



Police NEWS



Woman charged with drink-driving after crash leaves pedestrian critically injured

• **Newport**

Police have charged a woman with drink-driving after a road crash on Sydney's northern beaches which has left a pedestrian critically injured. Just before 9am on Sunday 15 August, a 30-year-old man was walking to his parked car on Barrenjoey Road at Newport when another vehicle veered across three lanes and struck him. The man was pinned between both vehicles. He was rushed to Royal North Shore Hospital in a critical condition. His left arm was later amputated as a result of his injuries. The 36-year-old driver was submitted to a breath analysis which allegedly returned a reading of 0.097. She was later charged with mid-range drink driving and ordered to appear in Manly Local Court on Monday 20 September. Her licence was immediately suspended and investigations by the Metropolitan Crash Investigation Unit are continuing. Her car has been seized by police for examination.

Woman charged with attempted murder

• **Wyoming**

Police have arrested and charged a woman with the attempted murder of a man after a stabbing attack at Wyoming on the state's Central Coast. Around 7.30am on Sunday, police from the Brisbane Water Local Area Command were called to a caravan park and located a 35-

year-old man suffering six stab wounds to his arm, shoulder and chest. The man was taken by ambulance to Gosford Hospital for treatment. He remains in a stable condition. Police travelled to an address at Narara and arrested a 35-year-old woman.

She was taken to the Gosford Police Station where she was charged with attempted murder and maliciously inflict grievous bodily harm with intent. The woman was refused police bail and ordered to appear on Monday before the Gosford Bail Court. Investigations into the incident are continuing.

Member of Parliament's office break-in

• **Carnes Hill**

Police have released CCTV following a break-in at a State MP's office in Sydney's southwest last week. About 7am on Friday 13 August, entry was forced through the front door of Labor MP Andrew McDonald's office at Carnes Hill Market Place on Kurrajong Road at Carnes Hill.

A number of cupboards and drawers were opened in the Member for Macquarie Field's office, but it is not thought anything was stolen.

Detective Inspector Daniel Doherty, Crime Manager from Green Valley Local Area Command, said it appears the break-in was opportunistic.

"We think whoever broke-in was looking for money or other items that could be quickly turned into cash," Det Insp Doherty said.

"Detectives have obtained CCTV from the shopping centre of a man

who might be able assist the investigation.

"There were also a number of a people in the car park at the time of the break-in – we urge them to contact us."

The man who might be able to assist the investigation is described as being Caucasian appearance, 18 to 30 years of age and was wearing a checked hooded top, a black jacket with white horizontal stripes on the front, brown pants, black gloves and white runners. He was seen driving from the scene in a white sedan being driven by a second man.

Police investigate Molotov cocktail attack

• **Waterloo**

Police are investigating an overnight Molotov cocktail attack on a house at Waterloo in inner Sydney. Around 9.15pm on Sunday 15 August, a 45-year-old man, a 43-year-old woman and their seven-year-old daughter were at home in Lenton Parade when they heard a loud bang outside their front door.

The woman walked outside to investigate and found a bottle on fire.

She kicked the bottle down a set of steps, causing it to smash, and then extinguished the flames. There was minor damage to the front door and fence of the property. Police from the Redfern Local Area Command searched the area and established a crime scene.

The attack followed a similar incident around 6pm yesterday, in which two beer bottles, containing petrol, were thrown at a public stairway in Lenton Parade. That small fire was extinguished by another resident. Patrols of the area were stepped up and investigations are continuing.

Anyone who witnessed any of the above incidents is urged to contact Crime Stoppers on 1800 333 000.

Young community leaders get behind-the-scenes look at the Force

The NSW Police Force has handpicked 20, young role models from across NSW to take part in their first ever Youth Community Awareness of Policing Program. For four days, the NSW Police Force will open its doors and give the young participants an insight into Police training and methods in an attempt to raise awareness in the community of the challenges, dangers and realities NSW Police officers face every day. The Community Awareness of Police Program is a global best practice initiative.

Similar programs have been used by the FBI, New York and San Francisco Police Departments in the United States. These agencies have found that providing the community with an insight into law enforcement techniques and how police operate can lead to more efficient investigations.

The NSW Police Force has already held one successful CAPP course.

The first intake included 19 community leaders, sporting stars and media personalities such as Steve Waugh, David Gallop and Margaret Cunneen.

These participants were put through their paces in an intensive six days of police force training in 10 different components.

Minister for Police, Michael Daley said the successful

program has now been extended to engage local youth community leaders.

"The NSW Police Force does an excellent job, 24 hours a day, seven days a week, protecting local communities and driving down crime across the State," Mr Daley said.

"They are one of the most advanced and well resourced Police Forces in the world. "This program presents a unique opportunity to give these young community leaders an insight into what police do and importantly, why they do it.

"I am sure it will be an eye-opening process for those involved and I hope it will lead to stronger links between Police and the community."

Mr Daley said the participants selected to take part in the Youth CAPP program are role models in their community and will be leaders of the future.

"Being a police officer in NSW can be a very rewarding job, but also a difficult and testing job – this program is a way of showing the community the sort of pressures officers encounter, every day.

"We are grateful for the participation of these young community leaders and I'm sure they will their will be a mutual benefit gained from this program."

RECIPES



Bamies (okra)

Okra, known as bamies in Greece, is a vegetable that characterises summer dining but is often overlooked because the seed pod is mucilaginous, and the dish often results in a slimy or glue-like quality.

Also known as lady's fingers, okra originated in West Africa and has travelled the globe to be incorporated in cuisines as diverse as the slow-cooked Caribbean gumbo, India's spicy stir-fried bhindi and the Arabic stewed banya. To minimise the mucilage in the dish, the okra should be soaked for about an hour in water with vinegar and the tops should be cut off without exposing the seeds.

A popular dish in Greece is kotopoulo me bamies (chicken with okra). For an interesting variation of the classic dish, you can use ortikia (quail), which are popular game birds in Greek cooking. This recipe combines the favourite summer flavours of tomatoes, onion, garlic and parsley with fresh okra. If quail is not available, try the recipe with game hens or chicken and adjust cooking time accordingly.

Ortikia me bamies (quail with okra)

Cooking Time: 45 minutes

• **Ingredients**

- 8 quail, dressed
- 3 tablespoons, plus 13 tablespoons olive oil (total 1 cup)
- 6 boiler onions, peeled
- 2 cloves of garlic, finely sliced
- 2 medium tomatoes, peeled, finely chopped
- 2 1/4 pounds of whole baby okra, trimmed, rinsed, drained
- 1 rounded tbsp of finely chopped flat-leaf parsley
- 1/8 cup of red wine vinegar
- sea salt
- freshly ground black pepper
- 1/2 cup of water

• **Method**

Rinse quail and season with salt and pepper to taste.

Heat 3 tablespoons of olive oil in a stew pot or Dutch oven and brown the quail on all sides. Add the onions (whole), garlic, and tomatoes. Simmer uncovered for 10 minutes.

In a skillet, fry the okra in the remaining olive oil until softened, and add to the pot with the quail. Stir in parsley, vinegar, water, and more salt and pepper to taste. Allow to return to the boil and simmer uncovered for 20 minutes longer, or until quail are done.

Source: ATHENS NEWS