



MAY 2020

Neighbourhood Watch SA

Newsletter of Aberfoyle Park & Happy Valley Neighbourhood Watch Area 491

ISSUE #127

Area 491 News	1
Online Scams	1
WHO Phishing Scam .	2
Home Security	3
'At Home' Recipes	3
Police Incidents	4

ABERFOYLE PARK & HAPPY VALLEY

NEIGHBOURHOOD WATCH AREA 491

NEXT MEETINGS TBA

7.30pm Monday

18th May

2020

Aberfoyle Community Centre
(corner of Sandpiper Cr and Jessica St)

Next meetings to be advised due to COVID-19
Keep safe, keep well.

Bringing local residents & police together for a safe & connected community

Contacts

Area Coordinator:
David McNabb

Newsletter Editor:
Richard Keane
ph 0415 518 992

E-mail: contactus@nhw491.com

Police Coordinator:
Sen. Const Andrew Paterson
andrew.paterson@police.sa.gov.au

Sturt Police Station
333 Sturt Road, Bedford Park SA
Ph: 8207 4700 7 days 9am-9pm

Police Attendance: Ph 131 444
DIAL 000 to report a crime in progress or has just been committed

Neighbourhood Watch Area 491 News

Meetings

Due to the outbreak of the COVID-19 virus, we cancelled our March meeting. We thank everyone for their understanding.

Our guest speaker, Craig Woods from Roadside Services & Solutions, has agreed to visit our next meeting but we simply don't know when that will be.

If you have an issue that you planned to raise at our NHW meeting you can simply email it to contactus@nhw491.com. We can attend to it and direct it to the appropriate person(s).

A big thanks

The global pandemic has highlighted what's important and it's made us re-set what we value. We thank all the essential and frontline workers that are keeping us safe, healthy, educated and fed.

We appreciate that they are going to work, despite personal health risks and sacrifices, to help others in need and to maintain our way of life.

Look after your mental health

During this time of physical distancing and heightened anxiety due to the coronavirus, we are encouraging everyone to look after both their physical and mental health.

Remember to eat and sleep well.

Getting daily exercise is also important. Oh, and **don't forget to be kind to yourself, and to others.**

It might seem hard to focus on your wellbeing and mental health at this time, but prioritising this is more important than ever.

Staying socially connected with friends and family is a great start. With the plethora of web apps, you can video call and group chat more easily than ever. Or you can go "old school" and simply phone a friend.

You can even have some fun and try creative ways to engage socially. We've seen some very inventive and memorable methods used throughout the world. Whatever your method, just remember to stay connected and stay safe.

With the bombardment of sad and fear-provoking news plus potential financial difficulties, it's vital to look after our mental health.

Remember that there are lots of organisations that can assist. If you find yourself or others in need, it's important to ask for help.

You can find numerous mental health organisations at <https://www1.health.gov.au/internet/main/publishing.nsf/Content/mental-links> or simply google mental health.

COVID-19

TRUSTED SOURCES OF INFO

Check your symptoms
healthdirect.gov.au

National updates
health.gov.au

Local updates and information
sahealth.sa.gov.au/COVID2019

The latest travel advice
smartraveller.gov.au

For general questions
Coronavirus Health Information Line: 1800 020 080

APPOINTMENTS BULK BILLED

(Gaps may apply for some medical procedures)

Dr Shrinivas Halivagilu	MBBS, FRACGP
Dr Feroz Rammal	MBBS, FRACGP
Dr Rupinder Sekhon	Female GP MBBS, FRACGP
Dr Naila Sherwani	Female GP MBBS
Dr Yog Raman Sareen	MBBS, FRACGP

NEW FEMALE GP JOINING US SHORTLY
5 The Mall, Aberfoyle Park

OPENING HOURS

Mon-Fri 8.30am-9pm
Sat 9.45am-6pm Sun 9.45am-6pm

PH 8270 4000

www.aberfoyleparkfp.com.au



Shiny Bright LAUNDRY

Open 7 Days

- Coin OP 7am-9pm
- Serviced: 7am-4pm (excluding Tuesdays & public holidays)
- PH: 8322 4399
- IRONING • WASH, DRY, FOLD SERVICE
- QUILT WASHING • DRY CLEANING
- REPAIRS & ALTERATIONS

3/153 OLD SOUTHERN RD. OLDREYNELLA

Support Our Supporters

We continue to serve the community because of two groups of people. The first being the 36 volunteers that deliver the 2900 newsletters throughout Aberfoyle Park and Happy Valley. If you wish to join our team please contact us by email at contactus@nhw491.com.

The second important group are the businesses that donate products and/or finance us directly and those businesses that advertise in this newsletter. Local advertising pays for its production and printing. We ask you to return the goodwill and support these community-minded businesses when shopping.

Coronavirus is changing how we work. Online scammers are taking advantage

ABC technology reporter Ariel Bogle and Siobhan Heaney

Australians are now working from home offices and kitchen tables as social distancing measures to slow the spread of coronavirus ramp up. But this change to how we work makes us more vulnerable to cybersecurity threats.

Australia's cyber spy agency has warned of scams and phishing attempts, as criminals try and take advantage of the disruption.

Scamwatch has also received 94 reports of COVID-19 scams since the beginning of the year, with numbers expected to rise.

Karl Hanmore, the acting head of the Australian Cyber Security Centre — part of the Australian Signals Directorate — said there are already examples of coronavirus-inspired cybercrime.

"Most importantly, don't click on links you receive via text message or email, especially if they're around the coronavirus."

Phishing scams using COVID-19-themed text messages are already circulating in Australia.

One of them appears to be sent from "GOV" and shares a link that claims to help people find out where they can get tested for coronavirus.

But the link and the sender are fake. Clicking on the link could install malware designed to steal your banking details.

"That's criminals trying to steal your banking details at a time when you're least able to protect yourself," says Mr Hanmore.

World Health Organisation (WHO) 'phishing' scam

SA Police are warning of a phishing email which claims to be from WHO and contains a 'button' to seek more information regarding safety measures to protect yourself from the Coronavirus.

Clicking on the button will take the user to a phishing website which appears to be a legitimate WHO page.

This page will prompt the user to enter personal details, including email address and password. These personal details can then be used to steal the user's identity.

Phishing is an attempt to commit identity theft by disguising the attempt in a manner that appears to be from a trustworthy entity.

Think About It

Take the time to think before following links or clicking on buttons contained in emails.

Phishing emails often contain spelling and grammatical errors which would not be expected from the organisation from which the email was supposedly sent.

To protect yourself from phishing:

- Don't click on links in emails or messages, or open attachments, from people or organisations you don't know
- Before you click a link, hover over that link to see the actual web address it will take you to (usually shown at the bottom of the browser window)
- If you do not recognise or trust the address, try searching for relevant key terms in a web browser. This way you

can find the article, video or webpage without directly clicking on the suspicious link

- If you're not sure, talk through the suspicious message with a friend or family member, or check its legitimacy by contacting the relevant business or organisation (using contact details sourced from the official company website)

Source: Australian Cyber Security Centre



PRECISE
Plumbing & Electrical

\$50.00
Saving off
any service

Precise is Proudly
South Australian

Your local Plumbing & Electrical experts

Fixed Price Guaranteed!
For everything plumbing and
electrical in your home

In Your Area 24/7

8152 6790

HOME SECURITY

To reduce the opportunity for thieves to gain entry into your home, consider the following crime prevention security tips:

- Ensure appropriate keyed locks are fitted to all doors and windows.
- Even when you are outside, be sure to lock all doors and windows.
- Lock gates, garages and sheds when not in use.
- House keys, car keys and garage remote controls should be kept in a safe location. Thieves may use them to gain entry to your home or to steal your car.
- Install and activate an alarm system.
- Keep trees and bushes in front of doors and windows trimmed to avoid being used as hiding places.
- Lock all garden tools and ladders away securely so they cannot be used to break into your home.
- Don't leave valuables in obvious places. Thieves often target jewellery in jewellery boxes on bedroom dressers and other valuables in bedside drawers and cupboards.

• Break down packaging of expensive items and place it in your bin. Don't leave it next to your bin on the street.

• Lock your meter box to prevent thieves interfering with your power supply (contact your local electricity provider for more information).

Mark Valuable Property

- Use an engraver, ultra violet (UV) pen or microdots to mark property.
- UV pens are best used for items that cannot be engraved e.g. ceramics, antiques etc.
- Mark your valuables with your driver's licence number, prefixed by the letter 'S' for South Australia, e.g. S123456.
- Photograph jewellery with a ruler beside it to give an indication of the actual size.
- Record all details on a property record and keep this in a safe place.

For further home security crime prevention information please visit www.police.sa.gov.au or contact your local police station.

HANDY 'AT-HOME' RECIPES

2 INGREDIENTS BREAD

1x cup of natural yogurt

1x & 1/2 cups of Self Raising flour

Mix together in a bowl then knead on a board until a soft dough.

Bake @180° for 15mins in pieces or longer if in one piece. Form into balls to make rolls, fruit or seeds can be added for variation before baking.

When ready, roll flat & thin to make pizza or spread with vegemite and cheese, roll & cut into slices to make scrolls.

RECIPE FOR HAND SANITISER

2/3 cup rubbing alcohol
(isopropyl or ethanol)

1/3 cup aloe gel

8-10 drops of essential oil of your choice

Mix all ingredients with a spoon.

Using a funnel pour into an empty bottle, label and use.

All ingredients available at most chemists and some at hardware stores.

TIPS FOR THEFT PREVENTION

Do they have to break in BEFORE you think about it?

Baxters Butchers

PROUD SUPPORTER OF ABERFOYLE PARK NEIGHBOURHOOD WATCH



Your Local,
Family-run
Quality Butchers



We are pleased
to offer delivery to those
customers who cannot
leave home at this time
*Foodland Shopping Centre,
Ridgeway Drive, Flagstaff Hill*
Phone 8270 8558
or Find us on Facebook



STEVE MURRAY MP

MEMBER FOR DAVENPORT

Office: Shop 11, Hub Shopping Centre,
Hub Drive, Aberfoyle Park

Email: Davenport@parliament.sa.gov.au

Ph: 08 8270 5122

Local like you!



CAN YOU HELP?

We have recently had volunteers leave our zone and thus need replacements.

If you receive this Newsletter then you live in our zone.

If you can spare about one hour every second month please contact us by email at newsletter@nhw491.com.

For a small amount of your time every second month you can help Aberfoyle Park and Happy Valley be a better place.



Harcourts Tagni

SELLING IN ABERFOYLE PARK ?

FOR A FREE APPRAISAL,
SUPERIOR MARKETING &
NEGOTIATING SKILLS
CONTACT
LIZ REECE
ANYTIME

MOBILE 0423 092 294

190 Chandlers Hill Road
Happy Valley SA 5159

Email: liz.reece@harcourts.com.au

Honouring Lives

At Blackwell Funerals we understand the values that are important to you and your loved ones. We are committed to tailoring a funeral service specific to your individual needs, beliefs and wishes.



Krystle Inglis has cared for South Australian families for the past 9 years and is now proudly serving the local community.

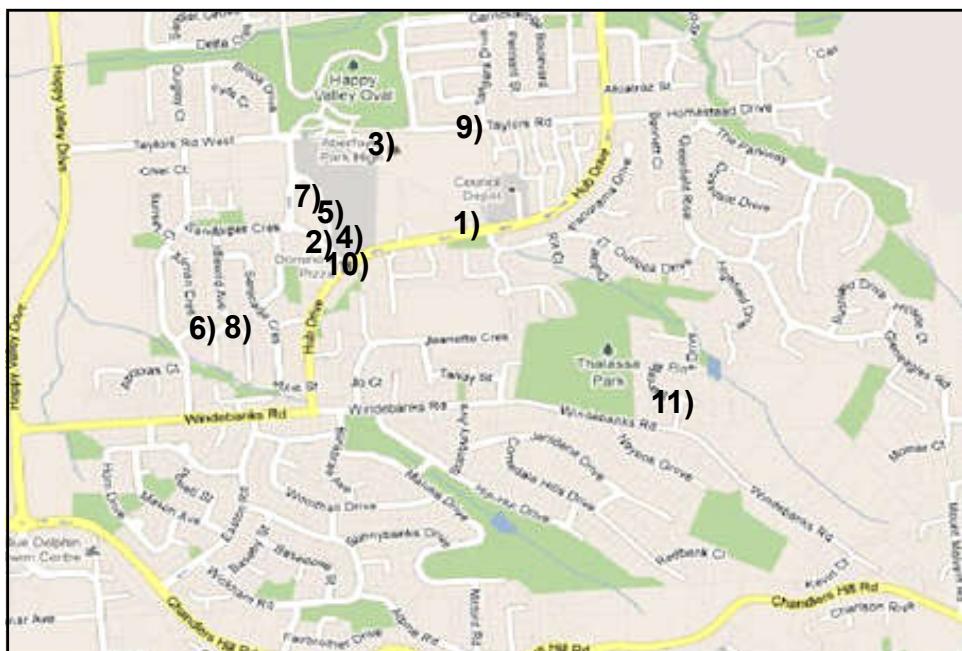
To find out more about the services we offer

Call 8270 2511

Visit blackwellfunerals.com.au

 **Blackwell Funerals**
Honouring Lives

Police Incidents 26 February - 14 April 2020



Date Location Details

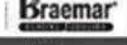
THEFT

1. 01/03	Hub Dr	Fuel drive off. Value \$40.10 False number plates.
2. 05/03	Hub Dr	Fuel drive off. Value \$30.04 False number plates.
3. 26/03	Spring Park Cct	Unlocked vehicle entered overnight. Watch stolen.
4. 10/04	Eden Ct	Victim advertised blue Holden ute for sale on Gumtree. Suspect attended victims address. Took ute for test drive and never returned. No payment made. Investigations continuing.
5. 15/03	Hub Dr	Grocery items stolen from petrol station by male and female suspects. CCTV available.
6. 11/04	Taylors Rd	Theft of garden ornament from rear yard.
7. 11/04	Taylors Rd	Theft of 2 pot plants from rear yard.

Get ready for winter!
Contact us now for pre-season specials

\$500* rebate
on ducted gas heating
*conditions apply

Australian manufactured  

53 Main South Road, O'Halloran Hill
Ph: 8322 9111

feelgood 
beauty room
MOTHER'S DAY PACKAGES

Head to Toe Treatment \$39
Head Massage / Eyelash Tint / Refresh Pedicure

Mums Time Out \$49
Back Massage / Hydrating Facial

Mums Retreat \$59
Full Body Scrub / Nourishing Massage

08 8270 2399
The Hub Shopping Centre
Aberfoyle Park



**GOLF COURSE
RETIREMENT LIVING**

MEMFORD WAY,
FLAGSTAFF HILL
1800 502 524
livingchoice.com.au