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association

Australian Breastfeeding Association North Canberra

- Breastfeeding Counselor (s) on hand to answer your questions.
- All mums, dads, children and mums-to-be welcome, and you don't need to be a member

If you have a question about breastfeeding please call our

free

National Breastfeeding Helpline:

1800 686 268 or visit

www.breastfeeding.asn.au

to check venues:

abanorthcanberra@hotmail.com

Meg's **TOY** Box

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

Call—02 6248 7467
(during opening hours only)

Wed 10am—12pm

Sat 2pm—4pm

DROP BY AND JOIN



Canberra Central Combined Probus Club

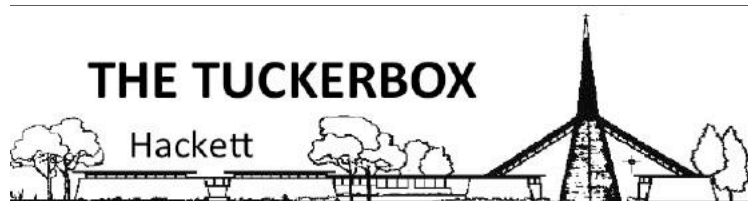
Meets on the 1st Wednesday of the month,
10:00-12:00 at the Ainslie Club.

Gentle Exercise Class

Uniting Church

9:30 – 10:30 am each Friday

Cost \$7.00



THE TUCKERBOX

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– Opens every Saturday, 2pm to 4pm –

The Tuckerbox is a not-for-profit service which helps those struggling to balance their budget. The Tuckerbox has bread, groceries (*milk, fruit and vegetables when available*).

Those on pensions, are low income families or unemployed will find this service very helpful. As a contribution, we ask a small service fee. Foodbank NSW provides the majority of stock.

Corner of Phillip Ave & Antill Street,
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FRIDAY NIGHT YOUTH 7PM-9PM**

**160 ASPINALL ST WATSON
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THE WATZON

Newsletter of the Watson Community Association Inc.

Issue 95 – Spring / Summer 2017

Message from the Chair

The response to the last issue has been very encouraging.

Your interest in the survey results is helpful when preparing our approach to the planning authorities. It is a slow process so please be patient and, if you are able to help, contact a committee member. We have also received comments and enquiries following the Waste article. How is your composting going? There is another article about waste and more about the survey in this issue.

With so much interest, much of it from new residents, this is a timely reminder that the Watson Community Association (WCA) Inc. AGM will be held in March. We urgently need new people on the committee. Some of us will be retiring after serving for many years and we feel that it's time for a new look. Our 20+ years of knowledge and experience will be available so don't think that you will be 'dropped in it'. Watson is a great suburb with a wide age range and, as we saw in the survey, a need to maintain our amenities and innovate. It's a cliché but true, many hands do make light(er) work. Please give it serious thought.

Do look at the proposed 'Welcome to Watson' elsewhere in this issue. I'm delighted to say that this is from a long-time resident, not a WCA Inc. initiative.

On behalf of the WCA Inc. I wish you all a happy and safe holiday season.

*Liz Grace, Chair
Watson Community Association Inc.
November 2017*

Email: watsoncommunityassociation666@gmail.com

Web: <https://www.facebook.com/WCA1inc/>

Summer events

AIE Open Day

Saturday 18 November

Christmas at the Old Bus Depot

Saturday 2 to Sunday 24 December

Handmade Christmas Market

Friday 8 to Sunday 10 December

New Year's Eve in the City

Sunday 31 December

Summernats 2018

Thursday 4 to Sunday 7 January

Great Aussie Day Breakfast

Friday 26 January

Canberra Triathlon Festival

Saturday 3 February

ActewAGL Royal Canberra Show

Friday 23 to Saturday 25 February

Contact us

Chair

Liz Grace 02 6255 7235

Deputy Chair

Richard Larson 02 6241 3024

Secretary

Gillian Helyar 02 6255 0238

Treasurer

Carrie Wright 02 6241 1018

Watson Woodlands Convenor

Richard Larson 02 6241 3024

Watson Community Association Inc.

The Watson Community Association Inc. (WCA Inc.) aims to promote, protect and enhance the social, cultural and physical environment of the community of Watson, and the welfare, community spirit and quality of life of its residents.

It also aims to inform the community about issues concerning Watson. One way the WCA Inc. does this is through the quarterly production and distribution of the Watson – a community newsletter.

Next quarterly meeting

The next WCA Inc. meeting is scheduled for **Monday, 29 January 2018 at 7:30 PM** at the **Hall in the Fair on Tay Street, Watson.**

All welcome.

The mosaic at our Watson shops

In the last edition of the Watson we reported that the mosaic at our local Watson shops was scheduled for restoration. This was thanks to a long-time Watson resident, Aileen Conroy, reporting the deterioration of the mosaic to the ACT government.

We are pleased to report that on 23 August 2017, the original artists, Tony Steel and Tess Horwitz (pictured below) completed the restoration of the mosaic – and it looks terrific!



Pictured: Tony Steel and Tess Horwitz after completing work on the mosaic on 23 August 2017

The story of the mosaic

Construction of the mosaic took place in the year 2000 - the start of a new millennium – and was the result of a community effort. The mosaic, designed by Tony Steel and Tess Horwitz, with assistance from Steven Hollard, celebrates the diversity of Watson: colleges, schools, church, youth mission, TV stations, farms, houses, potter's society and shops. George Paton did the historical research and organised community groups.

The Canberra Potters Society (Christine Pearson, Judy McDonald, Marlene Flanagan, Jeanette Hodgkinson, Nyla Walkear and Liz Dorrough) made the image and text tiles. The children of Rosary and Majura schools provided the tile designs. The Foundation for Independence program at Dickson College made the fauna and landscape mosaic sections. The people of Watson generously donated broken pottery.

Local services

Academy of Interactive Entertainment Open Day

Saturday 18th of November 2017
Visit the website for session times
www.aie.edu.au/openday



Canberra Technology Park
Block E, 49 Phillip Avenue
Watson ACT 2602

P: +61 2 6162 5131
E: canberra@aie.edu.au

Canberra Music Education School

Samantha Lengyel

Experienced violinist, teacher, and composer who also strongly enjoys musicology. Samantha has completed her Certificate of Performance AMEB and during high school excelled in High Level Music in the International Baccalaureate where she received the Jennifer May Memorial Prize for Music.

Samantha has performed in many orchestras including the Sydney Youth Orchestra, NOVA orchestra and was the concertmaster of the ANU orchestra.

As a teacher, Samantha strongly believes that an enjoyment for music is essential and advocates that through her teaching.

\$35 per ½ hour lesson

Phone 0414 788 380

Or visit www.canberramusicschool.com.au

LUTON

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Michael 0419 688 034
Mark 0401 829 087
Office Dickson 6230 0005
Email jenny.mcreeynolds@luton.com.au



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Waste or resource?

'Sustainability is not about holding back and living less - but achieving more with the resources we already have.'

The above is a quote from the website of the "world's first recycling Mall". It is just outside Stockholm and offers a complete recycling experience. Drop off – donate – something and then shop from 14 shops all selling refurbished, repaired and reclaimed items. There is also a cafe selling organic food and drink. Interestingly, it is run by the local municipality and sited next to the recycling centre. An upmarket Green Shed, perhaps? Google *ReTuna* for further information.

Packaging

Doesn't it just make you mad to have to unpeel plastic, cut cardboard, dispose of tiny hangers and cut off labels? Opening a packet of batteries inevitably results in cuts and scratches! Undies and socks are frequently double, or triple, wrapped and hung on those mini hangers. But it doesn't have to be like that. It is possible to buy underwear with no packaging and socks with just a staple pairing them. Change your shopping habits to make a difference.

Bulk food stores are great because you can take your own containers – glass jars, recycled plastic boxes, paper bags, etc. or buy jars/bags from the store, and – you only buy as much as you want! The nearest one to Watson is 'the source' in Dickson and there is one in Braddon and at the ANU. Other suburbs have them too.

Sell or donate?

If you don't want to donate your better clothing to Vinnies or Salvos there are a couple of places where you can sell it such as the Designer Op Shop or Material Pleasures and, of course, Gumtree. Trash and Treasure markets are useful and good fun as also are garage sales and the chance of making a little money is always tempting. If you leave 'freebies' at the kerb for passers-by to pick over please don't leave it there indefinitely. Much better to donate these items or take them to the recycling centre in Mitchell. The ACT Government runs a once-a-year, free bulky waste pick up for Veterans and Seniors. Call 02 6249 7974 or email bulkygoods@gmail.com to book a collection and check what they will take.

Planet Ark

I'm sure we've all seen the ads for Planet Ark recycling printer cartridges. What a great idea! They make eWood raised garden beds and TonerPave road surfacing from them. The ACT is trialling this road surface material and also recycled tyres. You can drop off printer cartridges at JB Hi-Fi, Good Guys, Office Works and some Australia Post shops. Planet Ark love to recycle Christmas cards too!

Food

Oz Harvest in Canberra collects 9,000 to 10,000 kilograms of excess food per week in Canberra. Many of our cafes, restaurants and retailers are involved in this. You can become a volunteer with them but you can also donate food. I ran a function where we had unopened, non-perishable food left over and I dropped it in to them. Just a small amount but welcome. Their vans whip around Canberra and you can arrange a pick up by phoning them.

If you 'grow your own' I'm sure you give away excess to your family and neighbours. What a pleasure for the recipients. And don't the compost worms just love the scraps!

Happy recycling, refurbishing, swapping, donating and composting.



Another successful Majura Spring Carnival!

We have a wonderful community who came and supported the fete in spite of the dreary morning weather. We wanted the Carnival to be fun for children – young and old, and we believe we might have just achieved that. The sun did shine in the end providing a great afternoon!

Thank you to the amazing group of volunteers, who planned, set-up, serviced and cleaned-up. Thank you to all those who donated items to bargain lane stalls, cakes, handmade items, plants, jams, prize items, lucky dips, chocolates, and other things that contributed to the Carnival. Thank you to our school management and staff who are very supportive, and had been actively involved in the Carnival planning. We would like to thank local businesses who have generously supported the Carnival!

Together, we've raised \$23 000 (after expenses). This will go towards Stage 2 of the Playscapes Project. The foundations have been well designed, and it needs more nature-scape features to grow into its full potential.



Watson Community Survey ... the winners

In the recent Watson Community Survey, we asked:

- As part of a redevelopment of Canberra Technology Park (the old Watson High School site) other facilities are also being considered. What do you think would most improve this area?’
- What activities or facilities would you like to see supported in Watson's green spaces?
- Do you have any further comments - things you would like to see developed in Watson not previously covered in the survey (gym, pub, bike repair, health food etc.)?

150 innovative suggestions were collated by WCA Inc. members and six prize winners were drawn randomly. Three of the six prize winners were presented with their \$50 Watson Supa Express gift vouchers on 12 October by Liz Grace (Chair, WCA Inc.).



Pictured: L to R Kylie, Steve, Liz (Chair, WCA Inc.), Gillian

Among the innovative suggestions were:

- “The powerline park could be so much more if the drainage ditch was turned into a sort of wetland (like in Dickson or Lyneham) and the area was landscaped with graded tracks and shrubs, and maybe even exercise stations and play areas
- “Antill Street is 80 km/hr and there is no pedestrian crossing or safe passage to (exit the “Fair) the bus stop on Aspinall Street
- “Wide pedestrian / cycle ways on both sides of Antill Street extending from the Fair around past the Channel 7 studios and onto the Majura walking trails
- “Asphalting Mount Majura car park (on Antill Street)
- “There are loads of kids on bikes, dirt jumps in the open green spaces would be great
- “A postal box in North Watson near the Fair / Solstice – already > 500 residences and no postbox
- “A crossing at Piddington Street (linking North Watson and the park / green space) so the kids can cross safely and travel down to the schools
- “A place to recycle soft plastics at the local Watson shops
- “Exercise stations and a walking / running track (preferably pram friendly) through the green spaces with exercise stations along the way.

Recipe

On Watson's doorstep each Saturday morning is the Capital Region Farmers Market - held at EPIC and run by the Rotary Club of Hall.

The WCA Inc. are pleased to be able to bring you another verbatim recipe from the Rotary Club of Hall's "*Capital Region Farmers Market Recipe Book*".

This is courtesy of Peter and Caroline O'Clery, Homeleigh Grove. They started planting an olive grove at Hall in 1999, and have established a multi-award business. Peter was one of the team that started the market in 2004, and Homeleigh Grove has been a constant presence since.

Pan-fried salmon goujonettes on a bed of sesame hummus drizzled with Homeleigh Grove lemon myrtle-infused olive oil

Hommus

500 g chickpeas cooked in stock
125 g yoghurt
2 pressed garlic cloves
1 juiced lemon
2 soup spoons of tahini (sesame paste)
Cayenne pepper, salt, pepper, cumin to taste

Salmon marinade

1 kg fresh salmon, boned, skin off and sliced into 2 cm-wide lengths (goujonettes)
250 ml Homeleigh Grove (med) extra virgin olive oil
1 teaspoon of cumin
1 teaspoon of ground cinnamon

Drizzle 250 ml Homeleigh Grove lemon myrtle-infused olive oil.

Mix all the marinade ingredients together with the salmon and marinade overnight in a small container.

To make the hummus, puree the chickpeas and mix with the yoghurt, tahini, olive oil, lemon juice and seasoning. If it is too thick, add water from the chickpeas. Sieve and keep aside.

Remove the salmon from the marinade, pan fry in olive oil until "pink" (cooked).

To serve, spoon some hummus onto plates, top with salmon and drizzle with lemon myrtle olive oil.

Local services



WATSON

- **EFTPOS is available - no minimum expenditure required**
- **Free home delivery services**

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Hints for your summer garden – with Cedric Bryant

The "experts" are predicting a hot dry summer; let us hope they are wrong. Did you know that the average annual rainfall here is 620mm and the annual evaporation is a staggering 1800mm! So let us concentrate on watering.

With water costs constantly increasing it is important not to waste it. Drip irrigation is the only effective way to water your plants where the water is taken directly to the root zone. Overhead sprinklers or hand watering [except for pot plants] is the least effective, merely wetting the mulch only to be evaporated on a hot day.

Dripper lines should be on top of the soil and under the mulch.

If you already have a drip system it is vital to check the system now. It should have a tap at the end of the line to enable the system to be flushed out. The best and cheapest way to check the system is place a two litre ice-cream container under one of the drippers/emitters. These are spaced every 30cm and deliver 2 litres/ hour. So, in one hours operation the ice cream container should be full. If it is only half full or less at the end of one hour it is almost certain there is a hole in the line.

You can also check by digging a hole near some plants and see where the moisture level is.

Normally on days of between 20-25c one hour once a week is normally sufficient. Days over that it is recommended two hours once a week. Ideally operate the system an hour in the morning and an hour in the evening.

For expert advice on all irrigation matters I recommend and use the irrigation specialists – Easyrain, 1 Lyell Street, Fyshwick on 02 6289 4520 or easyrain@ozemail.com.au.

*Cedric Bryant
Horticultural Consultant
Garden Writer for Canberra CityNews*

Community notices

Summernats is an annual motor festival held at EPIC in early January, and attracting large crowds from interstate, as well as locally. Previously, Watson residents in the vicinity of EPIC have raised concerns principally around noise, smell and visitor behaviour.

The WCA Inc. has worked with the Summernats organisers over several years - raising these concerns and establishing a less combative relationship. In response, Summernats have made a number of changes over the years to minimise the effects on locals. The number of complaints has decreased, presumably as a result of these actions, though there are weather factors such as wind strength and direction which mitigate the impact.

The WCA Inc. recommends Watson residents report any concerns during the event by contacting **Access Canberra** on **13 22 81** – the official government process. Access Canberra will on forward any reports it receives to the Summernats organisers.

During the event, a representative of WCA Inc., along with other stakeholders, will attend a meeting each evening with Summernats organisers. The WCA Inc. will also use this forum to report any concerns to the Summernats organisers.

Summernats will be held from 4 – 7 January 2018. Further information is available at <http://www.summernats.com.au>.

Local services



Offering brunch 7 days a week, a gourmet lunch, family afternoon teas and, of course, great coffee every day

New extended hours!

Monday-Thursday 7:00 am to 5:00 pm

Friday 7:00 am to late

Saturday 7:30 to late

Sunday 7:30 am to late

Come and enjoy live music delicious tapas and amazing local beer and wine every Friday and Saturday, 5:30 pm to late

Book large tables online at
www.theknox.com.au

Watson Pharmacy

Pharmacy hours:

Monday to Friday : 9am–6:00pm

Saturday: 9am—1pm

Licensed Post Office & Sub-Newsagency

A selection of affordable gifts & wrapping, greeting cards & stationery items available

Post office hours:

Monday—Friday: 9am—5:30pm

Watson Pharmacy is a Quality Care Accredited Pharmacy and a member of The Pharmacy Guild of Australia. We have many services on offer:

- Pain management
- Webster packs
- Health checks and advice
- Medication checks
- NDSS diabetes scheme

Come in and talk to a Pharmacist to find out WHAT WE CAN DO TO HELP YOU.

Phone: (02) 6241 1506



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

The Campus has about 1,000 students and is conveniently located 5km from Canberra's city centre.

For more information on courses available please call them on 02 6209 1100—Mon to Fri 8:00 am – 5:00 pm or visit www.acu.edu.au.



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Important Contact Details

Police, Fire, Ambulance - 000 (24hrs)
Police Attendance - 13 1444 (24hrs)
Storms and Floods - 13 2500 (24hrs)
Crime Stoppers - 1800 333 000 (8am - 9pm)

The goings on in Watson (and nearby) ... have you noticed?

- The bench seats at the Watson shops have been given a much-needed oil.
- The replacement of the tiled mural wall is complete – see page 3 for more detail.
- The ACU erected new campus signs on the Antill Street and Phillip Avenue.

Watson property sales

Ever wondered about house prices in Watson?

We've compiled a list of Watson sale prices for the period 1 July – 30 September 2017 for you.

Exchange (sold date)	Address	Price =	Type
21/07/2017	29/21 Aspinall Street	\$350,500	Apartment
26/07/2017	9/35 Tay Street	\$342,000	Apartment
21/09/2017	30/20 Federal Highway	\$339,000	Apartment
28/07/2017	5/27 Whitmore Crescent	\$296,000	Apartment
01/07/2017	57 Roma Mitchell Crescent	\$1,010,000	House
26/08/2017	22 Mary Kitson Street	\$940,000	House
02/09/2017	67 Piddington Street	\$921,000	House
26/08/2017	59 Irvine Street	\$885,000	House
08/07/2017	13 Andrews Street	\$820,000	House
12/08/2017	24 Kerferd Street	\$810,000	House
26/08/2017	10 Street Place	\$791,000	House
11/07/2017	16 Windeyer Street	\$775,000	House
16/08/2017	21 Molesworth Street	\$775,000	House
15/07/2017	7 McCawley Street	\$730,000	House
04/08/2017	251 Antill Street	\$645,000	House
09/08/2017	110 Irvine Street	\$610,000	House
15/07/2017	72 Whitmore Crescent	\$500,000	House
10/08/2017	7 Holroyd Street	\$660,000	Land
16/09/2017	150 Aspinall Street	\$430,000	Land
14/08/2017	92/215 Aspinall Street	\$629,000	Townhouse
17/07/2017	24/19 Aspinall Street	\$498,000	Townhouse
11/09/2017	7/14 Federal Highway	\$460,000	Townhouse
20/09/2017	129/20 Federal Highway	\$345,000	Unit
10/08/2017	51/35 Tay Street	\$327,000	Unit

The contents of this list and other ACT house sale prices and information are freely published online.



Woodland Working Group report

The Woodlands Working Group was formed as a sub-group of the WCA Inc. to protect, enhance and care for the valuable patch of threatened native Yellow Box/Red Gum Grassy Woodland known as Justice Robert Hope Park. Much work has been done to decrease the effects of years of commercial use, and increase indigenous species of flora and fauna in the park.

The working group has been fairly quiet over the last several months. It was a dry and cold August and September. There were two working bees in September to water and weed new plantings in our trial plot enclosure and shrubs planted in 2016 and 2017 working bees. Watering and weeding continued in October. We are raising kangaroo grass seedlings from seed harvested in 2016. Kangaroo grass seeds need to be cured for at least a year and for up to three years after harvesting to get a good strike rate. We intend to use these seedlings in additional trial plot areas.

On 14 October, two senior members of the working group met with two officers of the ACT government environmental offset implementation team to discuss: another round of planting; and the ongoing works programs. We discussed the indicative 2018 plant list and rabbit and weed control. John Briggs made suggestions on substitutions for some of the plants on the 2018 plant list. We were reassured to hear that rabbit and weed control would be undertaken this financial year. We learned that \$15,000 was available to create new interpretive signs, money to continue control of *Phalaris* and scoping for a wheelchair accessible walking trail through the park. A suggestion was presented on the location of the walking trail. We are pleased that input from the working group is valued by the ACT government environmental offset implementation team.

Are you interested in the neighbouring bushland, or want to become involved with caring for the Justice Robert Hope Park? Contact Richard Larson (Convenor) on 02 6241 3024.

Want to help protect indigenous flora and fauna?

Native plants are attractive, with various shapes, colours and densities, and with the right species you can have a flowering garden all year round. Native plants are easy to grow and are better for the environment, providing habitat for native birds, butterflies and lizards. They are also naturally adapted to suit our conditions, being low maintenance, drought tolerant, requiring minimal water and no fertilisers or pesticides. Further information is available at actsmart-plantselector.com.au.



The WCA Inc. is considering hosting another party at the shops in March 2018

Volunteers needed

Would you or somebody you know be interested in organising an activity, entertainment or stall?

Email watsoncommunityassociation666@gmail.com

Thank you very much!