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The "CAT"

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"MAKE YARMOUTH THE SAFEST COMMUNITY IN THE REGION"

Chief Frank Frederickson

Chairman's Message

Lee Hawkins, Neighborhood Crime Watch Chairman

Hopefully the rainy spring will soon give way to real summer and beach weather. Planning for National Night Out is underway, reserve the evening of Tuesday, August 1. This is always a fun event, especially for children, and a chance to meet many of the members of the Yarmouth Police and Fire Departments, as well as your crime watch colleagues.

We recently had a very successful training session and now have 11 new people in process of becoming block captains. The 11 people represent new blocks that will be created in all our areas. Thanks to all those who have made the commitment to being a block captain. We will highlight them as we create the new blocks.

We have an article in this issue on secure versus non-secure logins. Hopefully, that will help you to understand the difference. For those of you who are on the Neighborhood Crime Watch team and have accounts on our web site, you should note that our logins are currently not secure. There is a push on the internet to make all logins secure. However, there is a yearly cost to maintain the key and a fair amount of rework to make logins secure. We will be converting our site in the future. Once we do, we will open up membership to block captains which will give you access to more reports and forms that aren't on the public site. Do check out our public site at www.yncw.org.

Bigs in Blue!

Officer Mark Noone & Vinny, age 9

Source: Deputy Chief of Police Steven G. Xiarhos

Big Brothers Big Sisters is proud to partner with the Yarmouth Police Department for Bigs in Blue! Bigs in Blue is a one-to-one mentoring program that connects students at ME Small Elementary School with police building strong, trusting, lasting relationships. These relationships can help build stronger bonds between law enforcement and the communities they serve.

Bigs in Blue uplifts young people in their community through mentorship. It can be playing catch during recess or having lunch together at school; the simple stuff kids want to do. More than that, Bigs in Blue enable children to have an early understanding that police are a positive presence in the community.

For additional information about Bigs in Blue or Big Brothers Big Sisters, visit www.BBBSCCI.org or call 508-771-5150.

CONGRATULATIONS MAWLE AWARD RECIPIENTS!

Source: Deputy Chief of Police Steven G. Xiarhos

We are proud to announce that four Yarmouth Police Department Patrol Officers received Special Recognition Certificates from the Massachusetts Association of Women in Law Enforcement.

Patrol Officers Melissa Alden, Mary Gibney, Diana Wells, and Erica Wenberg, were recognized at the 6th Annual Spirit of MAWLE Award Ceremony on Thursday, May 25, 2017.

This year's Award Ceremony was hosted by Chief of Police Peter L. Carnes of the Stonehill College Police Department and was held at Stonehill College.

The event took place from 5:00 to 9:00 pm followed by the Award Ceremony at 6:00PM.

We are extremely honored to have four of our Police Officers earn these awards.

Congratulations to all and keep up the great work!

THANK YOU VIP LARRY HOLMES!

Source: Deputy Chief of Police Steven G. Xiarhos

All of us at the YPD thank Larry Holmes for his over 16 years of ongoing service as a Yarmouth Police Department Volunteer in Police Services.

As part of National Volunteer Recognition Week, Larry received a special Letter of Commendation Award from the Chief of Police.

The Award reads:

LETTER OF COMMENDATION

YARMOUTH POLICE DEPARTMENT VOLUNTEER IN POLICE SERVICES VOLUNTEER LARRY HOLMES

In recognition of your over 16 years of dedication and unwavering commitment as a Volunteer in Police Services to the citizens of Yarmouth and the men and women of the Yarmouth Police Department.

Chief Frank Frederickson and our entire Command Staff and team of Police Officers and civilian employees are proud to present you with this special award.

Your service brings great credit to the spirit of volunteerism and the profession of Law Enforcement and the Yarmouth Police Department and we look forward to many more successful years to come.

Thank you VIP Holmes and to all of our dedicated team of Citizen Volunteers!

Weekly Learn to Cope Meetings

Source: YPD Facebook

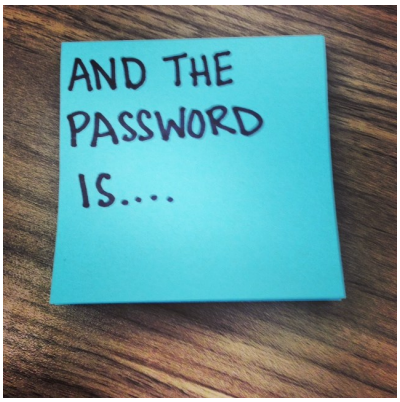
Weekly learn to cope meetings are held every Tuesday evening at 7:00 PM in the YPD community room. Learn to Cope is a support organization that offers education, resources, peer support, and hope for parents and family members coping with a loved one addicted to opioids or other drugs.

Learn to Cope offers:

- Weekly meetings where members share experiences, resources, and strategies from their own journeys as they help their loved ones to treatment and recovery from opiates and other drugs.
- A private, 24/7 online discussion board.
- Guest Speakers including individuals in long term recovery and addiction professionals.
- Training in overdose prevention and the administration of nasal Narcan, a drug that reverses potentially fatal overdoses, keeping the hope of recovery alive for many families.
- Educational programs and speaking events at health fairs, schools, and community organizations.

Please visit the "Meetings" section on www.learn2cope.org for the latest information, or call 508.738.5148 with any questions.

CREATING A STRONG PASSWORD



Source: Google

To keep your account safe, here are a few tips on how to create a strong password:

Use a unique password for each of your important accounts
Use a different password for each of your important accounts, like your email and online banking accounts. Re-using passwords is risky. If someone figures out your password for one account, it's possible they could get access to your personal information, or other online services like shopping or banking.

Use a mix of letters, numbers, and symbols in your password
Using numbers, symbols and mix of upper and lower case letters in your password makes it harder for someone to guess your password. For example, an eight-character password with numbers, symbols and mixed-case letters is harder to guess because it has 30,000 times as many possible combinations than an eight-character password with only lower case letters.

Don't use personal information or common words as a password
Create a unique password that's unrelated to your personal information and uses a combination of letters, numbers, and symbols. For example, you can select a random word or phrase and insert letters and numbers into the beginning, middle, and end to make it extra difficult to guess (such as "sPo0kyh@ll0w3En"). Don't use simple words or phrases like "password" or "letmein," keyboard patterns such as "qwerty" or "qazwsx," or sequential patterns such as "abcd1234" which make your password easier to guess.

Make sure your backup password options are up-to-date and secure
Update your recovery email address regularly so that you can receive emails in case you need to reset your password. You can also add a recovery phone number to receive password reset codes via text message.

Many websites will also give you the option of answering a security question if you forget your password. If you create your own question, try to come up with one that has an answer only you would know. The answer shouldn't be something that someone can guess by scanning information you've posted on blogs or social networking sites.

If you are asked to choose a question from a list, like the city where you were born, try to find a way to make your answer unique by using some of the tips above. That way even if someone guesses the answer, they won't know how to enter it correctly.

Keep your passwords secure
Don't leave notes with your passwords to various sites on your computer or desk, where people can easily steal them and use them to compromise your accounts. If you choose to save passwords in a file on your computer, create a name for the file that won't give it away. If you have a difficult time remembering multiple passwords, use a trusted password manager. Be sure to spend a few minutes checking out reviews and reputations of password manager services.

SECURE VERSUS NON-SECURE LOGINS

The latest versions of some internet browsers like Firefox and Chrome are starting to warn you when you log in to a non-secure site. Chrome will post a warning in the address bar that says Not Secure. Firefox will give a warning when you click on the User Name box telling you this site is not secure. This article will tell you what that means and what are the risks.

When you log in to a secure site, the beginning of the address will start with https rather than http, where the s means secure. The address bar will usually turn green and you will see a closed padlock symbol. All three things are indications of a secure login. A secure site has two features: 1) a security key that ensures the key matches the site you are on, and 2) the password field is encrypted on your computer, tablet or phone before it is transmitted to the server. The security key is purchased from and registered with a company that issues keys.

A non-secure site won't have the security key. In addition, the non-secure site will send the password to the server as unencrypted text. The danger is that there are snooping tools that can monitor a web connection, similar to eaves dropping on a phone conversation. Since the snooping has to be targeted and is not as easy as sending out a phishing email, the risk isn't as great as clicking on a link in an email, or using short passwords. However, logging in to non-secure sites is a risk.

Why would you use a non-secure site? Some sites don't store critical personal information like your social security number or a credit card number. You may be asked to create an account and log in, in order to post comments. As long as you are careful not to post personal information in the comments, that may be OK. If someone does manage to get your password, they could leave comments in your name, but wouldn't be able to steal information. However, where the real risk comes in is when you use the same password on multiple sites. If someone obtains your password from a non-secure log in, and you use common passwords, then they also have access to your banking or shopping accounts. Using common passwords is never a good idea, however, it is very risky when you share passwords between secure and non-secure sites. In a future article, we will cover password managers that help you use unique passwords on each site you log in to.

In summary, you should be careful if you log in to non-secure sites. Here are some recommendations:

- Consider if you really need to login to a non-secure site. Check the address bar to determine if the login is secure, some browsers are now helping you with warnings.
- Never post critical information like social security numbers and credit cards on a non-secure site.
- All banking, investment and shopping sites should be secure, don't use them if they aren't.
- Use unique passwords on each site. Never use the same password on secure and non-secure sites.
- Don't click on links in emails, use your bookmarks for secure sites. Remember that hyperlinks in an email can be misleading. The human readable part of the link may lead you to believe you are going to a secure site, however, it may actually be taking you to a non-secure site. Don't log in to a site that you navigated to from an email link. Links can also install malware on your device.

SAVE THE DATE

Upcoming Events

Event	Location	Date	Time
NCW Meeting	Yarmouth Police Department	07/12/2017	10:00 AM
Fallen Warrior Motorcycle Ride	Opening Ceremonies: Barnstable County Sheriff's Complex	07/23/2017	9:00 AM
	Ride Ends: DY High School		Approx. 12:00 PM
National Night Out	Simpkins	08/01/2017	5:00 - 8:00 PM

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SHARE THE CAT

Block captains are requested to ensure that their members get a copy of the CAT. You can email them a copy or sign them up for a subscription. Block captains will get a copy automatically and do not need to subscribe.

The CAT is a newsletter from the Yarmouth Police Community Advisory Team (YPCAT) relating to happenings in the Neighborhood Crime Watch Program and the community.

Do you have an article you would like to see published in the CAT, or an idea for us to include? If so, contact us at cat@yncw.org.

Interested in learning more about, or joining Yarmouth Neighborhood Crime Watch—Visit our web site www.yncw.org . Here you can find out if you are in a current block, and learn more about the program and how to start your own block. You can also contact us at info@yncw.org.