

## POLICE NOTEBOOK

**A**S WE BEGIN A NEW YEAR, we must be prepared for all mother nature will throw at us. Unfortunately it is the elderly and infirm that have to take the greatest care. Not only do sub-zero temperatures slow our metabolic rate down, but the wind chill factor can dramatically lower the outside temperature.

There is a great deal of advice available on how to keep warm during these cold spells, and I do not intend to elaborate on these. However if you are slightly worried or concerned about a neighbour or friend that you have not seen recently, and you believe we may be able to help, **CALL THE POLICE**, it may just save one life this year.

Motorists are another group that year after year are affected by our weather. Unfortunately a lot of their problems can be prevented. On my patrolling I find that many motorists break down by not taking the simplest of precautions when setting out on a journey. Do make regular checks on the amount of fuel, oil and water you have, is the fuel gauge working correctly? Regular servicing of the vehicle does reduce the risk of a breakdown, and being a member of a breakdown organisation can reassure, and recover you quicker and cheaper.



Thames  
Valley  
Police

During extremes of snow and ice consider placing a blanket inside your car together with a spade and some hot drink in a flask. In the country areas it is quite frightening how quickly even the main roads can become impassable through drifting. Please remember in these conditions, **IF YOU DO NOT HAVE TO MAKE THE JOURNEY THEN DON'T.**

On a lighter note the New Year brings us two new senior officers at Chipping Norton Police station, Inspector Roger Hepworth and Sergeant Simon Eatwell.

### CRIME BUSTERS REVIEW

Car thieves from the Milton Keynes area have been targeting our area and stealing mainly four wheel drive vehicles. A worrying aspect is that some of the vehicles have been specially selected. Not all the vehicles that were taken were brand new. If you see anything suspicious, and want to pass on information the telephone numbers are:-

**01865 266760/2 or 01865 266000.**

Pc 377 Salmon

### VI. MILES

Vi. wishes to thank the host of kind people who helped her through her recent hospitalisation and subsequent continuing recuperation. She received literally hundreds of cards, both of the Christmas and Get Well variety and would like to use this opportunity to thank all well-wishers, as she will be unable to answer them, at least for a while.