



### Neighbourhood Watch Ku-ring-gai and Hornsby

eNewsletter #580 - 22 November 2022

This weekly eNewsletter is compiled by Neighbourhood Watch volunteers as a service for residents in Kuring-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 our local police at the <u>Ku-ring-gai PAC Facebook</u> <u>page</u> (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 another Police command ("Crooks know no boundaries!").

- Have you seen anything we should share with the community? <u>Please email</u> our NHW in Ku-ring-gai & Hornsby volunteers. We do value your contributions and thank you for your support.
- A Please feel free to share/forward this eNewsletter with your friends, family, colleagues and neighbours.
- A Reading our eNewsletter for the first time? Click here to subscribe.

### 18 November, from NSW Government: NSW has become the first state in the country to criminalise coercive control.

Repeated abusive behaviour with the intent to coerce or control will carry a sentence of up to seven years in jail. If you or someone you know needs help, 24/7 support is available:

NSW Domestic Violence Line: 1800 656 463

NSW Sexual Violence Helpline: 1800 424 017

• 1800Respect: 1800 737 732

### 18 November, from the Australian Cyber Security Centre: Data breaches are often outside of your personal control.

But there are a few things you can do to improve your data security. Here are four ways to improve your data security:

- Interest in the amount of personal information you share.
- 2Avoid re-using passwords.
- BDon't use platforms that have a bad cyber security reputation or you are unsure about.
- Secure your devices and accounts to reduce the impact of having your data leaked or stolen.

For more information, visit <a href="mailto:cyber.gov.au/learn/threats/data-breach">cyber.gov.au/learn/threats/data-breach</a>



18 November, from Ku-ring-gai command: Did you know Gel Blasters are actually ILLEGAL in NSW? It is an offence to possess or use a firearm, pistol or prohibited firearm unless the person holds the relevant licence or permit.

NSW commenced a National Firearms Amnesty whereby a firearm or firearm related articles to be surrendered to a police station with fear of prosecution. Section 82 of the NSW Firearms Act 1996 states that if a parent (or guardian) knowingly allows a person under the age of 18 years to contravene the Act, each parent/guardian is taken to have contravened the same provision. Please contact your local police if you have a gel blaster or know someone who does.











18 November, from NSW Police: Police have released a CCTV image and are appealing for public assistance after a sexual touching incident in Sydney's north earlier this year.

Just after 5pm on Friday 17 June 2022, a 25-year-old woman boarded a bus from Warringah Mall at Brookvale. As she climbed the stairs to the upper deck, a man has inappropriately touched her from behind before immediately exiting the bus. The woman got off at Wynyard Railway Station and reported the incident to transport staff before notifying police. Officers attached to Police Transport Command North/Central attended and commenced an investigation. As inquiries continue, police have released an image of a man who may be able to assist with their investigation. The man depicted is described as being of Asian

appearance, middle-aged and of medium build. He is shown wearing a black jacket, denim jeans, black shoes and a navy-blue 'G'day' cap.

Anyone with information about this incident is urged to contact **Crime Stoppers: 1800 333 000 or** <a href="mailto:nsw.crimestoppers.com.au">nsw.crimestoppers.com.au</a>. Information is treated in strict confidence.



#### 18 November, from NSW Police: Do you recognise these four men?

Police have released CCTV images in an appeal for public assistance after an assault and robbery on the Central Coast earlier this month. More information here:

police.nsw.gov.au/news/article?id=104163

Anyone with information in relation to this incident is urged to contact **Crime Stoppers on 1800 333 000**.





# 22 November, from NSW Rural Fire Service: Yesterday evening, #NSWRFS crews from Hornsby/Ku-ring-gai and The Hills districts responded to a fire burning in remote bushland near Canoelands.

The high winds and remote location made access difficult for firefighters, who worked well into the night to bring the fire under control. Our crews are on scene again this morning to continue mopping up the fire.

All of NSW is now within the Bush Fire Danger Period and despite the recent rain the fuels are drying out and becoming fire prone. Don't be complacent, prepare your property for the bush fire season. For more information on how to prepare you property, visit our website:

#### www.rfs.nsw.gov.au/plan-and-prepare



Dave Byrne

### 22 November, from NSW SES Ku-ring-gai Unit: Operational Update 2140hrs, 21 November 2022 [edited]

For up to date warnings visit <u>bom.gov.au</u> The SES asks residents to:

- Move vehicles under cover or away from trees.
- Secure or put away loose items around your house, yard and balcony.
- Keep at least 8 metres away from fallen power lines or objects that may be energised, such as fences.
- Trees that have been damaged by fire are likely to be more unstable and more likely to fall.
- Report fallen power lines to Ausgrid (13 13 88)
- Stay vigilant and monitor conditions. Note that the landscape may have changed following bushfires.

For emergency help in floods and storms, call your local SES Unit on 132 500

→For emergency help in life threatening situations, call triple zero (000) immediately

#### 21 November, Thanks to Kim on nextdoor

Hi Folks. This is a public service announcement into let you know there are now permanent 40km zones in CBD. It's pedestrian (not school zone) related. From living and working on the Northshore I wasn't aware of this (until the fine came in the mail). Here is an image of the new set up on Elizabeth and Park streets intersection. They have a speed and red light camera here. The 40km sign is behind a post and although the signs on the road are a great idea, you can't see them when cars are parked over the top. Coming into the south side of the city (via Bathurst St) there is no warning of this new change. I came in here late one night (first time post covid) and was not aware of this change. Since the first time the signs are visible entering via Bathurst is at the lights (Elizabeth), you can easily be done for speeding. So be aware. I was only doing a reasonable 50kms. There is very little to no PR awareness of this change. So next time you drive in the city, be very vigilant. This is 3 demerit points.

And in the comments: Also Chatswood and Parramatta.



21 November, from Neighbourhood Watch Ku-ring-gai & Hornsby: Neighbourhood Watch Ku-ring-gai & Hornsby has had plenty of queries about safer driving from new learners to seniors.

It's from researching these questions on behalf of the community that the latest 'Our 20 Favourite Crime Prevention Tips for Safer Drivers' has been compiled. We have taken advice from many respected sources, as well as those in the profession of driving. We know that at least two of these tips may help to save a marriage . As always, your feedback is appreciated: NHWKuringgaiHornsby@gmail.com

These tips and others in the series can be found on our website: <a href="https://au-</a>

#### nhwkuringgaihornsby.org/tips/



#### Our 20 Favourite Crime Prevention Tips for

#### SAFER DRIVERS



- 1. Never cause an accident just because you think you are right!
- 2. Around other road users (including pedestrions), "cover your hom with your hand, ready to warn them of your presence in an emergency. Attempt to make eye contact with pedestrians wishing to cross at an intersection, before you make your manoeuvre.
- As you approach a situation where you may need to brake suddenly, eg an intersection, or when children are about, 'cover' the brake pedal with your foot so you are ready.
- "Read the road" ahead by looking for clues, eg a petrol station up ahead may cause traffic to enter your lane. Turn on the radio in a major tunnel, to hear any emergency traffic appoundements.
- 5. Leave space between your vehicle and the vehicle in front of you, sufficient to stop safely. Use the "3 second rule" see when the car ahead passes a landmark and start causting: "One Mississippi, two Mississippi, three Mississippi" (each one takes a second to say). If you can't count to three in the time it takes for you to reach the same landmark, then there is insufficient space for you to do an emergency stop.
- 6. When coming to a stop in traffic, you should be able to see the bottom of the rear tyres of the vehicle directly in front of you. This gives you room to manoeuvre if the vehicle in front should stall, roll back, etc. It also allows space to pull forward if a vehicle is approaching you too fast from behind.
- When merging, pulling out into traffic, or changing lanes, indicate your intentions and check all mirrors. Remember the 'Me-saver': double-check over your shoulder/s before you proceed. Be careful to judge the speed of traffic you may be joining.
- Always give right of way to pedestrians wishing to cross, before you turn into or out of an intersection.
- Choose the appropriate speed before a hazard try not to brake and steer simultaneously. At the end of a hard brake, relax the pedal pressure to 'soften' the stop and prevent 'jerking'. Allow sufficient time for every trip, so you don't have to unnecessarily speed to get to your destination on time.
- 10. When you are in the centre of a road waiting to turn right, keep your wheels pointing forward, then if you are rear-ended, you wan't be pushed into oncoming traffic. Keep your foot on the brake pedal, using the brake lights to alert the traffic behind you.

FOR EMERGENCIES (including anyone on your property)
TO REPORT ANYTHING SUSPICIOUS (Crime Stoppers)
TO REPORT NON-EMERGENCY CRIME (Police Assistance Line)
IF YOU'RE NOT SURE (Hornsby Police Station)
TTY—To ask for Police, type PPP
SPEAK AND LISTEN

- TI. We all enter a roundabout as equals no approach road has priority. Give way to those already on roundabouts, including those entering before you from your left. Roundabouts are designed to keep the traffic flowing.
- Consider a crate, harness and/or safety strap to secure any pet, preferably in the backpeat. Your pet's head should not be outside the vehicle.
- 13. Treat merging lones with no road markings like a 'zipper'. Drivers stay in their current lone until the designated merge point. It's not rude; merging at the end of the lane actually HELPS the flow of troffic. Take turns one car from one lane, one from the other, and to an
- 74. At traffic lights, do attempt to stop on amber, if safe to do so. Amber is not intended for "racing the lights to red" (also termed a "ripe orange"), Driving through amber is an affence carrying points/fine similar to driving through a red.
- 15. Approach a turn as two manoeuvres—1 to get in position and 2 to take the turn. To take position you may need to indicate a lane change, slow your speed and change down gears. Then for the turn itself, you may need to indicate again. Check mirrors before, during and after.
- 16. No part of your body should be outside the vehicle. Don't let your passenger put their feet on the dash the airbags will smash their knees into their face.
- 17. Use headlights in bad weather, or on country roads. Use full beam at night as much as possible when safe to do so without blinding other road users. Don't wear sunglasses in a tunnel, as you need maximum vision and light, to see and be seen.







- 18. Before a long trip, ensure your vehicle is roadworthy. Check tyres, radiator, fuel, windscreen-washer fluid, etc. Plan your journey, including route, food, fuel and fatigue otops regular breaks and/or 'power naps' to avoid driver fatigue (ideally 15 minutes every 2 hours).
- To actually 'see' your blind spots, try this trick: Whilst sitting parked in the car, have a wheelle bin moved along both sides of your vehicle, while you view each mirror.
- 20. If you are taking prescribed medications, consult your doctor about any side effects that may affect your ability to drive safely. If you change your dosage, find out if you need to wait a few days before you are safe to drive again, or grab a lift instead.

And please report to council any damaged/obscured local traffic signs you encounter.

This Information was compiled by volunteers with Neighbourhood Watch within Kurring-gal and Hornsby. Please contact your Crime Prevention Officer (CPO) at Hornsby Police Station for more information. Phone: 9476 9799. Tips and other resources are available to download free from the Neighbourhood Watch in Kurring-gal & Hornsby websiter; our NHVKuring-gall-tomsby.org/Tips/.

See also the community's one-stop-shop of arime prevention information: <u>WatchOut.org.ou</u>
Follow us on <u>Facebook. Twitter</u> or at our <u>website</u>. Contact us at NHW/Luringga/Homsby@gmail.com.

Nov 2022 YI DRIVERS ENGLISH

### 21 November, From NSW Health: Information for parents and carers - Do you know what they're vaping?

We are urging you to find out more and talk about the hidden impacts of vapes with your children.

Info here.

## THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest minunderstanding about vapes is that they are harmless compared to digarettes. This is not true. Mores are not safe.

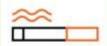
#### DO YOU KNOW WHAT THEY'RE VAPING?



Many vapes contain nicotine making them very addictive



in 1 vape can



Young people who vape are 3 times as likely to take up smoking



Vaping has been linked to serious lung disease



Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be easy to conceal



Do you know what they're vaping? Get the evidence\* and facts at health.nsw.gov.au/vaping



#### **SELLING VAPES TO YOUNG** PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age, Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for unoking cossation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime

If you suspect comeons is stilling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



#### IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to ameli.

Tell-tale signs that your child might be vaping include the symptoms of nicotine addiction such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.

#### MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but many of these products contain nicotine and a lot of other chemicals.

They just don't put it on





#### THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As veping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed way-going way, perhaps taking the cue from around you, such as a note from school, a new story about it, or assing people vaping on the street. And have your facts ready.



Do you know what they're vaping?
Get the evidence\* and facts at health.nsw.gov.au/vaping





The flavours (such as watermelon, grape, caramel, bubble-gum. vanills and mint) and colourful packaging used for vapes make them appealing to young people. Many vapes also contain sicotins, which young people can become addicted to very quickly.

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.





The take-up of imping by young people is increasing. Research shows that I in 5 young people have vaped and nearly 80% of them say it is easy to get a vape illegally at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school.
The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.





It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

#### RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. Vapes can leave a young person at lecreesed risk of depression and accept, Vaping has also been linked to serious lung disease. Importantly, many of the long, term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:



- the same harmful chemicals found in cleaning products, nell polish remover, weed killer and bug spray.
- toxine such as formaldehyde and heavy metals.
   ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

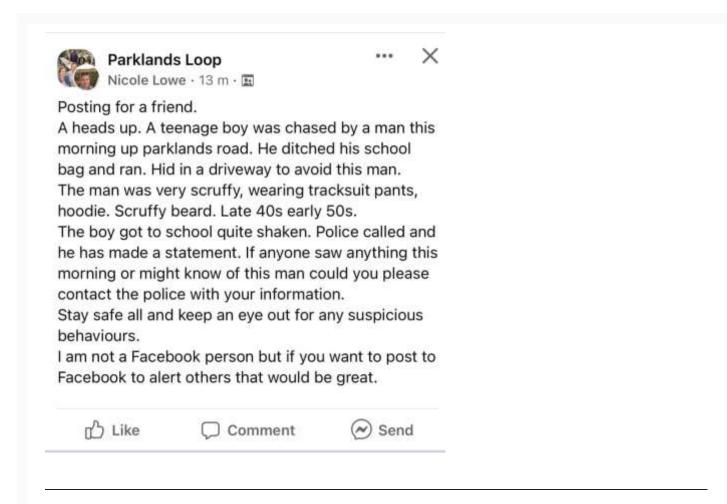
Vapes have even been known to explode causing serious burns.



Do you know what they're vaping? Get the evidence\* and facts at health.new.gov.au/vaping



20 November, Shared with permission from the Mt Colah/ Kuring-gai Families group.



19 November, from NSW Fair Trading: Consumers are warned not to deal with Open Close It Pty Ltd trading as Shutters Quickly, which operates to supply and install blinds, plantation shutters and security screens.

This follows a large number of complaints relating to failure to complete installations or provide refunds. Consumers have also complained that the business is unresponsive to attempts to contact via email and telephone to discuss these issues.

For further information visit: <u>fairtrading.nsw.gov.au/news-and-updates/updates/public-</u>warnings

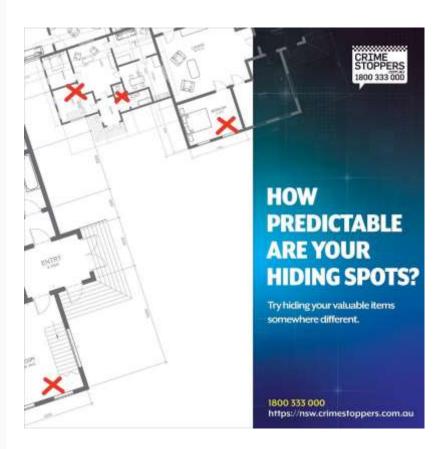
19 November, from Crime Stoppers NSW: There's no such thing as a smart criminal, so when burglars break into your home, they are usually predictable as to where they look for your valuables.

The places burglars usually look are:

- ÖJewellery Box
- Months
   Months

- Master Bedroom
- Toilet tank
- Safe or filing cabinet
- Implication
   Implicat
- **L**Unused purses or handbags

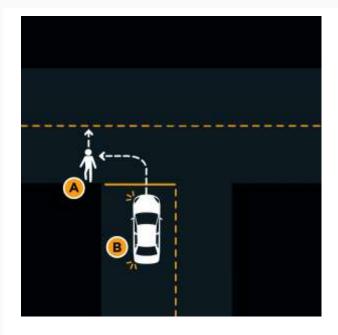
Try hiding your valuable items somewhere different.



17 November, from NSW Road Safety: Do you know when to give way at a T-intersection?

A or B?

Take the quiz and put your knowledge to the test: towardszero.nsw.gov.au/quiz/1.



**Answer:** B must give way.

#### 17 November, from NSW Food Authority: Recall: Hoyts Poppy Seeds

The NSW Food Authority advises:

Product information:

Hoyts Food Manufacturing Pty Ltd is conducting a recall of Poppy Seeds (100g sachet packet and 240g PET jar). The products have been available for sale at Coles & Woolworths nationally.

Batch Codes: 28622, 29322, 29822 & 29922

Problem: The recall is due to the potential presence of a chemical (thebaine) due to unsafe poppy seeds entering the food supply.

Food safety hazard: Food products containing thebaine may cause illness if consumed. Severe poisoning soon after ingestion has occurred in some people who have consumed large amounts of poppy seeds.

Country of origin: Australia

What to do: Consumers should not eat these products and should return to the place of purchase for a full refund and safe disposal. Any consumers concerned about their health should seek medical advice.

For further information please contact:

Hoyts Food Manufacturing Pty Ltd 03 9555 0539 <a href="http://ow.ly/92WE50LEjnr">http://ow.ly/92WE50LEjnr</a> Media Release here.





#### **Dates for the Diary**

**Thursday 24 November:** Hornsby Council Teaching your Learner Driver - GLS Presentation via Teams - 6-7:30pm FREE. <u>Bookings</u>.

Wednesday 30 November: Walk the Talk. PCYC Waitara return. 8:45-10:45am. Info Wednesday 30 November: 7pm NHW Gordon/Killara/East Killara/part Pymble/part St Ives AGM @ St John's Anglican Church, Gordon. NHW Crime Prevention stall. All residents welcome!

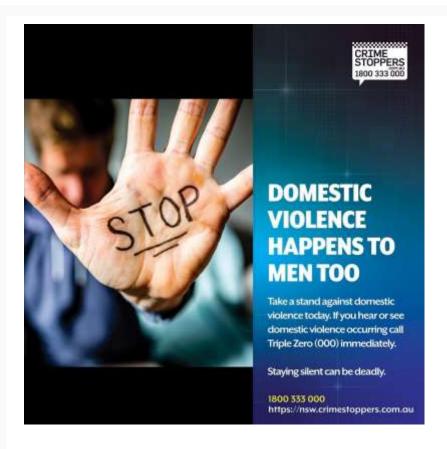
**Thursday 08 December:** Bunnings, Pymble Xmas evening Markets. NHW Crime Prevention stall, with kids photo booth and goodie bags. (Insurance permitting).

**Friday 20 January 2023:** Mt Colah PROBUS 11-12pm @ Asquith Golf Club - Speaker: NHW Ku-ring-gai & Hornsby. NHW Crime Prevention stall.

**Wednesday 08 February 2023:** Seniors' Expo at 10-2pm @ Turramurra Uniting Church hall & community centre. NHW Crime Prevention stall.

### 17 November, from Crime Stoppers NSW: Domestic violence against men takes many of the same forms as it does against women.

Unfortunately due to barriers such as social stigma, embarrassment and shame, men are much less likely to report being a victim of domestic violence – however, this is starting to change. Take a stand against domestic violence today. If you hear or see domestic violence occurring call **Triple Zero (000)** immediately. Staying silent can be deadly.



### 17 November, from Crime Stoppers NSW: Do you have information about someone who is involved in illegal explosives?

This may mean they are involved in:

- \*\*the illegal sale or purchase of explosives
- \*\*the illegal possession or use of explosives
- \*\*the illegal possession of the raw material or substances to create explosives

If you know about someone who is engaging in this type of crime, you can report your information to <u>crimestoppers.com.au/home</u> or call us on **1800 333 000.** Thank you, your information really does make a big difference to the safety of our NSW community.



From NHW in Ku-ring-gai & Hornsby: 'Our 20 Favourite Crime Prevention Tips for Businesses'

**Tip #9:** FORM A 'NEIGHBOURHOOD WATCH' WITH ALL BUSINESSES, RETAILERS, COMMERCIAL PREMISES, HOUSEHOLDERS ETC IN YOUR LOCAL AREA. You are the eyes and ears of your community.

**Tip #15:** CLEAR ALL MAILBOXES REGULARLY OF MAIL etc. Communal mailboxes are often not under CCTV view.

**Tip #16:** BEWARE OF ROGUE TRADESMEN/PROFESSIONAL SERVICES eg the man checking fire extinguishers. BE VIGILANT. THIEVES DRESS TO FIT IN (smart businessman, young tradie) Less-experienced employees need reminding.

**Tip #19:** DO YOU ENJOY A POETS DAY DRINK? Ensure employees have a designated driver, or alternative way to get home.

For more tips and translations, look at our website 'Tips' page <u>here</u>. Or try our WatchOut! website <u>here</u>, for links to some great information available on the internet. Or request a copy in your inbox <u>here</u>.





### If you can't hide a crime scene, just pretend you are a victim



#### **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

Local Police Facebook page: @Kuring Gai PAC

Non-emergency two-way communication

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.

#### Crime Stoppers NSW: 1800 333 000

Report crime anonymously Report suspicious activity ASAP

#### Neighbourhood Watch within Ku-ring-gai and Hornsby:

Website au-NHWKuringgaiHornsby.org

Facebook @NHWKuringgaiHornsby

Facebook Group NHWKuringgaiHornsby

Twitter @NHWKRGHornsby

Email NHWKuringgaiHornsby@gmail.com



#### WatchOut! - the NHW NSW one-stop-shop for crime prevention links:

Website WatchOut.org.au Facebook @NHWWatchOut

#### Local Facebook pages/groups:

Neighbourhood Watch - Berowra

Brooklyn Neighbourhood Watch

Neighbourhood Watch - East Killara

Neighbourhood Watch - Galston, Glenorie, Arcadia, Dural (Rural Areas)

NHW Galston, Glenorie, Arcadia & Dural (Rural Areas) Facebook Group

Neighbourhood Watch - Gordon

Neighbourhood Watch - Hornsby

Neighbourhood Watch - Killara

Neighbourhood Watch - Mt Colah

Neighbourhood Watch - Mt Kuring-gai

Neighbourhood Watch - Normanhurst

Neighbourhood Watch - Pennant Hills

Neighbourhood Watch - St Ives

Neighbourhood Watch - Thornleigh

Neighbourhood Watch - Turramurra

Neighbourhood Watch - Wahroonga

Neighbourhood Watch - Warrawee

#### Face-to-Face/printed newsletter groups:

Neighbourhood Watch - East Killara

Neighbourhood Watch - Gordon (part)/Killara (part)/Pymble (part)

Neighbourhood Watch - Hornsby (Jubilee St)

Neighbourhood Watch - Mt Colah

Neighbourhood Watch - St Ives (Lynbara Ave)

Neighbourhood Watch - Turramurra (The Chase)







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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

