



Neighbourhood Watch SA

MARCH 2020

Quarterly Neighbourhood Newsletter of Panorama 1 NHW Area 64

IN THIS ISSUE

Welcome to 2020	1
Heatwaves and Hot Weather	2
Fire Prevention	3
Domestic Violence	3
Police Incidents	4

PANORAMA 1

NHW AREA 64

NEXT MEETING

Trinity Church Hall,
Pasadena

Monday 7.30pm
2nd March

ALL WELCOME

GUEST SPEAKER

Constable Mixon, our
Police Coordinator

NEXT MEETING

1st June

Area Co-ordinator

Seshadri Vydyam
Ph: 0403486065

Email: vsesh@gmail.com

YOUR ZONE REP

Ph: _____

Reporting Graffiti

Council owned property
City of Mitcham 8372 8888
Stobiepoles or ETSA boxes
ETSA Utilities 8404 5673
Private property 131 444
Office in progress Dial 000

Area Coordinator's Report: Welcome to 2020

This year, our group meets on the first Monday of March, June, September and December at the Lutheran Church Hall, Fiveash Drive, Pasadena at 7.30 pm.

At our upcoming meeting we have the company of our Local State Member Carolyn Power, who has agreed to join us at the first meeting of the year on **2nd March 2020**.

We hope to keep up the numbers at our meeting again this year and expect at least 60 residents and some new members this year to boost our number of volunteers and participation in the workings of the group. If you have some time and would like to help we would love to see you at the meeting or call me on 0403486065 .

Sesh Vydyam, Area Coordinator Panorama 1 NHW

Guest Speaker: Carolyn Power MP (source: Office of the Member for Elder)

Our Local Member Carolyn Power was elected at the 2018 South Australian state election in the seat of Elder, and is the state's first Assistant Minister for Domestic and Family Violence Prevention.

Prior to politics, Carolyn spent over 15 years in the not-for-profit sector, advocating for vulnerable and disadvantaged youth.

She also served as an Elected Member for City of Marion. Having served as a local Councillor and understanding the importance of advocating for those in vulnerable circumstances, Carolyn is a strong voice in both State Parliament and her Party Room for those she represents. In another first, Carolyn is the only MP in the history of South Australian Parliament to have changed their name due to marriage.

As the Member for Elder, Carolyn is here for you if you require assistance in any local or state matters by contacting her office on 8374 1939 or emailing Elder@parliament.sa.gov.au

Disclaimer: This publication has been prepared as a public service initiative and while every care has been taken in its preparation no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information, advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police (their agents, officers and employees) and Neighbourhood Watch SA (Neighbourhood Watch Volunteers Assoc. of SA Inc.) for any loss suffered by any person in consequence of any use of and reliance placed by any person upon the said information or advice.

KOALA RESCUE SERVICE

Help us help our Koalas

Call our 24 HOUR HOTLINE to report Koalas who are injured, sick or orphaned

1300 KOALAS (1300 562 527)
24 HOURS A DAY, 365 DAYS A YEAR

www.faunarescue.org.au
Facebook: Fauna Rescue
Koalas - 1300koalas






formula
accounting

- ✓ Proudly supporting Neighbourhood Watch
- ✓ Tax, accounting, business advisers, systems advice
- ✓ Xero gold partner

contact: **Ed Bernard CPA**
info@formulaaccounting.com.au
(08) 7221 1671
www.formulaaccounting.com.au


Pasadena Medical
Pasadena Shopping Centre
Fiveash Drive, Pasadena

7324 4585
OPEN HOURS
Monday - Friday 8.30am - 5.30pm
Saturday 8.30am - 11.30am

DOCTORS
Dr Elaine Leung
Dr Stacey Seakins
Dr Matthew Webber
Dr Alison Clarke
Dr Talina Vizard
Dr Philip Lock

BULK BILLING FOR ALL PATIENTS ON PENSIONS OR HEALTH CARE CARDS AND CHILDREN UNDER 16

Providing healthcare to all ages in a caring, friendly and professional manner with a positive and willing attitude at all times.



Pathology Collection Centre (located within Pasadena Medical)

OPEN HOURS
Monday - Friday 8.30am - 12.30pm
Saturday 8.30am - 11.30am
ALL PATHOLOGY REQUEST FORMS WELCOME
www.clinpath.com.au
Tel: 8366 2000



NHW HELPING THE COMMUNITY

Neighbourhood Watch areas work against crime: the public are the eyes and ears for the police in our neighbourhood.

Keeping people informed, being observant and alert, is being proactive against crime. The police can only be in one place at a time, and the area they cover is large.

Any information the public can give Police helps in their investigations.

Come to a meeting, see what we do and show support for your NHW area (details on front page).

HEATWAVES AND HOT WEATHER

Source: <https://www.redcross.org.au/get-help/emergencies/looking-after-yourself/heatwaves-and-hot-weather>



Heatwaves and hot weather have killed more people in Australia than any other natural disaster. Here's how you can beat the heat and keep cool this summer.

Heatwaves not only affect your daily activities, but can be a serious risk to your health and wellbeing.

Heatwaves and hot weather kill more people in Australia than bushfires, cyclones and any other natural disaster, so it's important to adapt your activities and have a plan to keep cool.

Heatwaves can be dangerous for anyone, but they're especially dangerous for older people, young children and people with a medical condition. However, there are lots of things you can do to help yourself - and your family, friends, neighbours and pets - beat the heat and keep cool this summer.

Drink plenty of water

- Even when you don't feel thirsty, drink plenty of water.
- Avoid alcohol, tea, coffee and sugary or fizzy drinks. They make dehydration worse.
- Eat small meals more often, rather than large meals. And eat more cold food like salads and fruit.

Stay cool

- Stay indoors: keep out of the heat if you can.
- If you need to go outside, wear light clothing and a hat, put on sunscreen and take water with you.
- Do daily activities like shopping and gardening early in the day or ask someone to help you.
- Draw blinds early in the day.
- Check that your fan or air-conditioner works well. Have it serviced if necessary.
- Turn your air-conditioner on before the room heats up

- Take cool showers and splash yourself several times a day with cold water, or use a damp cloth.
- Go to an air-conditioned building in your local area to cool off: a shopping mall, community centre, library or swimming pool.

Get Connected

- Check the forecast. This will help you prepare ahead for shopping and scheduling appointments.
- Identify your support network. Include people who can help you get things you need during and after a heatwave. This could be family, friends, neighbours or a carer.
- Write down your important numbers.
- Keep in touch with friends, neighbours and relatives, particularly if they're unwell or isolated.

Get Organised

- Store medicines safely at the recommended temperature.
- Talk to the doctor about how the heat might affect you.
- Ensure your pets are also well hydrated and have plenty of shade when they are outside.
- Look at the things you can do to make your home cooler such as installing awnings or shade cloths.
- Stock up on food, water and medicines.

Get Help

If you or someone you know shows signs of heat stroke (fits, confusion, staggering), call 000 immediately.

Heat stroke is a life-threatening emergency and can cause a person to collapse or fall unconscious.



FIRE PREVENTION

Fires can cause serious harm to people and properties. Whether deliberately lit or caused by reckless or negligent actions, fire can kill.

Know your responsibilities, take positive action and report suspicious behaviour to police.

To help keep your property safe from fire, consider implementing these crime prevention tips:

- Maintain vegetation around your property and remove plant debris.
- Erect fences, gates and warning notices to identify your property boundaries.
- Immediately repair or replace any damaged sections of fencing or gates.
- Inspect your property regularly to ensure rubbish, including glass bottles, are disposed of immediately.
- Store flammable fuels, fertilisers and chemicals in a secure area.
- Be aware of any restrictions when using incinerators, BBQs, welding or cutting equipment or farm machinery during the Fire Danger Season and on Total Fire Ban days.

If you see anything suspicious immediately call police on 131 444.

DOMESTIC VIOLENCE

South Australia Police supports victims of domestic violence and attends domestic violence situations. We give the highest priority to the protection and ongoing safety of victims and their children.

Domestic violence is a pattern of abusive behaviour by one person against another:

- in a couple relationship such as marriage or dating
 - within a family across generations.
- Domestic violence includes:
- physical violence
 - sexual violence
 - emotional abuse
 - verbal abuse
 - property damage
 - financial abuse
 - threats to harm
 - stalking.

Domestic violence is damaging to victims, their children, family and friends.



Keep a note pad in the car and record helpful details including:

- location of the suspicious activity i.e. RPA number & property name, road name, or identifying landmarks
- vehicle details i.e. registration number, make, model, colour and any distinguishing features (e.g. dents, stickers)
- characteristics of anyone acting suspicious i.e. age, gender, weight, height, hair colour and clothing.

For further information contact your local police station or visit www.police.sa.gov.au

If you have any information about who is deliberately lighting fires or engaging in reckless or negligent fire lighting behaviour call Crime Stoppers on 1800 333 000.

Where possible we try to hold the person responsible for the violence accountable for their actions.

Help and Support at Domestic Violence Situations

Police assistance

Call Triple Zero (000) if the situation is an emergency or 131 444 for non-urgent police assistance.

Seek advice about your options by contacting the Southern District Family Violence Investigation Section on 8392 9172.

Counselling and emergency accommodation is available from the Domestic Violence and Aboriginal Family Violence Gateway on 1800 800 098.

Contact the National Sexual Assault Family and Domestic Violence Counselling Service on 1800 RESPECT.

Further information is available on the 1800RESPECT website.

BALTHAZAR
Italian Cafe & Pizzeria



Pasadena Green Shopping Centre
25 Five Ash Drive
(Stn ext. Goodwood Rd)
8277 9909

OPEN 8am-9pm 7 DAYS

- Breakfast • Lunch • Dinner
- Takeaway • Coffee • Snacks
- Functions (10-100 people)

*All served with passion & a smile!
Family business - Family friendly*

www.balthazarcafe.com.au

STAR DISCOUNT CHEMIST

WE OFFER

- Free Home Delivery
- Discount Prescriptions
- Scripts on File
- Personal Medication Packs

OPEN TIMES:

Mon-Wed & Fri 8.30am - 6pm
Thursday 8.30am - 7pm
Saturday 9am - 5pm
Sunday 11am - 4pm

FIVEASH DRIVE PASADENA
TELEPHONE 8276 6044

JANUD DENTURE CLINIC 

For all your denture needs

- ▶ Complete and partial dentures
- ▶ Immediate dentures
- ▶ Denture reline service (same day)
- ▶ Denture repair service (within 2-3 hours)
- ▶ Mouthguards

Open Mon-Friday 9:30-5:00
SADS & DVA Patients welcome
Pensioners & Seniors Discounts
NOTE: Emergency Denture Repair appointments may be made any time of day

1496 Main South Rd, Sturt
Mobile Service Available
Ph: 8377 1001 Mob: 0421 514647

CLIMATE MASTERS SEELEY **ADELAIDE HEATING & COOLING**

Keep **cool** this summer and save on running costs with Breezair evaporative air conditioning

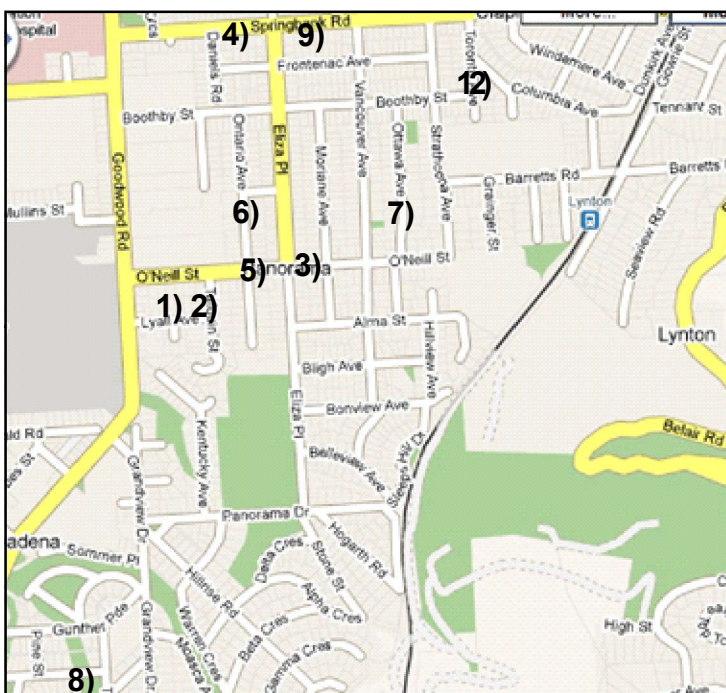


WARRANTY 7 YEAR WARRANTY

available with smart **MAGI@TOUCH** Controller

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

Breezair BY SEELEY INTERNATIONAL



PROPERTY DAMAGE

1. 27/11/19 Lyall Avenue Unit damaged by known persons. Windows smashed, screen door stolen.

THEFT

2. 21/12/19 Tafquin Street Tools taken from carport of premises. Value \$927
3. 4/2/20 O'Neil Street Cactus stolen from front yard. Value \$150.

TRESPASS/BREAK-IN

4. 22/11/19 Springbank Rd Attempt to enter home by forcing rear glass sliding door. No entry made.
5. 26/11/19 O'Neil Street Smashed rear window of house. Jewellery and computer items stolen. Value \$10,800.
6. 16/01/20 Ontario Ave Door to granny flat at rear of property forced and entry gained. Jewellery stolen. Value \$7200.
7. 17/1/20 Ottawa Avenue Premises entered via open front and rear doors while occupant gardening. Jewellery taken. Value \$1000.
8. 22/1/20 Quinlan Ave Occupants asleep while vehicle & house rummaged. Mobile phone stolen. Offender confronted and decamped.
9. 5/2/20 Springbank Road Business vending machine forced open. Stock and cash taken. Cash and stock value \$382.

See Something,
Say Something,
Call Crime Stoppers

CRIME STOPPERS
.com.au
1800 333 000

South Australia

000 EMERGENCY **THINK FIRST THEN DIAL** **POLICE ASSISTANCE 131444**

CarolynPower MP
MEMBER FOR ELDER




2/212 Belair Road, Hawthorn
Mon - Fri 9am - 5pm
8374 1939
elder@parliament.sa.gov.au
www.carolynpower.com.au
@Carolyn4Elder

Here for you.

REPORT DANGEROUS DRIVING TO POLICE

Traffic Watch
131 444



Smallacombe

Your local area specialist

Mike Carter 0417 872 504 mikecarter@smallacombe.com.au
Phone or email for an assessment of your home.

www.Smallacombe.com.au

