



Neighbourhood Watch SA

MARCH 2021

Quarterly Neighbourhood Newsletter of Panorama 1 NHW Area 64

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PANORAMA 1

NHW AREA 64

NEXT MEETING

Trinity Church Hall,
Pasadena

Monday 7.30pm
1st March 2021

ALL WELCOME

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

NEXT MEETING

7 June 2021

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

Heatwaves and hot weather

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 & relatives, particularly if they're unwell or isolated.
- Stock up on food, water and medicines.

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.

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. Here are some tips on how to identify the signs and symptoms of heatstroke and heat exhaustion and what you should do.

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



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

Dr John Pakos
Dr Alison Clarke
Dr Elaine Leung
Dr Matthew Webber
Dr Philip Lock
Dr Nyoli Valentine
Dr Sean Black-Tiong

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.



CLINPATH
PATHOLOGY
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

See Something,
Say Something,
Call Crime Stoppers



CRIME STOPPERS
.com.au
1800 333 000
South Australia



000
EMERGENCY

THINK FIRST THEN DIAL



POLICE ASSISTANCE
131 444

RURAL 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:

- Erect fences and gates to identify your property boundaries – indicating private property.
- Immediately repair or replace any damaged sections of fencing or gates.
- Ensure security and warning notices are visible to people entering your property.
- Keep fertilisers and other chemicals in a secure location.
- Store petrol, diesel or other flammable fuels in secure areas and locked away when not in use.
- Inspect your property regularly to ensure rubbish, including glass bottles, are disposed of immediately.
- Remove hay from fields as soon as possible after harvesting and store it away from fuels, flammable goods and homes.

If you see anything suspicious immediately call police on 131 444. Keep a note pad in the car and record helpful details including:

- location of the suspicious activity i.e. RPA number and 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

Support Our Supporters

We continue to serve the community because of two groups of people.

The first being our dedicated volunteers who deliver

1350 newsletters throughout Panorama.

We are looking for community-minded people to join our volunteers and help distribute the newsletter to a street or a block near you.

The second important group are the businesses that advertise in this newsletter, which pays for its production and printing. Please return their goodwill and support local community businesses when shopping. Thank you.



PRECISE
Plumbing & Electrical



Your local Plumbing & Electrical experts

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

In Your Area 24/7
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\$50.00
Saving off any service

 Precise is Proudly South Australian



Overpayment scam targets vehicle sellers

WA ScamNet has received a spike in reports about overpayment scams targeting consumers selling goods through online classified adverts with recent incidents involving scammers using false identities, such as a driver's licence and targeting car sellers.

Overpayment scams usually work by getting you to 'refund' a scammer who has sent you too much money for an item you are selling or to forward the additional funds to someone else to cover costs such as shipping.

These scammers are contacting people selling vehicles on websites like Gumtree and carsales.com.au, and then requesting they contact them via email to discuss the sale of the vehicle.

They then ask the seller to accept an additional amount of money from them which is to be forwarded by the seller on their behalf via Western Union or MoneyGram in order to pay for the shipping of the vehicle.

The seller then receives a fake PayPal email stating the funds have been transferred and will be placed into the nominated account once a receipt is provided showing the transfer of the payment to the courier for shipping.

The scammers often make claims like:

"I'm ok with the condition as described on the advert."

"I work on North West Shelf in the Rowley Sub-basin in Perth and the reception here is terrible. We do not have access to phone at the moment, which is why I contacted you with internet messaging facility."

They also claim the car is a surprise and is to be delivered elsewhere such as to Darwin, and then request the following:

"I am more than happy to go ahead with the purchase, that is ok with me, please do provide me with your paypal email address or bank details so that I can go ahead with the transfer to your bank account via my paypal, can you also give me the pickup postcode? so that I can get a definite quote from the carriers. As regards the papers, all I will need is a receipt, the rego will have to be done in NT, so there will be no use for the existing Reg and RWC."

Tips for sellers

- Never pay money via wire transfer to help a customer access the goods or services you are selling;
- Be cautious when dealing with customers only via email or who claim to be overseas or interstate – independently verify who you are dealing with before sending any money or goods. If doubtful, then do not proceed with the sale;
- Be sceptical if normal banking processes are not available; and
- When accepting a payment, check with the bank or PayPal to make sure it is legitimate before proceeding with the sale.



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).



WE OFFER

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

OPEN TIMES:

Monday-Friday 8.30am - 6pm
Saturday 9am - 5pm
Sunday 11am - 4pm

FIVEASH DRIVE PASADENA
TELEPHONE 8276 6044

PROTECT YOURSELF KNOW THE SCAM

"I don't believe everything I'm told, do you?"

Anyone can be a target for scammers – so be on the look out. Scammers use sophisticated methods to take your money.

To learn how to **PROTECT YOURSELF** and **KNOW THE SCAM** visit www.scamwatch.gov.au

Report all scams to the police assistance line by calling 131 444.

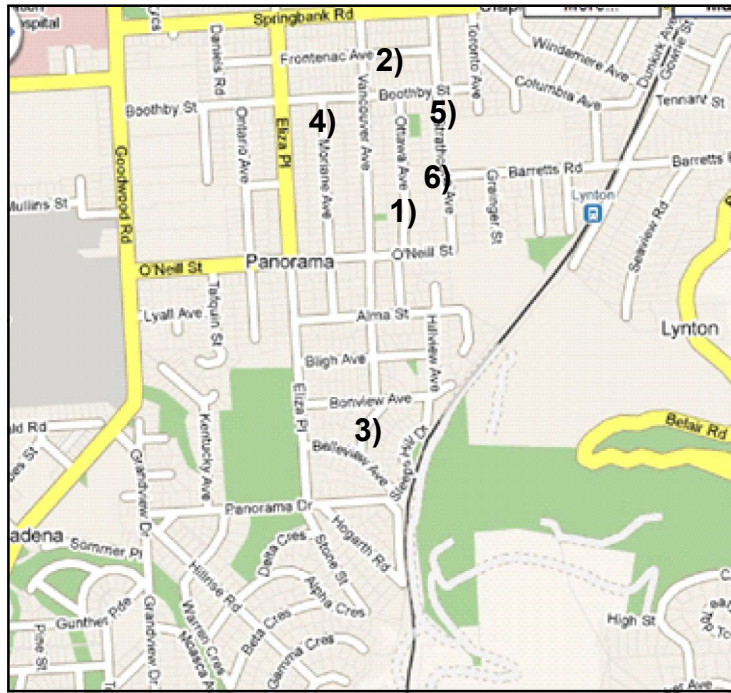
MEAT YOUR NEEDS

BUTCHER SHOP

0418 621 463

7/98 SPRINGBANK ROAD CLAPHAM, SA

TUE: 9AM - 6PM
WED: 9AM - 6PM
THU: 9AM - 6PM
FRI: 9AM - 6PM
SAT: 8AM - 5PM



CRIME TREND ALERT
Theft from Motor Vehicles
REMEMBER
 Remove belongings from sight & REMOVE ALL VALUABLES from your vehicle
LOCK YOUR VEHICLES AT ALL TIMES



NICOLLE FLINT MP
 FEDERAL MEMBER FOR **BOOTHBY**

☎ 08 8374 0511 ✉ nicolle.flint.mp@aph.gov.au
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Date	Location	Details
THEFT		
1. 1/1/21	Ontario Ave	Unlocked vehicle in driveway rummaged through. Cash and wallet stolen. Value \$80.
2. 21/1/21	Frontenac Ave	Unlocked vehicle parked on street. Wallet and cash stolen.
3. 26/1/21	Crescent Ave	Unlocked vehicle under carport rummaged through. Wallet and cards stolen. Cards used at various locations.
4. 27/1/21	Moriane Ave	Unlocked vehicle parked in driveway rummaged through. Cash stolen. Value \$20.
5. 30/01/21	Strathcona Ave	Homeowner disturbed two male persons rummaging through vehicle. Coins stolen.
TRESPASS/BREAK-IN		
6. 26/12/20	Strathcona Ave	Front screen door of vacant house pried open. No entry gained.