

# SUMMER NEWSLETTER 2026

## WELCOME

Block Watch brings police and communities together in their common goal of community safety. Block Watch is an inclusive, community-based program that connects people, builds relationships and creates a strong sense of community. Participating in Block Watch involves being alert to your surroundings, talking to your neighbours, being aware of local crime trends and learning current crime prevention techniques from your local Block Watch office. When you see something suspicious or witness criminal activity you are asked to safely observe and report what you see to police and share the information with your Block Watch group. Groups can be set up in residential neighborhoods and multi-family dwellings and complexes.

Municipal Block Watch Programs in British Columbia operate under the governance of the Block Watch Society of BC, an organization that provides direction, training and materials to Coordinators.

**SAANICH BLOCK WATCH OFFICE**  
**PHONE: 250-475-4365**  
**EMAIL: BLOCKWATCH@SAANICHPOLICE.CA**

- HIGHLIGHT**
- CRIME PREVENTION**
- ONLINE REPORTING**
- BEAT THE HEAT**
- TRAINING AND EVENTS**



### 5 PILLARS OF BLOCK WATCH C.A.R.E.S.



# CRIME PREVENTION

## AI VOICE CLONING

### How Scammers Use Voice Cloning

Your voice isn't private anymore. It's the perfect impersonation weapon, and you're near a microphone nearly 24x7.

AI voice cloning isn't a fantasy anymore. And it's not hard to do. Scammers can feed 3–30 seconds of audio of you or your loved ones into free tools that render a near-perfect digital twin of how you talk, laugh, pause, and breathe. They type any script they want.

Imagine getting a call and hearing your child say, "Dad, they kidnapped me and need \$5,000 to let me go." Your protective instincts kick in, you believe it, and your bank account is empty in minutes. Ten minutes later, your child calls to see how you're doing. That's when you realize you were scammed.

### How Scammers Steal and Weaponize Voices

#### **They grab your audio from everywhere.**

They don't need to be expert hackers. It's easy for people to find your voice online. TikTok rants, LinkedIn Lives, Instagram Stories, podcasts. Even robocalls that prompt you to say a specific word or phrase to speak to an agent mean you're recording yourself for them.

#### **AI learns your biomarkers.**

There are paid and open-source tools that analyze pitch, cadence, accent, emotion. The tools "train" on a sample of your voice in seconds, then generate new speech from any text. They can do it in real time for live calls or prerecord content for longer messages.

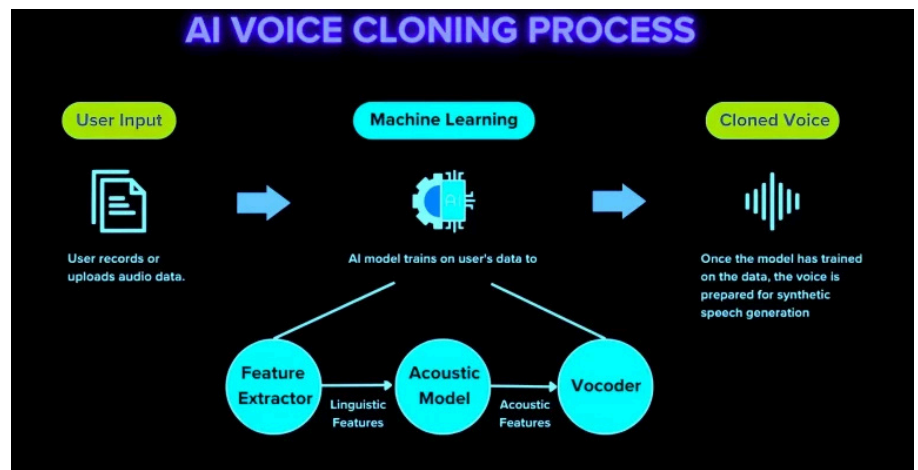
### Protect Yourself from Voice Scams

**Create a family code word:** Protect each other by creating code phrases to confirm that only insiders know. Change it often. For instance, if one person says "peanut butter," the other person knows to answer with "jelly."

**Callback rule:** If something seems suspicious — especially if it's an automated system asking you to respond by voice — hang up, and call back on a verified number. You're not being rude, you're being cautious.

**Privatize social audio:** Set access to your friends and known followers only; delete old recordings.

**Voice biometrics opt-out:** Avoid using your voice as a password where possible; use passphrases banks can't predict.



## Scammers hit where it hurts.

Scam scripts focus on creating fear and a sense of urgency in targets so they'll act emotionally instead of taking time to evaluate what's happening.

- **Family panic:** The cloned voice of your child or spouse begs for emergency cash. They've been arrested or kidnapped. And they need you to transfer money or pay at a crypto ATM right away.
- **CEO impersonation:** You receive a call from your boss instructing you to make a \$35 million wire transfer. It may sound over-the-top, but it happened in 2021. Often cited as the \$35M CEO fraud benchmark and covered in [a Forbes article](#), scammers cloned a company director's voice to authorize massive transfers from a Japanese firm's Hong Kong branch.
- **Extortion:** Scammers clone your voice to create fake audio of you confessing to installing malware, sharing compromising information, or committing a crime. They then contact you and play the fabricated "admission," demanding payment to not release it to law enforcement, your family, or your employer. It's often called "self-extortion" because the evidence is manufactured from your voice, amplifying panic since it sounds undeniably like you.
- **Job scam:** Fake recruiters use your voicemail clone to confirm interviews, then phish deeper.

## Common Ways Scammers Capture Voices

People often think voice cloning happens only to "high-profile" targets like celebrities and executives. Wrong. Here's how scammers can use everyday exposure to build their dataset:

- **Social media:** One 15-second clip is enough to gather a voice sample from videos you post to social media, such as Instagram, TikTok, or Facebook.
- **Podcasts or webinars:** Your guest spot or Q&A audio lives forever online.
- **Answering robocalls:** "Say yes to continue," or interactive voice responses get clear recordings.
- **Video calls:** Zoom, Webex, and Teams meetings or clips that are posted, shared, or hacked.
- **Voice assistants:** Alexa, Siri, and Google devices store and train on your speech patterns, whether it's the device in your home or the phone in your hand.

## Other Apps that Use Your Voice

- **Fitness apps:** Peloton, Freeletics, and similar programs record guided workouts, which are often cloud-synced.
- **Language apps:** Duolingo and Babbel log pronunciation practice to help you improve your skills (and their AI training).
- **Vehicle infotainment:** Syncing phone calls or voice commands to vehicle dashboard systems.
- **Smart appliances and TVs:** Samsung Family Hub, LG webOS, use ambient listening.
- **Gaming voice chat:** Discord, PSN, and Xbox party audio can be clipped, shared, or breached.
- **Telehealth:** Virtual doctor visits, and now some in-office systems, record speech for transcription and store it indefinitely.
- **Job interview recorders:** Platforms like HireVue use recordings and analyze voice biometrics.

**It takes just 3 seconds of a voice sample to clone a person's voice –  
Your friend, your loved ones, or your bank manager.**

### How to Detect AI Voice Cloning Scams

- Listen for oddities
- Check for background noise
- Ask questions
- Trust your gut
- Hang up and call back
- Beware of emotional stories



# SAANICH POLICE ONLINE REPORTING

Reporting a non-urgent incident just got easier. Our new online reporting system offers another way to report select incidents, helping support timely reporting, and improving police service delivery. Visit [saanichpolice.ca](http://saanichpolice.ca) under Services and Reporting to learn more.

In an emergency, call 911.

## **How to File an Online Report**

- Provide a valid email address and telephone number
- If you have digital media, such as video, photographs or documents pertaining to your complaint, after the file is reviewed you will receive a link to upload the digital content.
- Only report incidents that occurred in the District of Saanich. If the incident took place outside of Saanich, contact the police agency of jurisdiction.

## **When to use online reporting**

Online reporting allows community members to submit reports for specific calls for service, if the purpose for the call for service meets the criteria. You may report online if you meet the following criteria:

- It is not an emergency. The crime is not in progress; safety of any person is not at risk.
- The incident occurred within the District of Saanich.
- You have a valid email address and can receive communication via email.
- You are reporting on behalf of yourself, or you are the representative of a business.
- There are no known suspects.
- There is no evidence that requires an officer to attend the scene.
- The theft or loss does not involve a firearm, passport, immigration documents, citizenship documents or prescription drugs.

## **When NOT to use online reporting**

Contact the Saanich Police non-emergency line at 250-475-4321 or 911 if immediate assistance is required for the following:

- Domestic Incidents.
- Break & Enters.
- Motor Vehicle Collisions.
- Stolen/Recovered Vehicles.
- Fire/Arson.
- Stolen Property with Suspect.
- Violent Crime against Person.
- Crimes in Progress.
- Lost or stolen License Plates.

## **What Can I Report Online?**

### **Assist General Public**

Please complete an “Assist General Public” report if you are unsure of where your complaint may fit. This may include but is not limited to things such as:

- Neighbour disputes.
- Chronic tenting or encampment issues.
- Hazards.

### **Found Property**

Found property may include, but is NOT limited to:

- Government Identification.
- Cell phone.
- Laptop.
- Wallet.
- Backpack.
- Bike.

Please include a detailed description of the found property in your report. If a serial number is visible, please ensure it is included.

### **Theft Under \$10,000 (No Suspect)**

Theft is defined as the unlawful taking of property without the owner’s consent. Attempted theft refers to any effort to steal property without successfully completing the act. Please specify whether you are reporting a theft of an attempted theft.

Theft under \$10,000 may include but is NOT limited to:

- Theft from a vehicle.
- Theft of mail.
- Theft from construction site.

Please note the following items are NOT reportable online:

- Passports.
- Firearms.
- Citizenship Cards.
- Immigration paperwork.
- Vehicles.
- Anything valued over \$10,000.

### **Traffic incidents and Driving Complaints**

Traffic incidents reportable online may include but are NOT limited to:

Tailgating.

Distracted Driving.

Aggressive Driving.

Seatbelt Offences.

Traffic Light Infractions.

If you are filing a complaint about a specific vehicle/driver, please be sure to include a license plate.

## **What Can I Report Online?**

### **Mischief or Damage to Property Under \$5,000**

Under Section 430 of the Criminal Code of Canada, a person commits mischief when they intentionally:

- Destroy or damage property.
- Render property dangerous, useless, inoperative, or ineffective.
- Obstruct, interrupt, or interfere with the lawful use or enjoyment of property.
- Interfere with a person's lawful use or enjoyment of property.

When the value of the affected property is less than \$5,000, the offence is categorized as mischief under \$5,000.

This includes but is NOT limited to:

- Graffiti.
- Damage to a vehicle, business or residence (broken window, keying a car).
- Damaged to personal items.
- Other general vandalism.

### **Lost Property Under \$10,000**

Saanich Police will only accept lost property reports where the item has a serial number, engraving or identifiable markings. If your lost item contains bank cards, please ensure that you contact your financial institution immediately and lock the cards.

Please note, lost property reports are not actively investigated but are kept for records purposes in the event the item is found and can be returned to the rightful owner. Lost property is defined as items that are missing or misplaced, not due to theft. If you believe an item has been stolen, please use the "Stolen Property" tab.

### **What you CAN report online:**

- Items valued under \$10,000.
- Lost drivers' licences, health cards, SIN cards, etc. (List card value as \$1.00 each).
- Items with serial numbers, engraving or identifiable markings.

### **What you CANNOT report online:**

- **Lost property valued over \$10,000.**
- **Lost firearms.**
- **Lost passport photos, keys, money, clothing, eyeglasses etc.**
- **Lost Canadian Passports: Report to Service Canada in person or phone 1-800-567-6868.**
- **Lost Foreign Passports: Please report to Saanich Police non-emergency prior to contacting the Consulate or Embassy of the issuing country.**
- **Lost credit cards, bank cards, membership cards, rewards cards, etc. (report to financial or issuing institution).**

**To learn more or to make a online report go to:**

**<https://saanichpolice.ca/services-and-reporting/online-incident-reporting/>**

# BEAT THE SUMMER HEAT

**Heat-related illness** is the result of your body gaining heat faster than it can cool you down. You may be affected by heat even before you feel seriously unwell.

**Plan ahead before hot weather.** Know where you can go to cool down, check on people who may need support and learn the signs of heat exhaustion and heat stroke

## Prepare for Hot Weather

When temperatures rise, there are several actions that you can take to make sure that you and your family stay cool.

- Identify the coolest areas of your home and community places where you can cool down, like libraries, community centres, malls, shaded parks, pools or beaches
- If you have air conditioning, make sure it works before hot weather starts. If you do not have air conditioning, plan other ways to keep your home cooler
- Prepare your home by shading windows from the outside with awnings, shutters, cardboard or other safe materials, or from the inside with curtains, blinds or reflective coverings where possible
- Check that you have a working fan. Fans can help move cooler air indoors when the outside air is cooler than indoors. Fans should be used along with other measures to cool down indoor temperatures
- Review the signs of heat exhaustion and heat stroke before hot weather starts

***Some people are more affected by heat. Check in on people who need support, including older adults, people with disabilities, people who are pregnant and infants and young children, especially during a heat warning. And don't forget about your pets; pets can get heatstroke even when inside- if its too hot for you, it's to hot for them.***

## Monitor Your Home Temperature

Indoor spaces without effective cooling can become dangerously hot. Use a thermometer to monitor indoor temperatures:

- 26°C or less are generally safer
- 26°C to 31°C may be risky for people more likely to be affected by heat
- Over 31°C should be avoided for people more likely to be affected by heat, whenever possible

If indoor temperatures remain high or continue to increase, move to a cooler place if you can. Top floors of buildings and rooms with west or south-facing windows can become especially hot. Indoor spaces may stay hot into the evening and overnight.

## Air Quality and Wildfires

During heat warnings, air quality may also be poor, especially if there is wildfire smoke. Heat and air pollution affect the body in different ways, and some people are at risk from both.

Cooler, cleaner indoor air is the best protection. Spend time in a cool indoor space with cleaner air when possible. For most people, heat is the more immediate risk, so prioritize staying cool.

## Hot Car Warning

Never leave a child or pet alone in a vehicle, even for a few minutes. Leaving the car windows slightly open or "cracked" will not keep the inside of the vehicle at a safe temperature.

If you come across a child or animal in distress left in a hot vehicle, call 9-1-1.

## BC Heat Alert and Response System

B.C. uses a heat alert and response system (HARS) to help people and communities prepare for heat and protect themselves during a heat wave. The objective of a HARS is to increase community resilience to extreme heat and reduce heat-health risks. Heat warnings are issued as:

- **Yellow** Warning - Heat
- **Orange** Warning - Heat
- **Red** Warning - Heat

The risk increases from yellow to red. The warning level is based on how hot it is expected to be, how long the heat is expected to last, and the expected health risks related to heat level.

The Province of B.C. will issue emergency alerts through the Alert Ready System when an extreme heat emergency is declared. Learn more at [Emergency Alerts in B.C. \(Government of B.C.\)](#)

**For more information, visit :**

<https://www.healthlinkbc.ca/health-library/health-features/beat-heat>

## Places to Keep Cool

When it's hot outside, there are public places that you can visit to cool down. Local community centres, malls, pools and libraries usually have air-conditioned areas open to the public. Many communities have waterparks, wading pools and beaches that you can visit. Local government websites often list community centres, fountains, libraries, swimming pools, water parks and wading pools.



### HEAT SAFETY

**GIVE YOUR PET ACCESS TO FRESH WATER**

**EXERCISE**  
Limit the duration and strenuousness of outdoor activities.

**HEAT STROKE**  
Symptoms include heavy panting, huffing, and mobility problems. If you notice these, cool your pet down immediately.

**SHADE**  
If left outside, provide all-day shade for your pet.

**ASPHALT**  
If asphalt is too hot for bare feet, it's too hot for your pet.

**CARS**  
Never leave your pet in a car, even with the windows down.

american  
**PETS**  
alive

# TRAINING AND EVENTS

## BLOCK TALK SERIES

### KEEPING SENIORS SAFE: UNDERSTANDING ELDER ABUSE

Learn how to support the livelihood and wellbeing of seniors

**Date:** Thursday, June 25, 2026

**Time:** 6:00 pm to 7:00 pm

**Location:** Virtually via Zoom



Elder abuse goes beyond physical harm. It can also include emotional, psychological, financial, and sexual abuse, as well as overall neglect.

This session will help you better understand elder abuse, including the steps you can take to help yourself or someone you know.

Seniors First BC shares real examples of elder abuse and provides guidance on how to respond to and report concerns. Learn how to access the Seniors Abuse and Information Line (SAIL) and other services provided by Seniors First BC.

Register here:

[burnaby.ca/safecommunityseries](http://burnaby.ca/safecommunityseries)



IN COLLABORATION WITH [This presentation is open to the public]



Saanich Police  
Block Watch and  
Volunteer Open House



- Come learn about Block Watch and Saanich Police Volunteer Opportunities
- Meet Saanich Police Coordinator of Volunteers and Crime Prevention Programs
- Talk with Saanich Police Volunteers
- Learn about Crime Prevention

**When:** September 22<sup>nd</sup> 2026

**Time:** 6PM-8PM

**Location:** 780 Vernon Ave



## SAANICH EMERGENCY PROGRAM Education and Volunteer Opportunities

### FREE Emergency Program Events

#### PREPAREDNESS 100: EMERGENCY PREPAREDNESS SPEAKER SERIES

Each session covers a different topic (TBA) that could include the hazards that surround us, the utilities we use, or a different perspective related to emergencies and events in our community. Register early to reserve a spot.

**October 27, 2026** 7 to 8 p.m.  
Call Saanich Commonwealth Place to register, 250-475-7600

#### PREPAREDNESS 101: EMERGENCY PREPAREDNESS PRESENTATION

Are you and your family ready for an emergency? The Saanich emergency program offers individual and family emergency preparedness presentations for residents of Saanich. Learn how to plan and prepare before disaster strikes. Register early to reserve a spot!

Each participating household will receive a copy of the *Prepare Yourself* workbook. [Click here](#) to learn more.

**September 22, 2026** 7 to 8:30 p.m.  
Call Cedar Hill Recreation Centre to register, 250-475-7121

**October 22, 2026** 7 to 8:30 p.m.  
*Virtual*, call or email the Emergency Program to register, 250-475-7140

**November 17, 2026** 7:15 to 8:45 p.m.  
Call G.R. Pearkes Recreation Centre to register, 250-475-5400

*Can't make our regularly scheduled Preparedness 101 dates?*

If you can get a group of ten or more people together, our presenters will come to you! Contact the Saanich Emergency Program office to schedule your presentation. Call 250-475-7140 or email

### VOLUNTEER INFORMATION SESSION

The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Volunteers needed for emergency support services, neighbourhood emergency preparedness program and radio communications. Training provided

**September 23, 2026** 7 to 8 p.m.  
Call Gordon Head Recreation Centre to register, 250-475-7100

**November 5, 2026** 7 to 8 p.m.  
Call Saanich Commonwealth Place to register, 250-475-7600

✉ [sep@saanich.ca](mailto:sep@saanich.ca)  
 ✕ Follow us on X:  
 @SaanichEP  
 @SaanichFire  
 🖥️ [saanich.ca/prepare](http://saanich.ca/prepare)



Scan me to register with **RecOnline**



### Greater Victoria Crime Stoppers

We are a community, media, and police cooperative program designed to involve the public in the fight against crime. We are located in Victoria, the capital city of British Columbia, on beautiful Vancouver Island.

Greater Victoria Crime Stoppers encourages members of the community to assist local law enforcement agencies in the fight against crime by overcoming the 3 key elements faced by law enforcement in generating information that inhibit community involvement: fear of reprisal, apathy and reluctance to get involved.

We are separate from the police and allow members of the community to provide information about criminal activity anonymously. Your privacy is our priority - we never ask you for your personal information.

You can submit an anonymous tip over the phone by calling 1-800-222-8477 or you can submit a tip online at [www.victoriacrimestoppers.ca](http://www.victoriacrimestoppers.ca)

What makes a good tip?  
Do not include any personal information about yourself!

Share as much detail about the incident as possible and focus on the facts - WHO, WHAT, WHERE and WHEN.

**WE ARE NOT THE POLICE!**

**You Stay Anonymous.....  
Criminals Don't!!!!**

**STOP CRIME!**

We only want your Information -  
not your name!