

RURAL FRINGE

Journal of the Hall district



VOLUME 22 ISSUE 2

April 2015

Hall Premier Store's New Proprietors

From 1 April Jenny Berron and Jessica Smith will be the new proprietors. Jenny and Jessica (mother and daughter respectively) are really looking forward to being part of this close community once again.

Hall Premier Store will now be trading as Daughters@ Hall

Opening hours:
6:30am – 6:30pm
Monday to Saturday
8am – 5pm Sunday
Closed – Good Friday

Over the next few months the Premier Store will review the stock and client requests to evaluate the needs of Hall and the district. If you have any requests please come in and see Jenny or Jessica.

Daughters@Hall is a very appropriate name for Jessica and Jenny's return. Their history stems way back:

Great Great Great Great Grandmother Jane Rolfe (nee Riding) settled in the district of Hall in the early 1800s.

Great Great Grandmother Elizabeth Rochford (nee Rolfe), settled in Forrest View, Hall in 1882.

Great Grandmother Catherine Rule (nee



The out-going (and more recently settled) family from Hall Premier Store, offspring of Proprietors Gavin and Trudy Mansfield, will still be seen in the Post Office, which reopens over the road between Hall Attic and the Shearing Shed. All Post Boxes have moved over there, too.

Rochford), born 1887 at Forest View, Hall, married local man Arthur Rule (Greg Rule's father) from Allwood, Hall. Grandma Marie O'Connor (nee Rule) born in 1918, from the Hall district, and her husband Gus went into business with his son, Brian O'Connor. Brian married Anne in 1961 and their first home was at Sunnyside, Gladstone St Hall. They bought their business – Hall Service Station – in 1970 and moved to Palmer Street in 1980 with their

children, living, working and supporting the community. After living away from Hall for a while, they are now moving back to Victoria Street. Jenny also enjoyed being part of the Hall community. She moved to Hall in 1980 with her family to Palmer Street, then in 1990 to Loftus Street Hall. Jenny has never really lost her connection as her family continues to operate business here.

Jessica's first home was Loftus St. In 1992, Jess went to school at Hall Primary from Preschool right through to Year Six, and she has some great memories of Hall. Jessica is the seventh generation living and working in Hall.

Out and about . . . Clean Up Australia Day 2015

Many thanks to the Volunteers

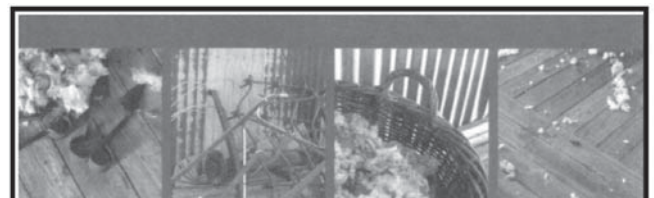
On Sunday 1 March, 22 local residents donned their gloves in order to participate in the 25th Clean Up Australia Day. With so many volunteers we were able to collect rubbish along Wallaroo, Southwell, Gooromon Ponds, Brooklands, Oakey Creek and Coulton Roads.

Members of the Wallaroo Fire Brigade provided valuable support in transporting volunteers, collecting the full bags and larger items of rubbish. The vast majority of rubbish is still associated with takeaway food and drinks, with some vehicle tyres and a few items of furniture. We are however pleased to report there seems to be less roadside rubbish than in previous years.



All of the girls at The Shearing Shed Hair Salon would like to say good luck for the future to Jacqui as she has decided to move on. She will be missed by all of us as well as all of her lovely clients. Keep in touch Jac.

Thanks, Kylie and Kylie



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Friday	9.00 – 5.30
Saturday	8.00 – 1.00

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Saturday	8.00 – 1.00



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'When Hall Answered The Call'

An Anzac Centenary Exhibition by the Friends of the Hall School Museum

It will be open at the Museum in Victoria Street during the Canberra & Region Heritage Festival.

**Official Opening at 10am
Saturday 11th April 2015
By Dr. Andrew Leigh MP**

The exhibition will be open Thursdays, Saturdays, Sundays during April after the official opening and Anzac Day Public holiday Monday 27 April.

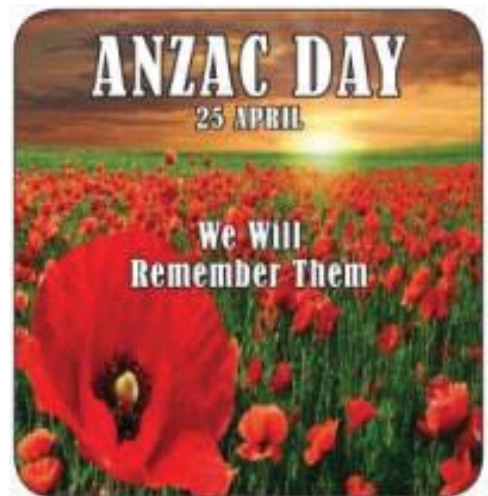
(Check website for opening hours)

www.hall.act.au

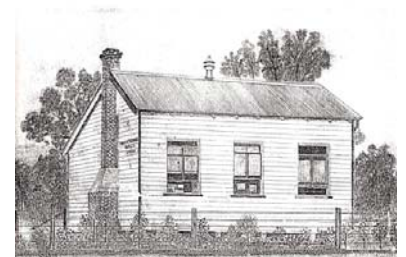
Anzac Day 25th April at 3.00 pm there will be ceremony to unveil a plaque displaying the names of local soldiers who did not return to the district and so could not be welcomed home.

HALL WILL REMEMBER THEM

Funded under the ANZAC Commemorative Grants Program of the Dept. of Veterans Affairs



Volunteers of the Hall museum share skills and camaraderie, seen here hand decorating faux confectionery that is part of their next amazing exhibition.



Are you constantly tired?

by **Anita Kilby**,
Naturopath

It might be a good idea to get your thyroid checked! Thyroid disease incidence has increased significantly over the last few decades. The thyroid is a very sensitive gland; problems there can be a sign there are problems elsewhere in the body.

Your thyroid is a butterfly shaped gland that sits in the front of your neck. It produces thyroid hormones, which regulate the rate at which most of your body cells function. If you don't have enough thyroid hormones you may constantly feel tired. If you have too much then you may feel hyped up and anxious.

Thyroid disease can be due to deficiencies in particular nutrients, meaning the body doesn't have enough materials to make the thyroid hormones and/or convert them into the active form. Kidney and liver disease can also reduce that conversion. Or it can happen if the immune system gets out of whack and attacks the thyroid tissues (autoimmune disease).

Environmental and lifestyle factors can cause an underactive or overactive thyroid in susceptible individuals, for example from exposure to:

- chlorine, fluoride (in our water, toothpaste)
- bromines (in bakery products, pesticides, plastics, flame retardants)
- heavy metals (mercury, cadmium, lead)
- compounds in most sunscreens
- some medications (eg. aspirin, ibuprofen, lithium, iodide)
- high levels of stress
- some foods (eg. soy, raw broccoli, cabbage or kale)
- some infections (candidiasis, helicobacter pylori, mononucleosis, hepatitis C).

Women are more commonly affected by thyroid problems than men, most commonly from an underactive thyroid caused by Hashimoto's disease, an autoimmune disease. The thyroid produces less and less hormones and you



experience increased symptoms of tiredness, weight gain, cold sensitivity, constipation and depression.

Your doctor will likely check your TSH (thyroid stimulating hormone) levels, and if they are within the reference range they check no further. However, if you have a family history of thyroid disease and you have symptoms, further investigations are absolutely warranted. Whilst you might not need medication yet, you want to know if your immune system has already tagged your thyroid as a target. Having your thyroid antibodies checked is a sensible precaution.

What if your thyroid antibody levels are high? If your thyroid and immune system are treated in the early stages of the disease, you may be able to reduce your risk of developing thyroid disease and having to take thyroid medication for the rest of your life. Naturopaths try to identify the triggers of your immune attack on the thyroid, and remove/ treat those triggers. This requires thorough investigation and further testing. Key nutrient levels can be assessed and supplements prescribed to correct any deficiencies. It is important not to self treat your thyroid symptoms as some typical treatments, such as iodine, can actually make things worse in some circumstances. You are at increased risk of developing thyroid problems if your parents/siblings have thyroid issues or if you already have an autoimmune condition (such as rheumatoid arthritis, psoriasis, multiple sclerosis, lupus, inflammatory bowel disease, type I diabetes).

Early treatment of the immune system and thyroid may help prevent, or at least delay, further health problems. Finding the cause of thyroid problems is a much better long-term health strategy than just waiting for thyroid disease to progress until medication is needed.

Broadband for Seniors

Free computer training for seniors.

Training can include how to use a personal computer (PC), a laptop, tablet or an iPad, how to email and include attachments and photos and how to surf the internet.

The 'Hall Kiosk' is situated at the Hall School site.

For further information and how to book a tutor contact Rod Roberts on 6230 2436.

Broadband for Seniors is a Government funded initiative.




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Beauty Salon changes Hands

I would just like to let you know that as of Monday 16 March 2015, Endless Beauty Hall has been sold and purchased by a lovely young beauty therapist named Simone Stevens. She is the proud new owner of our little local Beauty Salon, and she is very enthusiastic and excited about her new venture.

I have had three beautiful children since I first opened the salon back in 2007 and am ready to continue my busy role as a stay at home mother. Thank you for your great *Rural Fringe*, which I always enjoy reading and for running all of my ads over the years.

Many Thanks and Kind Regards from **Alyson Barnes**.



Hall Sports Ground gets a visit from Defence. Those up early enough were more than surprised to witness the ascent of the balloon.



Dr Jennifer Strachan

D.Min, M.A. CPC, MBTI Accred,
Clinical member CAPACAR, PACFA reg.

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Her office is located at
"Rivendell" 49 Oakey Creek Road,
Walleroo via Hall NSW 2618 (off Wallaroo Rd).

The Village People

Amy Smith

by **John Carson**

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

'Oh the farmer and the cowboy should be friends
Oh the cowboy and the farmer should be friends'

I am singing this tune from the musical Oklahoma – (why, I have no idea!) - as I cycle up Wallaroo Road and into the long stately drive that leads up to the sprawling residence of Justin and Alison Smith. I am in search of Amy, the older of the Smith daughters with the reputation around these here parts of being a current day Annie Oakley. Annie, you may recall, became a bit of an American legend in the late 19th century as a sharp shooter in the then touring Buffalo Bill Wild West Show.

I pull up at the front veranda and hitch the treadly to a nearby post. 'Good afternoon ladies' I say as I introduce myself to Alison Smith and her two attractive teenage daughters who are framed in the sliding glass doorway leading in to the cool interior of the house.

Amy resolves the question of which daughter is which when she joins me and her mother at the dining table while Holly, the other daughter, busies herself off in a different direction. Already the table is bedecked with a colourful arrangement of scarlet and blue sashes, the results of Amy's successes in recent shooting contests in Tasmania and Victoria. But before we talk shooting contests I suggest to Alison that I find out a little bit about Amy. And what a confident girl she is as she jumps into the conversation on cue to fill in relevant background for me.

She is aged 14 she informs me and is in Year nine at Belconnen High School where she is regarded as a reasonably good student who presents well and gets on with both teachers and fellow students. With greater attention to her studies, perhaps with less distractions in other pursuits, she could do really well. (The years fall away and I find myself momentarily transported back to my own high school where the teacher is commenting somewhat similarly on my learning – or lack thereof!) Suddenly the glass door once more slides open and a shadow slants across the parquet flooring. Silhouetted against the afternoon sun is the figure of a tall well built man whose presence immediately dominates the room. 'G'day – Justin's the name - Amy's Dad'. He stretches out a hand which envelops mine and gives concern as to whether I may

have seen the last of my fingers. However, a big smile which bathes his face and illuminates his eyes makes me feel immediately at ease.

So back to Amy. Why shooting, what does she shoot and why is she so good at it?

It turns out that it was Justin who encouraged her interest in the sport. From hunting on the family farm when he lived in Cooma it seemed a natural progression to the more disciplined and highly skilled pursuit of clay target shooting. Having won a swag of trophies himself at various contests he suggested to

Amy that she might develop a similar enthusiasm for the sport. Within months both father and daughter had joined the Boorowa Gun Club and were following the shooting circuits. Amy showed a natural affinity for the sport and it wasn't long before she was taking out the top trophies in her ability category and developing a name for herself. Apocryphal stories abound of male contestants shaking in their boots when Amy turned up at shooting events. And that is one of the attractions of the sport – there is no gender or age advantage and grading is based solely on skill level.

Essentially the sport involves firing at and endeavouring to hit a moving target, a clay pigeon, which is launched from a traphouse. The target can be launched randomly in any number of directions within a defined arc while at the same time the shooter can be placed at various distances and angles to the target's trajectory. The gun is generally a 12 gauge double barrelled shotgun and may be loaded with either one or two cartridges. Because the sport involves firearms there are very stringent rules and etiquettes that govern it and breaches of these can involve serious penalties.

So why is Amy so good at it? It's all about concentration and positive thinking she says modestly. There is an openness and innocence about Amy that you immediately warm to and yet you also sense a steely resolve to achieving her goals. I think this young girl is going places. And indeed she is for I quickly learn that the whole family is heading off to Galway in Ireland in August for both Justin and Amy to compete in the world championships and after that in Illinois in the USA for the American championships.



And what is Holly doing while Amy is shooting the place up? Ever heard of Warehouse Circus? No – well I will leave you dear reader to check it out. Or better still – talk to Holly – she will have you as a convert jumping and spinning and swinging in no time at all. Meanwhile Alison is coaching a marching girls team and preparing for a big event coming up in the next month or so. And keeping the whole ship afloat and on course is Justin and he seems just the man to harness all the energy that the ladies in this house explode with. (Just in case they try to recruit me into one of their many wild activities I have armed myself with the pretence that I am planning on joining the foreign legion in the next week or so.)

I don't know what it is being around guns and the people that fire them but I suddenly feel that I am back in the 'old west' and I need to act out the fantasy. So when I unhitch my bicycle from the front of the Smith homestead I feel that I am getting ready to saddle up and hit the trail. 'Steady, boy', I murmur to my Leisure Sportsmaster as I swing my leg across the bar and settle into the saddle. I give a nod to Alison and her daughters who are standing on the veranda and raise my arm and two fingers in a casual



kind of half salute that I have seen John Wayne do when taking his departure after cleaning up the bad guys.

I freewheel down the long driveway towards the Wallaroo Road. With the wind in my hair, the sun in my face – and gosh darn it, there's also a song in my heart – I'm feeling that I can ride forever. I slow down and pause where driveway and road meet. I unstrap my helmet from the back carrier and settle it on my head and suddenly I think 'You wuss; I bet you Amy wouldn't be doing this'.

'Oh yes she would' came the unbidden silent reply from her mother 'because Amy always does what her parents tell her (if she wants to go to Galway)'.

I gently but firmly nudge my steed out on to the road. A ute with dog madly barking from the back tray goes whizzing past closely followed by a motorbike. Then silence. I check my watch. Just as I thought – peak hour.

I turn into Oakey Creek Road and then checking to make sure that there is no-one around I dig the heels of my shoes into the bike pedals and shout a loud 'Yee – Har' and with a flurry of dirt and gravel I speed off down the unfolding ribbon of asphalt and disappear into the sunset.

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Be a Boy Scout and BE PREPARED



Although the 2014-2015 bushfire season is almost over, and the threat of bushfire seems very distant, it is well worth taking this time to reflect on your own Bushfire Preparedness and Planning. It is time to review your Bushfire Survival Plan to see whether it is still valid and if you don't have a plan, to take the time to create one.

Emergencies may not be something we think about every day but they can strike at any time. It is important to remember that although the immediate effects of a fire front may be short term, in many cases the effects of an emergency can last for a long time. So knowing what to do and where to go is your best protection against a bushfire. And knowing what to do begins with a simple Bushfire Survival Plan which can help you and your household prepare, and cope better if a bushfire occurs.

You should begin by honestly assessing your capabilities in protecting your home as well as assessing how well your home will stand up in a bushfire event. Are you able to clear dense shrubs from around your immediate home or overhanging branches? If the answer is yes, autumn and winter are a good time to get this work done. Do you have sufficient water sources, hoses and protective clothing? Again autumn is a good time to check

your supplies and shop around for supporting pumps and the like.

It is important to work out your needs with the support of family, neighbours and friends before a bushfire occurs. Involving everyone when you make your plan will ensure your household knows what to do on fire risk days and your neighbours and friends will know your movements.

Fires are noisy, confusing and stressful events. Stress may cloud your and other people's judgement. The smoke and noise will make it difficult to see or hear anything. Preparing in advance with your family and support network can help you cope with a bushfire.

Finally your plan needs to include a Plan B. If your Plan is to stay and defend your property you also need to have a plan to evacuate. If a catastrophic fire danger is reached it is quite simply too dangerous to stay and fight. Prepare a list of things you will need to take with you that includes your financial, medical and insurance details as well as supplies for your family and pets (if you have them).

It sounds all very detailed, but it really comes down to preparation. And now is a good time to prepare. To assist you in reviewing or drafting your Bushfire Survival Plan the Brigade is joining forces with the Hall Community Fire Unit to run a briefing session at the Hall Brigade Shed during April. So watch your mailboxes for notification of the event and come and talk to us about what you will do if a bushfire threatens Hall and the surrounding district.



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Centenary Trail

CBR100 - in the pits at Hall!

Hall provided a half way pit stop for runners and walkers participating in the inaugural CBR100 challenge. The parking area outside the school in Palmer Street was like a popular picnic spot, as

first the runners and then the teams of walkers came through from Mulligans Flat.

Of a total entry of around 1000, some 150 opted for the 'full monty' of 100 kilometres - and it was only these folk who came through Hall, just before their half way point.

A well managed 'comfort station' offered fruit, hot cross buns, water and more, but



for many participants, friends and family were on hand with provisions as well. Quite a bit of 'foot therapy' was taking place also.

There is to be another long distance event on the Trail, passing through Hall in a few weeks time. The 'ANZAC Ultra 2015' covering 435 kilometres will take place from 6-12 July. Our photo is from outside the school, looking up Palmer Street, with some walkers just coming into the check-point.

More at www.hall.act.au

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10 Ways to **gardening** Manage Weeds

by **Lisa Walmsley**

Weeds have been out of control in our gardens this year. The perfect mild growing summer conditions have led to a massive increase in the prevalence of weeds in our gardens.

Really, who wants weeds? We all have better things to do than spend hours toiling over weeds. There are even special tools just for weeds.

Elimination is the only choice as I'm sure you will all agree, yes total obliteration is improbable as weeds' seeds live up to 20 years in the soil, but you can seriously reduce them.

Here are some tips for weed reduction:

1. Mulch – It's no secret, mulch is the ultimate, straw, hay, compost etc. There is a fine balance between not too thick and too thick, but I think 10cm is about right. Mulch will help keep weeds at bay, moderate soil temperature, holds in moisture, limits evaporation, reduces splash on plant leaves keeping them cleaner and reducing fungus. As an added bonus, mulch breaks down and composts putting organic matter and humus back into the soil.

2. Newspaper – Laying a thick layer of newspaper on your soil, followed by a little mulch, to anchor the paper works as a great weed barrier. Prepare your soil, add manure and/or compost and worm castings and water in well, then add your layer of newspaper and mulch. This will suppress any weed seeds already in the ground and hopefully prevent/reduce germination of new seeds on top. You can tear a small hole to plant. Newspaper will break down and form organic matter in your soil.

3. Plastic – I have spoken in detail about weed mat, which should be against the gardening law. However, if you have a particularly weed infested area that you wish to turn into a garden bed you can lay mulch down to suffocate and suppress weeds. Depending on the weeds you wish to eliminate, the plastic may be removed after six weeks, more if you have very persistent weeds. The compounding benefit is warming your soil to start your bed early in the season, especially if it has been particularly cold.

4. Cardboard – This has a similar affect as newspaper, although because it is thicker, the results can be better.

5. Dense planting – Once weeds are restricted

from sunshine, or have to compete for moisture and nutrients they tend to wither away. Maybe consider erring on the overplanting side in areas of prolific weeds.

6. Vinegar – Plants hate this stuff, buy a spray bottle from the \$2 shop and hit those weeds to your hearts content. Be very careful you don't hit your tomatoes or prize plants, its non discriminatory and will take out the lot. A dog cone works well so you keep the spray directly on the plant of choice.

7. Fire – A propane torch does wonders on a plant. This is definitely not my choice of weeding, the risks of run away fire is too great. But in colder climates and seasons, there may be some reward in this method.

8. Boiling water – Just pour it on.

9. Eat them – Dandelions, violet, sorrel and so on can all go in your salad.

10. Pull them – Yep, that's the good old fashioned labour intensive method. If you can manage a daily walk in your garden, pulling a few weeds will be easy to manage.

Autumn is here and that's the best season in the garden, so get out there and love your space.

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An Ancient 'Superfood'!

by **Peter O'Clery**

Homeleigh Grove

We hear so much these days about the latest 'superfood' with instant magical health benefits for the masses. Inevitably, the claims will be debunked by the proponents of the next diet promoter's 'wonder-bullet', with neither having any scientific basis for their claim.

One of the reasons we looked at growing olives was that there was a swag of scientific data supporting its health benefits – which has been supported by a growing body of evidence from medical circles all over the world, especially independent medical researchers like Dr Mary Flynn who holds a professorial role with the prestigious Brown University in the United States.

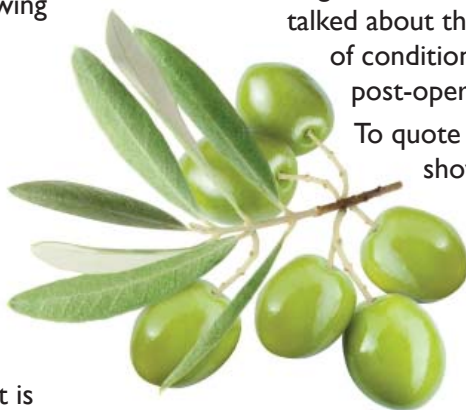
The key with olive oil is 'freshness' – it is (or should be) a natural fresh fruit juice and to maximise its benefit it needs to be as young and fresh as you can get it. 'Natural' is important, because a huge amount of imported oils are either wholly or blended 'refined oils' which may leave residues from the chemicals used in refining. Some might best be described as 'health-less' liquid fat!

If you want to be sure, then buy an Australian Certified Extra Virgin Olive Oil – it will have been chemically and sensory tested and most likely have a medal from one of the major shows in Australia.

Our grove is boutique with about 2,000 trees of mainly Tuscan-origin varieties. Like any farming enterprise, the development and operation of the grove has been challenging in many respects from weather related issues to the sheer amount of work and equipment needed to have a successful operation. However, over several years now we have achieved a great range of medals and trophies for our product – which is more about giving us confidence that our product is in the 'right space' than necessarily translating into huge sales! A pleasing aspect is that our market has grown as the grove has increased its production. This year some trees have 40kg+. If that happened across the grove we would be looking at 80 tonnes+ which might present a slight logistical headache!

Whatever the challenges, at least we know we are producing a healthy product.

A little research actually shows olive oil as the only oil that can have a health claim attached to it in the EU. (Reference: Commission Regulation (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health.)



Last year, we had the opportunity to meet with Dr Mary Flynn at Canberra's National Press Club, when she addressed nutritionists, dieticians and media about studies she had been conducting and the amazing results she had achieved by adding good quality extra virgin olive oil to patients' diets. In particular, she talked about the lowering of the rates of recurrence of conditions such as breast and prostate cancer in post-operative patients.

To quote Mary Flynn 'the only oil that has been shown to decrease disease is extra virgin olive oil'.

Buy local, buy fresh, buy certified Australian Extra Virgin Olive Oil – if you have trouble finding some, then go on any Saturday to the Capital Region Farmers Market.



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Glenona restored

'Glenona' (the house on the corner of Gladstone Street and Palmer Street) has recently won the 2014 Master Builders Association award for heritage restoration as well as the ACT Master Painters award for heritage restoration. It was great recognition after three years of repairs and restoration. The house was built around the 1890s and much of the original structure was built on timber piers, which were very attractive to termites. Sharing a house with termites was not one of our plans and we really had no idea how much damage they could cause. Termites had made their way up the piers, along the main bearers of the floors, through the walls and even into the ceiling. Additionally, some earlier repairs to the house had cut through the main supporting wall leaving it disconnected from the ground. The house became unsafe to live in and we had to spend nearly a year living with relatives elsewhere in Canberra while we undertook the mammoth repairs required.



We love Hall village and were committed to restoring this heritage house as best we could to complement the surrounding area and blend with the Pavilion and Woolshed. It was a long journey, eventually requiring restoration of most of the inside of the house, removing a large amount of soil from under the house and strengthening the walls, roofs and floors. Handmade cornices and cedar doors were used to build on the heritage values. We worked with architects from ACT Heritage to replace an outside modern tin shed with an iron bark garage that more closely reflected the original timber stables which had stood in that spot. That included sourcing 100-year-old roofing, most of which originally came from Lynwood Café in Collector.

Like so many places in Hall, Glenona has an interesting history. The block was originally owned by Ebb Brown who was a partner in Hall General Store. In 1912, it is listed as George Shumack's residence. George was an original Trustee of the Wattle Park Methodist Church and kept major roads



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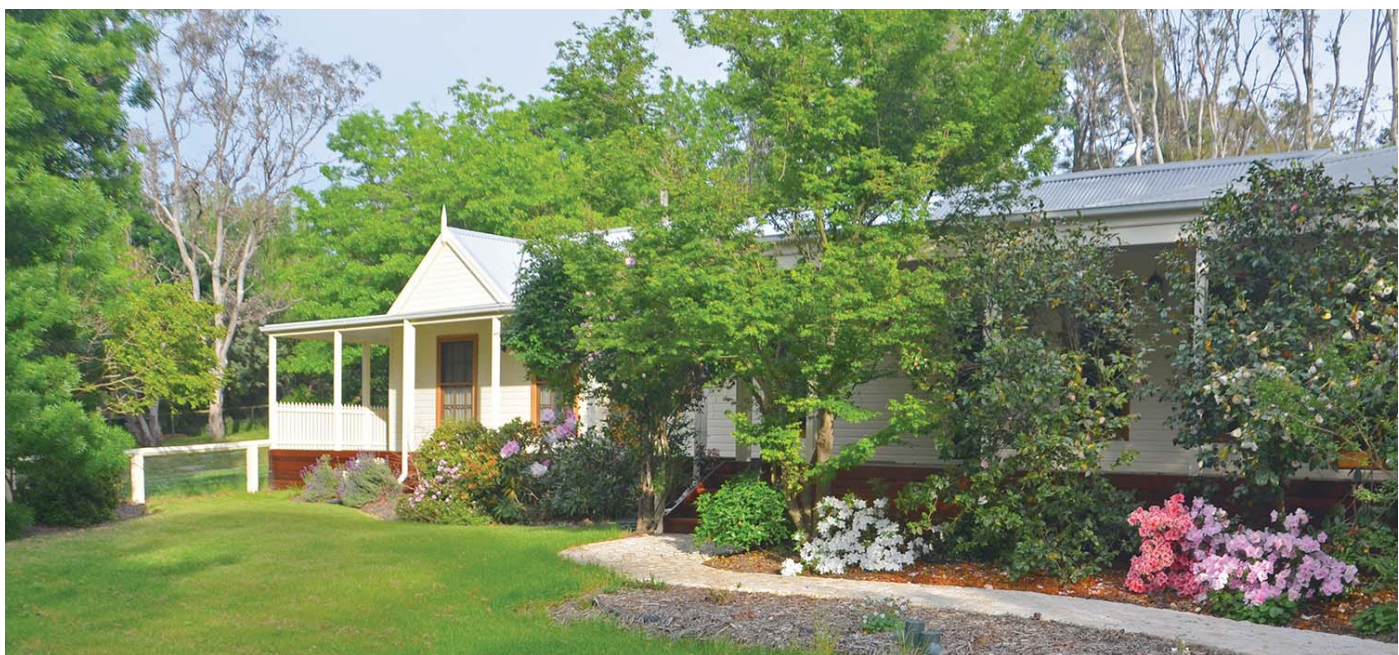
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in repair with his horse and cart. From 1920, Ellis and Jane Smith (nee Southwell) took up residence (see photo) and celebrated their 50th wedding anniversary at Glenona in 1928 with their five daughters and three sons. In 1938, Glenona is listed as belonging to Mr P Fisher (a school teacher) and his wife taught music from the house. The musical heritage continues at Glenona with Sally Melhuish running the baroque music ensemble Salut! from here and Sophie playing piano and violin and Daniel his cello.



Paul Porteous









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Fixing Smelly Breath **veterinary** by **Pauline Murphy**

If your pet does have smelly breath chances are it has dental disease. Dental disease causes pain and more than 80% of dogs and cats over the age of three years of age have dental disease. Left unattended dental disease will shorten your pet's life and impinge on their quality of life.

Dental disease explained

Food particles and bacteria collect along the gumline and form plaque. Plaque that is not removed from the teeth combines with minerals in the saliva and forms tartar which bonds to the teeth. The tartar is irritating to the gums and causes an inflammation called gingivitis. This can be seen as reddening of the gums adjacent to the teeth. It also causes bad breath.

If the tartar is not removed, it builds up under the gums where it then separates the gums from the teeth to form 'pockets' and more bacterial growth occurs. At this point the damage is irreversible and is called 'periodontal' disease. It is very painful and will lead to loose teeth, abscesses and bone loss from infection.

Prevention of dental disease

The very best way to keep your pet's teeth healthy is to brush their teeth once a day. This prevents bacterial overload in the mouth as plaque starts to mineralize 3-5 days after it forms. If daily tooth brushing is not for you or your pet, then a dental specific dry food like Hill's® t/d is the next best option. Hill's® t/d works through having a fibrous matrix that abrades the teeth as the pet's teeth sink into the kibble while chewing.

Your vet will examine your pet's mouth at their yearly check-up. Keep in mind one human year is about 5-7 years for your dog.

This means their 'annual' check-up is the equivalent of us waiting 5-7 years between checkups! If your pet already has tartar on its teeth, a scale and polish will be necessary to prevent escalation to periodontal disease.

There are many products available to assist in dental care. The gold standard plan is to have the teeth

professionally cleaned then either brush the teeth daily or use a specialist dental food like Hill's® t/d plus an oral mouth wash like 'Healthy Mouth'.

The problem with bones

Raw bones can help clean teeth but teeth fractures are very common as is the painful condition called pancreatitis from the fat contained in the bone marrow.



Recent advice is that things harder than you could comfortably hit your knee cap with can break teeth – so *no hooves or bones!* Tendon and raw hide chewing is safe and effective. Chewing meat off the bone works well, but dogs that actually chew the bone up *can* fracture their teeth.

Some of the signs of dental disease

Bad breath; loose teeth; bleeding gums; discoloured teeth; receding gums; missing teeth; swollen gums; presence of tartar visible on teeth. While some pets are reluctant to chew or eat because of bad teeth, others hide their tooth discomfort and will continue to eat in spite of major tooth pain rather than starve.

OTHER POINTS: Cats can suffer from a painful disease known as tooth resorption. We are able to perform dental radiographs to screen for this condition in adult cats.

Rabbits that are not fed a mainly hay diet are at risk of developing painful jaw abscesses that can be very difficult to treat.



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Yass Valley Community Care Access Point (**YVCCAP**) is one easy place for older people, people with disability, their families and carers to get information and access to community care services that are provided in Yass Valley.

How does the YVCCAP work?

Simply call us and we will work with you to determine what community care services you need and are eligible for.

Community care service providers will then contact you to organise the services you need.

If we can't determine the right services over the phone, we can visit you at home.

What areas are covered?

YVCCAP is for people that live in the Yass Valley Local Government Area and includes Binalong, Bookham, Bowning, Gundaroo, Murrumbateman, Sutton, Yass, Wee Jasper, Wallaroo and Springrange.

Am I eligible?

Everyone is assessed on an individual basis and you may be eligible if you have a moderate to severe disability, are a frail aged person, or an unpaid carer of an eligible person.

Rural

How can I access these services?

Simply call us direct on 1300 730 735 or be referred by a friend, family member or health professional. Interpreter services are available. If you identify as being of Aboriginal or Torres Strait Islander background we will discuss your care needs and assist in referrals to an Aboriginal Care Service Provider that is best able to meet your needs.

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The Hall and District **sport** Axemen Club Split the Field Open

by **Andrew Wiseman**
and **Shaun O'Connor**

Hall and District Axement Club currently is made up of nine local axemen, five of whom started training only eight months ago. The Canberra Show 2015 (attended by 95,000) hosted 74 competitors overall, including ladies, novice, veterans, juniors and champions. Three ribbons to locals, Frank 1st in Novice, local firey Alex Dyriw 2nd in Novice, Andrew 2nd in open U/H. Over 800 logs were cut over the 2½ day competition, with an event staged every nine minutes. The timber was silver top ash from Braidwood. NSW v QLD State of Origin relay won by NSW 2-0. Australia v NZ veterans relay won by Australia 2-1. First Aus v NZ relay held in main arena on Friday evening - well received, as were the Australian and NZ anthems. Thanks go to Hall local Peter Howard, who sponsored two encouragement awards for both junior events.

See facebook.com/HallAxemen for more info.



Shaun O'Connor, Curtis Bennett, a Yass Show Official and Alex Dyriw.



2nd from left: Richo Fulton, 3rd: Shaun O'Connor, 5th: Alex Dyriw

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marital arts

New karate dojo in Hall

Hall's karate students were treated to a special Saturday morning training session and bbq on 14 March to celebrate the opening of our new dojo at Hall Primary School.

We welcomed sensei Paul Parlett (5th dan) who took the three hour session and Lyndon and his family who all travelled from Goulburn. Sensei Nikki and her karate kids from Miali dojo joined us for the pee wee session.

Marjorie Crombie very kindly presented the dojo with a Japanese wall hanging and hand made paper



flowers to mark the occasion. All visitors signed a card also made by Marjorie. The winner of the name the dojo competition was Natalie Carroll for 'Mura Dojo', which means village dojo.

Following the training session we all enjoyed a bbq at the Cottage. Thanks to the VHDPa for allowing us to use the classroom. Our classes are growing and we need the space!

New students are always welcome – particularly juniors and adults. Contact sensei Sam on 0430 153 375 or sam@artforme.com.au for more information.

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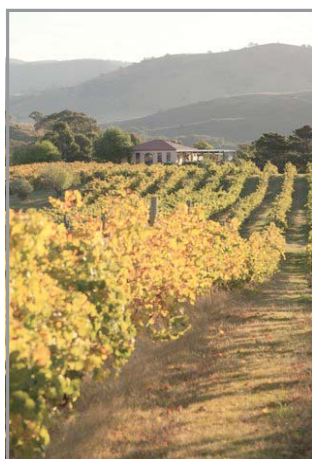
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Letters to the editor

For information, this first letter is responding to the following brief Editorial in the February 2015 *Rural Fringe*:

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.walkinher shoes.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).

that allow people from foreign cultures totally at variance with the tolerant Australian way of life to become Australian citizens. Apart from religious intolerance, we are also seeing social and cultural practices such as forced child marriage or female genital mutilation – typically where women mutilate their own female children. I haven't seen any reports or heard a word from the *Canberra Times* or the ABC condemning these practices and suggesting that we shouldn't let these people into Australia in the first place.

My own opinion is that there are some cultures whose practices and beliefs are incompatible with the Australian way of life, and we should not allow them entry as we will surely suffer sometime down the track. Religions that glorify suicide bombings and beheadings come immediately to mind.

I have lived in Hall since 1998, and this is my second letter to the *Rural Fringe*. My first letter was in response to an article by Jo Hall which expressed support for 'refugees' or, illegal boat arrivals. With no documentation, who knew who these people were anyway? But, we have since learned that bad people can also fly here, lie

to multiple Government agencies, receive social security benefits and eventually achieve citizenship. Remember the Lindt Cafe anyone?

I have written this letter as a response to Jo Hall's comments in the February edition as an example of how the *Rural Fringe* could evolve...unless we stop it now. To me, the *Rural Fringe* as stated on the cover page, is a 'Journal of the Hall district'. In my humble opinion, it should cover local events and activities and not be involved in national or international issues. I don't know who determines or sets editorial policy, but I sure don't want to see the *Rural Fringe* degenerate into a northern suburbs version of *The Green Left Weekly*.

Maybe I'm in the minority – but why don't we all find out ?

John Burns



Dear Editor

Just wanting to compliment you and your wonderful team on production of such a valuable newsletter for our community.

Not only is it full of interesting news and information, it provides an excellent opportunity for local groups to advertise upcoming events and activities

Please keep up the good work.

Judy Roberts

Dear Editor,

Jo Hall's comments in the February issue re Fiji seem a little extreme to me. I have visited this beautiful country twice – once when Colonel Rabuka was in charge and once when Commodore Bainimarama was in control. Bainimarama has now been elected Prime Minister in an election monitored by international observers. On both trips I felt totally at ease, and in no danger. Seems that most Australians feel the same way as hundreds of thousands have visited Fiji in recent years.

There would be much worse places to go – North Korea, or some Middle Eastern countries where women are truly brutalised, or any number of other trendy lefty countries where human rights exist in name only.

It's all very well to issue 'motherhood statements' like buying white ribbons, but confronting the real issues means taking a stand, and that is often too hard for some people.

We are all opposed to violence against anyone, vulnerable women especially, but more scrutiny should be directed at the role that the judicial system plays. On too many occasions, trendy lefty 'soft' judges and magistrates give Mickey Mouse sentences for violent crimes and give bail to people either charged with violent crimes or previously convicted of violent crimes. They ignore advice from the police, who work at the coal face – Adrian Bayley, who had multiple sexual and assault convictions was on bail when he raped and killed Jill Meagher. I often wonder if any of these magistrates or judges have ever been at the receiving end of violence or robbery. I suspect not, they seem to inhabit a different world in an upmarket suburb.

When looking at crimes against women, very little is heard from the Left regarding immigration policies



From the Editor

We would like to wish Jenny and Jessica the very best with Hall Premier Store and encourage everyone to take them up on their offer to have a chat about your needs and support their local business. The shop is a treasured epicentre for the village and district. We also wish Gavin and Trudy the very best with the Post Office in its new location. Autumn has reached us and with it the National Sheepdog Trials. I have always been very proud of Hall hosting this prestigious event, now in its 72nd year. This year we enjoyed a barbecue with the triallers put on by the Collector's Club in place of the 'Dog's Dinner' of former years. It was a great evening and thanks to all the organisers. I'd also like to thank Hall Rural Fire Brigade for helping set up and take down the trials. And Peter Howard, Tony Morris, Barry Huckstep and Bob Richardson who repaired the seating at the Showground in preparation for the event. I have been editor of the Rural Fringe for some years and the reason I do it is because I think the publication is an important part of our community life. I am very careful to avoid politics in my comments. Domestic violence is regrettably prevalent; three deaths in Canberra over the past three weeks have highlighted this. I do not imagine that Hall and district is immune. We welcome and encourage letters to the editor in order that anyone who wishes to make their views known can have their say. So please write in if the urge takes you!

Until next time, 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.

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

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Other information

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Sub-editor: Bob Richardson

Enquiries to the Sub-editor on 0407 071 245 or ruralfringe@hotmail.com

The views expressed in this journal do not necessarily reflect those of the Editor, the Sub-editor or the VHDPA.

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Out and about . . . about



Spence and Hall pre-schoolers pose with Cotswold Ted (a Smithfield, which are specially bred in England for work at the Smithfield meat markets) and his teddybear. Fun and learning day for pre-schoolers on a visit to the National Sheepdog trials held in Hall in March.



Sheepdog and sheep reenacting ancient predator-prey behaviours at the National Sheepdog Trials held in Hall in March.

Photo: Greg Nelson, ABC News
all other photos: Bob Richardson, Rural Fringe



At the Polocrosse:
Local gentleman and equestrian pillar of support Mick De Britt cheers them on and tells them how it was when he used to play...



Left: Rebekkah Sawkins, MC David Kilby and Band Director Viv Martin with Canberra Brass at the 'Pack Up Your Troubles' soirée held at Hall Primary School.



Right: Victoria Street Brass Players and some of the appreciative crowd.