

WCA Woodlands Anniversary Competition

The WCA Woodlands association recently ran a competition for school students. The competition asked students 'Why the Watson Woodlands are important to all Australians, and why they are especially important to our local community?'

Many wonderful contributions flowed in including stories, poems and art works. There were three prizes on offer, kindly donated by Sponsors Joey's Kitchen, Cedric Bryant – 'Designing Gardens with Passion' and Satis.

The winners were awarded their prizes on Tuesday 4 July, by the Minister for the Environment Simon Corbell. Congratulations to the winners below:

Oliver Martin (with some assistance from sister Grace) for his poem (Overall winner)

Jemika Gilbert for her poem (Lower primary school)

Grace Martin for artwork (Upper primary school)

Thanks to all those who entered the competition and came along for the event. It was a great opportunity to share and promote the value of the Woodlands.



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THE WATZON

Newsletter of the Watson Community Association Inc.

Number 76

Spring 2012

This edition:

- ◆ Majura Kitchen Garden
- ◆ Spring recipe
- ◆ Woodland update
- ◆ Update on 50th anniversary plans

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Update from the WCA Committee

Spring is upon us again and we are all glad for the warmer weather. With the new season, the WCA is keen to encourage new faces to join or participate in community activities.

Our suburb has grown considerably recently and we would love for our residents to give some of their time— as much or as little as they can. Every little bit helps grow community. All are welcome, drop an email to the WCA if you would like to know more.

We are also looking for a new editor for the Watson—if you are interested and have some time to help out, contact Kimberley Britt (details on the left) or the WCA email.

50th Anniversary update
It's early we know, but we want you to save the date! The 50th Birthday celebrations for Watson will be held next year, 10th November 2013. The celebrations will be on the oval next to the primary school. Stay tuned for more information.

Last but not least, congratulations to our winners of the Woodlands competition—Oliver, Jemika and Grace. Read about their entries on the back page.



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

Vale Olive Jones

Olive Kathleen Berry was born on November 21st 1918 in Bath England almost at the end of WW1. Olive was eleven yrs old when WW2 began a long dark covered the world. During this time Olive saw King George VI & the Queen Mother inspecting the damage & loss of life. Olive assisted nurses attending the wounded Allied Officers at the wars end. She commenced nursing in inland Britain. Olive was very interested in becoming a **£10 Pom** going to either Canada or Australia.



She arrived in 1950 in Perth, worked in various capacities in Adelaide, Melbourne & Sydney. She then went to Queensland where many of her extended family now lives. Olive married Charles Jones, they had 6 children. Her family totalled over 60 people at the time of her passing on the 22nd June this year. Olive was a wonderful woman, fiercely independent; she divorced Charles in the 70's.

Olive Jones was a marvellous woman you may have spoken to her or met her she was often at Carlo's & Joey's with Francis her 'seeing eye dog'. Olive was a vibrant & caring woman who had so many stories to tell. I became friends with Olive only a few years ago & I feel privileged to have met her. A lover of animals & people Olive is missed by many. Olive died earlier this year & her funeral was held at Norwood, 29th June she died in hospital on the 22nd June where her granddaughter had been attending her.

Watson Medical Centre update

Since the last issue if Watzon, the Watson Medical Centre has been through a few changes...

We have welcomed two new doctors and a psychologist to the centre. Dr Elaine McLaren is a GP with over 30 years of medical experience and has worked in Canberra for many years. We also welcomed Dr Andrew Boyden to our Saturday clinic, who recently spent several years as the Heart Foundation's National Director of clinical issues. The Practice now offers psychologist consultations on Saturdays with our clinical and forensic psychologist Dr Manuela Habicht.

Dr Philip Toua (who is also the Practice Principal), Dr Chris Kelman and Dr Janine Kelly continue to work at the Watson Medical Centre.

The Practice recently started providing patients the opportunity of having nursing consults on Mondays, Wednesdays and Fridays. Services include: blood pressure checks, immunisations (including for travel), suture removal, wound management, advice (e.g. breast feeding, child health) and ear syringing. We also provide a range of care plans and health assessments including the Healthy Kids Check, diabetes management plans, 40-49 years and 75+ assessments, and 'Closing the Gap' health assessments for Aboriginal and Torres Strait Islander people.

In some exciting news, the Practice has also been successful in applying for and securing an Australian Government Infrastructure Development grant. We are extending and renovating the existing Practice to provide more consulting rooms and upgrade our facilities.

For more information call us on 6248 7005 or visit our website <http://www.watsonmedicalcentre.net>.

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Majura Kitchen Garden update

Congratulations Rik Allen for winning the school hero of the year - ACT Public Education Excellence Awards 2012

Rik Allen was shortlisted and has been awarded winner of the School Hero category of the 2012 ACT Public Education Excellence Awards.

An excerpt from his nomination for the award:

Rik has been employed on a part-time basis for the past two and a half years and in that time has shown commitment to the students, the garden and the school community far over and above what would be expected of anyone in the position. His enthusiasm, dedication and approachability has made the experience of the program for students, teachers and parents a special and enriching one. Rik has shown a huge capacity to reach all children at the school, and in particular has devoted lots of time to children who are struggling in other areas of school life. As a result of Rik's friendly and open approach, he is widely respected and liked by students at the school.

The Education and Training Directorate is hosted the Public Education Excellence Awards ceremony in June where Rik was awarded.

Congratulations Rik! Your contributions are very much appreciated and it is great to see you recognised for your work.

The Poet's Train—all aboard!

To celebrate National Poetry Week and the joys of train travel, a bunch of Canberra poets jumped aboard the train to Sydney to join forces with like-minded bards for an exciting program of social and literary events.

Twenty poets met at Kingston station, to talk, eat, drink, gaze and write. During the train journey, Canberra's poetry buffs composed poems and arrived for a recital at Central Station with host Jack Peck. Amongst the festivities, participants enjoyed a 'Poetry in Motion' dinner at the Friend-in-hand Hotel, reading at the NSW State Library and a Poetry Slam. It was an enjoyable journey for those that participated and a wonderful chance to share poetry.

The winning poem for the Countrylink poetry prize was written by JC Inman. Congratulations! Thanks to Australian Poetry, Hal Judge, Countrylink and the poets who joined the journey.

Poems will be displayed at the Travel Centre Central station, and published in a chapbook.

Volunteer or contribute to the Watson

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

Watson is interested in hearing from you. If you are interested in contributing, email k.britt85@hotmail.com

Summer is coming—Fire up the BBQ

At last the summer weather is upon us, after one of the coldest winters in Canberra for a very long time. At the time of writing, I can look forward to waking up to another frost, and hope that the chillies I have just planted warm up quickly in the spring sun. This edition's recipe is from Felicity of A'Beckett Street in Watson. The ingredients reflect middle eastern flavours and, because there aren't many, the skewers are quick and easy to make. Bamboo skewers are perfect, but metal would do too.

Ingredients

Chicken breast or thigh fillets – one breast or a couple of thighs is probably enough for one adult

1 jar of tahini – you will need about a half a jar, so keep the rest for next time

Four or five lemons

Four cloves of garlic - crushed

Method

Soak some bamboo skewers in water for at least half an hour. This will help prevent them from burning.

Chop up the chicken so that it is small enough to be threaded onto the skewers. Thread chicken on skewers, five or six pieces per skewer should be fine.

To make the marinade, add half a jar of tahini, the juice of about four or five lemons depending on the size, and about 4 crushed cloves of garlic into a big bowl and mix around.

If it's too sticky, just add some more lemon juice. Then take the mix and coat the chicken skewers with the paste.

You can pop them in the fridge for a while or just cook them straight away and serve with a fresh salad (see below) and some rice.

For a nice twist add a yoghurt sauce (which is just plain yoghurt, crushed garlic and lemon juice mixed together).



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.

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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

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AFP Website	http://www.afp.gov.au
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POISON INFORMATION	131-126
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NEIGHBOURHOOD WATCH

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**Or contact Mick Motion-Wise,
NHW Coordinator on 043 747 9236**



Recipe continued...

The chicken skewers team well with lentil salad. For the salad, you need:

- 1 can lentils
- 1 capsicum- diced
- 1 red onion- diced
- 1 bunch shallots- diced
- 1 bunch of continental parsley -chopped
- A punnet of cherry tomatoes cut into quarters

1 avocado –diced

For the dressing you will need:

1 long red chilli diced up really small (you could use a small red chilli if you like the heat turned up)

1 teaspoon cumin

1 teaspoon turmeric

1 teaspoon paprika

2 cloves of garlic crushed or chopped (Your preference)

The juice of one or two lemons

Some balsamic vinegar

Olive oil (Felicity suggests that you shouldn't make it too oily – it's nice for it to just lightly coat the salad)

Method

Try to cut all the pieces of the salad the same size and toss together in a bowl.

Combine all dressing ingredients in a bowl and mix well. Add the dressing to the salad mix and 'pour' the mix over a bed of mesculin salad leaves. The salad can be prepared well in advance of your BBQ.

If you want it to look fancy you can cut some pita bread into wedges and toast in the oven until they are nice and crunchy and add them in to your salad. You could serve this salad on a plate, laying the bed of lettuce, then the pita toast and pour the mix on top. If you are using bread though, do this last step just before you serve the salad, so the bread doesn't go too soft. A definite crowd pleaser!

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

Watson Woodlands working bee

A small party of eight volunteers spent several hours of time chipping out African Lovegrass plants on the Antill Street road verge adjoining Justice Robert Hope Park. A few ground-cover seedlings were also planted during the winter. John Briggs has been spraying some serious infestations of Chilean Needlegrass around the outer perimeter of the park. Helen Munro has been doing an excellent job of chipping out Paterson's Curse and Thistles inside the reserve.

The 'Rare Patch' brochure

Many hours were spent preparing copy for a reprinting of the *A Rare Patch* woodlands brochure. A draft copy was completed in time for the 10th anniversary celebration of the Watson Woodlands held at Joey's Kitchen on July 3. The brochure was printed in August with financial assistance from the Conservation Council of the ACT.

10 year celebration of Watson Woodlands' being protected

The 10 year celebration was well attended, with WCA prizes awarded to three Majura Primary students for poetry and artwork dedicated to the preservation of the woodland. The prizes were awarded by Simon Corbell who is the current ACT Minister of the Environment and Sustainable Development Directorate, and was the Minister for Planning and Environment in July 2002 when the full extent of Justice Robert Hope Park was gazetted. Three Watson businesses made contributions to the prizes which were very much appreciated by the WCA and prize winners – thank you to 'Joey's Kitchen', 'Satis' and "Designing Gardens with Passion".



Meeting with Minister Simon Corbell on local environment and planning issues

The Chair and Deputy Chair of the WCA committee met with Simon Corbell on July 7 to discuss a proposal for a wildlife corridor which would connect Justice Robert Hope Park to the Mt Majura Nature Reserve. The Minister could not give WCA any further assurances of support for the proposal, as the review of the Nature Conservation Act has still not been prepared. The review is apparently subject to COAG (Council of Australian Government) agreements on environmental offsets and other matters between the Territory, State governments and the Commonwealth. The ACT Draft Nature Conservation Strategy was released on September 3. WCA is disappointed that a potential corridor is not yet highlighted in this document.

Watson's 50th Anniversary Celebrations

Whether you are new or have lived here for years, we invite you to join the Watson 50th Anniversary Celebrations next year—10th November 2013.

To share your story, get in touch with any of the WCA Committee members or contact Carrie Wright on 0406 377 271

Woodland Update continued

New medium density proposal near Prime threatens spill-over damage to Woodlands

WCA is also disappointed that the ACT Land Development Authority has proposed to develop a vacant block of woodland immediately north of Justice Robert Hope Park (between the two TV stations). This was referred to the Commonwealth under the EPBC Act (Environment and Protection Biodiversity Act) in July, which required a quick response from the Watson Community Association. The Commonwealth has since determined that the proposal is a "Controlled Action" which means that it will be the subject of an environmental review. There are 46 significant woodland trees which are potentially at risk, as well as stormwater risks that will impact on our woodland.

2012 National Tree Day plantings

At the end of July, a contingent of Watson residents, including a few woodland volunteers, helped Friends of Mt Majura in the 2012 National Tree Day planting event in the Mt Majura Nature Reserve behind 'The Fair' development on Antill Street in north Watson. The group planted over 500 seedlings. Thankfully the day was fine, the event was well organised, a number of pollios attended, and everyone who participated had a good time.

For your diary

We will be having a special Watson Woodlands Open Day on Sunday November 18 from 10:00 – 12:00.

Meet at the Parkcare signboard on the corner of Roma Mitchell Street.

Contact Richard on 62413024 if you are interested in participating in this event or require further information.

ACT Budget funds have been allocated to restore and re-irrigate Watson Oval

The ACT Government announced in the 2012/13 Budget that funds will be allocated to restore and re-irrigate Watson Oval.

It has been an important announcement especially for the group of parents (sub-committee of Watson Community Association) who lobbied for Watson Oval to be restored. Their efforts have paid off for the community.

If you would like to have your say about what you might like done at the oval, then now is the time to do it. www.surveymonkey.com/s/MGVL7YQ.

If you would like to be kept informed, or to get involved in this exciting initiative then leave contact detailson the online survey.