

THE WATZON

Newsletter of the Watson Community Association Inc.

Number 71

Winter 2011

This edition:

- ◆ Garden Advice
- ◆ Yummy recipes
- ◆ Woodland Update
- ◆ Local Poetry
- ◆ Joey's new Kitchen!
- ◆ And lots of local stories!

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MESSAGE FROM THE WCA Committee

The WCA annual general meeting was held on 12 May. We heard reports on the WCA's Working Group's various activities including on the Watson Woodlands, Noise Pollution and EPIC, Watson 50th Anniversary, and the Majura Oval.

A new committee was elected for 2011-12

The Committee met in June and discussed issues such as the Watson 50th Anniversary, the Majura Oval, Watson Medical Centre, and Public Toilets, as well as updates on the Carotel caravan park lease, Majura Primary funding, the Watson Servo site, and the ACT governments Commercial Zones Policy Review paper.

If you would like to know more, you are welcome to contact us



*The WCA particularly thanks the Australian Catholic University (ACU),
Signadou Campus in Watson, for printing this Newsletter as a community service.*

Joey's new kitchen

There is a new kitchen in Watson... that is Joey's Kitchen. Situated at the Watson shops, Joey's Kitchen offers delicious Mediterranean inspired meals and a great coffee.

Owned by Watson locals Joey Caruana and Louiza Blomfield, the philosophy of Joey's Kitchen is to serve fresh, locally sourced produce. The divine coffee is Joey's own unique blend, fair trade, organic Wagonga Coffee that is roasted in Mitchell. All the pasta is made fresh in house too!

The menu is seasonal and changes every three months. Head chef, Marissa Barac and Joey create exciting yet traditionally inspired food and the meals offer great value.

Previously the owner and Chef at La Lupa in Sydney, Joey and his wife Louiza spent time travelling and working overseas. Now a Watson resident of seven years, Joey is involved with the local community and participates in the Stephanie Alexander Kitchen Garden at Majura Primary school.

If you haven't discovered Joey's already, be sure to pop in and enjoy a meal in the vibrant surroundings that feature photography by Louiza of the Watson area. The great value, inspired food and service will make sure you make a return visit.

Editors picks – For brekkie, enjoy the baked eggs and a coffee or for dinner try one of the fresh pastas!



**JOEY'S
KITCHEN**

Celebrate at Joey's Kitchen

Talk to Joey about how we can make your special occasion a time to remember.

Call 6255 6965 or

Email info@joeyskitchen.com.au

Transforming Watson Oval

A group of local residents are interested in transforming the Watson Neighbourhood Oval into a community asset for all ages. This is the oval that sits alongside the Majura Primary School on Knox Street.

If you are interested in signing the petition, or getting involved send an email to watson.oval@gmail.com. There is also an online survey that you can complete to give us your ideas on what you would like see done to improve the oval. The survey is at: www.surveymonkey.com/s/MGVL7YQ

Majura Kitchen Garden

There was a fantastic turnout on Sunday, 5 June to assist in the garden and kitchen. Thanks was extended to all hands who helped get many small jobs finished, and some started!

In the kitchen – it was great to see the newly painted red walls and door and there was lots of activity in the garden too!

New taps were mounted to timber stands which can now support 240v power points; Installed a skylight to make the silver shed a more workable storage and work area; Made frost-covers out of donated carport frame; Prepared gates & fences to fit the new hothouse installation; Maintenance on the irrigation system and; Sorted & stacked many scavenged pots & punnets for the Nursery

Coralie, the school principal said:

“What a delight it was to come in yesterday and see those beautiful colours coming down the corridor! The red/ yellow in the kitchen looks lovely and inviting. Thank you so much to all of those who donated time to paint on the weekend. What a beautiful space that’s been created! Well done – and thank you again”

Six minutes at Satis

The café opposite the primary school does a brisk trade in mothers – there’s just six minutes between dropping the eldest and power-walking back to catch the early readers program for no. 2 or modelling clay, water-play, hang the washing; make lunch; put down, tidy up and take another short break during baby nap; Call a friend; skim the paper; send an email; fix that bloody shower curtain... 2:30: Six minutes; baby’s up, dressed, into the stroller, take the dog, power-walk, wait out the front; listen to the day’s stories: who was happy who was sad, who fell over, who had a birthday, who’s painting got torn; then outside to play while the dinner goes on; then both cleaned and fed before the phone call from the partner; Six minutes: into the safety capsules, into the car, whiz into town; “Hello daddy, daddy, daddy!” home again; glass of red; story time; his time; quiet time. Think about not going to yoga. Just quiet. Six minutes. Just like at the law firm; where the senior stuffed shirt once said, “Work on the time management; You could make it to partner one day.”

Christopher Nailer, 2011

Call for volunteers

Watson is also seeking volunteers to help with distribution. If you are interested in helping, please email lizgrace@grapevine.com.au

An Old Fashioned winter menu...

I bet its been a long time since you tried a porcupine or a powder puff? Well, let's step back in time and enjoy some classic recipes from yesteryear – last century actually!

This edition's recipes come from a long time resident of Watson in Molesworth Street who is also an avid footy fan. She reckons that there is absolutely nothing better than taking a thermos of porcupines to the footy on a cold winter's night and enjoying their hearty, warming goodness . At least, that's what she used to do when she lived in Melbourne many years ago. Porcupines? Here goes:

Porcupines

Ingredients

1 can tomato soup
500 g beef mince
1 onion, grated or chopped very finely
½ cup long-grain rice (uncooked)
2 cloves garlic
2 tablespoons parsley, chopped

Method

Heat the soup in a medium saucepan with 2 cups water until boiling point. Combine all other ingredients in a bowl and add some salt and pepper to season. Roll up a tablespoon of mixture at a time into balls.

Add the meat balls to the boiling soup and reduce the heat to a simmer. Cover the saucepan with its lid.

The meat balls will take about 40 minutes to cook through. The rice will absorb the liquid and stick out of the meatballs like the spines on a porcupine. This quantity serves about 4 people or five hungry kids.

Serve them on their own for lunch, in a wide mouthed thermos for taking to the footy, or with vegetables for dinner.

Recipe continued...

Ok, that's the kids sorted, but what about a yummy spicy- sweet slice that is just for grownups?

How about a few pieces of whiskey and ginger slice, with no cooking required? Many years ago, our long time resident of Molesworth Street hosted an afternoon tea for the RSL fellows. Her afternoon tea was a roaring success and she realised why when she found out she'd used twice the amount whisky required!

Those lucky RSL fellows raved about it for years and kept asking for the recipe so that their wives could make it for them. Well, times have changed and I know plenty of fellows that couldn't wait to get into the kitchen to rustle up this classic recipe.

Whiskey and Ginger Slice

Ingredients

2 packets of ginger nuts

¼ cup of whiskey

300 ml of cream

A little sugar to sweeten cream

Method

Line a small tray with half the ginger nuts and Sprinkle whisky over them. Whip the cream until stiff, add the sugar and mix.

Carefully spread the creamy mixture over the ginger nuts. Then place a second layer of ginger nuts on top and refrigerate for a couple hours. Slice and serve.

Thanks to our recipe contributor this week – here's a clue – Go the Pies!

Watson features a recipe each edition provided by residents of Watson. If you have a wonderful recipe, that has a special meaning and brings joy around the dining table that you would like to share, please give me a call on 0419281804 or send me an email, cloughsarah@bigpond.com

Woodland Update

Our next working bee will be held on:

Sunday August 14

Time: 10:00 – 12:00

Meet: Prime TV studio gate entrance, parking off Antill Street

Bring: Full length clothing, boots, hat, gloves, mattock or shovel, fliers, water

Coordinator telephone: 6241 3024

Tea and biscuits will be provided by the group

Tasks: Subject to weather and conditions on the day

1. Preparing holes for spring plantings
2. Fencing – removal of small internal section near Stirling Avenue
3. Weeding
4. Fill in the eroded channel entering the Roma Mitchell Street dam in the park

Work in the park has been progressing at a steady pace. A working bee was held in April to remove thatch as a result of slashing done by contractors in March inside the perimeter of the park.

Hand weeding and spot spraying by members of the group and contractors is a continuing and unending task.

An operational plan for the park will be prepared later this year by a contractor working for the ACT government, with input from the working group. It will be treated separately to other units in the Canberra nature reserve system, such as Mt Ainslie-Majura.

For visitors to the park, you will notice a dramatic improvement in the growth of our plantings with the excellent rains last year.



Watson's 50th Anniversary Celebrations

Do you have photos, memorabilia or stories to tell about your time as a Watson resident? Do you know of anyone now living elsewhere who also might be able to share their memories with us? Have you arrived in Watson recently or were you one of the "originals"? Whatever your length of time with us, we would love to hear from you.

You can get in touch with any of the WCA Committee members or contact Gina Grey directly on 6247 0859.



Majura Primary School

Knox Street, Watson

Spring Carnival

It's on again – bigger and better than ever!

10.00am - 2.00pm

Saturday 10 September



- * Market Stalls * Rides for the Kids * Football Clinic
- * Community Displays * Silent Auction * Raffle * Huge Trash 'n Treasure * Kids Crafts * Live Entertainment
- * Fabulous Food and Drinks * Plant Stall * Craft stall * Jams & Pickles * Books * Clothes * Chocolate Wheel
and MUCH MORE

Come and enjoy a great community family fun day

All welcome!

Holy Cross Anglican Church

An inclusive Anglican Community celebrating Christian life

Our regular Church service times are

Sunday 9:00 am

Wednesday 10:00 am

www.holycrosshackett.anglicancg.org.au

Holy Cross Anglican Church

Corner of Phillip Ave & Antill Street, Hackett



Notices & Local Services



PROBUS CLUBS

Probus is a worldwide association for retired or semi-retired people. It is sponsored by Rotary and is non-fundraising. Meetings are held monthly, with a guest speaker & morning tea. Outings, lunches & bus trips are organised.

NEW MEMBERS WELCOME AT BOTH CLUBS

Canberra North Ladies

10.00 am Yowani Country Club,
2nd Monday of each month.

Membership \$20.00 per annum. Joining fee \$5.00

Ladies contact: Beverley 6248 8236

Canberra North Men's

10.00am St Margaret's Church, Hackett
2nd Tuesday of each month.

No. of members: 42

Subscription \$25.00 per annum. Joining fee \$5.00

Men contact: Ted Baker 6241 4853

IMPORTANT CONTACT DETAILS

Neighbourhood Watch Website

<http://www.nhwact.com.au>

AFP Website

<http://www.afp.gov.au>

CRIME STOPPERS

1800-333-000

or <http://www.act.crimestoppers.com.au>

SCAM PROTECTION

1300-302-502

or <http://www.scamwatch.gov.au>

AMBULANCE/FIRE

000

POISON INFORMATION

131-126

POLICE ATTENDANCE

131-444

UNWANTED CALLS

1800-805-996

STRAY DOGS

6207-2424

CANBERRA CONNECT

132-281



NEIGHBOURHOOD WATCH

To receive a monthly newsletter via email register your interest at watson@nhwact.com.au

WWW.NHWACT.COM.AU

Or contact Mick Motion-wise,



HOLY CROSS TUCKERBOX

Opens every Saturday, 2pm to 4pm.

The Tuckerbox aims to help anyone struggling to balance their budget. The Tuckerbox has bread and groceries. *Milk, fruit and vegetables when available.* Those who are on a pension, low income families or unemployed may find this service very helpful.

The Tuckerbox is a not-for-profit service. As a contribution, we ask a small service fee. The majority of food is provided by Foodbank NSW. The food may be excess stock, seconds, damaged or the Best Before date approaching or has passed.

Justice of the Peace

ALF (Noddy)
FRIPP JP
12 Kerferd St,
Watson ACT 2602
Tel 6241 7475

MEG'S TOY BOX

Is a community toy library run as a non profit venture with the support of St Margaret's Church.

Tel 6248 7467 during opening hours only:
Wed 10am—12pm



Christian City Church
connect
WATSON

SUNDAY SERVICE 10AM 49 PHILLIP AVENUE WATSON
TEL: 6241 7000 WWW.CCCWATSON.ORG.AU

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**Come to our North
Canberra Mothers'
Group**

- **Breastfeeding Counselors on hand to answer your questions**
- **All mums, children and mums-to-be welcome, and you don't need to be a member to join in**

Contact **Ingrid (Ph. 6249 6684)** to confirm venues and for further information
email:

abanorthcanberra@hotmail.com

*Dates/Times, Topics and Venues may change, please confirm with Ingrid.

7-day Breastfeeding helpline, Ph. 6258 8928
www.breastfeeding.asn.au

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PROPERTIES

The New 'Canberra Gardener'

Cedric Bryant

The Horticultural Society was founded in 1925 when a group of gardeners met to form a society with the concept of a 'garden city'. By 1929 the Society was well established and had amongst its members Charles Weston and Alexander Bruce, Superintendent of Parks and Gardens for the City.

In 1948 the first edition of the "Canberra Gardener" was published. Co-editors were E.M.Hutton and C.J.Shakespeare, the founder of the Canberra Times. Contributors included Lindsay Pryor, Director of Parks and Gardens following Charles Weston and G.H. Fetherston, founder of the School of Horticulture and Mr Max Hill, well-known vegetable grower of Pialligo.

Late last year the Society produced the 10th edition of the "Canberra Gardener". This was a far cry from the original 1948 edition, now with now over 400 pages in full colour. Major changes have happened since the first edition especially in dealing with pests and diseases when, for example, DDT was the answer to most garden problems. Today the emphasis is on organic gardening and watering gardens responsibly.

The long years of the recent drought caused a real shake-up in gardening. Drought tolerant plant lists, up dated pest and disease advice and sustainable organic garden principles are all taken into account. This is written by members of the Horticultural Society especially for our area. For all gardeners, especially if you are new to the district, I recommend this as excellent value at just \$ 29.95 (RRP) available from most bookshops and newsagents.

The Society meets on the third Monday of every month at the Wesley Church Centre at National Circuit Forrest, with interesting speakers. All are welcome; you do not have to be a member. Check out the Society's at www.hsoc.org.au for all its activities.

**For a complete appraisal of your garden call me
Cedric D. Bryant**

**Garden Designer and Horticultural Consultant
Ph: 6241 8752 or see www.cedricbryant.com
[Resident of Watson since 1991]**