



# YARRALUMLA

NEIGHBOURHOOD WATCH ACT  
NEWSLETTER



## From the Area Coordinator

By any standard, August was a shocking month for crime in our suburb. Five people were assaulted including one who telephoned me and, among other matters, expressed her concern that her assailant acted in broad daylight. There were two cases of Burglary, one of Motor Vehicle Theft, nine of Other Theft and 6 of Other Property Damage. That 8 of the crimes in the latter two categories occurred on Alexandrina Drive on two separate days suggests someone or some people were on something of a spree but that is no consolation to the hapless victims. Neither Curtin nor Deakin experienced anywhere near the level of criminal activity as we did but Curtin recorded two Assaults and Deakin one. There was one case of Burglary in Deakin and one motor vehicle theft while Curtin had one bicycle stolen. Each had five cases of Other Theft and Deakin reported three cases of Other Property Damage. Reverting to our own situation, I should not be surprised if there were witnesses to some of these crimes and, if any reader did witness something suspicious, they are urged to report it to Crime Stoppers or ACT Policing. As I prepare this message the statistics for September have not been released but we can but hope that there was an improvement over August.

As mentioned in last month's newsletter, we are having our Annual General Meeting on 16 October. Anybody interested is welcome to attend and even to nominate for a position on the Committee.

It was reassuring that ACT Policing has made arrests in relation to recent reports of individuals approaching children in the vicinity of their Schools but I have no knowledge as to whether that includes the incident near our local Primary School earlier this year.

In her October newsletter, our ACT NHW President passed on a message from ACT Policing: Police are encouraging parents, guardians and teachers to make sure children understand how to keep themselves safe, particularly when walking to and from school and to teach children about stranger safety. Information on ways to help children to stay safe is available on the Constable Kenny Koala website.

Incidentally, we congratulate Margaret Pearson on being re-elected as ACT NHW President – Margaret presides over a strongly committed Board and we are fortunate to have them as our representatives. Another strong point to NHW in the ACT is the support of ACT Policing. This was demonstrated at the recent AGM of the ACT NHW when three Police officers were acknowledged for their support of NHW. Furthermore, I received recently an email from Detective Station Sergeant Adrian Craft with the following message:

I have recently assumed the role of OIC City Station substantively. Although our Community Safety team will remain your primary NHW contact, feel free to raise any concerns with me. I will also endeavour to attend as many of your meetings as I can. Just let me know when they're on. This support from ACT Policing is a great strength of NHW.

This leads me to a question I am asked from time to time – could the NHW newsletter be considered junk mail? While individual readers will have their own views as to the value of the content of the newsletter, it is definitely not junk mail as NHW is a community organisation and our primary sponsor is the ACT Government.

*Until next month...*

YOU CAN PREVENT CRIME IN YOUR NEIGHBOURHOOD

6-12  
OCT  
2018

# Neighbourhood Watch Week

BE PART OF  
NEIGHBOURHOOD WATCH TODAY



**RESTART A  
HEART DAY**  
OCTOBER 16



## 1. CALL 000

Make sure it is safe to approach:

- Check for any response from the victim
- Tilt the head back, lift the chin and check breathing
- If breathing is absent or not normal, CPR is needed
- Call 000 and follow their instructions
- If someone is there to help, ask them to call 000 for you, and fetch an AED if possible.



## 2. PUSH

- Place both hands in the centre of the chest
- Compress the chest to the rhythm of "Stayin' Alive"
- If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise push the chest continuously
- Push hard. Don't worry, you can't do any harm.



## 3. SHOCK

- If an AED arrives, switch it on immediately and follow the instructions.

[restartaheart.net](http://restartaheart.net)

[#restartaheart](https://twitter.com/restartaheart)

# YARRALUMLA NEIGHBOURHOOD WATCH

## MEETINGS

## CONTACTS

THIS MEETING	<b>TUESDAY 16 OCTOBER 2018</b>	AREA COORDINATOR	<b>IAN BROWN</b> 6282 5205 brownid5@bigpond.net.au
NEXT MEETING	<b>TUESDAY 20 NOVEMBER 2018</b>	SECRETARY	<b>ANNA HACKETT</b> amhackett@ozemail.com.au
VENUE	<b>YARRALUMLA PRIMARY SCHOOL</b>	TREASURER & NEWSLETTER DISTRIBUTION	<b>ROSEMARY HARRISON</b> 6281 7884 rosemaryh@optusnet.com.au
START TIME	<b>7:30 PM</b>	EDITOR	<b>REBECCA GEORGES</b> absolutelybecky@hotmail.com

The NHW generally meets on the **third Tuesday** of the month unless this conflicts with school holidays when the school facilities are not available to the committee as for April. The NHW committee does not meet formally in December and January during the long school break.



**'Lawyers for People &  
Business'**

Jill McSpedden, Christine  
Harvey and Craig Painter

Unit 3,18 Bentham Street  
YARRALUMLA Shops

Tel 6281 0655

Email mh@mhlaw.com.au



ACT Crime Stoppers is a telephone hotline that allows you, as a general member of your community, to provide anonymous information about criminal activity.

If you are witnessing a crime in progress or wish to make a report of a crime please contact police on 131444.

If you are in a life threatening situation or emergency dial 000.



Serving the Canberra community  
for over 50 years

We provide excellent quality  
dentistry and cover all aspects of  
**general and cosmetic dentistry**

Currently welcoming new patients  
**6171 2088**

Unit 51, Level 1 Habitat  
38 Mort Street BRADDON  
www.preventivedentistry.com.au



Providing high quality  
physiotherapy services to clients in  
the sporting and general  
community.

PHYSIOTHERAPISTS  
**Robyn Armstrong** and  
**Joe Howland**

**6282 1600**  
Deakin Sports Therapy Centre  
Cnr King and Denison St Deakin

reception@  
goodsportphysio.com.au

Working for Canberra



**GAI BRODTMANN**  
Member for Canberra

If you need help on a federal  
issue, please contact my office.

**Phone: 6293 1344**  
Gai.Brodtmann.MP@aph.gov.au

205 Anketell Street,  
Tuggeranong ACT 2900  
www.gaibrodtmann.com.au



Do you have back pain,  
headaches, limited shoulder  
movement, knee pain? Or old  
injuries that still bother you?

Myotherapy can help with  
musculoskeletal pain and injury  
www.canberramyotherapy.com.au

Call for an appointment  
0404 871 230  
Macgillivray St, Yarralumla

### Yarralumla IGA Supermarket



21-23 Bentham Street  
Phone: 02 6282 4122  
Fax: 02 6282 4801

Gourmet Delicatessen Including  
Fresh Dips, Salads & BBQ  
Chickens.  
Highest Quality Fruit &  
Vegetables.  
Top Quality Meat, Chicken & Fish.  
Health & Organic Foods.  
Extensive Range of Australian &  
Imported Beer, Wines & Spirits.  
Grocery, Dairy & Frozen Foods.

### YARRALUMLA HALAL

Turkish Pide House

Eat in or Take away  
**Trading Hours:**  
Open 7 Days  
9.00 am - 8.30 pm

47 Novar St YARRALUMLA Shops  
**Tel 6281 1991**

HALAL MEATS  
YARRALUMLA MEATS  
**Tel 6281 3969**

### YARRALUMLA PHARMACY

Veronica Kong

9:00 am - 6:00 pm Mon - Fri  
9:00 am - 12:00 noon Sat

Deliveries available  
Health Advice, Gifts, Webster-Pak  
National Diabetes Services Scheme  
17 Bentham Street YARRALUMLA  
**Tel 6281 2654**

### YARRALUMLA SURGERY

1/18 BENTHAM STREET  
YARRALUMLA 2600  
www.yarralumlasurgery.com.au

Yarralumla Surgery is your local  
General Practice and we are  
pleased to announce that most of  
our 7 GPs are now taking new  
patients.

**Opening Hours:**  
8.30am – 5.30pm  
Monday to Friday  
Closed Public Holidays

To make an appointment or an  
enquiry please call us on  
**(02) 6282 3899**

### Yarralumla Post Office

All Post Office Services, Wide  
Range of Stationery, Gifts for all  
Occasions,  
Greeting Cards & Wrapping  
Paper,  
Photocopy & Fax Service

#### Trading Hours

Mon-Fri 8.30am – 5.30pm  
Sat 9.30am – 1.00pm  
Sunday & Public Holidays –  
Closed  
Phone: 02 6282 3556

### MAUREEN DWYER

#### Property Consultant

Lic. RE Agent

Specialising in

Sales and

Property Management

**0418 226 109**

**6282 8481**

maureen.dwyer1@bigpond.com

### AYLWEN GARDINER-GARDEN

Pet Minding and Dog Walking

Event Management

Historic Dance Tuition

PH: 0409 817623

aylweng@gmail.com

Fully insured, Yarralumla resident  
ABN 80 735 396 506

### STRUCTURAL AND CIVIL ENGINEER

John Skurr

BE Civil (Hons) MIE Aust. CPEng  
Dip Eco NPER 118674

23 Bentham Street, Yarralumla  
ACT 2600  
PO Box 7172 Yarralumla ACT  
2600

**Ph. 6282 4620**

john@johnskurr.com.au

### HERITAGE NURSERY

#### Exciting and Different Plants

Professional advice & plant  
warranty and extremely good  
value.

A pleasant stroll into Weston Park.

**Tel 6281 7373**

### DWYER DUNN PROPERTY CONSULTANTS

#### Your Yarralumla Resident Real Estate Agent

Dwyer Dunn Pty Ltd

Jo Maxwell

33 Jardine Street KINGSTON

**Tel 6260 7777**

NEW  
ADVERTISER  
COMING  
SOON!

### Downsizing? Moving? Valuables to Sell?

We have accredited expert  
valuers in Art,  
Antiques & Collectables to advise  
you.

We guarantee sale of your items,  
and we achieve consistently  
excellent results.

How? We have Canberra's  
biggest database of buyers, and  
nationwide reach.

Take the stress out of selling  
items yourself, and try our  
transparent on-line auctions.

Contact us:

Andrew@allbids.com.au

**Ph. 6239 2262**



### YOGA

Offers health & energy; improves  
function in a range of health  
concerns; physical strength &  
flexibility, mental & emotional calm  
& balance. Practise seated or  
standing at your own ability & pace.  
Breathe. Relax.

**Fridays 9:30 am for 1 hour**  
Cost \$20 Concessions available

Yarralumla Uniting Church Hall  
Denman Street Yarralumla

**Valerie Albrecht**  
**0406 052 339**

valeriyoga@optusnet.com.au  
www.theoceansofenergy.com



Personal taxation  
Small business accounting  
Self-Managed Super Fund  
accounting and compliance  
Registered SMSF auditor  
GST advice and BAS service

Unit 5, 18 Bentham Street  
YARRALUMLA  
Tel 6281 5843

admin@prosperityaccounting  
solutions.com.au



**Canberra Bridge Club**  
ABF affiliated

11 sessions per week  
Catering for beginners through to  
advanced

Learn or improve your bridge  
Regular competitions and Events

5-7 Duff Place, Deakin  
6282 2382

www.canberrabridgeclub.com.au

### ANSHU CHOPRA

#### Registered Tax Agent

Taxation and Business Advice

Special home service  
Senior citizens of Yarralumla  
at no extra cost.

Local tax agent in Yarralumla  
**0421921709**  
**61695806**

anshu@anshuchopra.com.au