



Calwell Neighbourhood Watch Newsletter

JUNE 2009

Area Coordinator: Wendy Anderson
Regional Director Tuggeranong: Nick Tsoulas
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Want to get involved and make a difference?
Become a member of the Calwell NHWatch
Visit: <http://www.nhwact.com.au/membership>
Download the membership form and post it to
GPO Box 1047 Canberra ACT 2601
or come along to our next monthly meeting.

We need you Calwell residents!

The Calwell NHWatch committee is comprised of local dedicated volunteers. The committee meet on the third Wednesday of each month at the Calwell Club, who kindly donate the use of their boardroom. Meetings run for one hour, and in these meetings we plan the monthly newsletter as well as discuss issues of concern for Calwell residents. We are keen to expand what we do and would like to encourage new members to join our committee. If you are interested in being involved and can spare a few hours each month, then please come to our next meeting or send us an email at calwellnhw@live.com.au

On behalf of Calwell NHWatch, I would like to thank Ray Haley and Peter Strong from the Bendigo Bank for their generous grant of \$5000 dollars to the Tuggeranong Neighbourhood Watch.

Wendy Anderson
Area Coordinator Calwell NHWatch

Next Calwell NHWatch meeting

The next Calwell NHWatch meeting will be held on
Wed 18 June 7pm at the Calwell Club
1 Were St Calwell
All Calwell residents are welcome to attend.

Coffee on the go

@ CALWELL SHOPPING CENTRE

SENIORS TUESDAY

Bring a friend every Tuesday to receive a **FREE** regular coffee when another regular coffee is purchased (10am – 12noon).

Seniors Coffee + Cookie
\$3.50

MILKSHAKES

Buy 2 milkshakes and receive a 3rd for **FREE**.

BREAKFAST

A wrap or foccacia with 2 eggs & bacon for **\$5**.

OPEN 7 DAYS from 8am - 5pm

PH 6291 0022

09-06925/2

Your Child's Security

ACT Policing understands parents and guardians can not keep an eye on their children 24-hours a day. That is why it is important to discuss security with children and encourage them to adopt a number of personal safety strategies.

Parents and guardians should encourage their children to:

- Establish a network of trust consisting of people they feel safe to approach for help. This could include family members, teachers, friends and those living in Safety Houses near their home.
- Seek assistance from agencies such as the local fire brigade, ambulance service and the police if they ever feel unsafe.
- Be aware of inappropriate behaviour patterns such as touching, language, gifts and accepting lifts.
- Confide in their network of trust if they are subjected to any form of inappropriate behaviour.
- Be aware of the importance of privacy and encourage them to keep their personal particulars, such as their name, age and address confidential from people outside of their network of trust (where possible children should ensure name-badges are not displayed on clothing or school bags when out in public).

When away from a parent or guardian children should:

- be encouraged to stay in a group
- pay attention to their surroundings in public areas
- ensure they let parents or guardians know if their plans change
- seek assistance if they see anyone acting suspiciously
- ensure they understand not to approach cars if someone stops and asks them questions
- know how to seek refuge in a house displaying the Safety House symbol if they feel threatened
- know to shout loudly and tell the person to stay away if approached by a suspicious person and feel scared
- try to remember details of suspicious people they may encounter, such as what they looked like and what they were wearing.

For more information on the Safety House program in the ACT go to the ACT Safety House Association website at <http://www.safetyhouseact.org.au>

Source: http://afp.gov.au/act/crime_prevention_your_childs_security.html

Neighbourhood Watch 25th Anniversary

A dinner to celebrate the 25th anniversary of Neighbourhood Watch in the ACT will be held in the Olympus room, Hellenic Club, Phillip on Wednesday 23 September 2009, 7pm for a 7.30pm start.

There will be a two course dinner with VIP guests attending. Drinks will be available from the bar.

Dress is strictly 'lounge suit' for men and 'after five' for women.

The community and all members and past members of ACT Neighbourhood Watch Inc (Association) are invited to celebrate the occasion of the 25th anniversary of Neighbourhood Watch in Canberra.

The cost is \$30 per person and is to be paid upon booking. Bookings and payment by cheque or money order payable to ACT Neighbourhood Watch Inc (Association) can be made to Brian Schiller 62861138 or Ursula Macdermott 62810673.

Message from the Ambulance Service

We all carry our mobile phones with names and numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. A viral email campaign is spreading the word of using an identification system called 'ICE' (In Case of Emergency).

It is a method of contact during emergency situations. All you need to do is store the number of a person or persons who should be contacted during an emergency under the name 'ICE' (In Case Of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients, but he didn't know which number to call.

In an emergency situation, emergency service personnel and hospital staff are able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.

When you have a moment, make sure you save your emergency contacts under 'ICE'.



Please assist our Police by reporting all suspicious activity to

CRIME STOPPERS on 1800 333 000

For Police Attendance call 131 444, but for all life-threatening emergencies call 000

ACT Grocery Choice information for June 2009

The Australian government launched GROCERYchoice in 2008 to help consumers compare the general price levels of supermarket chains in their area. Consumer group, CHOICE was contracted to take over the site following agreement with the federal government about how to improve the website's relevance and performance. Phase 2 of the CHOICE roll out will occur in July 2009, where consumers will be able to access a redesigned website. CHOICE aim to put power into the hands of consumers so they can share information, swap tips and report both good specials and dubious practices.

**If you would like to read more about GROCERYchoice, visit the website at
<http://www.grocerychoice.gov.au>**

ACT grocery basket prices for June 2009

These basket prices represent the average basket price for the region for each supermarket chain. The total basket price reflects weekly grocery purchases by the average Australian household.

Independent testing of product quality has been done to allow 'like-for-like' comparisons between retailers. However, some differences in the quality of fresh meat, fruit and vegetables may still exist and consumers should consider this when making price comparisons.

Note 1: Basket prices for individual stores are not available.

Note 2: 'Independents' refer to supermarket retailers other than Woolworths/Safeway, Coles/BiLo, Franklins, Supabarn and ALDI.

Note 3: ALDI supermarkets do not stock all of the 500 products included in the survey. A smaller number of staple products have been selected and are presented as the 'basic staples' basket. This is the only basket that lists an ALDI supermarket price.

Basket	Coles / Bi-LO	Woolworths / Safeway	Supabarn	Independents	ALDI
Meat and Seafood	\$28.35	\$28.42	\$32.64	\$29.71	-
Fruit and Vegetable	\$30.60	\$27.21	\$30.44	\$34.74	-
Dairy	\$16.99	\$16.96	\$17.04	\$18.24	-
Breads and Cereals	\$23.19	\$22.34	\$22.96	\$23.57	-
Drinks and snacks	\$21.91	\$21.03	\$24.69	\$24.57	-
General groceries	\$18.47	\$19.15	\$19.56	\$20.21	-
Household and personal care	\$28.46	\$27.02	\$29.68	\$31.61	-
Total of above	\$167.97	\$162.13	\$177.01	\$182.65	-
Basic staples June 2009	\$79.72	\$81.89	\$90.99	\$97.37	\$62.63

A new Neighbourhood Watch Group in is due to commence in Theodore in late June/early July.

If you would like to get involved, or would like more information, please contact Russell Morisson on 0408 947 935 or via email at dabblers2@bigpond.com

Useful phone numbers

Emergency 000
Attendance 131 444
Crimestoppers 1800 333 000
Calwell NHWatch Enquiries 6291 0022



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Calwell crime statistics for April and May 2009

Crime statistics have been removed from the web version of this newsletter as requested by the AFP.



Steve

Doszpot

Canberra Liberals MLA

If you have any neighbourhood issues you would like to discuss, please contact:

t: 6205 0131 f: 6205 0412

e: doszpot@parliament.act.gov.au

w: www.parliament.act.gov.au/members/doszpot

Tuggeranong Community Council meeting

The next TCC meeting is on Thurs 2 July 7.30pm at the Vikings Town Centre Sports Club.

All residents of the Tuggeranong Valley are welcome to attend these meetings.

If you would like more information email tccorg@optusnet.com.au or call 6292 1843.

Would you like to advertise in the Calwell NHWatch newsletter?

We are currently looking for local businesses and organisations who would like to support our newsletter through advertising.

For advertising costs and print specifications, please contact Eliza Zekalo on 0421 865 816.



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