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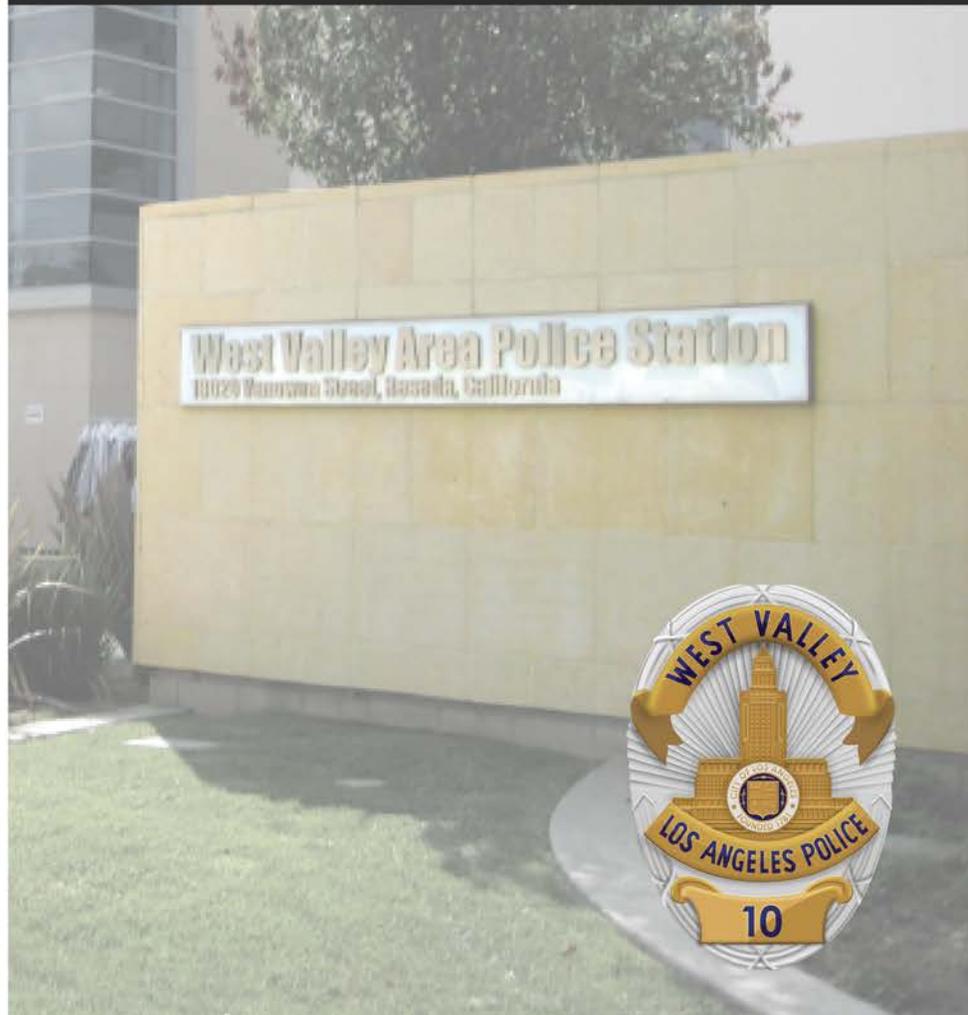
West Valley Area Senior Lead Office

July 2016

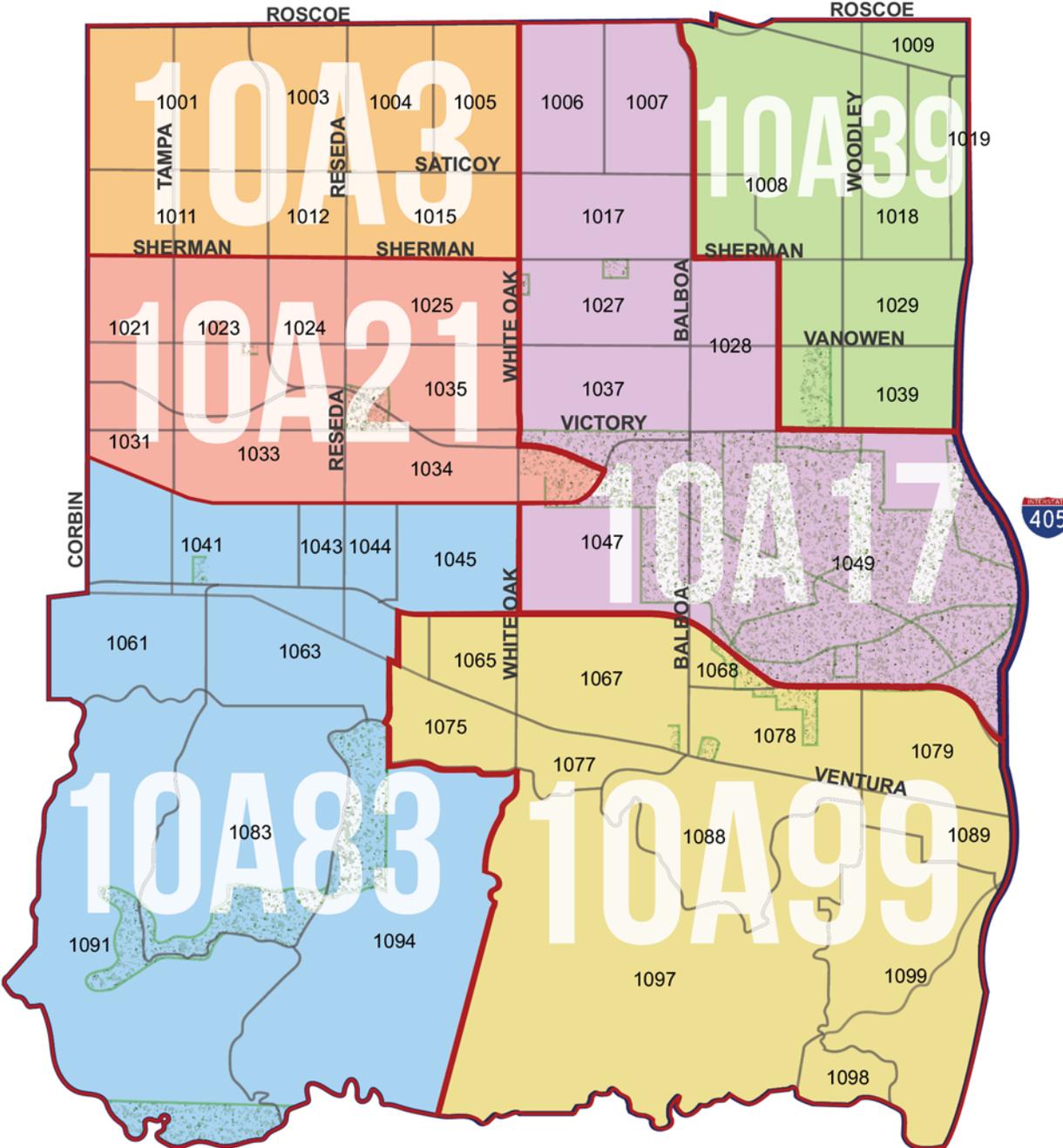
Sergeant Frank Avila

Sergeant Larry Martinez

WEST VALLEY COMMUNITY POLICE STATION NEIGHBORHOOD WATCH NEWSLETTER



WEST VALLEY BASIC CAR AREA MAP



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NORTH RESEDA COMMUNITY UPDATE



Senior Lead Officer

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Reseda Neighborhood Council Meeting

7 P.M.

1st Mon of the month

18118 Sherman Way,

Reseda

Reseda Neighborhood Watch Meeting

7 P.M.

2nd Thurs of the month

West Valley Community

Police Station

19020 Vanowen Street

West Valley Community Police Advisory Board

6:30 P.M.

2nd Wed of the month

West Valley Community

Police Station

19020 Vanowen Street

North Reseda,

I hope everyone has had a great Summer so far. The weather has been pleasantly warm, and we will see more hot days ahead, just the right temperatures for fun outdoor activities for families and kids. Whether you're out hiking, at the beach, or simply performing your regular daily routine, please remember to be safe in the heat.

- Stay hydrated, and make sure your kids and/or pets are hydrated. Keep fresh bottles of water with you, wherever you go.
- Remember to put on sunscreen to avoid sunburns and skin issues, especially if you plan to be outdoors for hours at a time.
- Teach your kids how to swim if you plan to be near large bodies of water. Always supervise your children when in or around water.
- Never leave your child or pet in the back seat of your car, unsupervised, even for a moment. The temperature inside a vehicle with closed doors and windows can quickly spike to high and hazardous levels.
- Animals such as dogs do not tolerate heat as well as humans because they don't sweat. Make sure your dog always has a bowl of clean and cool water, and avoid walking it during warmer parts of the day when the pavement is very hot.

Be smart, be safe, and have fun during the rest of this Summer!

SOUTH RESEDA COMMUNITY UPDATE



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Reseda Neighborhood Council Meeting

7 P.M.

1st Mon of the month
18118 Sherman Way,
Reseda

Reseda Neighborhood Watch Meeting

7 P.M.

2nd Thurs of the month
West Valley Community
Police Station
19020 Vanowen Street

West Valley Community Police Advisory Board

6:30 P.M.

2nd Wed of the month
West Valley Community
Police Station
19020 Vanowen Street

Hello South Reseda! I would first provide a quick recap for the month of June. We had a 50% decrease in robberies (4 compared to 8 in the month of May), however we had 4 more burglaries this month (12 compared to 8), one less grand Theft of Motor vehicle (15 compared to 16), and 42% decrease of Burglary Theft From Motor Vehicles (19 compared to 27).

With the summer months ahead of us, I continue to remind everyone we need to keep our valuables hidden away and our vehicles locked. Almost half of our victims of Burglary Theft From Motor Vehicle left their vehicles unlocked. Also with the summer months, there are a lot of people who celebrate many life events more than others; children are at home due to the summer break and are more playful due to the longer daylight hours. The Loyola Law School Center For Conflict Resolution is a bilingual (English/Spanish) community mediation program that seeks to help people to resolve their conflicts. They serve all Los Angeles County residents. They help mediate and resolve your conflicts in the following issues:

- Neighbor-Neighbor issues such as fence lines, property lines, and noise complaints.
- Landlord/Tenant issues such as evictions, fees, and living conditions.

There are other topics in which the Loyola Law School Center can provide resolutions to by contacting them at 213-736-1145 or via website www.lls.edu/CCR/HELPrequest.

LAKE BALBOA COMMUNITY UPDATE



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**Lake Balboa
Neighborhood
Council Meeting**
7 P.M.

1st Wed of the month
Gault Street School
17000 Gault St.

**West Valley Community
Police Advisory Board**
6:30 P.M.

2nd Wed of the month
West Valley Community
Police Station
19020 Vanowen Street

Summer Safety Tips

If you're planning to be away from home and/or abroad in the last leg of the Summer, think about these safety tips for your home and your trip.

Your home:

- Make sure ALL your doors and windows are locked and secured.
- Do not leave your house key in common hiding areas like under a doormat, in a flower pot, or on the ledge of a door.
- Make your house appear "lived in" - use times for lights, have a friend pick up your mail, keep your lawns mowed and watered
- Leave an emergency phone number with trusted friends and neighbors so they can contact you if necessary.

On the road:

- Research the places you plan to visit, including laws, road rules, and travel routes or tourist attractions. Knowing where you're going will make your trip safer and smoother.
- Never carry large amounts of cash; use traveler's checks. If you must carry large sums of money, do not display it openly.
- Be aware of your surroundings and never advertise your plans to strangers; this includes travel routes and the amount of cash you're carrying.
- Always lock your car immediately after entering or leaving it.
- Always lock valuables out of sight, preferably in the trunk. Always carry wallets, checkbooks, and purses with you.
- Do not advertise that you are a tourist. Place maps and travel brochures in the glove compartment.
- Never leave money, checks, credit cards, or car keys in your motel/hotel room. Take them with you.

VAN NUYS/LAKE BALBOA COMMUNITY UPDATE



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Lake Balboa Neighborhood Council Meeting

7 P.M.

1st Wed of the month

Gault Street School

17000 Gault St.

West Valley Community Police Advisory Board

6:30 P.M.

2nd Wed of the month

West Valley Community

Police Station

19020 Vanowen Street

"An apple a day keeps the doctor away," as the old adage goes. What is the significance? Why is a cop quoting a health proverb? Did I run out of law enforcement related topics to write about? No. I like to take a holistic approach in addressing the community that I serve. Why is health important? Because if you are healthier, you are more resilient. If you are more resilient, you are more likely to function at full capacity. If you function at full capacity, you are aware of your surroundings and actions that much more!

It is important to consider that if you eat healthier and exercise regularly, you will not only improve your physical health but also your mental health. Scientifically speaking, one has a great effect on the other and vice versa. By improving your overall mental health, you will be able to make more sound decisions. If I get cut off by someone while driving when I am in not the best state of mind, I may react with road rage. If I am mindful about the fact that most likely the incident was not personal, I will not be tempted to respond aggressively or retaliate. Even if it were intentional, I need not respond in kind.

How do we improve our mental health and make sounder decisions? One suggestion is meditation and breath work. Concentrating on one's breath while breathing in and out not only soothes, but also realigns our thoughts in the here and now rather than the then and before. There are a lot of techniques to help you be mindful of your thoughts. Try googling "mindfulness techniques" to learn more on the topic.

Physical health is closely connected to mental health and awareness. The Standard American diet of processed foods high in sugar and low in nutrition is linked to poor health. I am not suggesting to just go granola cold turkey. There are little things you can do to improve your diet. Suggestions are to avoid high fructose corn syrup and sugars in general in high amounts. Last, try to eat less processed foods.

What will better physical health do for you? It will help you live longer and happier lives. It will help prevent you from having a heart attack. It will allow you to attend those neighborhood watch meetings. It will help secure your neighborhood against criminals when you patrol it while walking around. It will make you less of a target to criminals when they size you up. Do we have to look like a mixed martial arts gurus or yoga masters? No. But the healthier you are and look, the less most opportunists will single you out. They do not want to work for their prizes.

If you are interested in a simple dietary and exercise routine, I suggest googling that too! There is a lot out there from Yoga to running. From cutting out sugar to eating vegan. There is something for everyone and you do not have to take extreme measures to improve. At the very least, have that apple over the donut most of the time.

TARZANA COMMUNITY UPDATE



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Tarzana Neighborhood Watch Meeting

7 P.M.
2nd Tues of the month
West Valley Community
Police Station
19020 Vanowen Street

West Valley Community Police Advisory Board

6:30 P.M.
2nd Wed of the month
West Valley Community
Police Station
19020 Vanowen Street

The City of Los Angeles provides numerous services to its residents that many people may not be aware of. Among these services is 211 LA County, one of the largest and most effective resource lines in the nation providing access to comprehensive social services and disaster support for L.A. County residents, including but not limited to:

- Assistance with Medi-Cal and food stamps
- Employment resources
- Disaster preparedness information
- Food and shelter assistance
- Health and legal services
- Help with care for aging parents
- Help with landlord-tenant issues
- Mental health resources
- Parenting resources
- Veterans resources

If you are not sure that 211 LA County can provide the right service for you, you may call **2-1-1** for free for more information, or visit their website at **www.211la.org**.

You may refer to Encino's newsletter for additional city services.

ENCINO COMMUNITY UPDATE

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Senior Lead Officer

Daryl Scoggins

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Encino Neighborhood Watch Meeting

7 P.M.

2nd Tues of the month
West Valley Community

Police Station

19020 Vanowen Street

Encino Neighborhood Council Meeting

7 P.M.

4th Wed of the month
Council District 5 Office

15760 Ventura Blvd,

Suite 600

818 971-3088

West Valley Community Police Advisory Board

6:30 P.M.

2nd Wed of the month
West Valley Community

Police Station

19020 Vanowen Street

If you are not yet familiar with MyLA311, this may be a great time to check it out. The 311 Call Center provides various options to connect to a wide variety of non-emergency City services and general City information, including but not limited to:

- Abandoned vehicles
- Building and Safety services
- Parking Enforcement
- Police services
- Bulky item removal
- Dead animal removal
- Graffiti removal
- Homeless encampment complaints
- Illegal dumping pickup
- Street repairs

To look up information about a city service, you may visit the 311 website at www.myla311.lacity.org. Having knowledge of the services available to you can result in far more efficient ways of resolving certain problems in your neighborhood.

To request for a service you may submit service requests through the 311 website, via the "**MYLA311**" app downloadable to your smartphone, or by calling the 311 call center (dial 3-1-1) during their hours of operation.

Please refer to Tarzana's newsletter for additional city services.



LAPD West Valley Division



Stay Alert! Stay Informed!

follow us on:

[Twitter.com/@LAPDWestvalley](https://twitter.com/LAPDWestvalley)

[Facebook.com/LAPD.WV.Police](https://facebook.com/LAPD.WV.Police)

Nextdoor.com: sign in to your community

Nixle: Text your Zip Code to 888777

Website: www.westvalleypolice.org



Remember, Please do not Text and Drive!