



From the desk of...

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## Superintendent Bob Qualtrough

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### February 2010

The city's T.A.V.I.S. (Toronto Anti Violence Intervention Strategy) will continue throughout 2010. 41 Division will again focus its attention to high crime areas and will develop programs such as the 2009 Robbery Reduction initiative. The Robbery Reduction initiative was used to direct officers working call-backs to patrol target areas during the Christmas season. Officers patrolled T.T.C. stations, schools and shopping plazas in an effort to reduce the level of street robberies.






I would also like to take this opportunity to welcome 7 new recruits to 41 Division. The 7 new officers assigned to 41 Division were deployed on Friday the 15<sup>th</sup> of January 2010 and are comprised of 4 males and 3 females. The officers come from a variety of backgrounds and have an array of experience from their lives before joining the Toronto Police Service. Toronto Police Service continues to be a leader in officer training and continued development. I wish the officers the best of luck in their new career.

41 Division

*Bob Qualtrough*

Superintendent Bob Qualtrough

# Calander of Events for February 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> 	<b>2</b> 	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> 	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> 	<b>15</b> 	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

1<sup>st</sup> No Cell Phones while driving - February 1<sup>st</sup> is the end of the Education Period. Expect to get a ticket worth up to \$500 if you are caught using a hand held device.

2<sup>nd</sup> Groundhog Day 2010

10<sup>th</sup> Car Seat Clinic

14<sup>th</sup> **St. Valentines Day**

15<sup>th</sup> National Flag of Canada Day

# Traffic Talk with Sergeant Henry Wojdylo

41 Division along with the Toronto Police Service is committed to Traffic Safety. Each and every year the service strives to improve upon traffic safety. 41 Divisions 2010 Traffic Priorities are;

- 1 Pedestrian Safety.
- 2 Reduce offences pertaining to School bus safety.
- 3 Reduce the number of collisions.

4 Areas that members of 41 Division will be paying special attention to during 2010 are as follows;

- 1 Project Bus Stop – March 2010
- 2 Project Walk Right – May 2010
- 3 Project 4 Way – August 2010
- 4 Project Lead Foot – October



# REMINDER



**78.1 (1)** No person shall drive a motor vehicle on a highway while holding or using a hand-held wireless communication device or other prescribed device that is capable of receiving or transmitting telephone communications, electronic data, mail or text messages.

**78.1 (2)** No person shall drive a motor vehicle on a highway while holding or using a hand-held electronic entertainment device or other prescribed device the primary use of which is unrelated to the safe operation of the motor vehicle. 2009,

**78. (1)** No person shall drive a motor vehicle on a highway if the display screen of a television, computer or other device in the motor vehicle is visible to the driver.

# The Scoop on Snow Shoveling Safety



**The good news** is that 15 minutes of snow shovelling counts as moderate physical activity. We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. Brisk walking or social dancing are other ways to fit in moderate physical activity during cold winter months.

**The bad news** is that researchers have reported an increase in the number of fatal heart attacks among snow shovellers after heavy snowfalls. This rise may be due to the sudden demand that shovelling places on an individual's heart. Snow shovelling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shovelling, sedentary mens' heart rates rose to levels higher than those normally recommended during aerobic exercise.

Shovelling may be *vigorous* activity even for healthy college-aged students. A study performed by researchers at North Dakota State University determined that, based on heart rate, shovelling was a moderately intense activity for college-aged subjects most of the time but was vigorous activity during about one-third of their shovelling time of 14 minutes.

Shovelling can be made more difficult by the weather. Cold air makes it harder to work and breathe, which adds some extra strain on the body. There also is the risk for hypothermia, a decrease in body temperature, if one is not dressed correctly for the weather conditions.



## Who should think twice about shovelling snow?



Those most at risk for a heart attack include:

1. Anyone who has already had a heart attack.
2. Individuals with a history of heart disease.
3. Those with high blood pressure or high cholesterol levels.
4. Smokers.
5. Individuals leading a sedentary lifestyle.



## A Pile of Snow Shovelling Tips

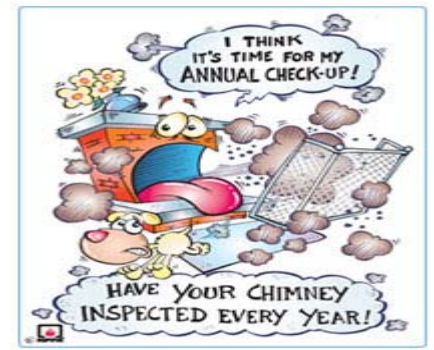


**Be heart healthy and back friendly while shovelling this winter with these tips:**

1. If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shovelling snow. Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate.
2. Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
3. Dress in several layers so you can remove a layer as needed.
4. Warm up your muscles before shovelling by walking for a few minutes. Stretch your arms and legs because warm muscles work more efficiently and are less likely to be injured.
5. Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
6. Begin slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
7. Protect your back by lifting properly.
8. Most importantly – listen to your body. Stop if you feel pain.



# Home Heating Safety



It's a cold winter night. You decide to use a space heater, or perhaps light a fire in the fireplace, to save on the heating bill. Comfortable from its warmth as bedtime approaches you think, "What harm could it cause to leave it on overnight?"

Think again. While these heating devices may help you feel cozy and warm, they can become extremely dangerous if not used properly. Home heating equipment was involved in an estimated 62,000 home fires in 2005, according to the non-profit National Fire Protection Association (NFPA). The cost of these fires is more than just property damage. The cost includes roughly 700 lives and roughly 1,500 injuries.

Home heating fires are largely preventable when you know the rules. The Columbia Fire Department's goal is to reduce the number of home-heating fires in our community. But we need your help. We are urging families to use extra caution this winter when heating your home.

The majority of heating fire deaths are caused by space heaters! Most heating fires are caused by creosote build-up in the chimney.

To help keep our community safe and warm this season, the Columbia Fire Department recommends that you follow these guidelines:

Space heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.

Turn portable heaters off when you go to bed or leave the room.

Plug power cords only into outlets with sufficient capacity and never into an extension cord.

Inspect for cracked, frayed or broken plugs or loose connections. Replace before using.

Have your chimney inspected each year and cleaned if necessary.

Use a sturdy fireplace screen.

Allow ashes to cool before disposing. Dispose of ashes in a metal container.

Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection interconnect all smoke alarms throughout the home — when one sounds, they all sound. Test smoke alarms at least once a month.

Install and maintain a carbon monoxide alarm in a central location outside each sleeping area.

Never use an oven to heat your home.



# 41 Division's Car Seat Clinic



## Car Seat Information and Upcoming Clinics:

### Rear-Facing Seat

Required by law for children weighing less than 9 kg (20lb).

Best to use until at least one year old and a minimum of 10 kg (22lb). Follow manufacturer's recommendations for height/weight.

Harness slots at or below shoulders and seat is reclined to a 45 degree angle.

### Forward-Facing Seat

Required by law for children weighing between 9 and 18 kg (20-40lb).

Best to use when child is at least one year old and a minimum of 10 kg (22lb). Follow manufacturer's recommendations for height/weight.

Harness slots at or above shoulders.

### Booster Seat

Required by law for children under the age of 9, weighing between 18 kg and 36 kg (40 -80lb) and less than 145 cm (4'9") tall. Once a child exceeds any one of the above criteria they may be ready to use a seat belt alone.

The middle of the child's ear should not be above the back of the vehicle seat, headrest or booster seat.

Monthly Car Seat Clinics are held at 41 Division between 8:00am – 1:00pm **by appointment only**. To book an appointment please call 416-808-4127 and leave the following information:

- ❖ year and make of vehicle that the car seat is in
- ❖ number of car seats in the vehicle
- ❖ the age of the child or children.

The purpose of these clinics is to have Certified Technicians check to ensure that you have installed your car seat correctly.

It is important to have the seat properly installed well before the baby's due date as clinics and appointments are limited in quantity and there is a very high demand for this service. Thank you for your support and interest in this worthwhile program.

### **UPCOMING CLINICS:**

**8AM -NOON**

**Wednesday February 10th, 2010**

**Saturday March 13th, 2010**

**Saturday April 17th, 2010**

**Saturday May 15th, 2010**

**Saturday June 19th, 2010**

# Free Family Skate Day

Friday, March 19th, 2010 (March Break)



12:00 p.m. - 2:00 p.m.

Don Montgomery CRC

2467 Eglinton Ave. East

@kennedy subway station (Kennedy & Eglinton)

*41 Division Toronto Police Services*

invites families of all ages to join us for this free event ...  
*free skates for those children without skates\*,  
free hot chocolate, free donut bits, free entertainment,  
free fun.*



\*please bring a CSA approved helmet where possible. Children under 6 years are required to have a CSA approved helmet.

Special Appearance By:  
Superintendent Bob Qualtrough  
Pat Troll (The Mascot)  
Police Scout Car

Sponsored By:  
41 Division Community Police Liaison Committee  
Toronto Parks, Forestry & Recreation  
ProAction



# In Memory of a friend

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## 41 DIVISION

We are sad to announce the passing of Police Sergeant Gordon Jones (41 Division) Toronto Police Service. Gord served 20 years with the service.

**Gordon Jones #679**

He will be missed

