



# Neighbourhood Watch 3193

## Let's watch out for each other

April - June 2020

NHW 3193 - Beaumaris & Black Rock

### Emergency Telephone Numbers



**BAYSIDE POLICE STATION**  
8530 5100  
When you need the Police  
but not the sirens call **131 444**



132 500



9599 4444



1800 333 000



Crisis Support. Suicide Prevention.

13 11 14



1300 22 4636



1800 737 732



Anytime | Any Reason

1800 55 1800



CALL THE  
NATIONAL SECURITY HOTLINE  
1800 123 400



132 099



132 691



132 812

## Necessity is the mother of invention

Wise words and true today in our strange and worrying new world. Yet, all around us, some amazingly creative and positive things are happening. The human spirit is alive and well.



Who had heard of ZOOM a few months ago? Now, everyone is ZOOMING. See inside for ideas.



How about a romantic candlelight dinner at home with your favourite take-away?



Bear spotting in 3193



See inside: Community in action in Tibbles Street

### Support our local traders

Inside this issue - Open for business lists:

Pharmacies and Groceries. Also Cafes & Restaurants open for take away in 3193. Phone numbers, when open, delivery etc.

## We're here for you

Bendigo Bank has committed itself to the care and wellbeing of Australian communities for over 160 years.

Now, more than ever, we're here to help see you through COVID-19.

Talk to us about how we can help.

Call us on 9589 5366 or search Bendigo Bank Beaumaris.



Community Bank  
Beaumaris



## President's Report

Neighbourhood Watch 3193 Inc.



Philip Level

Its almost unbelievable now but just two months ago we held our Community Meeting at Beaumaris Secondary College and over 120 residents attended!

We are now in very different circumstances. Talking to all the oldies, they can't remember such anxious times, even through WW2. At least then you could go to the beach, restaurants and associate with friends and family. It will end eventually, thank goodness!

NHW 3193 is currently limited in what we can do. We, like everyone, hope this doesn't last too long.

NHW 3193, Beaumaris Rotary, Beaumaris Lions and Bayside Council all want to help those in need. Please call one of us if you or someone you know needs help. We will assist as best we can.

Graffiti Busters is now expanding with Council support, to neighbouring suburbs. We iare forming new groups.

We have recently taken delivery of our long awaited graffiti trailer. We are most grateful for the sponsorship of Beaumaris Bendigo Bank, Beaumaris Lions, Morgan's Cellstruct and also to Beaumaris Rotary for allowing us to hold the Farmers Market raffle to help raise funds.

We congratulate the Tibbles Street residents and others who are setting up "street support groups" and/or activities. Community Spirit is alive and well.

Please support our local traders. In this newsletter we list Pharmacies/Groceries/Cafes and Restaurants open for business and take away. We hope you find it useful.

We regret we do not have crime figures this newsletter. Victoria Police advised us that Officers had been re-assigned due to the virus and are unavailable.

Stay strong and safe.

Regards

**Philip Level AM, President**

**Geoff Bransbury Vice President**



## A message from our Mayor Cr Clarke Martin



Bayside City Council is working hard to support our community during the COVID-19 outbreak.

We are following advice from the Victorian Department of Health and Human Services and Australian Department of Health and have enacted our rigorous pandemic plan. The health and safety of our community and staff is our top priority.

Council is continuing to provide a wide range of essential services, adapting to the latest health guidance and social distancing restrictions.

We are prioritising services to Bayside's most vulnerable residents. This includes continuing to support our older residents and those with a disability through in-home care and delivered meals.

We all have a role to play during the evolving COVID-19 outbreak. Please support your family, friends, neighbours, local businesses, and in particular our elderly or more isolated residents who will need our help and friendship more than ever.

Bayside is a strong and connected community – let's look out for each other during this challenging time.

**Cr Clarke Martin  
Bayside Mayor**

**If you, or someone you know, is in need of assistance, please contact us on 9599 4444.**

### Bayside

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Our dental services for the whole family include orthodontics, clear braces, implants. Payment plans available. HCF providers. DVA. Child Dental Health Scheme.

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**Dr Suzanne Cairns**



**Dr Caroline Lai**

**New Patient offer  
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Fluoride treatment  
and 2 X-rays.**



# We are here to help

**Do you, or someone you know, need any assistance in some way?  
If so, please contact us.**

We will either help as best we can within current rules, or put you in touch with those who can.

**Call : Beaumaris Rotary, Neighbourhood Watch 3193, Beaumaris Lions or Bayside Council,  
on one of the numbers below.**



0478 303 662



0416 294 452  
0421 344 442



0411 699 961



9599 4444

## Another way we can help!

Donate some non-perishable items for those with a disability and need help. Call 0477 123 072 Give a Care will pick up



There are some amazing people in our Community.

One such person is Jeff Shaw, Beaumaris resident who suffered a brain injury and later started the Give A Care Foundation to help those with a disability, who maybe live alone and need extra help

This wretched virus has created the need to provide groceries, help clean and even cook for some families and individuals with disabilities in our Community. Money is scarce and many can't get out to shop.

In better times, Give a Care Foundation holds events to help escape the loneliness. They held a Christmas Party and 120 came. Sadly all this has stopped for now but they will be back. Just wait and see!

## Community is alive and well in Tibbles Street



Sue Rothwell and some of the Tibbles Street Support Group social distancing.

Sue Rothwell thought there may be people in the street needing help. She letterboxed all homes in Tibbles Street suggesting they form a Support Group to help one another.

Just about everybody joined in. They then created a Facebook page. Suddenly, neighbours got to know their neighbours better. On ANZAC day they plan to be by their gates at 9.00 am. Dawn is a bit early for some! Post virus events are also being planned.

**Well done Sue and the Tibbles Street residents.**

**Email us on [nhw3193@gmail.com](mailto:nhw3193@gmail.com) if your street is doing something like this.**

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Black Rock

**Dr Alfaz Emadi**  
GP

**Dr Maureen Burke**  
Principal GP



**Doctor Paddy**  
Certified Therapy Dog

Discounts for children under 16, Health Care Card & DVA White Card holders

## Telehealth consults have arrived!

By Dr Alf Emadi  
(Next Practice Black Rock)



Most medical practices have moved to telehealth to deliver medical care as it is safer for both patients and medical staff to limit their contact with others right now.

Contact your clinic directly to find out what their arrangements are.

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Telehealth appointments can be used very effectively to manage most of your health needs.

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Reception staff can talk you through setting up a video call, but don't worry, if you can't make it work, the doctor can get the info they need over the phone too.

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If any red flags are raised during the telehealth consultation, the doctor can arrange for you to be seen in person.

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Due for a routine screening test like CST (Pap smear)? If you have no symptoms and are in a low risk group, your doctor may suggest that it is safe for you to defer screening for a while. It is best to make a telehealth appointment with your doctor to discuss your individual circumstances to make a decision together.

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Medicare has agreed to contribute to the cost of telehealth services. Contact your clinic directly to find out what their individual policy is.

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Medical clinic staff everywhere are doing their best in a difficult situation and they appreciate your patience with them as they adapt to a rapidly changing system. Let's all work together to make this time a little easier for everyone. This too shall pass.

# GREG HOCKING

BAYSIDE LIVING

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**Your local Property Experts**

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South Concourse, Beaumaris

## Former burglars say barking dogs and CCTV are the best deterrent



Assuming you might not want this option, have you considered CCTV for your home? There are many options that don't cost the earth!

Call Philip Lovel our President on 0421 344 442 if you are unsure. He has some personal experience. Please note NHW is totally independent. Any advice given is purely personal opinion.

Note: Neither CCTV or Dogs are a replacement for all the usual security precautions.

## Personal alarms that'll scare them off



Very loud, easy to use. ideal for your car, handbag or keyring. It'll give you some re-assurance.

We still have some available. \$20.00 from NHW. We'll deliver. Call 0416 294 452



## A to Z Gardening Services

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Craig - 0407 440 888

# It's a ZOOMING world

## Some ways to keep sane and connected

Just weeks ago, many of us hadn't heard of ZOOM. Now it's everywhere. It's not the only video conferencing system; there is Webex, Facetime and others, but Zoom seems to be everywhere.

What's so good about it ...Well, it's simply a terrific way to stay connected with friends, family or for use as a Business Conferencing/Meeting system and of course in schools or other education forums.

Perhaps it is because we're all at home and bored but some brilliant ways to use ZOOM (and other systems) are emerging....Here are just some of many ideas...Please email us with more!



*Zoom works on PCs and Laptops, Apple and Windows, Tablets, iPhone and iPad and Android devices. Just download the App. It's easy to use but like anything, you have to become familiar with it. Get a friend to "invite" you to a Zoom meeting by email. There are good videos on YOUTUBE to help you get started. Once you've been in a meeting or Zoom chat, you'll probably be hooked!*

### Some ideas we've heard about - tell us more - email us!

- ⇒ Chats amongst friends and family. Connect with them interstate or overseas.
- ⇒ Business Meetings. If well managed can be highly effective.
- ⇒ Discussion Forums. You can all solve all the world's problems!
- ⇒ Dinners - Yes, have dinner and link with friends also having dinner.
- ⇒ Wine Tastings - You can enjoy your wine and hear about theirs!
- ⇒ Quiz events - One English village, we were told, has set up an inter-street ZOOM competition.



On-line Bridge with an App called "Bridge Base Online" is getting very favourable comments from the Beaumaris Probuss Bridge Group.

### There are limitless ZOOMING ideas to keep you in touch - email us yours!



### Here's how to make your own hand sanitiser

60% alcohol (methylated spirit is ok),  
20% glycerine

15% water  
5% ti-tree/eucalyptus oil



### NHW 3193 Graffiti Busters is expanding

We started in Beaumaris in November 2018 and now, with support from Bayside Council we are looking to set up new Graffiti Buster Groups in neighbouring suburbs Thanks to the generous support of the Beaumaris Bendigo Bank, Beaumaris Lions Morgan's of Brighton and Cellstruct, we have at last got our trailer!

Join us! Call 0416 294 452 - We need volunteers throughout Bayside

Open  
Till **7.00 pm** Weekdays  
Saturday 9.00 - 1.30 pm  
Tel 9589 2676

  
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# Pharmacies and Groceries in 3193

## Open for Take Away - Support our Local Traders

### PHARMACIES OPEN IN 3193

All 3193	Phone	Hours Open	Phone Orders	Delivery
<b>Beaumaris Pharmacy</b> Beaumaris	9589 2676	M- F -8.30 -7.00 Sat – 9.00 – 1.30 Sun Closed	Yes	Yes
<b>Pharma Save</b> Beaumaris	9589 1302	M-F - 8.30 6.00 Sat - 9.00 -1.00 Sun Closed	Yes	Yes
<b>Amcal Seaview</b> Beaumaris	9589 2436	M – F 8.30- 6.00 Sat- 8.30 – 4.00 Sun Closed	Yes	Yes
<b>Pharmacy 360</b> Black Rock	9589 3768	7 Days 8.30 – 7.00pm <b>Including Sunday</b>	Yes	Yes

### GROCERIES, DELICATESSENS & SUPERMARKETS OPEN IN 3193

Beaumaris	Phone	Hours	Phone / On-line	Delivery
<b>IGA Beaumaris</b> The Concourse	9589-5100	7 days 7.00am – 9.00pm	Yes	Yes
<b>Merchant</b> Concourse	9589 2170	M - F: 6.00am – 6.00pm Sat 6 –5.00 Sun 7- 5.00	Merchantorders @outlook.com	Next day Delivery
<b>Beaumaris Pantry &amp;</b> <b>Larder, Concourse</b>	9589 0422	M – F: 6.30am – 5.30pm Sat 6.30am – 2.00pm	Yes 10.00-2.00	Yes - Min \$30
<b>Foodworks - Keys St.</b> Beaumaris	9589 5495	M – S: 8.00am – 9.00pm Sun 9.00am – 8.00pm	No	No
<b>Foodworks</b> Seaview Shops	9589 2211	7 days 7.00am – 9.00pm	Yes	Yes – Min \$50
<b>Gardenfresh</b> Seaview Shops	9589 2161	M -F 7.00 -6.30 Sat 7.00 – 5.00	Yes	Yes

Black Rock	Phone	Hours	Phone / On-line	Delivery
<b>Metro</b>	8551 8700	T– Fri 8.00am – 8.00pm Sat 7am-9pm , S - M 8- 8.00	On-line	No
<b>Black Rock Local</b>	9589 4356	Mon – Sat 7.00am -10.00pm Sun 7.00am – 9.00pm	No	No
<b>Berries on the Rocks</b>	9589 4345	Mon - Fri 8.00 - 6.30 Sat- Sun 8.00 - 5.30	www.berriesonth erocks.com	Yes - min \$50

Please note: We apologise if there are omissions or errors in the lists. Only locations open at the time of calling are included. Some may have closed since or changed their opening times.

### Top quality Fruit Veg and Deli



Where else but Merchant in the Concourse



## Beaumaris

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**Phone ordering - 9589-5100**  
**Delivery is available**

**6/12 South Concourse**

# Restaurants and Cafes in 3193

## Open for Take Away -Support our Local Traders

NAME	PHONE	WHEN OPEN	DELIVER
<b>Black Rock</b>			
Cafeteria	95892200	7 Days -7.30am - 3.00pm	
Clover	95897809	11.30-3 & 5-9pm Tue -Sun	
Everyday Sunday	95894823	11-3.00 & 5-10 Thurs-Sat	Yes
Café Black Drop	95896960	7 Days- 6am - 5pm	
Colonel's Son	95890481	7 Days 7am - 3pm	
Buffalo Thai	95894705	7 days -5pm - 9pm	Yes
Flavours	0457888157	7 days 8am - 4pm	Yes
Gatto Rosso Pizza	95109955	Tues- Sun 5pm - 10pm	
Happy Jacques	95896700	7 Days- 8am - 5pm	
Davey Mac Ice Cream	95890636	7 Days 3.00 -5.00pm	
Uncle Bart	95892099	7 days 6.00 am - 1 pm	
Taco Bill	95894905	7 days 5.30 - 9.30pm	Uber
Pizza Me	95987778	4pm-10pm (not Mon)	Uber
Ventuno	95894886	5.30pm-8.30 Th, F, Sat	
Baked By The Bay	0448859915	7 Days 6am - 5pm	Yes
Village Meats	95894224	7.30am -6 M-F, 7.30-1 Sat	Yes
Black Rock Fish & Chips	95892291	1pm - 8.00 F, Sat & Sun	Yes
United Espresso	95894187	7 Days 8.00 - 4.00	Yes
Café Black & Co	85227746	6.30am- 2.30 pm Mon -Fri	
Pasta Fresca		10am-6pm M-F 9am-3pm Sat	By Req
Sazio	95893416	7 Days 4.30pm - 9pm	Yes
Thai Rani	95989325	Tue -Sun 5.900- 9.00	
<b>Beaumaris - Seaview</b>			
Beaumaris Charcoal Chicken	9589 1909	T-F 10.30-9.00 S-Sun 10.30 8.30	
Gatekeeper Café	skip.com.au	7 days 8.00- 2.00 Fri- till 8.30pm	skip.com.au
Gold Stream Chinese	9589 2538	Tue Sun 5.00 -9.00 Tue-Fri 11.30 -2.30	Uber
Harvest Fare Takeaway	9589 4474	Mon - Fri 10.00 -6.45, Sat 10-3.45	
Saska Café	9589 0377	Daily 7.00 -3.00	Yes
Seaview Fish & Chips	9589 5072	Sat-M 11-8.30 F 11-9 Sun 12.30 -8.30	Uber
Rustica Cucina	95895645	Sun.M,W,T 5-9.30 F- Sat 5-10.00	
Watkins Bay Café	0415 373693	7 Days 6.00 - 4.30	
<b>Beaumaris Concourse</b>			
Beaumaris Bakehouse	9589 1988	7 Days 7,00 -3.00	
Ferg's Fish	9589 0699	8.00 - 6. M-F, 8 - 4 Sat, 8 -2.Sun	
Ginger Fox Café	9589 4614	7 Days Mon - Sun 7.00 - 3.00	
Kuche	9589 0900	9.00- 6.00 M-F 9-2pm Sat	Yes
Sing Tao Chinese	9589 5036	Fri - Sun 5.00 - 9.00	
Da Giacomo Caffè	9589 6227	7 Days 6.00 -3.00	
Est Espresso & Kitchen	9589 0599	7 Days 7.00 - 2.00	
Ken Japanese Restaurant	9589 1926	5.00 -8.30 Tues- Sun 12 - 2.00 Fri-Sun	
Aashirwad Tandoori	9589 3656	Tues - Sun 5.00 -9.00	Yes
Avo Pizza	9589 2458	7 Days Mon -Sun 5.00 -10.00	Yes
Case Dolce Café & Bakery	9589 5596	6 Days Mon -Sat 5.30 - 3.00	
La Cucina Restaurant	9589 2199	7 days Mon -Sun 5.00 -8.00	Yes
Lobster Cave Restaurant	9589 6329	Wed - Sun 5.00 - 9.00	Yes
Napolitana Pizza	9589 1160	Wed - Sun 5.00 - 9.00	Yes
Mr Beau	9589 7353	Tue-Sat 12.00-7.30, Sun12-8.30 pm	
The Pie Haus	9589 3249	Mon -Sat 8.00 - 4.00	
<b>Beaumaris - Other: Haydens Rd , Keys St, Charman Rd &amp; Wetherall Rd.</b>			
Zaika -Indian	9589 6677	N/A	
Chino & Co Café	9515 0200	M-F 6.30-1.30 Sat -Sun 8.00-1.30	
Siam Spicy	9589 1400	7 Days Mon - Sun 5.00 - 9.00	Uber
The Seafood Grill	9589 4004	6 Days 11.30 - 8.30 Tuesday Closed	
Japan Inn Restaurant	9589 3211	Tues -Sun 5.30 -9.00	Uber
Madam Viet	8521 0967	7 Days Mon - Sun 5.00 - 9.00	Yes
The Parlour	9515 4514	M=F 8.00-2.30, Fri - Till 9.00 PM, Sat Sun 8.30 - 2.30	Uber/Doordash

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Authorised by Brad Rowsell, Suite 1, 55/60 Bay Road, Sandringham, 3101. Funded from Parliamentary Budget.



## Watch out for these coronavirus scams Two things to remember!

- 1) Always be alert and suspicious
- 2) Don't click on links

### Here are some examples - Nobody can say they are not inventive!

- ⇒ Official looking but fake emails from the World Health Organization telling you to click on a link to access the latest information on COVID-19, along with some online training.
- ⇒ Fake texts "from" the Government, "GOV" or "myGOV". Saying you can get the latest info about the symptoms for coronavirus, how you can get tested and the current restrictions, by clicking on a link.
- ⇒ Official looking email from Australian Government about a "subsidy benefit" you can get – asks you to click on links etc and to provide info.
- ⇒ Official but fake messages from Woolworths and Coles offering free \$250 vouchers "to support the nation during the Corona pandemic" Don't click on the link!

There's more - Fake pet scam - Free Netflix scam, Bank virus scam, Computer virus scam The list is endless.

Remember **ALL** these **scams** ask you to **do something** - remember the golden rules.  
Be suspicious and don't click on the link. Call someone if you have doubts.

**For more information visit [scamwatch.gov.au](http://scamwatch.gov.au)**



### Help us spread our messages via Facebook

We have launched a new Facebook page



**"Neighbourhood Watch 3193 Beaumaris & Black Rock"**

Simply "like" our new page, then "Like", "Comment" or "Share" any of the posts

*Vivian Shannon, pictured, has kindly volunteered to do our Social Media*



## Neighbourhood Watch 3193 Inc. Beaumaris and Black Rock

Contact us: [nhw3193@gmail.com](mailto:nhw3193@gmail.com) Visit: [www.nhw3193.com.au](http://www.nhw3193.com.au)

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