



## WRCA NEIGHBORHOOD WATCH NEWSLETTER

Volume 1, Issue 3

July 2014

### Gearing up for National Night Out



National Night Out: It's an opportunity for communities nationwide to promote police-community partnerships, crime prevention, and neighborhood camaraderie.

Is your block ready for National Night Out? Many are and here is what is happening.

The Witter Ranch Community Alliance (WRCA) has created 36 neighborhood zones within the Gateway West and Parkview Neighborhoods. Each zone consists of between 27 and 50 homes.

The WRCA Neighborhood Watch co-coordinators have been contacting neighbors in each zone to participate as Zone Captains or Co-Captains.

Willing neighbors were provided with a "Zone Captain Kit" which included a duties and event overview page, zone map, Block Party invitation templates, and a keys to success guide. The idea was to support the volunteer neighbors as much as possible. Additionally, with continued and generous sponsorship from Alleghany Properties, LLC, we are able to offer each zone participating with funding for their Block Party.

In years past, larger community festivities were located

at the Witter Ranch Park, however, this year the emphasis is for smaller gatherings of immediate neighbors. The focus here is to have neighbors in each zone come out and meet each other and get acquainted. This year the parties will range from pot-lucks to ice cream socials to chip and dip parties or more.

National Night Out will be a great opportunity for neighbors to take a quick moment to meet folks in the homes near and around them to start building neighborly relationships.

If you are interested in volunteering or want more information, email [watch@witerranchcommunity.org](mailto:watch@witerranchcommunity.org)

### About Witter Ranch Community Alliance

Witter Ranch Community Alliance (WRCA) is the all volunteer neighborhood association of the Gateway West and Park View neighborhoods of Natomas in Sacramento, California.

WRCA's purpose is to promote a sense of community among the two neighbor-

hood residents. The group is committed to keeping the neighbors informed of important developments that affect our safety, security, and quality of life. The group represents the best interests of the community.

Most recently a Neighborhood Watch program has

been added to the WRCA.

More information about the group including the core values and goals of WRCA can be found online. Read more at: [www.witerranchcommunity.org/about/](http://www.witerranchcommunity.org/about/)

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# WRCA Neighborhood Watch

## Heat Related Illnesses and Prevention



Hydration status is important—be sure to be aware of how much water you are drinking during the heat.

Living and playing in Sacramento during the summer can make any of us susceptible to heat related illness. Knowing how to prevent it is the best way to avoid complications.

Tips to staying cool include:

-Being aware of the heat and modify activities appropriately, pay attention to your hydration status and be sure to drink plenty of fluids, try to stay in cool areas (even when outside) many public places including libraries, shopping malls, and

movie theaters are air conditioned, avoid hot, enclosed places such as cars, use a fan, stay on the lowest floor of your building or home, eat well-balanced, light regular meals, wear loose-fitting, lightweight, light colored clothing, cover windows that receive a lot of light with drapes or shades.

There are 8 signs of heat overexposure:

-Heavy sweating, pale skin, muscle cramps, feeling tired and weak, altered mental

status, headache, becoming semi-conscious or passing out, and nausea or vomiting.

What do you do when you see these signs in someone?

-Call 911, get the person out of the sun and into a cool area (air conditioning is ideal, but the shade will help too), apply water to help the person cool off, apply ice to the neck or armpits, remove any heavy clothing, immerse the body in cool water - either at a swimming pool or in a bathtub.

## FYI on Bug Bites



Did you know that each year insect stings cause at least 50 deaths and send more than 500,000 Americans to the emergency room?

Stinging insects such as bees, wasps, hornets, and yellow jackets are most active in late summer and early fall. Other potentially harmful bugs include ticks, mosquitoes, scorpions, and spiders—all of

which can spread disease or cause illness.

Black widow spiders are in our residential areas. They tend to build haphazard funnel-shaped webs in dark, secluded, dry, still areas such as under eaves, in leaf piles, around enclosed outdoor plumbing, or along fence lines. Symptoms of a bite include cramping of large

muscle areas, abdominal rigidity without tenderness, restlessness, hypertension, numbness in the region of the bite, and excessive salivation.

Symptoms can last between three and six days and some may linger for weeks. A urinalysis should be conducted soon after the bite, if diagnosed, there are treatments available.



Be aware of home improvement and other scams, especially involving the elderly.

## Summer Scams

Citizens are alerted to certain crime trends that have occurred throughout the county in recent years, unfortunately, deception burglaries and home improvement scams are known to occur when the weather gets warmer. Typically these are criminals on the move. The elderly are the most likely targets since they tend to be

trusting and very concerned about their property and their neighborhood. Adult relatives of seniors should remind them of this possible crime.

### Deception Burglaries

Be mindful of certain ruses such as suspects that generally work in pairs and approach homeowners at their

residence with the intent of gaining entry under a seemingly benevolent role like posing as a legitimate worker from a local gas company, water department, cable company, or as a tree trimmer, paver, county inspector, or government official. One suspect will distract the homeowner while a second (SCAMS cont. on page 4)

## News from District 1 Councilmember Ashby's office

**Summer Sunset Party** Join the office of Mayor Pro Tem Angelique Ashby Saturday, August 9th at 6:30pm for a free night of fun at the North Natomas Regional Park.

There will be sweet treats and free kids' activities – including bounce houses, bounce slides, face painting, and balloon twisting- to help us celebrate the sunset of our "Summer of Fun."

At the event, kids will be able to turn in their "[Passport for Play](#)." Kids who have completed their Passport for Play can turn it in and win cool prizes!

Also, don't forget to save the date for the [Movie in the Park](#) showing of 'Frozen' on August 29th!

If you have any questions, feel free to contact the District 1 office at 808-7001.

The **12th Annual "Celebrate Natomas Festival"** is just around the corner!

Please join us in supporting the 2014 Celebrate Natomas festival by becoming a sponsor or a vendor. Celebrate Natomas will take place on Saturday, October 11, 2014 and your participation will help ensure that this festival will continue to be an outstanding success!

The community festival is one of the largest of its kind in the greater Sacramento region and captures the very best of both South and North Natomas. This FREE event hosts booths for over 150 civic groups, businesses, neighborhoods, the faith based community, along with local government such as the City of Sacramento and County of Sacramento.

If you have questions please contact Vincene Jones at (916)808-5072 or email [vjones@cityofsacramento.org](mailto:vjones@cityofsacramento.org) or contact Kris Wimberly at (916)808-6172 or email [kwimberly@cityofsacramento.org](mailto:kwimberly@cityofsacramento.org).

**We look forward to your participation in Celebrating Natomas with us!**

## Spare the Water Alerts

The City of Sacramento Department of Utilities announces Spare the Water Alerts. Spare the Water Alerts are declared when three consecutive days of 100+ degree temperatures are forecasted.

"It is especially important to use water wisely during the drought and on these hot days as statewide water supplies are short, river levels are low, and operational costs are higher. While the City doesn't expect to have supply issues, the extended stretch of high temperatures can push our equipment to its limit. Drought and high tem-

peratures are a good reminder of how precious a resource water is and why we need to conserve it," said Terrance Davis, the City of Sacramento Department of Utilities Sustainability Program Manager.

Suggested ways that customers can save water on Spare the Water Days and every day, especially during the drought:

Follow the City's Watering Rules. Water lawns and gardens before 10 a.m. or after 7 p.m. and water only on scheduled watering days: odd numbered address on

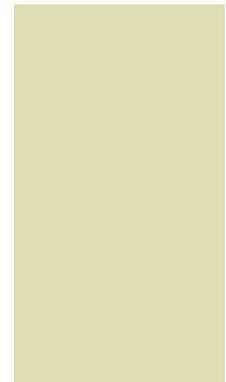
Tuesday and Saturday; even numbered address on Wednesday and Sunday.

Run major appliances with full loads before 10 a.m. or after 7 p.m. for optimum water and energy savings.

Wait until the heat wave breaks to wash your cars or visit a commercial carwash that recycles water

Turn off the faucet while brushing teeth, washing hands or scrubbing dishes

For more information on ways to save water, visit [www.SpareSacWater.org](http://www.SpareSacWater.org).



Cutting back irrigation watering 1-2 minutes per station can save up to 250 gallons of water per cycle!

**WRCA Website:**

<http://witerranchcommunity.org/>

**WRCA Neighborhood**

**Watch E-mail:**

[watch@witerranchcommunity.org](mailto:watch@witerranchcommunity.org)

**Remember to Take Action:**

- *Save the date for National Night Out and meet your neighbors.*
- *Get involved with the WRCA Neighborhood Watch Program.*
- *Beat the heat during the hot summer months: stay hydrated with water, stay in cool places, and adjust your activity as needed.*
- *Watch out for black widows around your property as well as other biting insects while out and about this summer.*
- *Be aware of summer scams and inform any elder members of your family or in your neighborhood.*
- *Try to incorporate one method, other than limited lawn watering, to help conserve water use.*



Articles on page two have been written based on the July presentation by Barbara Falcon, Neighborhood Watch Coordinator of the Sacramento Police Department.



**Scams (continued from page 2)**

Suspect will quietly enter the home and search for valuables and cash.

Be alert to anyone in your neighborhood asking to gain entry into your home. Always ask to see identification and let them know you are going to call and get authorization from their company before allowing them access.

Investigators believe many deception burglaries do not get reported because the victim is too embarrassed. Neglecting a call may allow a criminal to go free and victimize someone else.

**Home Improvement Scams**

The usual scenario is close to this: a repair person drives an unmarked vehicle with an

out-of-state license. He or she goes door to door and has no business identification, local address, or telephone number, no do these workers have any references. You are offered a "special price" if you sign that day or you might be told "We just finished a job around the corner and have extra materials that we could offer you at a discounted price." The worker will ask for upfront costs or fees and only accept cash. They will not offer a written estimate or contract.

Only rarely will legitimate home improvement companies solicit door-to-door, they usually distribute flyers or make phone calls because it is more cost effective. Con-

tractors do not pressure customers to sign a contract or job order immediately. Professional companies will operate in a professional manner with identified personnel, written estimates, and references. Never pay a contractor upfront in cash. Using a check keeps a record of the transaction and often provides identification of the person cashing the check. Customers pay on third of the bill to start, another third midway, and the rest upon completion

If you sense you have been approached with scam, call 911 immediately with a description of the suspect and vehicle used in the suspicious activity.