



Neighbourhood Watch in Ku-ring-gai and Hornsby

eNewsletter #444 - 14 April 2020

This weekly eNewsletter is compiled by Neighbourhood Watch volunteers as a service for residents in Ku-ring-gai and Hornsby council areas. The eNewsletter is a new type of Neighbourhood Watch; utilising the available technology to keep people more connected and up-to-date with local crime and safety issues.

The eNewsletter includes a selection of posts from the [Ku-ring-gai PAC Facebook page](#) (also known as '**eyewatch**'), primarily for those not familiar with Facebook. We add anything interesting from a Neighbourhood Watch point-of-view - this could be a local newspaper article, a roadwork warning, crime prevention tip(s), an upcoming Neighbourhood Watch meeting, Q&As from residents, or an item from an other Police command ("Crooks know no boundaries!").

🚗 Have you seen anything we should share with the community? [Please email](#) our NHW in Ku-ring-gai & Hornsby volunteers. We do value your contributions. Thank you for your support.

🚗 Please feel free to [share/forward this eNewsletter](#) with your friends, family, colleagues and neighbours.

🚗 Reading our eNewsletter for the first time? [Click here to subscribe.](#)

14 April, from Scamwatch: There is no vaccine for Coronavirus.

Don't let scammers threaten or coerce you into paying for a vaccine that doesn't exist.

Report any suspicious calls/emails/texts to www.scamwatch.gov.au

13 April, from Traffic & Highway Patrol command: About 3.10pm Saturday 11th April a 47 year old man from Roseville was stopped by Kuring-Gai HWP travelling on Mona Vale Road Belrose.

The vehicle loaded with concrete was observed to not have any cover or restraints and appeared to be over loaded. The driver was directed to a weigh bridge where the GVM was recorded at 3.60 tonne, 560kg over the vehicles permitted GVM. The driver will receive infringement notices for the unrestrained load and for exceeding the vehicles GVM.



13 April, from NSW Government: Exercising is important for both your physical and mental well-being.

You can leave your house to exercise, provided you follow health advice on social distancing and public gatherings – so you can only be with 1 other person unless you're from the same household.

- Can you go for a bike ride with your 2 children? Yes you can, since you're

from the same household.

- Can you go for a run with 3 of your mates that you don't live with? No, because you're not from the same household.
- Can you travel to exercise? We **highly** recommend you exercise close to home.
- Can you exercise at home? **YES!** 100 We've included some resources for you below:

'High Performance at Home' is a free online resource which brings the best expertise and sporting knowledge right to your home so you can keep fit and healthy 🐾 <http://www.nswis.com.au/highperformanceathome/>

Also, check out Office of Sport's Staying Active resource which provides info on activities to entertain families, tips for kids, seniors and people with disability <https://sport.nsw.gov.au/stayingactive>



COVID-19 Exercising

13 April, from Ku-ring-gai command: Left something behind?

We all know that sinking feeling when you realise you've lost your phone, wallet or laptop. Help us get it back to you by reporting it lost using the NSW Police Force Community Portal: <http://portal.police.nsw.gov.au>

13 April, from Ku-ring-gai command: #COVID19 Frequently asked questions

Q: Can I go boating/fishing?

A: From 31 March 2020 NSW Government Public health directions have been updated requiring people to stay at home unless they have a 'reasonable excuse'. However, as there is on land, there are exceptions that apply on water. If you go out, social distancing rules always apply – at the boat ramp and on your boat. You should only be on your boat alone, or with no more than one other person; or with family who ordinarily live in the same household as you.

A 'reasonable excuse' to use your boat could be to:

- exercise (e.g. kayaking/sailing/paddling etc).
- fishing.
- get to and from work, where the work cannot reasonably be performed from home.
- get groceries, and provide assistance, care or support to an immediate member of the person's family.
- Unless you have an essential need to be out - stay ashore, stay at home.

12 April, from Ku-ring-gai command: [Australian Government Department of Health](#) offers some great advice for looking after your mental well-being during this time of change.

Eating well, keeping active and talking with family, friends and neighbours while keeping your distance are all ways you can stay healthy. More info: www.headtohealth.gov.au/covid-19-support/covid-19

10 April, from NSW Government: Hi NSW 🍷 We understand that the current restrictions seem hard.

We know you want to spend time with your family and friends – we do too. For now

though, we need to stand together to deal with this pandemic.

If you're asking "why should I stay at home?", there are a few answers:

- 🧓 So our elderly and vulnerable aren't put at further risk
- 👧 So our kids can go back to regular schooling as soon as possible
- 😓 So our frontline health workers don't have to keep risking their lives
- 🛡️ So our healthcare system doesn't become overwhelmed.

We're all in this together. Stay home, and help us slow the spread of COVID-19 and save lives.

10 April, from M1 Pacific Motorway NSW: Easter long weekend traffic. <https://m1traffic.com.au>



10 April, from NSW Government: #COVID19 Frequently asked questions

Q: Can I drive to my local park/beach/trail for exercise?

A: Driving to your chosen exercise location is fine; however, you should stay close to home. Please continue to follow NSW Health advice in relation to public gatherings and social distancing. Perform your exercise/activity and return home

promptly.

10 April, from NSW Government: Record \$5000 on-the-spot fine for spitters

People who cough or spit on health workers, police, pharmacists, paramedics or other public officials during the COVID-19 health crisis, now risk a \$5000 on-the-spot fine.

Full article [here](#).

09 April, from NSW Government: [#COVID19](#) Frequently asked questions

Q: Can I visit the cemetery?

A: Although no one would be forbidden from going to a cemetery, we would ask people to keep visits to a minimum and keep in mind that seniors are at an increased risk of contracting the virus.

The following rules under the Public Health Act still apply:

- - Restrictions surrounding gatherings of two or more, if the exceptions are not met.
- - Restrictions surrounding the 'One person per four square metre rule'

Please note: Private cemetery operators individually determine how to restrict visitors on their premises.

09 April, from Fire & Rescue NSW: With an increase in the use of hand sanitiser, we'd like to remind everyone that its contents are flammable.

If you're planning a BBQ this weekend, please ensure that you completely dry your hands after using hand sanitiser before coming into contact with a naked flame.

09 April, from Service NSW: The Service NSW app has recently been updated to include notifications for the latest COVID-19 information

More info about the mobile phone App [here](#).

COVID-19 HOTLINE: For inquiries about COVID-19, call the **COVID-19 Hotline on 13 77 88.**

07 April, from Hornsby Shire Council: PLEASE LEASH YOUR DOGS

Going outside and getting some exercise for you and your dog is a great idea! Keep it up! But, unless you are in a designated off-leash area, please keep your furry friend leashed in all public places...yes, that includes parks and ovals, too. And please remember to practice social distancing while out and about.

More info [here](#).

07 April, from NSW Police: #COVID19 Frequently asked questions

Q: Can I take a learner driver for a lesson?

A: Under the Public Health Orders, a person cannot leave their place of residence without a reasonable excuse.

A reasonable excuse includes travelling for the purposes of work where you cannot work from home, so driving instructors can leave their house for their work – to teach people how to drive.

We consider that it would be a reasonable excuse for a person to leave their house to receive driving lessons (either from a driving instructor or a member of their family), given that this is a learning activity that cannot be done from home and is akin to the listed reasonable excuse of travelling to attend an educational institution where you cannot learn from home.

Learner drivers could also continue to drive with a supervising family member for any of the listed reasonable excuses for leaving the house – for example, driving to the supermarket.



Neighbourhood Watch
Creating Safer Communities

**10 April, from NSW Food Authority: Recall: Green Co. Enoki Mushrooms
300g**

Choi's Mushrooms is conducting a recall of Green Co. Enoki Mushrooms 300g due to microbial (*Listeria monocytogenes*) contamination. The product has been available for sale at Asian supermarkets and grocers in NSW, ACT, QLD, VIC and SA.

Product details & date markings: Green Co. Enoki Mushrooms, 300g, plastic wrap
Date marking: 220420

Problem: The recall is due to microbial (*Listeria monocytogenes*) contamination.

Food safety hazard: *Listeria* may cause illness in pregnant women and their unborn babies, the elderly and people with low immune systems.

Country of origin: South Korea

What to do: Any consumers concerned about their health should seek medical advice and return the product to the place of purchase for a full refund.

For further information please contact: **Choi's Mushrooms 02 9826 1532**

See also: all current NSW food alerts [here](#).



14 April, shared with permission from the Mt Kuring-gai/Colah Community Group:

Check your cars this morning around the Willarong, Lady, Jersey, Yirra, Lady, Kalang & Mount streets in Mt Colah. A man has been arrested after breaking into a car.

Well done to the Police Band from Neighbourhood Watch in Ku-ring-gai and Hornsby council areas ☐☐



Watch video [here](#).

Dates for the Diary:

Wednesday 29 April: **Note - CANCELLED due to Covid19 pandemic

** Gordon Area 3/4 (Turramurra) NHW meeting.

Saturday 30 May: **Note - CANCELLED due to Covid19 pandemic ** Self Defence Workshop for Women. [Info](#). **Note:** NHW cannot endorse a product or service. You must do your own research.

Sunday 19 July: **Note - CANCELLED due to Covid19 pandemic ** - new date tbc** NHW NSW Inc Inaugural AGM 1-5pm @ Ryde/Eastwood Leagues Club

Wednesday 14 October: Gordon Area 3/4 (Turramurra) NHW meeting tbc.

Tuesday 24 November: Gordon/Killara/East Killara/some St Ives Neighbourhood Watch AGM 7-9pm @ Gordon Library meeting room #2.

From Hornsby & Ku-ring-gai Women's Shelter: HKWS is in dire need for volunteer interpreters.

We are especially looking for accredited and experienced specialists who are fluent in Mandarin, Vietnamese and Punjabi. Providing effective language services is critical to enabling our vulnerable female clients to access vital health, legal and support services. Please get in touch if you can help!

Email NHWKuringgaiHornsby@gmail.com to be put in contact.

13 April, Shared with permission from Thornleigh, Westleigh and Normanhurst Community Group:

Just a heads up guys, our Hello Fresh Box was stolen off our front door step early hours this morning between 1am & 7am.

11 April, from 9News: Apple and Google launched a major joint effort to leverage smartphone technology to contain the COVID-19 pandemic.

New software the companies plan to add to phones would make it easier to use Bluetooth wireless technology to track down people for who may have been infected by Coronavirus carriers.

Full article [here](#).

10 April, from NSW Incident Alerts: #COVID19: WHAT YOU NEED TO KNOW

- Latest NSW Dept of Health updates and statistics [here](#).
 - NSW Dept of Health Known flights with confirmed cases [here](#).
 - NSW Government Heat Map of NSW confirmed cases [here](#).
 - NSW Government Find the facts on COVID-19 [here](#).
 - Health Direct Symptom Checker [here](#).
 - NSW Government Information on non-essential activities [here](#).
 - NSW Department of Education for regular updates [here](#).
- If you're concerned you have COVID-19, please call the national **Coronavirus Health Information Line** for advice on **1800 020 080**. If you require translating or interpreting services, call **131 450**.

10 April, from 7 News: Horror new simulation shows just how dangerous your outdoor run could be



Watch video and full article [here](#).

10 April, shared from Simon: Kmart Australia - own brand chocolate Easter Eggs [edited]

My wife purchased these chocolate Easter Eggs from K-Mart Hornsby, NSW last Saturday. They were opened for the kids to eat on Wednesday afternoon. Yesterday (Thursday) lunchtime my son opened a sealed egg and when he started to chew, encased inside was this foreign object.



And in the comments [edited]: This is a PROFOUND example of the state of social media, and, sadly the state of our society. 16 years NSW Police Detective Sergeant, and wow! What a tiresome journey... double my investigation time then the most serious of crimes I've dealt with by 3 in three days! Lol! I will say, part of long term policing, studying to obtain a degree is very akin to social sciences and psychology, in fact the nexus for a bachelors degree is rather connected. So, at its basic level to its highest level, I covered every possible avenue, made all possible requests and climbed all hills prior to resorting to this social media. And, Yes, whatever you're thinking, I did.

So, It's not frozen hardened caramel; no to 5g network burnt; no, apocalyptic corona virus related; made in Australia; Yes, hopefully a one-off and not sinister but without investigating its origin who the 'F' knows; most likely hardened plastic, but extremely hook sharp at one end and serrated; Australia made on the packet.

10 April, from Neighbourhood Watch - Galston, Glenorie, Arcadia , Dural -

Rural Areas: My neighbour in Gleness Place, Glenorie just had the power pin cut off her box trailer.

Very random, very bizarre. So keep your eyes out for strangers!

09 April, from **Neighbourhood Watch - Galston, Glenorie, Arcadia , Dural - Rural Areas**: Beware of people driving onto your property alert!!!!

Hi everyone, We are on Bayfield Rd and have just had someone drive onto our property up to the house and offer us unused asphalt that the company he worked for can't use now due to COVID 19. He was young and not professional, was talking on the phone whilst telling me this and also didn't get out of his car. It was a silver ford sedan. It seemed very strange, I wanted to put this on here to warn anyone else in the area as my gut feeling was that he was casing out our property.

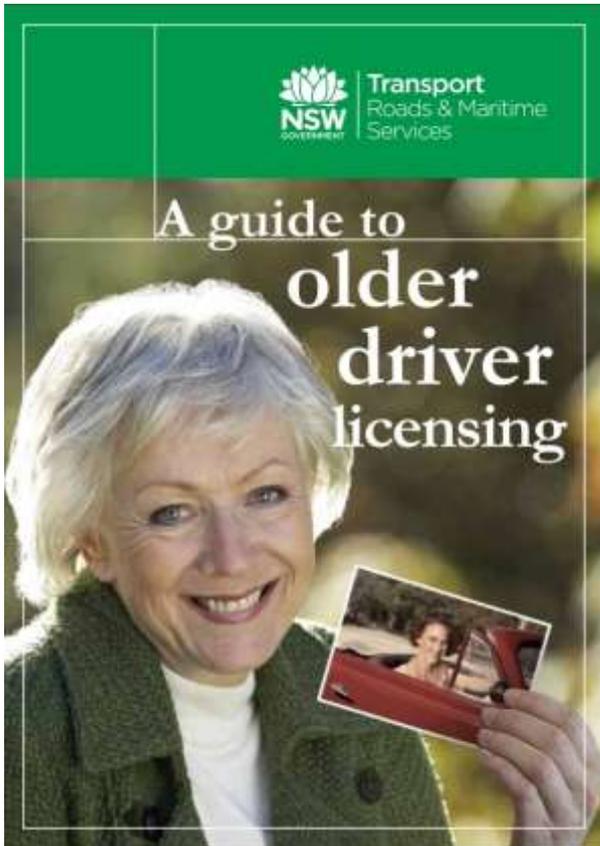
09 April, from Marine Area Command: Advising that the Apple Tree Bay boat ramp situated within Ku-ring-gai Chase National Park is closed until further notice.

'A Guide to Older Driver Licensing' and other links of interest

The pdf can be downloaded from the Roads & Maritime Services (RMS) link on the Seniors page on our WatchOut.org.au website [here](#).

Why not take the time to check out other pages of crime prevention information on our Neighbourhood Watch website? WatchOut.org.au

Do you think we should include a new Covid-19 page? Email us your opinion to NHWKuringgaiHornsby@gmail.com



07 April, shared from Berowra Community group yesterday. Please would you check your dashcam and cctv?

This is possibly one of two thefts on the same street on the same day. Big thanks to the THIEF that just STOLE my tradesman's ladder and \$600 drill out the front of Lonsdale Ave, Berowra Heights. If anyone saw anything suss about 12.00pm today please PM me. Thanks.

Email NHWKuringgaiHornsby@gmail.com to be put in touch.

06 April, from Berowra Rural Fire Brigade: After 12 years NSW RFS Commissioner Shane Fitzsimmons will be stepping down from his current position as Commissioner of the New South Wales Rural Fire Service.

Shane will be taking up the position of Commissioner, Resilience NSW and Deputy Secretary, Emergency Management, in the newly created agency effective 1 May 2020. We are truly grateful for you setting a strong example of leadership, humbleness and compassion. Thank you from all of us Berowra Rural Fire

Brigade. Best of luck for your new gig, you will always be warmly welcomed to our shed for a cold beer or a warm cuppa.

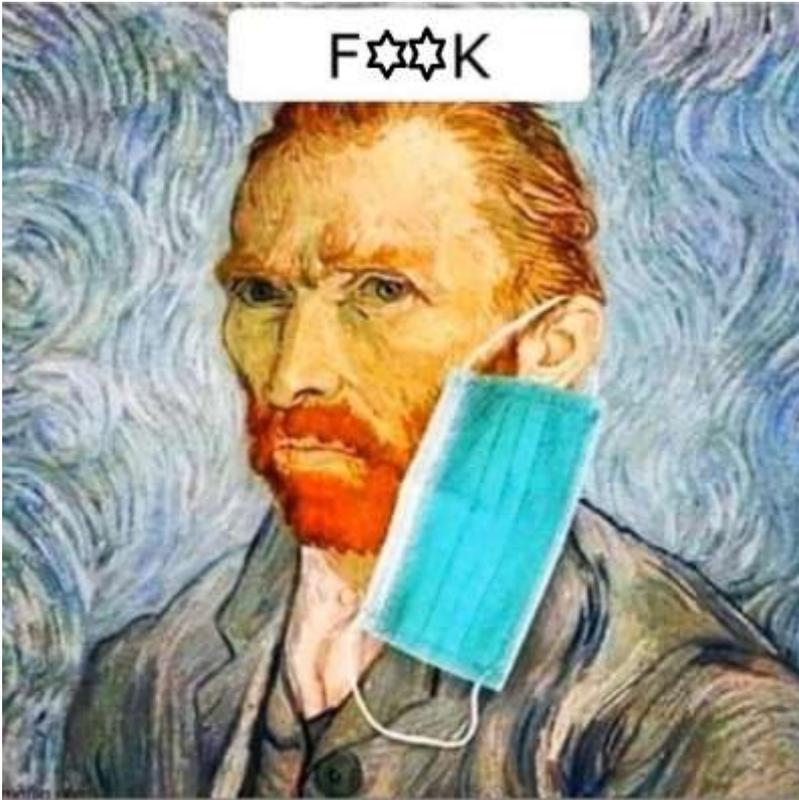


"As part of the NSW Police Force's commitment to the safety of the NSW community, Crime Stoppers now has a reporting option to take information from the public about anyone not complying with Public Health Orders. You can report online [here](#). If you are unable to report online, you can call **Crime Stoppers on 1800 333 000. Your information will be treated confidentially."**

05 April, shared with permission from the Pymble and West Pymble Community group: Heads up - a few cars in my street (Victoria Ave) were keyed last night - keep your eyes and ears open.

And in the comments:

- We had a car keyed in Wallalong Crescent a few nights ago!
 - Yep mine was keyed in Victoria ave 😊
 - Another keyed on Congham Thursday night
-



Thanks to Richard

IMPORTANT CONTACTS & LINKS

Emergency (Police/Fire/Ambulance): 000

TTY: 106

NSW Police - Ku-ring-gai Police Area Command (PAC): 9476 9799

Hornsby Police Station, 292 Peats Ferry Road, Hornsby 2077

Ku-ring-gai Crime Prevention Officer: 9476 9723

Local Police Facebook page: [@Kuring Gai PAC](#)

Non-emergency two-way communication

Crime Stoppers: 1800 333 000

Report crime anonymously

Report suspicious activity asap

Police Assistance Line (PAL): 131 444

For non-urgent minor crime

[NSW Police Community Portal](#)

Online reporting of non-emergency minor crime: lost property, intentional damage, graffiti or theft.

Interpreting & Translating Services: 131 450

[NSW Police - website](#) for crime prevention advice

Never be afraid or embarrassed to report a crime, concern or fear you have to the Police. The Police are here to help you.

Neighbourhood Watch within Ku-ring-gai and Hornsby:



Website NHWKuringgaiHornsby.org.au



WatchOut! WatchOut.org.au - our one-stop-shop for crime prevention



Facebook [@NHWKuringgaiHornsby](#)



[NHW in Ku-ring-gai and Hornsby Facebook Group](#)



Twitter [@NHWKRGHornsby](#)



Email NHWKuringgaiHornsby@gmail.com

Local Facebook pages:



WatchOut! Our Crime Prevention [WatchOut! Facebook page](#)



[Neighbourhood Watch - Berowra](#) (technical issues)



[Neighbourhood Watch - East Killara](#)



[Neighbourhood Watch - Galston, Glenorie, Arcadia, Dural \(Rural Areas\)](#)



[NHW Galston, Glenorie, Arcadia & Dural \(Rural Areas\) Facebook Group](#)



[Neighbourhood Watch - Gordon](#)



[Gordon \(NSW\) Community \(incl NHW\) Facebook Group](#)



[Neighbourhood Watch - Hornsby](#)



[Neighbourhood Watch - Killara](#)



[Neighbourhood Watch - Mt Colah](#)



[Neighbourhood Watch - Normanhurst](#)



[Neighbourhood Watch - Pennant Hills](#)



[Neighbourhood Watch - St Ives](#)



[Neighbourhood Watch - Turramurra](#)



[Neighbourhood Watch - Wahroonga](#)

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This email has been forwarded to you by Neighbourhood Watch within Ku-ring-gai and Hornsby. Please share the information with anyone you think may be interested, and encourage them to join our Distribution lists. Thank you. If you live outside the Hornsby/Ku-ring-gai area, please contact your local Crime Prevention officer for similar information for your locality. If you are unaware of an active Neighbourhood Watch group in your area, please consider starting one.

Our mailing address is:

Neighbourhood Watch within Ku-ring-gai & Hornsby

c/o Crime Prevention Officer, Ku-ring-gai NSW Police PAC - Hornsby Police Station

292 Peats Ferry Road

Hornsby, NSW 2077

Australia

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