

RURAL FRINGE

Journal of the Hall district



VOLUME 21 ISSUE 1

January 2014

Jewel on the Doorstep



It is all a matter of perspective and I often imagine the view of One Tree Hill from the village must be pretty much the same as it was 100 years ago. Ever since moving to Hall a few years ago, One Tree Hill has been a kind of beacon – often glimpsed from many different parts of Canberra, yet not distinct enough to stand out unless you knew what you were looking for. But close up, it is always a sign of arriving home. We had thought there must be magnificent views from the summit and were delighted when we heard that the Centenary Trail gave us access to at least its slopes.

Our first visit was amazing – with friendly horses providing a welcome surprise and ducks relaxing in the nearby dam. Our first foray was to be a short walk in the morning, but each lookout was better than the one before and soon hours had passed. Daniel was keen to walk the entire distance in a day (although was a bit discouraged when he found out it was 145km). The kids were particularly amused at



the “cow crossing” (probably better named a “people crossing”) that connects the farm lands. They had already learnt

about dodging cows (and cow poo) while riding their bikes through the herds on the Polocrosse Oval last month. Essentially, don't get between a mum and her calf. And massive bulls get right of way, always!

The trail is an easy walk and expect to share the trail with friendly bike traffic in the mornings as well. As a fairly new trail, there are lots of new discoveries for the kids, ranging from healthy snakes, lizards and kangaroos to a full kangaroo's skeleton and very popular sheep's skull! The views are magnificent and are a tribute to those who argued long and hard for the green belt that surrounds the village. Visiting friends (especially from overseas) can't believe what we have at the end of our street! As I experience Sophie and Daniel's enthusiasm for the trail, I hope the view enjoyed by previous generations will be the same as that we can pass on to the next generation.

(Text & photos) Paul Porteous

Inside this issue:

- **Christmas in Hall**
- **Hall School Site Meeting**
- **Hall's Historic Jeep**
- **Hall Volunteer Rural Fire Brigade**
- **Gardening, naturopathy and vet advice**
- **Local news and events**

What's coming up in Hall District



Future of the Hall Primary School site

Community Meeting

**3pm on Sunday 23 March
Hall School grounds**

Hall Primary School was closed in 2006. Do you want a say in the future uses for the school site?

Come and share your thoughts and ideas at a public meeting. It will last for one hour tops as it is followed by the Twilight Concert.

More info: www.hall.act.au

6th Annual Hall Twilight Concert

**Presented by Canberra Brass and
supporting performers**

**Sunday 23 March at 4.30 pm
Hall School grounds**

Relax and enjoy the music - show tunes, overtures and ballads.....Sausage sizzle and drinks available. Bring a rug or chair, & your friends and neighbours...

Gold coin donation and raffle to benefit the Hall School Museum. The Museum and associated Exhibitions ('Hall 1913', 'Early Bush Schools of Canberra & District') open from 3.00 pm.

The Concert is again proudly supported by Barnett Lilley & Associates, Financial Consultants, Hall.



CLEAN UP AUSTRALIA DAY SUNDAY 2 MARCH 2014

Organised by the Wallaroo Road Residents and the Wallaroo Rural Fire Brigade

**Meeting Point: Wallaroo Fire Shed
Start time: 9.00 End time: 12.00**

Please register ahead of time at www.cleanupaustraliaday.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

AUTUMN QUIET DAY

March 22, 2014

9.30am-3.30pm

St Michael and All Angels, Hall is delighted to host an ecumenical 'Autumn Quiet Day', facilitated by the Anam Cara Community.

A gently structured day, providing an opportunity for quiet reflection and contemplation in the Church's peaceful grounds and the adjoining Hall Cottage.

All are invited and welcome.

For more information, contact:
Rev Jeannette McHugh, Anam Cara
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0423 121 915
Rev Helen Dean
St Michael & All Angels
0400 038 050

Boxing Day 2013 saw the 34th year of the annual Cook Memorial Cricket Club vs World IX cricket match at Hall Oval. This was the 14th consecutive year the game has been held at Hall.

The CMCC was formed in 1980 by the then current Daramalan students who had a love of the great game of cricket and a desire to escape from their families on Boxing Day.

The original teams were boys who had a weekly net session at Cook oval (prior to the nets being removed!!), versus a World side selected from anybody who didn't attend these weekly sessions.

In 2000 the game was moved to the ground at Hall, and players and spectators have enjoyed the ambience and picturesque surroundings of this lovely ground since then.

The 2013 game was one of the closest on record, with the CMCC chasing down the World IX total of 147 off 24 overs, with one over and one wicket to spare. CMCC Media Manager Tony Salvage said "this was truly a victory for the true believers. Despite the fact that the majority of our team are well into their 40's, the ability of this team to lift themselves to higher levels every year is a testimony to their love of cricket and the preparation they put into this big event. I know the chairman of selectors and the CMCC Board are encouraged that this year four of the players in the game are under 17 years of age, as they are the future of this fierce rivalry continuing".

A freshly cut outfield combined with recent dry weather suggested that a par score of 120 at the Hall Cricket Ground might not cut the mustard this year. This was the case, with the World IX batting first and scoring the second highest total in the past 14 years at Hall, by amassing 147 runs. Having earned his 2nd cap, local sporting identity Gavin Mansfield, combined with debutante Greg Ryan from Yass to bowl a crucial four over spell restricting the World IX to just 11 runs in a masterful display of tenaciously slow yet accurate bowling in the middle of the World IX innings. Renowned leg spinner Craig Sheargold then came back after a 12 over break and further applied the



brakes with a two wickets for 10 run spell, featuring a wonderful father son double (when he claimed the scalps of both Tony Brown and Jonte Brown). The first time this has happened in 34 years.

World IX top scorers were Brett McEvoy with 35, Trevor Corver with a quickfire 20 and Jason Duncan with a slowfire 20.

With 147 on the board, many of the CMCC were quick to take up the \$5 price being freely offered about their chances of a successful run chase.

The CMCC innings got off to a rock solid start, with the team going to the 12 over drinks break at 3 for 74. CMCC original Tony Salvage Jr celebrated his upcoming wedding with a magnificent innings of 32 runs (not out, retired) to show that at 46 years of age he has still got it. Despite protests from the bride to be, he insisted on batting without a helmet or a box?? With their honeymoon next week, some thought this very risky.

Steven Carter (Australian over 40's hockey representative) continued his magnificent record over the last five years by anchoring the middle order with a patient 31 runs, setting the scene for a thrilling run chase over the last half a dozen overs. Gavin's mate new boy Greg Ryan returned from lunch and more beers at Gav and Trudy's house to combine with Cook old boy Michael "The Guru" Walsh to put on a 30 run partnership which set up a famous victory for the CMCC.

World IX Media Manager Bevan Hannan said "Despite the late withdrawal of former West Indian allrounder Kenny Mcleod, we always thought we had enough runs on the board. All credit to the CMCC for a thrilling run chase. We can't wait to return next year for the 15th year at Hall, but as always there is no doubt that cricket has been the winner today".



Summerside

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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.

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 evening tapas, a degustation dining experience or twilight horse ride...

Highlights include:

- Flint in the Vines presents Faulty Towers
- Twilight Horse Ride with Burnelee Excursions on Horseback
- Four Winds Vineyard Bicycle Short Film Night
- Opera at Lerida Estate
- Twilight Tapas & Drinks at Poachers Pantry
- Lantern Cinema at Capital Wines
- Pod Food Regional Dinner
- Shaw Vineyard Estate hosts Kim Gourlay Photographic Exhibition
- Meet the Locals at East Hotel
- Robyn Rowe Chocolates Summerside Assiette with Jeir Creek Sparkling
- Exhibitions at Beaver Galleries

Further information: visit www.thepoachersway.com.au for event details and register online to receive regular event updates.

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





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by **Owen Pidgeon**

This is a short story about the community venture run by the Hall District Rotary, namely the now famous Capital Region Farmers Market.

After eight years of operating it has been attracting over 8,000 Canberrans and interstate visitors to its Saturday morning Farmers Market, located at the northern end of Exhibition Park. There are around 150 stalls open for business each Saturday.

Stallholders begin arriving around 4.30 am from near and far, with urgency in the air by 6.15am. Official opening time is 7.30am but there are many regular shoppers who arrive well before that time.

This market provides local growers with an excellent avenue to link directly with the consumers. This has a number of benefits.

Families can buy directly from the farmer. They can have assurance of where their products come from and how they have been grown and, if relevant, how processed. Customers have a real opportunity to talk with the farmer.

For those concerned with low food miles, the Capital Region Farmers Market gives priority to growers within a 200 kilometre radius of Canberra. Lorientdale is one of the lowest food miles growers, along with Holmleigh Olives along Wallaroo Road.

Farmers Markets help bring seasonal produce to the public. Many of the customers are content with buying what is fresh and in season, rather than what has been in cold store for months.

The wide diversity of heritages in Canberra allows growers to produce a wide range of items, knowing

that there will be at least one customer who will be excited to discover each delicacy. My wide range of apples have originated in many countries over the centuries. People who came from England can find their beloved Cox's Orange Pippin, their Bramley for cooking and the many other special varieties including the Blenheim Orange which came from the village where Winston Churchill was born. Those from France can track down their reinettes and the north Americans can find the MacIntosh and the Spartan apples.

There is also a growing interest in organic farming principles and a desire to buy products that do not have significant levels of residual toxic chemicals. The Capital Region Farmers Market established a specific class of growers, the organic and biodynamic producers, with a distinctive purple banner to advise all customers of their status.

To spread our risks and balance the seasons, Lorientdale has also been growing a wide range of heritage tomatoes and other vegetables. Organically grown and vine ripened tomatoes that originated from Italy, France, Russia and the Czech Republic are keenly sought out by many customers. And it has been in response to market demand that we have planted an additional 35 fig trees over the past four years.



The **Apple Day Festival at Lorientdale Orchard** will be held on **Saturday afternoon of 29 March** this year. This will be the 24th year that the festival has run. It serves as a fund raising day for a number of remote and international charities and it is the one time in the year that you can take a short drive up Spring Range Road to select from a very wide range of fruits and vegetables, as well as discovering country made apple pies, organic fresh apple juice crepes with apple sauce and more. Gentle music is provided by small groups of musicians and choirs and you have the chance to enjoy afternoon tea in a garden setting.





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Words and pictures by **John Carson**

My mother once told me (so it must be true) that there is the following elegy carefully engraved on to a tombstone in a graveyard in a small village near where our family grew up in Ireland:

Remember man as you pass by
As you are now so once was I
As I am now, soon you will be
So prepare for death and follow me

Below the formal lettering above, some local wag had scratched an appendage as follows:

To follow you I'd be content
But I'm damned if I know which way you went!

I recalled this as I stood at the entrance to the Hall Cemetery a few days ago studying the Conditions of Entry sign that visitors are encouraged to read before venturing further. I must confess that I am no great frequenter of graveyards and hence have no yardstick for comparing one against another. That said, I did find it mildly amusing that there was an extensive itemising of entry conditions but thankfully being deceased was not listed as one.



Why was I here, you may well ask. In truth I felt in the absolute peak of health and was not harbouring any thoughts about securing a resting place for when the Grim Reaper might eventually come a knocking. I was here simply because as a resident of Wallaroo – one that drove, and occasionally walked past the cemetery probably a dozen times a week – I had never allowed myself the time to explore more intimately the hallowed ground therein. (Of course at the back of my mind I also felt that such a venture – though innocent enough in itself – might in some mystical way trigger an acceleration in my use-by date.)

In any event there I was on a recent summer day unlatching the gate to gain entrance to the cemetery and perhaps gain a better understanding of the residents, local and otherwise, who had departed from this mortal coil but yet whose legacy still reached out to us in place and road names – a testament to the

industry of their lives.

The first object that captured my attention as I made my way along the rustic entrance was the huge gum tree which straddled the makeshift roadway and led to a secondary and more formal entrance. The tree had a large trunk of massive girth which divided into two stalwart limbs stretching high above the neighbouring trees and which formed the letter 'Y'. Why indeed? Almost as if it was a prompt for pilgrims like myself to continue the quest for truth. On passing the tree I noted that the obverse side was charred and blackened by fire – hopefully of earthly origins, I mused as I quickened my pace.

How good is this, I marvelled, as I studied the triangular notice board which not only provided information on the history of the cemetery but

also on the flora and fauna of the surrounds and of the various walking tracks and similar places of interest which formed a broader mosaic.

Just in case, dear *Rural Fringe* reader, you are a trivia buff and would like to add to your store of knowledge, I gleaned some interesting facts. The cemetery dates back to 1907 when the first deceased person was interred and the graves are grouped

on the basis of seven denominational settings. And I thought death was the great equalizer! I couldn't help but wonder at whether atheists and caletumpians had managed to score a berth in one of the sought after denominational settings or whether they were relegated to perhaps some obscure, weed infested part of the graveyard with an ignominious sign stating simply: 'Other – NEC'. Thankfully, this did not turn out to be the case.

Now I want to see a show of hands for this question. Who knows what a 'keyacris scurra' is? As I am not expecting a massive waving of outstretched palms here I will tell you. It is a rare breed of grasshopper and – not a word to anybody now – they are thought to have a small colony here in the cemetery. But isn't that a grand name for such a wee insect? I suppose it would equate as something like a knighthood for the rest of us. And another one for you. What is

special about the Tarengo Leek Orchid? Again I didn't think you would know. The Hall Cemetery is the only known site in the ACT where it grows. My goodness, I haven't even entered the graveyard yet and already I feel as if I am bursting with erudition. And it hasn't cost a cent! (Voice of conscience: John, I really think you should make a contribution towards the upkeep of this very special place. John's reply: I promise – first thing Monday morning. And verily, it came to pass.)

As I entered the cemetery proper I was conscious of the fact that I was the only person around – not another living soul within cooe. Even the traffic sounds from the highway were sufficiently muted to lend a reverential ambience to my meanderings and this was as it should be because when you read the names, ages and the inscriptions on the individual tombstones you start to get a sense of the history of the people who are interred there and of the sense of loss of the family and friends who have farewelled them. Particularly poignant are those graves that have been decorated with items that were, perhaps, intimately connected with the deceased. All in all, a sobering reminder that we have a finite tenure on this earth. The one enigma as I completed my circuit of the cemetery was of a solitary cement slab with a raised rectangular cement

border in a more remote part of the graveyard where the graves were few in number. It was the one grave on which I could find no markings of identification, no valedictory words of any kind. Nothing. And as I pondered this anonymity I couldn't help but think of the closing lines from a famous Yeats poem – one in which the poet contemplates his own death:

Cast a cold eye
On life, on death
Horseman, pass by!

As I reached the exit gate I paused to reflect for a moment on the wonderful setting for this graveyard. And I thought that all things considered, if you wanted a bit of peace and quiet when you died with a decent outlook then you really couldn't do better than Hall Cemetery. The bus service isn't up to much but then I don't suppose you'll be going anywhere or worrying too much about that.

I'll tell you another thing. There's a big difference between visiting a cemetery on a sunny day when the birds are chirping, the landscape is awash with colour and your next stop is the village pub where a foaming pint of best ale awaits you. Contrast this with a winter's evening when the last vestiges of daylight have drained from the sky and you are making your way on foot down the Wallaroo Road, your hands thrust deep into the pockets of an overcoat which you pull tightly around you to ward off the cold. Your step quickens as you pass the cemetery where the tombstones are lit by the spectral light of a hunters moon and the souging of the wind in the treetops and the occasional howl of a lonely dog are all that keeps you company. And suddenly you see - only fleetingly - amongst the copse of trees that surround the cemetery.....


But that's a story for another day.

[Authors note: To find out more about the Hall Cemetery or to read further on some of the items referenced in this article, you should visit the following website: www.canberracemeteries.com.au



The Hall Cemetery is located on the Wallaroo Road – about 200 metres from the intersection with the Barton Highway. It is open from dawn to dusk.]





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Hall's Historic Jeep

'The Jeep is the only true American sports car' - Enzo Ferrari

Over the last five years Andy Fulton and Mal McLeod have been lovingly restoring a 1942 ex-army Willys Jeep, now registered both with the Collectors Club in Hall and as a Historic Vehicle in the ACT. This has included adding a roof and bars, overhauling the gear box and steering box and fixing the brakes. It also included the windscreen wipers, which delightfully are operated manually. Andy proudly demonstrates the practical beauty of the jeep, showing how the fuel tank (under the driver's seat) has a tube that extends to allow it to be refilled from a jerry can; how the cap (kept in its designated place in the glove box) for the drain to empty the vehicle of water after driving through a deep river can be replaced to prevent water getting in when driving through shallower water; how a simple canvas strap hooks across to form the 'door'; how the fan belt can be easily unclipped to prevent the radiator getting wrecked in deep water. 'I love the open air aspect of it' says Andy 'though you have to mind what you say because everyone can hear you'. Andy and Mal even restored the ammo

box to provide a fitting step when Mal kindly drove Rania Yallop and Alex Regan to their Year 10 Formal at the Hyatt in December. A great and memorable journey for them all as a 10 minute storm descended on their way! Really, the Jeep is a work of art that beats the plastic petrol caps of modern engineering.

Photos top to bottom:

Andy Fulton with his restored jeep

Mal McLeod collecting Rania Yallop and Alex Regan for their Year Ten Formal

Andy Fulton inspects the engine



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Atticus Mansfield is starting early to develop metal work skills. With the encouragement of Richard Fulton of Hall Metal Fabrications, Atti designed a metal box with a skull motif handle. It looks like something from the Hobbit (see photo). Under strict supervision from Jedi Knights, Andy and Richo Fulton, young Atti helped cut, crease and weld the pieces. May the Force be with him.

Photo by Bob Richardson



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Hall Bushrangers

by **Andy Dunbar**

With 2014 upon us, things at the Hideout (Hall Oval) are gathering momentum. A new coaching staff has been appointed for the upcoming season, with Dave Kinnane taking the reigns as first grade coach and Luke Jansen as assistant coach. The coaching staff will be looking to return the Bushrangers to their winning ways and are hoping to bring out the best of the squad this year.

With summer in full effect, the King Brown Bushrangers Cricket Club is having their best season to date. The team currently sit in fourth place and is readying themselves for their first chance at the finals. Several records have tumbled for the club this year, including highest partnership (119 between Craig Scott and Mark Whitts), first century (Craig Scott), most dropped catches by a player in a single match (Daniel Baxter with seven) and the side amassing three consecutive wins. Having turned a corner the side is really excited about what lays ahead and depth amongst the side has never been greater.

In addition to their regular Sunday Social League games, the King Brown Bushrangers participated in a fundraiser match against the ACT Blind Cricket Association in

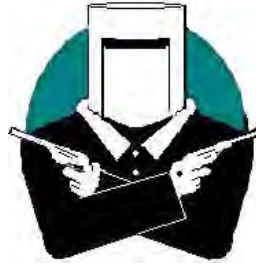
the last week of November. The result was more reminiscent of the King Brown's performance of previous years. Wearing goggles to replicate different kinds of vision impairment, the Bushrangers were bowled out for 42. Congratulations to the ACT Blind Cricket side who overtook the meagre total in a mere six overs.

The Hall Bushrangers wish the best of luck to the ACT Blind XI at the National Championships, which will be held in Albury-Wodonga in March this year.

Pre-season training has commenced, with touch football and general fitness occurring at the Hideout (Hall Oval) on Thursdays from 6 pm.

All are welcome so come on down and join in.

An amendment from the last edition of the Fringe – unfortunately Young Yabbies will not be joining the 2014 Monaro First Grade competition.





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Here come the
HOT MONTHS!

by Lisa Walmsley

Batten down the hatches, bring in the cavalry, turn on the sprinklers, get a good book, do a puzzle and hope for the best.

Summer is here and with it its unrelentingly hot weather, and if spring is anything to go by, wind as well.

This is not the greatest season to garden, especially if your garden is young or not prepared, either with mulch or irrigation.

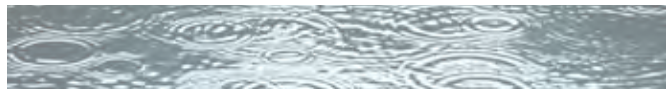
Supplemented watering is just not the same as rainfall, and really only keeps the plants alive.

No matter how much we water our gardens, rain water is the best for plant growth. This is due to more oxygen in the water along with a wide range of elements and minerals. Often plants near death will be resurrected after rainfall.

After some research I have discovered why our gardens thrive after rain:

Chlorine: many of the chemicals in tap water are detrimental to garden growth, chlorine is the worst. Plants actually like chlorine, but only a tiny bit. Chlorine also kills beneficial bacteria and fungi.

Water Pressure: no matter how much your sprinkler or drip systems look like rain, they are not natural in their flow, they just cannot beat nature.



Mother Nature just happens to know the exact flow required for plants to thrive (although I question this when we have destructive storms). But for the most part, plants are accustomed to the way natural rain falls.

Hydrogen peroxide: did you know this existed in rainfall? Rainwater receives an extra atom of oxygen from the ozone, this turns some of the H₂O into H₂O₂. As a result the extra oxygen in the hydrogen peroxide helps plants grow faster, better and stronger. (Due to pollutants in the air, hydrogen peroxide is reduced and many farmers supplement hydrogen peroxide on their crops).

If you are interested to try, add a few tablespoons of hydrogen peroxide to a spray bottle full of water. Lightly spritz the ground around the plant, if the plant is lacking oxygen the plant will perk right up. This works particularly well in areas with clay soil.

Nitrogen: plants love it. Our atmosphere consists of about 78% nitrogen and 21% oxygen, but plants cannot take it up through the atmosphere, they need nitrates. When lightning strikes through the atmosphere, it gives the oxygen and nitrogen molecules enough energy to form nitrates, these ions react with the water for form nitric acid. The plants are then able to take it up through the water.

So yes, it is all rather scientific, but completely makes sense. Here's hoping amongst all the hot weather of summer we have some lovely rain, a little reprieve for the garden and us as well.



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by **Dr Kate King**by **Melissa Riches**

Hall Vet Surgery sees most poisonings in the warmer months. Perhaps the dogs are out and about more or their owners are pottering about in the garden or the shed more at this time of year.

Dogs love snail bait and rat poison and will sniff them out – even if you put them on the highest shelf in the shed. Lock any poison well away from prying noses, especially if you have young, agile dogs.

Most snail baits cause muscle twitching, salivation, vomiting, diarrhoea, convulsions and death. Depending on the type of bait these signs can be reversed with the correct drugs and nursing care. Please bring the box in with you so that we can read the active ingredient and give the appropriate treatment as soon as possible.

Most rat poisons are more insidious. They prevent the blood from clotting. Obvious signs take a day or so to show up. Pale gums, bruising or bleeding from the mouth or into the urine or faeces are easy to see. Breathing difficulty, lameness in multiple joints and bleeding around the eyeball or brain are not so easy to pick up.

Treatment with a direct antidote is straightforward. Once again it is important to bring the poison box in if possible. Some baits are longer acting than others and require a much longer course treatment with higher doses.

Pets that have bled a lot before getting to us require blood transfusions to replace lost red cells and provide clotting factors.

If you think your pets have ingested poison call us as soon as possible and bring the animals and the boxes of poison with you. The sooner we start treatment the more likely they will be to survive.

For more articles on taking care of your cat, dog, ferret or rabbit, please visit www.hallvet.com.au or www.canberracatvet.com.au

WELCOMING IN THE NEW YEAR AND THE NOT SO WELCOME THREAT OF GRASSFIRES

Welcome to 2014 and Happy New Year from the Hall Volunteer Rural Fire Brigade!

January as usual has seen the return of hot to very hot weather in Canberra. As the mercury edges over 35 degrees these are days better spent by the pool or sampling icecream from the local shop. Unfortunately for us it also brings the less palatable risk with the very real threat of grassfires.

Grassfires can spread very quickly, even in suburban areas. Grassland includes pasture grass, crops and areas of natural grasslands. Although grassfires tend to produce far fewer embers than forest fires, grassfires can spread quickly, produce dense smoke and are extremely dangerous. Grassfires can travel up to 25 kilometres per hour and in extreme conditions can

pulse up to 60 kilometres per hour in open grassland. As grass is a fine fuel, fire burns through it faster than through forest or bushland.

Grassfires tend to be less intense, however they can still generate enormous amounts of radiant heat. The taller and drier the grass, the more intensely a grassfire will burn. The shorter the grass the lower the flame height and the easier the fire will be to control. Short grass under 10 centimetres is a much lower risk and living near or in a grassland area with dried-out brown or golden-coloured grass that is over 10 centimetres high is a high risk. Some grasses such as Phalaris grass will burn even when green.

Grassfires can also start earlier in the day than forest fires as grass dries out more quickly than forest when temperatures are high. Grassfires can be started accidentally when using machinery such as chainsaws, lawnmowers, tractors and even welders over summer.

Preparing for grass fires There are things you can do now to protect yourself from grass fires.

The first step is having a Bush Fire Survival Plan. This will help you not only understand the level of risk in your area but also help you and your family prepare for it. Everyone's Bush Fire Survival Plan will be different, so it's important to talk about it with your family and ensure everyone in your house knows what your plan is and where you might go during a fire. It is also important to share the information with the Hall Community Fire Unit so they can be aware of evacuation needs and the like.

You should also prepare yourself by ensuring you have an Emergency Survival Kit, which you can use or take with you if a fire starts. Things you might want to include are a battery powered radio, a torch, spare batteries, first aid kit, candles, woollen blankets, emergency contact numbers and a bag for valuables. You can then add items like clothing, money, ATM cards and medicines if you need to leave before or during a fire.

Once you've prepared yourself, you should prepare your property. Things to consider include:

- Have well maintained firebreaks mowed, ploughed, slashed or even grazed along fence lines or around your home, shed and storage areas which can slow a fire's spread.
- Have a well maintained area around your home, such as lawns, paths or gardens. Keep the grass cut.
- Seal under floor spaces to stop embers entering under your house.
- Make sure you've got water for firefighting, in case a fire is on your property. Have water tanks filled and connected to a pump.
- Have a diesel pump. Electric pumps won't work during a fire if the power goes out.

- Store things like fuel or woodpiles well away from your house.
- Check the access to your property. Ensure cattle grids or bridges can hold the weight of a fire truck.
- Make sure you've got adequate levels of insurance for your home, contents, machinery and crops or stock.

Machinery such as tractors, slashers, harvesters, welders, chainsaws and grinders can start grass fires.

To help reduce the risk of fires starting or spreading:

- Check machinery is free from any faults and mechanical defects which could start a fire.
- Ensure machinery is fitted with an approved spark arrestor.
- Carry a working water fire extinguisher or knapsack.
- Limit the use of equipment during hot, dry and windy conditions.
- Slashers shouldn't be used unless conditions are mild or are accompanied by an independent means of suppressing a fire.
- Grinders shouldn't be used unless conditions are mild or the surrounding area is dampened down to prevent an ignition.

These are just some of the things you can do to reduce the risk to your property. Your Bush Fire Survival Plan will give you more suggestions on how to reduce the risk.

What to do during a grass fire

If you see a fire, report it immediately to Triple Zero (000). This means the authorities can get the right resources, like firefighters and trucks, there as quickly as possible. The earlier you report the fire, the earlier they can get to it and start to protect you and your community.

The safest place to be during any fire is well away from it but because grass fires can start and spread so quickly, it's important you know what to do if a fire starts.

Grass fires can generate large amounts of heat, so make sure you seek protection from the radiant heat and also protect yourself by covering up all exposed

skin with protective clothing like:

- Long sleeved shirt and pants, made from a natural fibre such as cotton.
- Sturdy leather boots and woollen socks.
- Leather gloves.
- A wide-brimmed hat.
- A face mask or towel to cover your mouth or nose.
- Eye protection such as goggles.
- Make sure you drink plenty of water to keep hydrated and be aware of your level of physical fitness, heat exhaustion, heat stroke and sunburn.

Hall Rural Fire Service volunteers travelled to Parliament House on Australia Day to receive acknowledgement from the Prime Minister. Hall Rural Fire volunteer Phoebe Burgoyne-Scutts is pictured with the PM.



If a fire starts, follow your Bush Fire Survival Plan and monitor your local radio station for updates.

STOP PRESS STOP PRESS STOP PRESS

Recent briefings provided to the Brigade suggest that an arsonist may have begun operating in the north of Canberra over the last month. Several suspicious grassfires have been identified including one off the new Centenary Trail.

Bushfire arson is a major threat to the Australian community. Up to 50 per cent of bushfires in Australia are deliberately lit or start in suspicious circumstances. Bushfire arson causes death and injury, loss of property and damage to the environment including wildlife and habitat losses. We all need to play our part to stop bush and grassfire arson and we would ask the community of Hall and surrounding districts to remain vigilant and immediately report any suspicious activity to authorities.



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by **John Steggal**

This year starts by congratulating all those who passed their grading last November. Well done for putting in the extra effort to train on Saturday mornings leading up to the grading.

The grading results in Pee Wees were:

- Graded to 9th kyu: Angus Deasey, Liam Stanton, Sophie Porteous
- Graded to 8th kyu: Layla O'Connor, Kevin Shaw

The grading results in juniors and adults were:

- Graded to 9th kyu: Andrew Shaw
- Graded to 7th kyu: Sid Sheargold

The club is growing both in numbers and level of karate skills. The effort put in by students regularly attending training shows and is rewarded with gradings. I am looking forward to a big year with some of the more advanced students aiming for important gradings during the year.

Training continues this year on Tuesday nights at the Hall Pavilion with Pee Wees (under 10s) from 5-6pm and training for juniors and adults from 6-8pm. New students welcome, call Sensei John (Sam) Steggall on 0430 153 375 for more information.



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Hall Pony Club Open Day at Hall Show Ground, 17 November 2013.

A huge roll up with Hall Pony Club hosting another successful carnival on a perfect late Spring day. *Word is that the new Pony Club Headquarters at the Hall Oval will open on 9 February.*

Photo: Bob Richardson

by Anita Kilby

There is so much information out there about what you should and shouldn't eat, a lot of which is contradictory or changes at frequent intervals. It's no wonder people don't know what is and isn't good for them when even the 'experts' can't agree.

What you regularly eat and drink has a major impact on your health. And of course, regular exercise is also a vital component of a healthy lifestyle, along with stress management, relaxation and getting good quality sleep. Food provides our bodies with the building blocks it needs to grow, repair, and maintain the healthy function of all its systems. If we don't provide our body with good quality building blocks then we will, sooner or later, suffer with poor health. The following diet recommendations apply to those without specific health concerns. Seek further advice from your health care professional if do you have specific concerns.

So what is good for your health?

Firstly, if your diet could do with some improvement, you don't need to change everything all at once. Make one change at a time. Simply improving your water intake can make a huge difference, so perhaps start there.

The number 1 principle is to eat as natural a diet as possible. Try to eat foods as close to their raw natural state as you can. For example, instead of eating canned beetroot, try fresh beetroot. You may need to adjust the shape it takes on your plate – grated fresh beetroot in a salad is probably more palatable than a fresh slice.

Ideally, at least half of what you eat should be fruit and vegetables, mainly vegetables. Fresh is best, but lightly steamed vegies are good too. Try to cook vegies for as short a time as possible as heat destroys their health promoting enzymes and vitamins. Include dark leafy greens like English or baby spinach, or Cos lettuce instead of lighter coloured lettuce, as they have a much greater nutritional content than standard iceberg lettuce.

Eat a rainbow of colours from your fruit and vegies. The more colours you eat the greater range of beneficial compounds you'll get. Importantly, many plant compounds help protect us from cancer.

You need adequate amounts of protein every day. Have some protein with each meal, especially at breakfast, it helps keep you feeling full for longer and reduces the need for snacks. An easy way to know how much meat is the right serving amount for you is to have an amount about the size of your palm, including it's thickness. If you don't eat meat then you need to be

aware of how much protein the foods you do eat contain. There are many charts and resources on the internet that can help you work this out. For a very good summary, search www.betterhealth.vic.gov.au for protein. You also get good levels of protein in beans, nuts and seeds, dairy products and eggs and smaller amounts in fruit and vegies. Limit the intake of processed meats like salami, hams etc.

If you exercise strenuously or are trying to build muscles, you don't need to increase your protein intake despite what protein powder makers tell you. Your body will build more muscles just because you use them. A very high protein intake can strain your kidneys and liver and cause your body to lose calcium, which can then lead to calcium loss from your bones and increase your risk of osteoporosis or fractures.

Healthy oils include monounsaturated oils like olive oil, coconut oil and avocado oil. Oily fish like salmon, tuna and sardines provide healthy omega-3 fats. Fresh fish is best but canned is better than not having any. Choose fish in spring water instead of brine, or in olive

Continued on page 20



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A Sight For Sore Eyes

by **Dr. Natasha Hovanessian**

Many horses this summer have weepy eyes, and most of these cases have resolved relatively easily. However, because eye conditions can progress rapidly and result in loss of vision, we should always be cautious when horses have discharge running down the face. A few of the main reasons for weepy eyes will be discussed in this article. Keeping a fly veil on your horse in summer may reduce spread of infectious eye conditions by flies, but the eyes must be inspected twice daily to ensure they appear normal.



Clear (serous) discharge



Yellow (mucoid, mucopurulent) discharge

Blocked Tear Ducts

There is a narrow drainage system from the inside corner of the eye down to a small opening in the nostril called the nasolacrimal duct. This thin tube can easily become blocked from inflammation, infection, foreign bodies, trauma or growths compressing on it. Some horses are born with an abnormal duct

that may not have an opening at one end or be very narrow. This results in discharge streaming down the face and can become constant when the duct is fully blocked. The eye is carefully examined for a potential cause and a catheter passed into the duct to allow for flushing, which may or may not correct the problem. Sometimes repeated flushing, leaving the tube in place, antibiotics, culture of the discharge material and further diagnostics are required.

Conjunctivitis

Inflammation of the conjunctiva (the pink tissues around the eye) may be a condition in itself or related to another problem in the eye. Whatever the cause, usually there is discharge from the eye and the tissues become bright pink or red. Sometimes the eyelids and pink tissues can become very swollen with fluid collecting in them. Treatment will depend on the cause, but often a bacterial infection, foreign body in the eye or allergic condition is responsible. Antibiotics may be part of the therapy plan.

Corneal Ulcer

When an object traumatises the surface of the eye (called the cornea), a defect or ulcer on the eye may result. This is potentially a very serious problem and if not treated promptly can result in loss of vision and a need to remove the eye if persistently painful. It may be the horse has rubbed its eye on a tree branch, nail sticking out of a fence or any object that could abrade the eye. A discharging, swollen eye that is potentially cloudy or white in colour may result. Such a condition should be attended by a veterinarian promptly, particularly as it's extraordinarily painful for the horse. The eye will be examined and a fluoro green/yellow dye placed to ascertain how deep the ulcer is. Most mild abrasions heal with frequent antibiotics placed in the eye and anti-inflammatories. More serious injuries may require surgery. It is important not to administer old ointments lying around into a sore eye, as they may contain steroids which will hinder ulcer healing or contain the wrong type of antibiotics for the condition.

Equine Recurrent Uveitis (ERU)

A challenging condition to manage in the horse, ERU can occur from any condition causing inflammation in the eye, including corneal ulcers, and result in irreparable blindness. Some systemic illnesses can also cause ERU, including strangles, salmonella and respiratory viruses. Severe pain, reduced pressure in the eye, conjunctivitis, a tight constricted pupil, oedema in the cornea and collection of blood or pus in the eye can be present. Long term changes including cataracts, lens luxation and detachment of the retina at the back of the eye will often result in blindness despite diligent care. Treatment involves anti-inflammatories, but prognosis is generally poor. However, some recent surgical results have been promising.

On Sunday 23 March at 3pm the Association will hold a public meeting to discuss the future of the Hall Primary School site. The meeting will be in the school grounds and followed by the Annual Twilight Concert featuring Canberra Brass (formally the Hall Village Brass Band).

Against the wishes of the community, on 13 December 2006 the Hall Primary School was closed. Since then, despite there being hopeful indications on a couple of occasions, there have been no serious moves to re-open the facility as a primary school.

This is not to say the school has been vacant. The Gold Creek public school operates a pre-school in one building and, with the agreement of the ACT Government, community use of the site has also flourished.

The Hall School Museum, under the stewardship of the Friends of the Museum, has grown its collection and mounted several successful exhibitions. Most recently 'Present at Birth. Schools and teachers of the Capital Territory, 1913'. The Museum is open to the public every Thursday morning 9.00 - 1.00pm, on Hall Market days (1st Sunday of the month) from 12.00 - 3.00 pm, and by appointment.

The Hall Men's Shed was established in August 2011 with members participating in a range of activities from just enjoying a cuppa and discussions with other

men to projects of a community nature (for example, construction of a new gate for the local showground; repair of display cases and restoration of furniture for the school museum; restoration of garden furniture and making of toys such as rocking horses and wooden puzzles for the pre-school). The shed is open on Thursday mornings from 10:00 to 12:30.

However, the tenure over the site for these activities, and the many other potential ideas community members have raised, remains uncertain.

Over time, discussions have been held with the ACT Government and within the community to develop a vision for the site. Most significantly, the Hall Primary School Master Plan was commissioned by the ACT Government in 2010 and developed in consultation with community by Eric Martin and Associates. This is available on the website (hall.act.au).

Last October, during the celebrations marking the opening of the Centenary Trail, the Chief Minister had a tour of the school site and talked with Association members about developing a long term solution for its future use. Since then, the Committee has recommenced discussions with Government officials.

The Government is listening and it's time for the community to come together and decide what it would like for the school site.

If you'd like to find out more or be involved in preparations for the meeting please get in touch (info@hall.act.au).



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News from Gold Ck School Hall Preschool Campus

by **Cindy Condon**

The Sleepy Bears have had a busy 2013, with lots of fun play based learning experiences. The children have been developing their emerging social skills through interactions during play with their classmates.

Term 4 was spent leaning all about fairy tales from around the world. The children took part in shared reading experiences, re-enacting and had many opportunities to become creative with some fun arts and crafts.



Constable Kenny Koala visited us to speak about ways to keep ourselves safe.

One day we brought our teddies in to school to have our very own Teddy Bears Picnic. The children

were so surprised to discover that our teddies had snuck off and began the picnic without us!

Term 4 also allowed for lots of time making some fun Christmas related arts and crafts. Our end-of-year celebration concert was well attended by a variety of family members. It was great to see the Hall community spirit on full show. The children were very proud to perform some of their favourite songs to their families.

I would like to thank the hardworking Hall Preschool Parent Association for all of their time, effort and dedication to the Preschool in 2013.

Last year has been another great year for both students and teachers at Hall Preschool! I wish those families that are moving on, all the best in your child's future education.



This year Cindy Condon will be continuing on as the classroom teacher at Hall Preschool and Wendy Crowley is continuing on as assistant. We are both looking forward to getting to know the new children and their families, and those who are continuing on from 2013.



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From Haiti

to Hall

by **Robert Yallop**

Where do you take 15 aid workers from countries as far flung as Ghana, Papua New Guinea, Uruguay, Haiti and Switzerland to have an authentic Australian experience in the midst of days on long and taxing meetings?

In December, CARE Australia was hosting senior staff from a number of countries for important meetings about CARE's work to assist poor women in some of the world's poorest countries to improve health, livelihoods, nutrition and education for themselves and their families. We also unexpectedly had on the agenda our response to the devastation of Typhoon Haiyan in the Philippines.

Gold Creek Station with hosts Craig and John

Starr provided tremendous hospitality. Catching sheep, shearing and wool classing, driving around the property at sunset to see mobs of kangaroos followed by a barbeque and apple pie, gave this diverse group

of international aid workers an authentic taste of rural Australian life only 15 minutes from Parliament House!

Anyone who is hosting a group of visitors must contact Craig Starr as this is an experience that will be long remembered by my overseas colleagues.



Sophia Sprechmann (Uruguay) catches a sheep, looked on by Lisbeth Möller (Denmark), John Plastow (UK), Robert Yallop (Hall) and Jean-Michel Vigreux (Haiti). Supervised by Craig and John Starr

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Eating for

oil instead of other oils. Omega-3s are important as they reduce inflammation. Our diets are typically too high in omega-6 fats that can increase inflammation throughout the body. The oils used in processed foods are usually omega-6 rich fats. Inflammation is implicated in most disease states including heart disease, arthritis, allergies, autoimmune diseases, cancer and Type 2 diabetes. Safflower, sunflower, and corn oil are high in omega-6 fats, so try to avoid/reduce consumption of those oils.

Avoid trans-fatty acids. These fats interfere with the normal functioning of body cells, increase the risk of heart disease, cancer, obesity, and infertility - to name just a few of the problems they cause. You'll find them in most processed foods! Check the label of any food in a package.

We all know we need to drink water. How much? That varies depending on your level of activity, the weather, your metabolism, the amount in the food you eat, etc. Generally, we could all do with more than we get. Look at the colour of your urine as a guide. The first urination of the day will generally be quite yellow, but for the rest of the day you want it to be fairly colourless. Gradually increase your water intake throughout the day until you notice a change. If you take a multi-vitamin it will be harder to gauge as vitamin B2 will turn your urine bright yellow, but you will notice a decrease in colour intensity with increased water intake.

If you can, filter your water to reduce the amount of chlorine and fluoride (if you get town water). Use glass or stainless steel drink bottles rather than aluminium or plastics, to reduce the intake of potentially harmful substances. Likewise use glass or stainless steel when cooking instead of aluminium or plastics. Definitely don't use any cling wrap in the microwave - pop a plate or bowl over the top instead. Soft plastics contain compounds that can interfere with our hormone systems, and can be cancer causing.

Loads of vegetables and fruits, adequate protein and healthy oils plus a good water intake are the essentials for a healthy diet. So what about dairy products and cereals and grains?

Our ability to digest milk tends to decrease with age causing lactose intolerance. Milk is after all designed by nature to nourish our babies and children. You may be able to tolerate milk in your tea but a whole glass of milk may cause bloating, gas, diarrhoea and/or abdominal discomfort 30 minutes to 2 hours later. So we turn to alternatives such as soy milk. Any milk in the UHT blocks will be quite processed. A healthier alternative is to make your own almond milk! Sure it's not as easy as buying a carton, but it's not hard. Google will tell you how.

Dairy intake can be kept low if you get enough calcium from your vegetables, nuts and seeds and from sardines



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Good Health

or canned salmon eaten with the bones. A cup of lightly cooked spinach has 80% of the calcium of a cup of milk. The best way to make sure you have strong bones is to use them. You need to move and put a strain on your bones so your body knows you need to keep them strong. Use it or lose it! Your body is smart. If you don't make use of your bone strength it's not going to waste resources keeping them strong.

Cereals and grains can provide us with valuable fibre to help keep the bowels moving, as well as carbohydrates that the body breaks down into sugars and uses for energy. Whilst you can get both of those from your fruit and vegetables, most people enjoy their cereals. They are cheap and convenient. But you do want to avoid rapid increases in blood sugar levels from highly refined carbohydrates, which are quickly digested and absorbed into the bloodstream. This causes a rapid release of insulin to push the sugar out of the bloodstream into body cells, which then leads to a rapid fall in blood sugar levels and a strong craving for more carbohydrate foods. Before you know it you've eaten the whole pack of biscuits or 1/2 a loaf of bread! Instead of white bread, eat wholegrain breads. Instead of sweet biscuits try some wholegrain crackers (low salt varieties) with wholesome dips (low in artificial ingredients, high in vegetable content). Try replacing a

portion of white flour in recipes with wholemeal flour. Brown rice, and Basmati or Doongara rice are better options than other white rice as they are digested slower. Use Yellow Box or Manuka honey instead of sugar or artificial sweeteners. Speaking of sugar - STOP DRINKING SOFT DRINKS! They are full of sugar and play havoc on your blood sugar levels.

Salt is much condemned for causing high blood pressure. Salt causes your body to retain more water than it should, so your blood volume becomes higher than it should, causing high blood pressure. If the excess water leaks out of your blood vessels due to the increased pressure, you may get fluid retention (eg. swollen ankles, puffy bags under the eyes). Most processed foods have added salt. Again, check the labels and compare products. Avoid table salt as it also contains aluminium to make it flow nicely. Aluminium is toxic and is linked to Alzheimer's disease. Replace table salt with sea salt crystals (Himalayan or Celtic are great), but make sure to reduce your salt intake from processed foods.

Make it easy for yourself:

Make changes gradually so your body has time to adapt. Pick one thing to change at a time so you don't feel overwhelmed. Swap processed foods for healthier ones. Take the time to look closely at one food item each time you shop, comparing the labels of different brands. Find the one with the least amount of numbers or chemical sounding ingredients. The better quality one may cost more but consider it an investment in your health, you'll save on medical bills later!



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From Cebu

to Hall

Every year on the third Sunday of January, members of the local Filipino community come to Hall Pavilion to celebrate the Sinolog Festival, celebrating the image of the Holy Child of Cebu.

The Santo Niño de Cebú (Holy Child of Cebu) is a statue of the child Jesus. Claiming to be the oldest religious image in the Philippines, the statue was originally given in 1521 as a baptismal gift by Portuguese explorer Ferdinand Magellan via Antonio Pigafetta. The Santo Niño image is replicated in many homes and business establishments.



Dr Jennifer Strachan

D.Min, M.A. CPC, MBTI Accred,
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Be kind, for everyone you meet is fighting a harder battle - Plato

Our family has just returned from a month away – in Sydney, the UK to see my family, Dubai and Musandam Peninsular (a spectacular part of Oman comprising rocky fjords on the straits of Hormuz), catching up with old friends along the way. How wonderful that our pets and house were cared for during our absence by kind friends and neighbours in Hall. Not worrying about home, Rosco the dog, Pirate the cockatiel, Sassy Black Hen and Freddie Mercury (aka Lazarus) the chickens, the goldfish and garden was such a luxury. The chickens even started laying again and the fish had babies while we were gone! How spoilt were we to return to fresh bread and milk and the air cooling turned on as it was one of those 40 degree days that we came back to. A great holiday and so good to be home again in this generous and thoughtful community. Thank you everyone!

December was a terrible month for many around us in Hall and the District. The *Fringe* sends loving wishes to Helen White who lost her mother after a long illness. I'm also thinking especially of the Greenwoods and the sudden loss of their son Luke to melanoma. Your many neighbours in Hall offer their support and friendship. It was Dennis and Garie who told me about another community act of support when Hall Rotary Club and the boys at the Men's Shed helped Greg Rule acquire his latest mode of transport.

I know 2014 will see our kind community of Hall and District continue to support one another through good and bad and lend a hand or just a cup of tea and a friendly word when needed.

Until next time.
Jo Hall



Greg Rule (94) looking magnificent! Photo Bill Pearson.

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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.

February issue deadline is 10 January
April issue deadline is 10 March
June issue deadline is 10 May
August issue deadline is 10 July
October issue deadline is 10 September
December issue deadline is 10 November

It is the policy of the VHDPA that articles which are predominantly about the profit making activity of any group or individual can only be accepted for publication if the same issue carrying the article has a paying advertisement of similar size.

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

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Other information

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Sub-editor: Bob Richardson

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Christmas in Hall



Column by column:

To mix up all our heroes, we just need Superman in the phone box...

Celebrations at the Fire Shed for the Hall Rural Fire Brigade

Hall Pony Club Christmas Party

The longstanding tradition of the Australian Bureau of Statistics' annual Christmas Party at Hall Oval.

Hall Community Christmas in the Park, organised by Allyson Wedrat from the Wood Duck Inn.

