphone in your pocket until you are at your destination...

