

RURAL FRINGE

Journal of the Hall district



VOLUME 22 ISSUE 1

February 2015

Pancakes, Ashes, Palms, Buns and Eggs

Easter traditions at St Michael and All Angels' Church

During the next two months at St Michael and All Angels, we are celebrating the church season of Lent. This is a time of quiet reflective simplicity leading up to Easter.

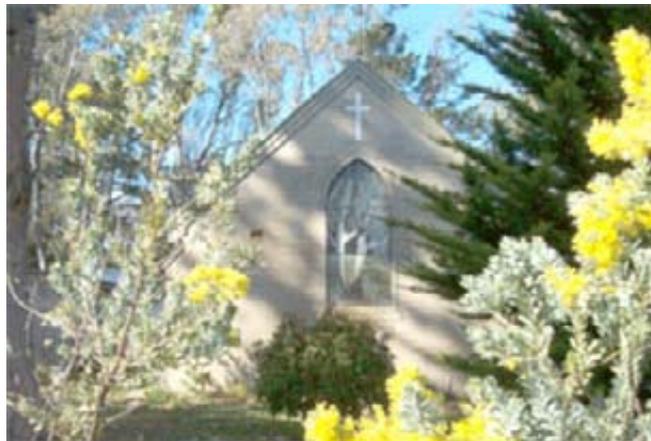
Easter traditions are familiar to most people but there are quite a few other traditions associated with the weeks leading up to the great celebrations around Easter, the high point of the Christian year.

Firstly, just before Lent there is Pancake Tuesday, 17 February, sometimes called Shrove Tuesday, Fat Tuesday or Mardi Gras. This was a day to use up all the rich foods before the simpler, more limited time of Lent. Eggs and milk made pancakes which were enjoyed as the last rich foods to be consumed before Easter. We will be having a Shrove Tuesday celebration at St Michael's from 6.30pm. All are welcome.

After Pancake Tuesday comes Ash Wednesday, 18 February, the first day of Lent. There will be a short service at 7.30pm at St Michael's when those who wish to do so may receive a cross of ash upon their foreheads with the words of scripture, 'Remember that you are dust and to dust you shall return' and 'Repent and believe in the Gospel'. Do you know where the ash comes from? Read on to find out.

Lent lasts for 46 days, 40 fasting days and six Sundays. Those who fast from Monday to Saturday for these weeks typically give up something self-indulgent, take up something of value, or both.

Finally the week before Easter is called



Holy Week. The Sunday before Easter is Palm Sunday, 29 March, which recalls Jesus' entry into Jerusalem when the people waved palm branches. All those at the Sunday service at St Michael's will receive a woven palm cross.

Palm crosses from the previous year are traditionally burned to provide the ash for Ash Wednesday.

The Thursday of Holy Week is Maundy Thursday, which recalls the Last Supper.

The Friday of Holy Week is Good Friday when the three church congregations in Hall meet with their friends at 11am at the Victoria Street carpark, near the Barton Highway to walk the Stations of the Cross through Hall village, remembering the story of the first Good Friday. On Good Friday families also enjoy hot cross buns to recall Jesus' death on the cross.

Finally we have Easter Day, 5 April - a joyful celebration of Jesus' resurrection. Easter eggs remind us of new life. At the Holy Communion service at 11am that Sunday morning we will have an Easter egg hunt for the children.

You are most welcome at any or all of our celebrations. More details will appear on the church notice board.

Add these dates to your calendar:

Shrove Tuesday Free Pancake celebration
6.30pm **Tuesday 17 February**

Palm Sunday Service 11am **Sunday 29 March**

Good Friday Stations of the Cross Walk
11am **Friday 3 April**

Easter Sunday Service – 11am **Sunday 5 April**



Palm crosses



Hall Collectors gather to assist with the preparation and installation work for the Hall Village Memorial artillery piece.



Boxing Day cricket match.



After two decades sitting in Alexander Street, this 1960 double decker bus has been passed from Greg Flower to Richard Fulton for restoration. The bus will stay in Hall and become another special reason to visit our village.



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7th Annual Twilight Concert

Friends of the Hall School Museum will stage the Annual Twilight Concert

featuring the 'Canberra Brass' (formerly the Hall Village Brass Band) and a soloist.



Sunday 22 March

from 5.00 pm – 7.00 pm

in the Hall Primary School Grounds

This event is generously sponsored by Barnett, Lilley & Associates



Tell your friends and neighbours
Bring a rug or chair, a picnic and relax and listen to the music
There will also be Refreshments available for purchase

Gold coin donation and a raffle to benefit the Hall School Museum

(The School Museum and associated Exhibitions will be open prior to the concert)

Hall Polocrosse 40th anniversary carnival



Saturday 7 – Sunday 8 March

for details: [facebook.com/HallPolocrosseClub](https://www.facebook.com/HallPolocrosseClub)
for further information: hallpolox@gmail.com
0412 055 339

25th anniversary Apple Day

Loriendale Orchard
Saturday afternoon, 28 March

It is a charity fund raising event and a wonderful afternoon in the country, with fine music, Devonshire teas, the wide range of ripe fruit and vegetables on sale and a chance to wander through a working orchard. We are hoping to have more than 30 varieties of just ripe apples from the 120 varieties planted at the orchard.

2015 National Sheep Dog Trial Championships



will be held from

Monday 9 March - Sunday 15 March 2015

at the Hall Showgrounds,
Gladstone Street, Hall



Clean Up Australia Day

Sunday 1 March

(It's that time of year again)

Site organised by Wallaroo Residents and the Wallaroo Rural Fire Brigade

Meeting point: **Wallaroo Fire Shed**

from **9am – 12 noon**

Please register ahead of time at www.cleanupaustaliaday.org.au
(Join a Clean up site)

or at the Fire Shed on the day before you start collecting

Volunteers will be issued with rubbish & recycling bags, gloves and some sharps containers

Further information:
Judy Roberts at allwood3@hotmail.com
phone **6230 2436** or www.hall.act.au

Transport in the Wallaroo area

Over the past few months it has become apparent that some residents in the Wallaroo area would like to access some alternate transport when driving their own car is not an option. The reasons for this are many and varied and may include one or more of the following:

- no longer feel comfortable driving in the city
- find it difficult to attend appointments at some of the busy medical facilities in Canberra, particularly when navigating and parking poses a real problem
- anticipate needing to attend appointments for ongoing medical intervention and may not be well enough to drive themselves
- family members may not be able to undertake such long term driving commitments
- unable to drive because of a temporary or permanent medical condition
- unfamiliar with 'how to' link up with existing public transport available from Hall Village and Federation Square.
- uncertain about travelling on public transport.



In an attempt to find some solutions to these transport problems, staff from Yass Valley Council are keen to meet with local residents and work together to identify possible solutions.

There is a meeting planned for
Friday 27 February
 at 10.30am
 at the Headmaster's Cottage,
 Hall Primary School Grounds

We would love to see as many local residents as possible attend this meeting in order to identify needs and examine some short and long term solutions. Further enquiries to Judy Roberts on **6230 2436** or **allwood3@hotmail.com**

(Please let Judy know if you require assistance with transport in order to attend the meeting) and Cathy Campbell on **6226 1477** or **Cathy.Campbell@yass.nsw.gov.au**

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when: Saturday 31 January – Sunday 1 March 2015

where: Poacher's Way venues throughout the Capital and Canberra region

what: The annual Summerside Festival is shaping up to be wonderful again this year with a calendar full of summer-themed events. Celebrating everything good about summer in the region, this month-long festival is full of dining events celebrating local and seasonal produce, opportunities to taste the best of the region's wines as well as innovative and exciting performances, events and exhibitions.



Poachers Pantry picnic

The Summerside Festival is presented by the members of The Poacher's Way. www.thepoachersway.com.au

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 Dinner: Fri & Sat from 6pm

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Kurt Neumann, Grazing Restaurant

So embrace the warmer weather this February with a lazy long lunch, chocolate or wine tasting, film under the stars or an afternoon of live music. Or why not make a weekend of it at one of our accommodation providers before finishing it off with a degustation dining experience or twilight horse ride.

further information: visit www.thepoachersway.com.au for event details and register online to receive regular event updates, or contact Tania Ward 0411 133 306 tania@harvestpr.com.au

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 Victoria Street
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6230 2284

The Village People

Bill Pearson

by John Carson

Another in a series of interviews with local people who live in Hall Village and its immediate environs.

It's a bit of a bleak summer afternoon in January as I drive through the rain slicked streets of the village on the way to my assignment. Despite the greyness of the day and the intermittent showers which are whipped along by a stiff cool breeze there is still a bit of a bustle about Victoria Street as workers and patrons of the local businesses go about their earnest pursuits. After rounding a couple of corners and nearly running over an inattentive duck (I think it was on a mobile phone) I find myself in Alexandra Street checking out the street numbers as I slowly drive by. The quietness and solitude of the street seems to belie the fact that the suburbs of Canberra are but minutes away.

And then there it is – my destination.

As I pulled into the driveway, I had a sense that I had been here before, although I couldn't immediately remember the occasion. Then – holy moly – I saw it hanging on the fence and the memories came flooding back. Several years ago I had walked these streets on a rainy summer afternoon as a collector on a Vinnies doorknock appeal. And I remember the couple in this house giving me a generous donation and also on noting my lack of adequate rainwear supplying me with an umbrella so I could complete the remainder of my street walk without catching pneumonia.

'Just hang it on the fence when you are finished with it' they had suggested. Could it really be that the umbrella had remained on that fence in a state of suspended animation, so to speak, for the last few years?

Just then my thoughts were interrupted by a shout from the garden.

'Over here' he waved 'I am probably the person you are looking for' and as he neared me he extended his hand out in a hearty manner for shaking. 'Bill Pearson

is the name'. We clasped hands warmly and after a few pleasantries (I didn't mention the umbrella) Bill escorted me into his workshop. To say that Bill is a handyman is something of an understatement. I suppose restoration would best describe his creative instincts and judging by the items in his workshop, the mechanical restoration of broken down and dilapidated Vespa scooters from their mendicant status back to the way they looked in their glory days of the 1950's would be his passion. Virtually everywhere I look in the workshop, in among the tools of the trade and the debris and raw materials, some new creation like the mythical phoenix from the ashes is being given a new lease of life.



As we sit and talk it turns out that Bill's career was in fact channelled down quite a different path – including graphic design. As the introduction to his business website reads: 'Print is my passion whether it's a full colour book, a corporate ID or a promotional brochure.' However, since graphic designers use various methods to create symbols and images to visually represent ideas and messages, perhaps his career pursuits and his workshop creations are really not too different after all.

'But take us back to the early days – when you were growing up', I ask as we settle back into our chairs and take a few slaps at some belligerent mosquitoes who are out enjoying the humid conditions and are thirsting for blood.

Raised and educated in Grenfell, Bill still has fond memories of growing up there. However, with only limited employment opportunities in that region and

being both ambitious and a bit of an adventurer, Bill headed south to the limestone plains of Canberra, arriving there in 1968. His early employment in the city was with National Mapping and after further study at Reid TAFE where he obtained his graphic design qualifications he set up his own business in Braddon – Design One Solutions. Employing up to seven staff he operated the business successfully for 30 years before selling it to the staff in 2004. Ever the man for a new challenge, he undertook further studies which allowed him to take up teaching posts in graphic design at both Reid CIT and the University of Canberra. Nowadays, however, he is back to working part-time for his original business.

But all work and no play could have made Bill a dull boy. From the stories I heard about his early years sharing a flat in Downer, he was anything but! And this is where I might mention a certain girl called Andie. She was living with her parents in Braddon when they first met and Bill is quite unabashed when he says that for him at least it was love at first sight. Given that today a good many years later Bill still looks like he might be a good catch, I am sure that Andie at the time was similarly smitten. In 1973, although living in Braddon at the time, they got married in St Francis Xavier Church in Hall. You could say that their affection for the village lifestyle started at about that time but it wouldn't be until 1989 that they purchased their Alexandra Street property.



It is pretty clear that both Bill and Andie are not the sort of people that let life around them quietly pass them by. Both are extremely active in the life of the village community. Bill was for a time president of the Hall Pony Club where he encouraged his two children Joanne and Annabell to pursue equestrian activities; he has also been president of the Rotary Club of Hall and Vice-Captain of the Hall Rural Fire Brigade. He is a member of a group of lads who variously go by the names of the Bootstrap Brigade or the A Team. When you want things to happen you see one of these guys – they are the movers and shakers in the village – they know how to get things done. Bill actually puts it a bit

more sensitively than that. He says that when there is a closeness between the people, as there is in Hall, it doesn't take long to find out if there are problems afoot and what is the best and quickest way of addressing them.



The Hall and District Collectors Club is another organisation that Bill is active in. As the name implies the members scout around both Canberra and the neighbouring districts for interesting artefacts and various objet d'art. The results of their endeavours become a kind of 'show and tell' for social get togethers. How good is that? One unlikely find from this venture was the donation of a 25pdr artillery gun from the Royal Australian Artillery Historical Company, which will become a permanent installation and feature in the Hall Memorial Grove.

The overall impression that you get from talking to Bill is that he lives a number of parallel lives that in contradiction interlock with each other. Whatever sense you want to make of that, you do get the feeling that somehow we are all better off from the efforts that he, Andie and friends put in to their endeavours.

As I take my farewell, I pause at the fence and eye the umbrella. Should I make some reference to my connection with it? But I'm kind of thinking at the same time that much of our lives are made up of tiny little mysteries and some of them – the innocent ones – I like to keep that way.



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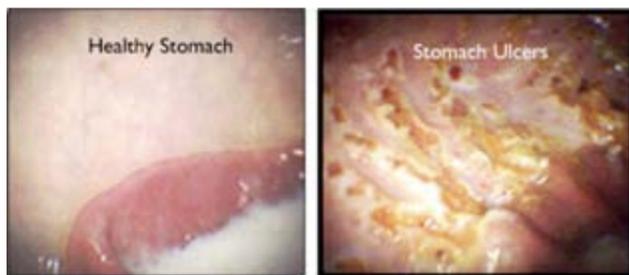
Reflux and Stomach Ulcers – horses get it too!

by **Dr. Natasha Hovanessian**

Have you ever experienced the awful discomfort of reflux and stomach ulcers? Unfortunately horses of all breeds, equestrian disciplines and ages are also prone to this condition called Equine Gastric Ulcer Syndrome, (EGUS) and it can affect their performance ability, bodyweight and comfort.

Part of the reason horses get stomach ulcers is because of the anatomy of their stomach, which has a nonglandular covering in the top 1/3 that has minimal protection from stomach acids and 80% of ulcers occur here. The lower 2/3 of the stomach is glandular and secretes hydrochloric acid for digestion but also mucous and bicarbonate that provide protection from the acid. As horses are continual grazers, the stomach is constantly producing acid, which is the primary reason for ulcer development.

Causes of stomach ulcers include feeding high grain diets, stress, (for example, illness, transport, new environments), intermittent feeding, intensive training and treatment with nonsteroidal anti-inflammatory drugs, such as bute. Signs of ulcers in horses include picky eaters who may prefer hay and grass to their hard feed, mild colic, discomfort when doing up the girth and riding, diarrhoea, weight loss, attitude change, poor hair coat and poor performance.



Stomach ulcers can only be diagnosed in horses by gastroscopy, that is, passing a long tube with a camera at the end up the nose, down the oesophagus and into the stomach to look inside. No other tests are reliable. Treatment is usually successfully achieved by using drugs that inhibit the stomach acid production or coat the ulcers, and by changes in the horse's environment to reduce stress. Usually we don't see complete improvement until 4 – 6 weeks of treatment and some animals require preventative dosing around periods of stress.

If you would like to learn more about stomach ulceration in horses or have any other queries about your animal's health, please call us on **6241 8888** or email equine@canberravet.com.au



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New karate dojo opens in Hall

After three years at the Hall Pavilion, karate training will begin on Tuesday, 10 February at our new dojo at the Hall Primary School.



The Hall Karate Club is very grateful to the VHDPA for allowing us to use this space for training purposes. The entrance room has cupboard space for storing clothing, water bottles and shoes before entering the freshly painted dojo. The training area has more than doubled with more mats covering nearly the entire classroom floor area. Plans are

underway to use traditional karate training equipment such as chi ishi (concrete weight on short timber rod) and makiwara (striking post). The dojo will also be decorated with appropriate insignia and a shinzen (calligraphy and photos of past masters).

Tuesday class times remain unchanged: Pee Wees (under 12s) 5-6pm with Juniors and Adults 6-8pm. welcome.

To enquire, call sensei John (Sam) Steggall on **0430 153 375** or visit the dojo in Palmer Street, Hall. The new dojo is easily accessed from the tennis court/cottage driveway and there is ample off-street parking.



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Tricks of the Trade for a low maintenance garden

gardening

by **Lisa Walmsley**

In our harsh Australian climate, we have long hot dry spells making it difficult to maintain your garden while at the same time keeping costs and maintenance down. Its not as difficult as you may think and I will give you a few tips to simplify it.

Small pots and fast growing plants Tubestock are a wonderful way to purchase plants. Yes the plants are small, but if you buy fast growing natives and exotics you will soon achieve the desired effect at a fraction of the cost. A good example of this is grasses, they are fast growing and tough and once established require very little water or maintenance.

Salvias along with many other species are also available in tubestock. They come in a variety of colours and sizes giving you heaps of flexibility in creating the desired look. Mass plantings or small groups can create a wonderful effect and complement any garden.

Plant densely
Planting densely is beneficial and adds a lush and full look. Dense planting creates competition for weeds and shades any soil surface, also reducing opportunities for prospective weeds. Dense planting also protects the soil from the elements. Less wind and sun exposure will reduce the tendency of drying out the soil quickly. There is a fine line between dense planting and over planting, so allow plants to grow to their full potential. You dont want to create crowding where plants are competing for nutrients in the soil.



Consider succulents
As a wonderful texture and colour variation, you should consider succulents, as they can tolerate challenging soil and hot sunshine. Aloes, Senecio, Sedums, Crassula and Sempervivums are all unique and interesting in the garden. Succulents also look marvellous in pots, adding an incredible look in any space.

Choose the right plants for the right place
It's not enough to want certain plants in your garden if they are not suitable for the location. Why struggle with a plant that really dislikes a spot when you could have something that thrives in the same location. You will save a lot of money by buying the right plant for the right spot! An example of this is the Jacaranda tree. It's a brilliant tree when in flower and when folks go to Sydney they come back to this part of the country and want the same effect. Jacaranda's just don't tolerate frost. Random trees in very protected spots will grow, but they will often suffer healthwise, with borers and stunted growth and then the tree will perish. By which time a more appropriate tree would be growing and thriving.

Climbers
Every garden has a spot for a climber. Unsightly fences or intrusive walls all provide a great frame for growing climbers. These plants can be easily trained, usually with a frame or wire to grow up, around or over anything of your choice. A great climber is Trachelospermum jasminoides - Star Jasmine. It grows under many conditions, is ever green and has sensationally fragrant flowers in summer.



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Museum Musings

museum

Phil Robson
Honorary Curator



Another busy year has commenced and all the team are back on deck to continue the fabulous work in developing the Hall School Museum into the Hall Heritage Centre.

Twilight Concert
On 22 March from 5pm to 7pm will be the annual Twilight Concert to be held in the Hall School grounds. Music from Canberra Brass with a featured vocalist will entertain the crowd while they enjoy a picnic or refreshments available for purchase at the event. This event has become an annual institution on the Hall Calendar so tell all your friends and relatives and enjoy a wonderful evening. A gold coin donation will be appreciated and the usual raffle with a good prize will be held during the event.



Hall School Honour Board

Repairs to the old school
In March work will begin on repairs to the old school building. The roofing iron will be lifted to gain access to the ceiling space which will be cleaned and an insulating membrane installed. It will also give an opportunity to check and replace the electrical wiring, if necessary, in this space. If possible, a replica roof vent will be manufactured and installed as it was in the original building (see in the above drawing). Work to re-fix the walls and the floor and re-secure the sub-floor supports will also be carried out. This work is being funded by an ACT Heritage Grant.

'Peace Tree' Garden
The museum volunteers have continued the work in the garden area around the Peace Tree. A variety of shrubs has been planted in the commemorative garden. A couple of benches will be placed near the tree to provide a place for reflection and a new larger commemorative plaque will be installed.

ANZAC Commemoration in April 2015
Work is continuing on the Hall School Museum's exhibition to commemorate the men from the district who served in the First World War and the support provided by their families and the local community. The exhibition will be opened at 10am on 11 April 2015 by Andrew Leigh MP, Federal Member for Fraser and will run all weekend.

Request: Any families from the district who have memorabilia relating to their grandfather's or great grandfather's service in WWI that the museum could borrow for the exhibition in April 2015, including photos, medals, etc. would be greatly appreciated. If so please contact Phil Robson on **0408 259 946** or email: museum@hall.act.au

School site proposal
Discussions will re-commence with the ACT Government now we are in to 2015. However, the ball is in their court to respond formally to the Hall Community's proposal.

website: museum.hall.act.au

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Hall Rural Fire volunteers meet Hall seniors

fire awareness

Hall fires Phoebe Burgoyne-Scutts (HRF Community Officer), Tony Hazelton and Bob Richardson (Hall Community Fire Unit) met with Hall seniors recently to update them on emergency evacuation procedures. The seniors all agreed that early evacuation and being prepared were the best options. Tony advised everyone should have a small bag ready with medications, legal documents, some personal items and to notify their zone representative where they were going. In the worst case scenario or they are left behind, people should head for the pavilion, which is the village designated Emergency Assembly Point.



Hall Village has been divided into zones of approximately 20 houses per zone. Each zone has a designated zone warden who takes responsibility for identifying each household, the number of residents, any special needs and helping residents with a workable emergency plan. CFU zone leaders can be identified by their identification cards and blue (Smurf) uniforms. They are not firefighters, but are trained to operate firefighting equipment. Some zone leaders have first-aid skills and can assist with injuries when necessary.

Hall Village is a designated Red Zone for fire probability. The village has a number of fire experienced residents, including John Starr, Andy Fulton, Bill Pearson and Dennis Greenwood. The ACT Urban Fire Brigade, Emergency Services, ACT Police and possibly the Australian Defence Force will also be available if



required. For more information, check out the Hall District website or contact Bob Richardson, CFU Team Leader, on **0407 071 245**.



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health

Anita Kilby naturopath

One of the biggest impacts on our overall health can be our level of stress and what we do to manage it. Everyone copes with stress in their own way and our bodies show the signs of too much stress in unique ways. For some it can be increased insomnia, for others increased susceptibility to colds and flus, or increased digestive problems. Some people have mood swings, increased irritability or anger. Or it could show itself as an increase in severity of existing symptoms. How can stress cause all those things?

When our brain perceives some form of threat it signals the body to prepare itself to face the threat or run away from it (fight or flight). This causes a redistribution of the body's resources. If you are in danger you need energy in your muscles, and you want your primitive brain function heightened to make life saving decisions. Your heart pumps faster, you breathe faster, your vision improves.

Whilst that's going on other functions in your body are slowed. Resources are diverted away from body systems that aren't needed to keep you alive in an emergency, such as your digestive, immune and reproductive systems.

Stress itself isn't a bad guy. We need 'stress' to be able to get up in the morning. Stress hormones help us function normally throughout the day. Stress becomes a problem when those hormone levels stay up persistently. Ideally, our stress hormones peak when there is a physical threat to be dealt with and then rapidly drop to normal levels once the threat has passed. But unfortunately our brain responds to our thoughts in very similar ways to how it responds to physical threats. Our thoughts are constant, so they can cause a constant state of stress!

With prolonged, chronic stress our digestive, immune and/or reproductive function can be detrimentally affected. Our adrenal glands (which produce the stress hormones) can get exhausted and struggle to produce enough hormones for normal function, which can cause fatigue. If you're not digesting your food properly you can start to get nutritional deficiencies, which can have widespread effects throughout the body including mood imbalances.

The first step to reducing your stress levels is to be aware when you are under stress. Most people recognise the impact of the big stressful events in life. But many low-grade stresses from different parts of your life can combine to raise your overall stress levels without you being aware of them. We often develop signs that our stress is raised (for example, cold sores, digestive symptoms) and being able to recognise the

early warning signs means you can act quickly to stop stress getting out of control.

Being aware of your thought patterns is a vital part of reducing your stress levels. Research into Mindfulness techniques is showing that daily practice helps calm the brain and reduce anxiety. There are plenty of Mindfulness resources online, for example at: <http://stress.about.com/od/tensionamers/a/exercises.htm>.

To help clear excess stress hormones, do what they are designed to help you do – MOVE! It doesn't matter what sort of movement you do, anything to elevate your heart rate and breathing. It could be doing jumping jacks until you can't do any more, or going for a brisk walk, run or bike ride. Regular daily exercise will help control and lower your stress levels.

Try some herbal teas such as chamomile or rooibos in the evening for their calming effects and reduce caffeine intake (particularly after lunchtime) as it increases stress hormone levels.

Consider if stress is causing your symptoms before resorting to sleeping pills, antidepressants or antacids, and try some stress reduction techniques to see if you can reduce your symptoms (and avoid potential medication side effects). Managing the cause is much more effective and lasting than treating the symptoms.



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Summertime harvest at Loriendale

organics by Owen Pidgeon

This summer has again been one of sharp contrasts, weather wise. After a very hot and dry November, we have had lots of cooler days and plenty of rain. January brought two heavy soakings as the rain drifted in across Central Australia.

Situated at the corner of Spring Range and Carrington Road, our small farm/orchard is at the headwaters of Bedulluck Creek, which flows into the Murrumbidgee River. The storm during the night of 22 January really flushed out the creeks and rivers. We do hope that some of the water will flow all the way to the Coorong in South Australia.

So we now have replenished water supplies but just a few weeks left with warmer nights to keep things growing quickly. Strategic decisions to be made. What can we plant now that will produce a harvest in just 6-8 weeks, perhaps 10 weeks if we are lucky with an Indian summer in the month of April?

There are many interesting varieties of lettuce now available. Goldrush and Australian Yellow provide us with a contrast in colours. The speckled Freckles provides a good complement to the red and green Mignonettes. The Oakleaf and Brown Romaine are both good alternatives.

Zucchini's are a good, quick crop for the home garden.



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Well, that is if you do not have little peewees coming every morning to dig out the germinating seeds. We had such poor germination and we could not figure out why. Then we saw the big holes where each seed had been planted and so set up a morning watch.



There is a reason why some varieties are the only ones sold in shops. They are the most prolific growing types. That applies to zucchini's, with the Black Beauty being the only one in most retail outlets. However, there are delicious stripy green varieties, mostly with Italian heritage. The Napoli Cocozelle is a very attractive light and dark striped zucchini which also grows well. The Golden zucchini is very attractive and highly sought after by top restaurants, but its 'productivity' is low and the mature zucchini is small in size.

Beans are another quick growing crop. The range of bush beans is now wide. We are growing Provider, Blue Lake and Simba – all green as well as the yellow French bush bean called Roc d'Or. Bush beans do have a much shorter production season than do the climbing varieties, so we hope that the early January plantings of the Blue Lake and Purple King climbers will reach maturity before the cold nights arrive.

On the fruit side of things we have been trying to increase our production of figs, along with the well established apple and pear orchard. Our most productive fig tree is a Black Genoa. It initially came from a cutting supplied by an Italian family, having stood on the shore line at Genoa, at the very spot where Christopher Columbus sailed for the New World in 1492, I would love to have more vigorous fig trees producing this delectable fruit. Our first two trees were sadly planted on very rocky terrain so they took



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years to establish themselves. Plantings in the past four winters have been into deeper soils with lots of compost added. We have provided supplementary waterings more devotedly over the summer months, and so the first figs are now emerging on several trees for the March/April harvest period.

And the apple harvest is underway. We have maintained the tradition of a Spring Range apple orchard, first undertaken by Charlie Butt in the 1930s through to the mid 1950s. His apples had a fine reputation around Canberra, with folk at Fyshwick still remembering the Apple Truck of Charlie Butt and the fine tasting apples.

For us, our main sales outlet is with the Rotary Club of Hall: Capital Region Farmers Market. This venture has

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been such a fine initiative of the service club and it is a time to speak directly with your customers every Saturday morning as well as catching up with many Hall district Rotarians.

Apple Day 2015

Loriendale Orchard will be holding its 25th Anniversary Apple Day on Saturday afternoon, 28 March. It is a charity fund raising event and a wonderful afternoon in the country, with fine music, Devonshire teas, the wide range of ripe fruit and vegetables on sale and a chance to wander through a working orchard. We are hoping to have more than 30 varieties of just ripe apples from the 120 varieties planted at the orchard. Please, just do not pick anything from the trees, if you do take a stroll.

Letters to the editor

Here's your chance to raise issues and to engage in community discussion.

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Garden trends in 2015

gardening

by **Lisa Walmsley**

Gardening is an ever evolving sport and the trends change almost as often as fashion. Folk are constantly striving for something new to add, grow or design and keeping abreast of these keeps even the faint hearted gardener on his/her toes.

These trends also vary depending on your climate zone or place in the world. But there are a few key items that flow through despite your gardening pros and cons.

Health

It has been well known for some time that gardening is great for your health and horticultural therapy should definitely have a place in the assistance of healing. Connecting with nature is also an important remedy for many of lifes challanges. Gardens should be not only considered for their aesthetics, but a place to contemplate and spend time with loved ones. Wouldn't it be awesome if gardening became trendy for the younger generation?

Produce

Self-reliance and grow-your-own is not new but is continuing its rise and rise in popularity. This trend may be found in all walks of life, all levels of economics and all types of gardens. From old heritage tomatoes to balcony boxes, community gardens and roof gardens the possibilities are endless and always exciting. I have a wonderful rural client, and yes he has the luxury of space, but he optimises all his production opportunities. From several kinds of fruit tree, berry bush, shrub and citrus to every kind of poultry from quail to Guinea Fowl and all the rest in between. He also has goats for meat and milk/yogurt/cheese, pigs, lamb an above all else an abundance of willingness to learn how to produce the most wonderful flavours from your own produce. It always tastes better.



Symmetry, or not

This is an interesting one, as quite often trends will lead one way or the other, but my gut tells me this year you may have either. There is a sway away from big shrubberies, mainly because these can be difficult to maintain. I think the trick is to keep the plant palate fairly lean without been contrived. That can be more easily said than done, especially when you have a penchant for new plants released onto the market. My suggestion is have curves in some spots and straight lines in others. That way you satisfy all your requirements.

Bulb meadows

Totally stunning, ridiculously impractical and untidy for the month or so after flowers have finished. But if you have a neglected corner, screaming out for something, this may just be your answer.

Adding any of these trends to your garden may just give that much needed zshoosh-up you have been looking for.

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Rain Scald in horses

equine

by **Helen Law** Veterinary Student
and **Dr. Natasha Hovanessian**

Rain scald is a bacterial infection of the skin of horses which is particularly prevalent in periods of high humidity, temperature and rainfall. When infected by the bacteria, *Dermatophilus congolensis*, the skin produces discharge which dries and causes the hair to become matted and form crusts. The underlying skin is pink, moist and may bleed when the crusts are lifted. Pus may also accumulate underneath the scab. The lesions may be sore to touch, but they do not tend to be itchy.



Horses are most commonly affected along their rump, back, neck and face. However, in severe cases it may extend over more of the body. Rain scald is not influenced by the age, sex or breed of a horse but horses with a weaker immune system, ongoing exposure to moisture or damage to the skin are more susceptible. Rain scald is seen worldwide but is more prevalent in tropical areas, with epidemics usually occurring in the rainy season. Some infected animals do not show the typical crusted but carry the bacteria on their skin, and these animals are considered to be the main source of infection for other horses.

The habitat of the bacteria is uncertain. It is believed to be spread through contaminated environments and objects, (for example, tack, brushes, rugs), by direct contact between animals and possibly transmitted by



biting insects. If the skin of a non-infected horse is healthy and intact, the bacteria cannot invade and cause rain scald. The bacteria has a very wide host range, which means it is also able to cause a skin infection in cattle, sheep, goats and other domestic animals.

If a horse has rain scald you must remove the affected horse from the environment that triggered the infection, by providing rugging and/or shelter. Treatment usually consists of antibacterial washes of the skin as advised by your veterinarian. The area should be massaged and the scabs removed on a daily basis. Severe cases may require treatment with systemic antibiotics.

In order to prevent the spread, affected horses should be isolated. Rugs, tack, brushes and living areas should be cleaned thoroughly. Insect control may be necessary to further prevent spread.

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President's page

by **David Hazlehurst**

Happy New Year!

As always, it's been a busy couple of months in the Village and District with more community activities in prospect for the first few months of 2015.



Visitors and residents will have had the opportunity to see the 25 pounder gun at the Hall Memorial Grove. Following a generous donation from Hall Rotary, the Hall and District Collectors Club, a subgroup of the Progress Association has become the custodian of the gun. Placement of the gun was approved by the ACT Government. Members of the Collectors Club spent time preparing it for its initial viewing at the annual Remembrance Day service and will be responsible for ongoing maintenance.

On a related theme, marking the Centenary of ANZAC, the Friends of the Hall Museum will be staging an exhibition to commemorate the men from the Hall district who went to the First World War. The displays will feature the soldiers, the support from the Red Cross and the local community and artefacts loaned from descendants of these soldiers. This exhibition will be funded as part of the ANZAC Commemorative Grants program. Andrew Leigh, the Federal Member for Fraser, will launch the exhibition on Saturday 11 April 2015 at 10am as part of the ACT Heritage Festival.

The Association continues to engage with the ACT Government on the future of the Hall Primary School site. Hall Rotary remains our partner in this. Our objective is still to secure long term occupancy of the site for the benefit of the community with the ongoing presence of the pre-school, the Museum and the Men's Shed a particular focus. The last few months of 2014 saw slow progress following the transfer of responsibility for management of community facilities within the ACT Government to the ACT Property Group within the Economic Development Directorate.

The new managers indicated they were reviewing the arrangements for community facilities and would be in a position to engage us further early in 2015. Ahead of this, we will shortly write to the new Chief Minister to confirm our preparedness to meet reasonable outgoings, but making a case for the strong contribution to the community of the current activities on the site at no cost to the Government, as well as the hundreds of hours of care and maintenance of the buildings which volunteers have put in over recent years.

We are also seeking to confirm a long term arrangement for management of the Pavilion at the Showground. The Pavilion is more popular than even as a venue for family and club events, as well as for activities such as pilates during the week. A small increase in fees to cover increased cleaning costs has not affected demand, demonstrating it's seen as good value. After many years, and significant wear and tear, we will be investing in some new furniture (some large round tables) to further improve the facility. The Men's Shed

is also exploring undertaking some minor repairs to the Pavilion floor, as well as some repairs to the Showground grandstands ahead of the National Sheepdog trials later in the year.

Finally, the long-running discussions with the ACT Government on traffic safety issues relating to the school bus interchange in the Village and speed limits on the Barton Highway will hopefully draw to a conclusion shortly. The Association will meet with Roads ACT in February to discuss their detailed proposals ahead of broader community consultation.

From the Editor

I am just back from an inspiring fortnight in Fiji working alongside some very articulate women who are working to build a more democratic Fiji following years of brutal military rule. Back home I find Rosie Batty is Australian of the Year. We will all be better off when women and men share equal rights. Want to do something? Think about supporting CARE Australia's Walk in her Shoes challenge from 16-22 March (www.walkinhershoes.org.au), or consider taking the oath never to commit, excuse or remain silent about violence against women with the White Ribbon Campaign (www.whiteribbon.org.au).

In solidarity

Jo Hall

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The Rural Fringe is a community newspaper published in 600 copies every second month by the Village of Hall and District Progress Association Inc (VHDPA) and distributed free to mailboxes of the 2618 postcode. It is also available online at www.hall.act.au. This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not.

These deadlines ensure publication by the 10th of every second month.

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April issue deadline is 10 March

June issue deadline is 10 May

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Contributions to ruralfringe@hotmail.com or PO Box 43 Hall ACT 2618.

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Out and about ... about



The Rural Fringe team, along with others, went along to John Carson's property at Oakey Creek for an entertaining Christmas gathering. Violin player Maeve comes from Dublin, while Otto on guitar travelled with Maeve from East Timor. John's dog also enjoyed the good Xmas craic.



Local farmer Craig Starr and his mate.



The Friends of the Museum and Hall Collectors gathered at Kingsley and Cynthia Southwell's for a Christmas feast.



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Bob Richardson with Brian Ashcroft, manager ACT Sport and Recreation, who has retired after 35 years of service. Brian has been a great friend of Hall and our community over the years as he has collaborated and organised funding for many improvements around our village. His last huge effort was to arrange funding for the construction of the Hall Pony Club and restoration to the old club sheds. We are striving to continue this happy partnership with Brian's replacement, as the ACT Government struggles with budgets and administration.

Fantastic Flora

by **Damian DeMarco**

Blue Devil

Eryngium rostratum



The Blue Devil is a small annual or biennial herb with metallic blue flowers. It looks not dissimilar to a saffron thistle. The bracts are ridged and consist of many razor sharp needles suitable for deterring the toughest herbaceous mouth. They die back in winter and only seem to occur in the region sporadically. I have one, and only one, that pops up every year near our creek and it keeps its colour most of summer. This unique plant can provide colour in your garden for a long time and will not care one bit about drought. Just watch out weeding!



Blue Flowers

by Russell Sivey

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Visions of love's heart
Talks of simple past
Greater than perfection
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The moon's penetrating rays
Lighting the cool night air
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