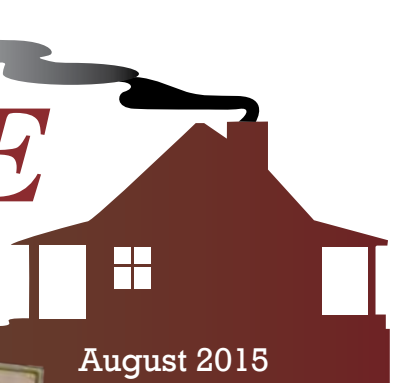


RURAL FRINGE

Journal of the Hall district



VOLUME 22 ISSUE 4

August 2015

Celebrating diligent service



Tony Hazelton

Hall Brigade has had a proud history of significant individuals who have not only displayed extraordinary community leadership but displayed exceptional dedication to their role as Emergency Service personnel. So it was with great pleasure that the Brigade was able to recognise another extraordinary member's service on the evening of 3 June with the award of the ACT Rural Fire Service Chief Officer's Commendation for Diligent Service to Tony Hazelton.



photo: ACT Ambulance Service

Over the last year, Tony Hazelton has enthusiastically taken on the role of the Brigade's Training Coordinator and head of the training team. This involved a handover from the previous Coordinator, the development of a training calendar and identification of training opportunities.

Tony has applied his practical approach to all that he does in his role as Training Coordinator to offer some new and innovative training scenarios.



mock injuries

Continued on page 11.



Out and about... about



The Fireside Festival presents a stunning collection of winter events for August 2015. Discover a true winter experience with your friends and family and taste the best of the capital region with a wonderful line up of food, wine, art and experiences.

Celebrating everything good about winter, this month-long festival features everything from truffles and winter cuisine to wine tastings, horse rides, chocolate, fire twirling, art, music and more.

Embrace winter and immerse yourself the Canberra region with some warming cold climate experiences – from degustation dinners celebrating local and seasonal produce to tastings of the region's best reds, innovative and exciting performances, musicians, events and exhibitions. Experience the thrill of a horse back ride through the hills as you muster the flock for shearing, sip the smoothest hot chocolate and snuggle in for the night with our accommodation packages.... fall in love with winter.

Throughout August the celebrations continue with live music in the barrel room, winter horseback rides, assiette menus, tapas, lunches of new season wines, high teas... come and join us.... Fireside is all about curling up by the crackling fire, enjoying delicious winter cuisine and a glass of fine local red with and friends.

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

ST MICHAEL & ALL ANGELS ANGLICAN CHURCH ANNUAL FETE 24 OCTOBER

Make a note in your diary to come along to our annual Fete, on Saturday 24 October, 10 am to 2 pm

Everyone is invited to join us for all the fun of an old-fashioned Fete – great food, plants, craft, pre-loved books, trash & treasure and of course, competitions and activities. Entertainment will include the Victoria Street Brass, Queanbeyan City Pipe band and Dances with Dogs.

BLESSING OF THE ANIMALS

Another highlight of October will be our annual Blessing of the Animals service at 11 am on either 11 or 18 October. Watch the noticeboard at St Michael's for the confirmed date, and come along with your pet (or a photo if they're a little shy or vigorous!) to celebrate the joy and value of our furry friends and farm animals. This service is held close to the day which celebrates the life and work of St Francis of Assisi, who is the patron saint of animals and the environment. Everyone is invited to stay for a cuppa after the service as well.

For more information call Beryl on 0408 488526

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Out and about... about

Karate grading results and new classes for beginners

Regular training and hard work paid off for the Mura Dojo and visiting Mialli Dojo karate students who all passed their grading on 30 June.

The results were:

Pee wees class

Jack Rolleston	10th kyu
Emily Lomas	9th kyu
Harvey Hazlehurst	7th kyu
Monohan Hazlehurst	7th kyu
Liam Stanton	7th kyu
Kevin Shaw	6th kyu
Layla O'Connor	6th kyu

Seniors class

Eoghan O'Byrne	8th kyu
Louise Rees	8th kyu
Marjorie Crombie	5th kyu
Natalie Carroll	5th kyu
Jennifer Ma	5th kyu

Zac Deasey, Cam Lomas and Sophie Porteus were eligible, but were unable to attend the grading.

The higher graded students in both classes have been training for over 3½ years - this alone is an achievement to be proud of. It also indicates the half way mark on their way to a black belt.

New beginners class

A new, shorter class has just started on Thursdays at 5pm for very young beginners wanting to find out what karate is all about. Parents are welcome to join in this class too with a view to possibly joining the Tuesday night adults class at a later stage.

For more information please contact John (Sam) Steggall on 0430 153 375 or sam@artforme.com.au



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Village of Hall and District Progress Association Inc

**Thursday 20 August 2015 at
Hall School Exhibition Room (Old
Library)**

**7pm PUBLIC MEETING
Discussion of the Future of
Hall School Site**

**8pm Annual General Meeting
Presentation of reports and
Election of Office Bearers**

A friendly reminder that subscriptions are due for this year. Your \$10 subscription will bring you up-to-date until 1 July 2016.

Membership forms are available to download from the Hall website: www.hall.act.au/Documents



www.mfdays.com

SAVE THESE DATES

Saturday 17 and Sunday 18 October 2015

Murrumbateman Field Days will be held on 17 and 18 October and is acknowledged as one of the region's premier events and the flagship annual event for the Yass Valley.

Watch this space, tickets will soon be available for online purchase.

Join us on 17 and 18 October for a slice of country at Murrumbateman.

The Hall Street Party

Friday 30th October 2015 from 4pm on Victoria Street



Karate demonstration • Woodchop Exhibition • Sand shovelling competition • Local produce and Farmers/Hall Market

Rotary Recognises Bob's Tireless Efforts.

Bob Richardson was recognised by the Rotary Club of Hall with a Community Service Award at their annual Changeover Dinner on 30 June.

Among the numerous contributions to Hall Community, Rotary cited

- Bob's long term active membership (& current secretarial role) of the Village of Hall and District Progress Association
- Sub-editor, roving reporter and photographer for the Rural Fringe
- Committee member of the National Sheepdog Trials Association
- Friend of the Hall School Museum

The list goes on and on.

Congratulations on a well earned recognition, Bob!



Men's Shed ongoing community work

by **Kevin Stone**

Friends of one of our members recently put out a call for help with a woodwork project. And John Gerstenberg, who is a Hall resident as well as one of the shed's long-term members, was more than happy to oblige. The people lost their home and business in the 2009 Marysville Victoria fire, but a small chair was one of the things that survived! So they asked for a child's table and chairs set to be made. How could we refuse? John, ably assisted by others, made a second replica chair and table, which can now be given to the grandchildren of the people who lost so much in the fire.



John Gerstenberg working on a handmade chair.

John has done a lot of other jobs in his quiet, unassuming way. And as a not for profit organisation, we are very grateful for the voluntary hours that people such as John and others do for the shed and community at large.

In the last Rural Fringe I mentioned our new dust extraction machines for the workshops and garage insulation. Well, the machines and insulation are in place, and what a difference they have made! Not only is the sawdust on the ground and dust in the air significantly reduced when the machines are used, but the garage is noticeably warmer. And the real benefit will be in the warmer months (they will come!) when the insulation is going to be most appreciated.



*One original chair ... one replica.
Well done, John!*

The colder weather during the past few weeks has not been the best motivator for getting blokes to don their working clothes, but some brave souls have been in the shed and annexe making use of the woodworking equipment on offer. There always seems to be someone who enjoys working on their own project, while others get involved in community undertakings.

The weather doesn't deter members heading for the 'cottage' though to enjoy a morning tea, and they seem to come out of the woodwork (pardon the pun) for the monthly barbeque! These get-togethers are just as important as any work that's done, as the health benefits of companionship are invaluable.

The shed is a great place for men to socialise in a very supportive, friendly and safe environment.

What a wonderful way to keep active physically, mentally and socially, learn and share skills and make new friends.

So if you're interested in coming along one morning, you'll be most welcome to call in, have a chat and cuppa and to look at our facilities.

The shed's open on Tuesday, Thursday and Saturday mornings from around 9.30-10am at the old Hall primary school. Who knows? You may even get to see John

(patiently) trying to teach this article's writer, his left-handed protégé with limited practical skills, how to use a wood-turning lathe!



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Check out the menus on our website: www.brindabellahills.com.au

Taste our very popular wines and enjoy lovely views over the vineyard and into the valley and Murrumbidgee River.

Bookings for lunch, phone **61619154** or email cafe@brindabellahills.com.au

To find us, take the Wallaroo Road, turn left at Southwell Road, then right at Brooklands Road then left into Woodgrove Close. We are at the end of Woodgrove Close.

The Village People

Barbara Baikie

by John Carson

By Way of Introduction: The Nepal Aid Garden Concert

It may be thousands of miles away or even further if you use those new fangled kilometres, but some of those Himalayan winds that sweep down through the rugged gorges and barren wastelands of Nepal seemed to have no problem in traversing the intervening seas and landscapes and giving a distinctly Nepalese flavour to the musical performances that were taking place in the gardens of Terroux, an elevated property located in what is sometimes referred to as the alpine area of Wallaroo.

The occasion was the fund raising concert organised by Barbara Baikie and her husband Peter Fletcher to support the Red Cross relief effort in Nepal following the recent devastating earthquakes that caused widespread damage and enormous loss of life in that country.

Although the afternoon was overcast, cold and blustery, the performers and audience were located in a secluded courtyard and garden on the leeward side of the homestead and no doubt the wines and savouries that greeted guests on arrival helped to banish any lingering feelings that winter had arrived a day earlier than scheduled. The outdoor log fires also lent warmth and ambience to the proceedings.

There was a clear contrast in the musical and dance offerings between the first part of the program and the second part. We kicked off in energetic style with a display of old time rock and roll which was followed by one of the best exhibitions of rock and roll music from the fifties and sixties that I have seen in many a year – and believe you me I have logged up a fair few of those. The band providing the fun and excitement was the Tuggeranong Ukelele Gang – there were over forty musicians on stage – and they had the audience weaving and bopping and screaming for more. It was great stuff.

The interval allowed guests to explore at more leisure the unique features of the property and gardens and admire the views across the rolling landscapes to the foothills of the Brindabellas. Not being much of a

gardener myself, I was nevertheless super impressed with the artistry and imagination that went in to the layout of the Terroux gardens. Obviously a labour of love judging by the attention to detail that went into the landscaping. (The gardens are open to the public at certain times of the year as part of the Open Garden Program.)

The second half of the program could perhaps be best described as both ethereal and cerebral. It

featured a range of modern interpretative dances performed by members of the Mirramu Dance Company and included guest performers from Taiwan. This was followed by a display of traditional dances performed by a Nepalese ensemble. Regrettably, my inadequacies and lack of schooling in the art of movement and dance do not allow me to critique this part of the performance other than to say that most of the audience seemed spellbound by the performances and greeted the conclusion of each act with enthusiastic acclaim and applause. My education had

begun – who knows where it would lead!?

Some Weeks Later

Once again I find myself in the gardens of Terroux. Although our paths had crossed on a couple of occasions, albeit fleetingly, I was intrigued to find out more about the owners of Terroux.

Both Barbara Baikie and her husband Dr Peter Fletcher bought the property, Terroux, back in 2006. The property is named after Peter's mother who was a French Canadian. Since that time Peter has spent many hours on his two passions – horses and land restoration. Peter has planted around 8,000 trees and is always planning new ways to restore the wellbeing of the land.

On the occasion of this visit, Peter who works for Canberra After Hours Locum Medical Services (CALMS) is absent and hard at work and Barbara who has just returned from a regional Rotary lunch is pulling back the drapes to allow the late afternoon sun to flood the dining room where we are seated enjoying our coffees and feasting on the sweeping views that seem to embrace eternity and beyond. In a sense the property and views are almost an extension of Barbara herself for her story as it unfolds is of a life journey



Young Nepali dancers at the Nepal Aid Garden Concert

village people

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

that encompasses both landscape and soul – a voyage of discovery of worldly terrains and of one's own innermost self.

Born in Wagga she spent the formative years of her life growing up on a farm and being educated at local schools. She married young and had two sons, Ben and Joe, before returning to study as a mature age student and eventually attaining a Master degree. After work stints in both Sydney and Hobart she settled in Canberra just after the turn of the new millennium. It was in Canberra that she met and married Peter, her second husband, – the wedding taking place in the gardens at Terroux on a sunny autumn afternoon.

It is clear from talking to Barbara that she and Peter are kindred spirits in their love of the outdoors and their desire to widen their horizons through cross cultural experiences in exotic locations such as Nepal where they trekked in the Himalayas and Peru where they explored the ancient Inca ruins of Machu Picchu. But perhaps it was the nine day trek to Mount Kilimanjaro in Tanzania which was the most defining life experience for them. An account of that expedition is expounded in the book 'Altitude' that Barbara co-authored with her close friend and trip companion Dolores Cummins. For Barbara at least, that experience confirmed her belief that it is the journey rather than the ultimate goal that brings the greatest personal rewards. To quote the words of the authors themselves in one of the introductory chapters to the book:

'As we climbed, we were pushed to the limit of our physical, mental, spiritual and emotional endurance. Facing our own insecurities, anxieties and fears meant testing and stretching the boundaries of the possible and finally questioning our life and purpose.'

The book was intended to be not just a travel guide but a metaphor for the trials and tribulations that most of us encounter in our lives. In this regard Barbara has probably had more than her share of anguish with the loss of a son and grandchild in quite different but tragic circumstances. Nothing prepares you for such events and how you cope when they happen and in the aftermath can help define and shape the rest of your life. As such the book also serves as a personal development workbook for the reader. I might add that so good are Barbara's skills as a narrator that as the interview drew to a close I felt that I had been one of Barbara's invisible travelling companions and had shared

in some of the emotional and physically exhausting aspects of her journeys.

The overall impression that you get from chatting with Barbara is that she is a lady with a great deal of energy. While I wouldn't use the word driven it is clear that she is a person that likes to get things done and where she sees injustice and wrongdoing she doesn't wring her hands and rail at the gods in despair but rather seeks to expose it and where possible redress it. But above all she comes across as a warm and caring person who enjoys laughter and companionship and the occasional sharing of a glass of red with close friends and neighbours.



Barbara Baikie and Dr Peter Fletcher

In taking my leave from Terroux, Barbara suggested that I exit via the labyrinth that Peter and herself had constructed in an area not too far from the house and formed from rocks found on the property. It apparently has its origin in Greek mythology although its modern connotation has it as being a place associated with spiritual

renewal and transformation. As I made my way to the structure I was accompanied by Tom and Russell, self styled guardians of the property and obviously close friends of Barbara and Peter. Sensing perhaps the spiritual nature of my journey they respectfully walked to heel with serious expressions on their upturned faces. I spent but a short time in the labyrinth, breathing deeply and trying to get a sense of space and time. When I left both Tom and Russell remained rooted to the centre of the structure and watched intently as I made my way down the dusty track to the hills beyond. Perhaps renewal of the spirit has a wider audience than we might think!

As the sun completed its journey across the heavens and dropped below the distant ranges I felt as if I had been on my own personal odyssey of both mind and spirit. For some reason, not immediately obvious, the events of the afternoon and the gathering shadows reminded me of the line from the Dylan Thomas poem:

'Do not go gently into that good night'.

(Authors note: The book 'Altitude' was first published in Australia in 2013. For further details on the book and the authors including how to purchase a copy of the book, check out the website: www.altitudebook.com)

Illegal Dumping

in the District

A number of residents met at the Wallaroo Fire Shed on Monday 29th June to discuss the issue of 'Illegal Dumping' in the local area. This meeting was held in response to identification of problems associated with illegal dumping by the Wallaroo/Hall Landcare Group. Concerns related to road safety, water quality and possible asbestos dumping were also identified. The meeting, chaired by Karissa Preuss from the Ginninderra Catchment Group, involved guest speakers from the Environment Protection Authority (EPA) and the Yass Valley Council and included an open floor discussion.

Stefan Press from the EPA presented an overview of the activities and responsibilities of the EPA, including the joint initiative between the ACT and NSW targeting illegal dumping in and around the ACT. His presentation recognised that the residents of this area are particularly vulnerable with regard to illegal dumping because of the proximity to the expanding population in the ACT. Clean fill, or virgin excavated natural material, from building sites he suggested can be a useful resource for local landholders when used appropriately. Approval however is often required from the local Council or the EPA before landholders are allowed to accept the fill and use it for the intended purposes. Specifically, approvals are required if fill exceeds 20,000 tonnes or is above a depth of 600mm. Permission is also required for all gully erosion control involving the introduction of fill into the area.

Using clean fill outside these regulations is a form of illegal waste dumping. Landowners who accept illegal fill can be fined and prosecuted under NSW illegal dumping laws. If accepting fill in line with the regulations, it was explained that landholders need to be certain that the fill is not contaminated. If contaminated fill is accepted, the landholder is responsible for its removal.

Additional information is available from the EPA website. <http://www.epa.nsw.gov.au/illegaldumping/landfill.htm> Tabatha Holliday, Environmental Health Officer, and Mark Livermore, Environmental Services Coordinator at Yass Valley Council, outlined the Council's role regarding illegal dumping. They explained that they have multiple responsibilities that compete with their ability to address illegal dumping issues, however they attempt to respond to all enquiries.

Following a report of illegal dumping they engage in a desktop study and site inspection to establish if the activity being undertaken requires Development Consent or is exempt. They then contact the property owner and attempt to obtain Development Consent if possible. Alternatively Council may

Issue Notices under Protection of the Environment Operations Act 1997
Issue Orders under Environmental Planning & Assessment Act 1979
Issue Penalty Infringement Notices
Pursue Legal Action following direction of Council

As it is difficult for the community to know if landholders have permission to accept fill and if it is being managed appropriately, Council encourage residents to call them to report any unusual activity. If Council is aware of a large legal operation, they will generally alert their front office staff who can provide this information to residents. Road safety and damage associated with (illegal and legal) dumping is also of concern to local residents. Council explained they are powerless to control the speed and movement of trucks or enforce weight limits on the roads for non-through traffic except where the load limits pertain to bridges. If operations are exempt, there is no option available for Council to receive Section 94 contributions towards road repair and maintenance. Additional information: www.yassvalley.nsw.gov.au Dangerous driving and breaches of speed limits should be reported to the police.

In addition to the dumping of builders' waste on rural properties, our local area is experiencing roadside dumping of household and garden waste, plus the dumping and often torching of stolen motor vehicles. Not only is this waste unsightly, any burning of vehicles poses a significant bush fire



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risk particularly during summer. It was acknowledged that both the EPA and local councils rely on residents to draw their attention to this roadside dumping. It was suggested that if residents observe this type of activity that number plates, descriptions of vehicles and drivers are recorded. This information can then be passed onto Council for investigation.

Concerns were also raised about the possibility of the dumping of 'Mr Fluffy' loose fill asbestos in our area. All presenters assured us that there will be many checks and balances with regard to this process.


The Asbestos Taskforce reports the following: "The ACT Government, with the support of experienced and licensed contractors and the oversight of WorkSafe ACT and ACT NO Waste, will safely remove and dispose of up to 1021 houses affected by 'Mr Fluffy' loose fill asbestos in the next few years. Most waste from the demolition of houses affected by 'Mr Fluffy' loose fill asbestos will be disposed of at the West Belconnen Resource Management Centre in Parkwood. Any asbestos fibres removed from the houses will be encapsulated and buried at a special asbestos disposal site in the Mugga Lane Resource Management Centre. This activity will be undertaken under strict handling protocols with safety as the priority for the community and for the contractors directly involved." Further information is available at <http://www.asbestostaskforce.act.gov.au/>

The next meeting of the Wallaroo / Hall Landcare Group will be focussed on erosion control. It will be held at the **Wallaroo Fire Shed on Monday 31st August from 6.30pm.** For more information contact Karissa Preuss, Ginninderra Catchment Group (02) 6278 3309 or landcare@ginninderralandcare.org.au.

Hall and the vicinity of the village gets at least its fair share of illegal rubbish dumping. The latest example (pictured right), spotted on June 7 in the diversion channel at the top end of Alexandra Street. While there may be more heinous crimes, there is a special place in hell for those who use the public domain as their personal rubbish dump.

The good news is that it gets easier to report such matters to government. The 'Access Canberra' website has a 'Feedback' button for 'Enquiries, reports, complaints'. This takes you to a page listing every possible type of issue you might wish to report or complain about - including 'Litter and illegal dumping'. On this page there is a phone number, and also a means to report on-line. This allows you to attach documents if need be, and to pinpoint the location on Google maps.





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Corner of Barton and Federal highways, Lyneham

A report on this recent dumping was acknowledged within an hour, with thanks for sending the information and advising that it has been forwarded to ACT Rangers. The rubbish has since been removed.

Work work Experience experience

by **Kayla Agostino**

Welcome to Canberra Equine Hospital!

You may have met us out in the field already, helping care for your equine friend's teeth, vaccinations, or maybe even in an emergency situation. Perhaps we have seen you at the hospital or maybe we are yet to meet you! Whatever the case, we would like to extend an invitation to students whom are above yr10 for work experience opportunities here with us at the Canberra Equine Hospital. Available dates are between August until May each year, whilst nursing and university students are considered throughout the year for placements. We provide a unique opportunity to broaden your equine knowledge and understanding and see how equine hospitals function from day to day.

For those who have not heard about us before, Canberra Equine Hospital is a large animal practice primarily dedicated to the care of all equine disciplines. From miniature horses to Clydesdales and other species of farm animals, our committed team of veterinarians and nurses are ready to help!

Some of the services we offer include portable radiology, video-endoscopy and ultra-sounding equipment, stallion collections and mare inseminations. The practice also has a spacious operating theatre, recovery room and an on-site laboratory.

While you are with us, you will be able to observe case work-ups, different treatment plans, large animal surgery, along with hospital rounds & routines. You will also be involved in the general care and wellbeing of our patients, including feeding, watering, grooming and cleaning of their stables. This is a fantastic opportunity to have an in-depth look at the veterinary aspect of horse ownership and improve your horse husbandry skills.

Safety is a priority at the Canberra Equine Hospital, therefore previous horse handling experience is a pre-requisite. Before we can confirm your placement, there will be a short interview process that will include a tour of our practice and a horse handling session in which you will be asked to give an example of your skills both practically and verbally. You will also need to provide a resume detailing your experience.

If interested in sending through your resume and cover letter to get started, please email us on equine@canberravet.com.au. For more information and further enquires phone us at the hospital on (02) 6241 8888.

We look forward to hearing from you soon!

Happy riding,

The Team at
Canberra Equine Hospital

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From page 1

This has included a joint training with ACT Ambulance's paramedics to a mock motor accident and resulting grass fire on the Barton Highway that challenged and extended crews to apply incident management, traffic management, basic firefighter and first aid skills. Complete with made-up mock injuries, the exercise was praised by all participants with the ACT Ambulance Service noting they had a much better understanding of the capabilities of the ACTTRFS.

Tony's care and organisation in planning and delivering training and in coordinating his team of training assistants is ensuring Hall continues to build its capabilities across the whole Brigade. His attention to detail and commitment to delivering it within a broader training framework is worthy of recognition and appreciation across the Service.

There is no doubt that Tony's efforts have not only kept our membership engaged and striving toward developing their own skill sets, but has built a cohesion in the Brigade in our operations and crewing.

A review of attendance records is testament to the engaging training Tony is delivering. Both junior and senior members continue to commend training and provide commentary on the skills sets it tests and strengthens.



Tony Hazelton welcomes two new recruits to the Hall Volunteer Rural Fire Brigade Shed

Our visibility training in and around the Village and on local rural lessee land has also strengthened the Brigade's standing within the community as a strong and vibrant local volunteer Brigade. This can only benefit the community both in reinforcing our commitment to protect and in making us a more effective response unit.

The efficiency and resourcefulness in which this training is being delivered to members is admirable. In less than a year, Tony has been able to take over leadership of the training team, convert the Brigade's skills development plan in to training scenarios, negotiate challenging environments for the delivery of the scenarios from local rural lessees but also engage with the majority of members to fill the role of extras or logistical support as part of the delivery of this training.

He has managed to do this in an environment where he himself manages his own thriving local business, maintains a current pilot's licence and within an ever expanding Brigade, that continues to accept new members, often without sufficient vehicles to ensure space for existing members to train on those vehicles.

The training practices that Tony has been implementing for our Brigade continue to explore opportunities for cross-agency and cross-services joint training. This engagement can only be good for the reputation of the ACTRFS but in the workforce capabilities of the ESA.

As well as tirelessly looking for new, innovative and practical ways of delivering training, Tony continues to volunteer for village activities and the Brigade's community education activities.

Whether it is leading chainsaw cross-cut training/ refreshers to create a trailer load of firewood for the Brigade to raffle or assisting residents of the local aged care facility to complete their Bushfire Survival Plans, Tony makes himself available as a training leader and community leader.

Melissa Riches

President, Hall Volunteer Rural Fire Brigade

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Garden Design and Horticulture

by **Lisa Walmsley**

Garden Design and Horticulture are the ying and yang of a garden, one simply cannot exist without the other when creating a beautiful garden.

Horticulture is a science used for cultivating gardens. Horticulturists have expert knowledge about plants, selection, uses, cultivation and care. For a horticulturist to practise well they must have skills in design and communication, extensive plant knowledge and hands on experience in all aspects of the landscaping process. Garden Design is a process and art in designing and drawing plans for the layout and planting of gardens and landscapes.

Garden Design must always consider the plants, size, shape, cultural requirements, placement and so on. Horticulture will enable the design to reach its full potential and to complement the hardscapes.

One plant - particularly if its a tree - can alter the complete integrity of the design, in a good way and a bad way. And alternatively great planting can 'fix' bad design. Getting them both right is the ultimate trick in creating a beautiful garden and this takes time and patience, but also reaps massive rewards.

Garden Design and Horticulture need not be complex, complicated or intricate to create the perfect space. Clear guidelines, obvious facts and elbow grease will

head you in the right direction. Each site is like a template, it provides you with what is needed to create the good design, healthy plants and a brilliant space.

Much time and effort is put into the interiors of houses and some basics (such as paint and furniture) in interior design would never be dismissed as unnecessary. The same should exist for the exterior of your house. Trees and shrubs along with hardscapes provide beautiful aesthetics along with practical elements such as heat reduction, wind protection and of course food production.

It's not unusual to drive around the suburbs or along the highways, past houses without a single tree or shrub in their yard. It often leads me to wonder how someone can live in a house without wishing to add to the outside. With the ongoing threat of climate change, any plant material around your house is going to create reduced heat and its own micro climate, therefore reducing your internal heating and cooling costs.

Not to mention the increased absorption of carbon dioxide, reducing your footprint and doing your bit for climate change.

It makes sense to plant things and why not do it with consideration, using design and horticulture to make a beautiful space.



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Are you constantly tired?

By **Anita Kilby**

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 that 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.



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News from Hall Preschool

2015 has been a wonderful year so far for Hall Preschool. The children have been involved in lots of play based inquiry under the International Baccalaureate Primary Years Program (PYP) which is now being implemented in the classroom. This creates stimulating and engaging learning experiences for all children and promotes development of children as lifelong learners.

The Hall Preschool Parents Association (HPPA) have been fundraising hard over the last few years, in order to fund some much needed upgrades to both the indoor and outdoor learning environments to enhance the delivery of the PYP. In 2014 many purchases were made to increase our natural materials to be used by the students in our Reggio-inspired environment. We have been able to see the way in which these materials have enhanced learning and discovery at Hall Preschool. A new cubby house was also purchased by the HPPA, which has been a wonderful addition to our outdoor playground. 2015 has seen the HPPA upgrade our home corner equipment as well as purchasing some dress up and dramatic play equipment to enhance the children's learning during our units of inquiry. Later



Children from Hall Preschool enjoying the new prams and the new cubby house, purchased by the Hall Preschool Parent Association

this year the HPPA along with the help of Hall Rotary Club will be upgrading our outdoor playground with the addition of a rock wall, rope climbing frame and sensory garden and we cannot wait to see the learning environment upon completion! Thank you to those parents that have played such a large role in the HPPA, both this year and over the past few years. Your children have really reaped the rewards of your hard work, through the wonderful resources that are now at their fingertips!

We would also like to thank the members of the Men's Shed, who have helped us out with some repairs and the construction of the cubby house.

We have 15 students enrolled at Hall Preschool this year and we are fast filling up for next year. We have had a lot of telephone inquiries regarding our three year old program that has run in the past and I wanted to take this opportunity to let the community know that the three year old program is no longer offered at Hall Preschool. Children must be four years of age on or before 30th April of the year of commencement in the preschool program.

Cindy Condon
Classroom Teacher, Gold Creek School,
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The Hall Creamery - Opening Ceremony

The following local history article is a condensed version of a report that appeared in the *Queanbeyan Age* in 1895, more than 120 years ago! It was sent into the *Rural Fringe* by Alastair Crombie, member of the Hall School Museum and Heritage Centre. Unfortunately it appears the Creamery lasted less than one year, but the article is fascinating.

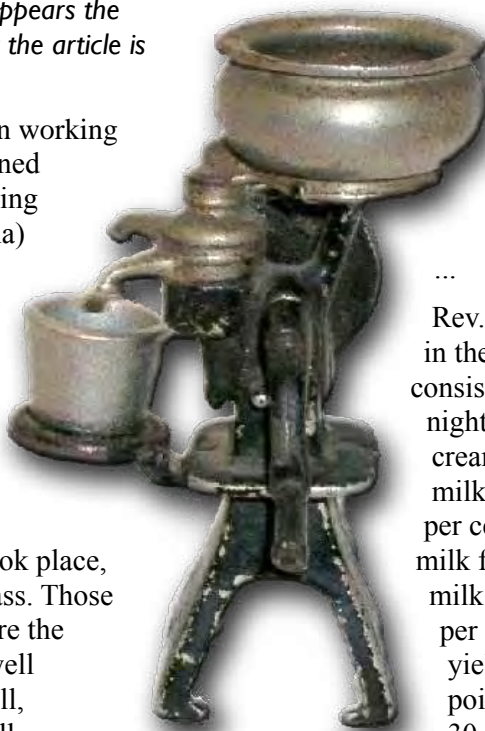
The creamery at Hall, which has been working for a week or two, was officially opened on Tuesday afternoon. The fine building (erected by Mr A. Mawson, of Cooma) stands on a piece of land granted by Mr E. M. Ward, situated about a quarter of a mile from the road near the Hall store. The day was beautifully fine, and there was a very large gathering of farmers, with their wives, sons and daughters.

At one o'clock an immense spread took place, the cloths being laid out upon the grass. Those who contributed in help and kind were the houses of Messrs E. Rolfe, J. Southwell (Rose Hill), Samuel (Capt.) Southwell, Samson Southwell, Samuel Southwell, James Rolfe, and John Butler. After the fine dinner had been disposed of, the creamery machinery was started, and witnessed by a wondering crowd, who cheered lustily when the member declared it formally opened.

About 3 p.m. the people assembled in open meeting and elected Mr E. M. Ward chairman, who called upon Mr E. W. O'Sullivan to speak. Mr O'Sullivan expressed the great pleasure it afforded him to see such a large gathering; he was pleased to see the ladies, because he was an advocate for female franchise. He congratulated the promoters on having started an industry which was calculated to galvanise the district into prosperity. He then traced our present depression to the repudiation in the Argentine Republic, and the fall of the banking firm of Baring Bros., which caused a panic amongst British investors in Australia.

One way out of the depression was to buckle on the harness and pull the State coach out of the rut. This could be done by the development of our natural resources, such as the butter trade, live cattle trade, meat export trade, timber trade, &c. New South Wales was eminently suited to hold her own in these trades. The speaker then dwelt upon the benefits of protection of these new industries, showing how the Victorian Government, by offering a bonus, paying a grader, reducing freights on railways, establishing cooling

chambers, &c., had made the butter trade return £1,000,000 last year, while New South Wales had been satisfied with £150,000. By protecting the dairying industry, Victoria had saved herself from the absolute ruin threatened by the collapse of the land boom. New South Wales ought to imitate Victoria in this respect. The future of this colony depended upon the application of protectionist principles.



...
 Rev. E. Fox exhibited an object lesson in the selection of cows for cream. This consisted of two milk-testing tubes, set the night before, showing the proportion of cream to the milk. One tube contained the milk of an Ayrshire heifer, which gave 9 per cent of cream, and the other contained milk from a matured Alderney cow, whose milk gave the extraordinary return of 43 per cent cream - nearly half cream. This yield may be easier understood when we point out that the tester only reads up to 30. The Ayrshire gave the largest quantity of milk, but the Alderney gave a much greater percentage of cream. Those cows he



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From the Editor

brought into the district. The milk of a cow he bought locally only yielded about 6 per cent cream. These facts showed that it was a necessary for our farmers to improve the breed of their cattle, if they wanted to keep ahead in the dairying industry. British blood had never quailed in any fight, on sea or land, in commercial or labor circles, and we had the mettle in Australia.

Mr. Fox than wandered into a criticism of Mr. O'Sullivan's protectionist statements, to the chagrin of many members of his church. He concluded by saying that N.S.W. was driven into the dairying industry as a last dire necessity. We had here the salvation of the district; we had here an opening for employment for our children; we had here one little starlight of hope. Captain Sam. Southwell spoke very highly of the efforts of Mr. O'Sullivan in bringing successfully into the district the creamery industry. He had much pleasure in moving a vote of thanks to Mr. O'Sullivan, and also to Mr. Fox, for their speeches. This was carried by acclamation. Mr. O'Sullivan responded, and proposed a vote of thanks to the chairman, Mr. Ward, which was carried heartily. The meeting broke up with cheers, and sports were arranged to amuse the large assemblage. A report of these will be found in our District Intelligence column.

**Reproduced from the Queanbeyan Age
Saturday February 9 1895**







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At this year's Annual General Meeting of the Village of Hall and District Progress Association on 20 August there will also be a discussion around the future of the Hall School site. The Progress Association has been trying to secure tenure for use of the site – for the newly named Hall Museum and Heritage Centre, the Men's Shed, Karate, Rotary Club and use of the Cottage – as well as ensuring the preschool remains open. It is a difficult situation because the ACT Government has no plans to invest in the site (their own report in 2011 recommended removing the demountable buildings for example) but needs to get at least enough revenue to cover the costs of security, basic maintenance and utilities. Representing the community, the Progress Association wants to protect the heritage value and community use of the site and many of its members have invested huge amounts of volunteer time in developing the museum into a collection of national significance. But if the ACT Government will not invest in the site then we need to find alternative means, as well as a regular revenue stream to cover ongoing costs. I encourage you to come to the AGM to have your say in these discussions as well as to vote for the new Progress Association committee to further our interests as a community.

Thank you for your support of the Rural Fringe, as readers, contributors and advertisers. We love receiving news, photographs, letters to the editor, poetry, whatever you would like to see in print. Please keep sending in your contributions.

This winter seems to have been the coldest and longest I've been through in Hall, but Spring must be just around the corner as I got swooped by a magpie on the Hall walk – on 31 July – the earliest yet!



Until next time
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Grief and bereavement

By Hall Veterinary Surgery

Grief, while emotionally draining and painful is a natural and healthy response to the death of a beloved pet; it is the price we pay for love and attachment. We form special relationships with our pets based on strong emotional bonds. Losing a pet is the loss of a loved one, therefore your grief is valid, raw, real and it can be profound.

There are documented states of grief or bereavement such as confusion, bargaining, denial/disbelief, numbness, anger, anxiety, depression, relief and/or acceptance but grief does not follow a predictable or timely script.

It can arrive in tidal waves of emotion that are difficult to understand and don't necessarily move through 'stages', you can move back and forth through different, highly emotional states.

Listed below are some of the common emotional states that are a healthy part of grieving but please note, no two people will experience grief in the same way.

Denial is when everything feels unreal, yet it is a NORMAL response to an overwhelming emotional situation. It is the body's way of helping us deal with this highly traumatic state. Denial often helps carry us through the initial waves of pain as it acts as nature's tranquilising drug.

As the reality of the pain that the loss has created intensifies the emotion may be redirected into anger. This anger may be directed at the vet, friends, family or ourselves. Vets do understand this so please ask the vet for more information



about your pet's injury, illness or treatment. Honest and open communication is important.

With the death of your pet, part of you feels like it no longer exists. It is at this point that the reality of your pet's death occurs. Without your pet your daily activities change and many people experience depression. The depression stage of bereavement is bleak and is where some people get stuck. Sometimes grief can cause difficulty in sleeping and an inability to concentrate and lack of motivation is common. If these symptoms persist it would be advisable to seek medical assistance.

Acceptance comes at a time when you have been through your personal emotional journey, how long that journey takes is not predictable.

Change can also produce grief. For example, forced separation caused by an elderly owner entering into an aged care facility and not having the option to continue to care for their pet can cause grief.

Death is almost unbearably painful to those who mourn, but reach out to people who can offer care and comfort; be that family, other pet owners, friends, professional counsellors or spiritual guides.

Other sources:

- www.beyondblue.org.au
- www.lifeline.org.au
- www.davidfoote.com.au

GENERAL MEETING

of the

'Friends of the Museum'

Monday 13 August, 10am

Guest speaker, Kim Morris, a leading conservation professional and director of 'Art and Archival' will speak about some of the conservation challenges for small museums like ours.

This will be followed by a report from Honorary Curator, Phil Robson, who will speak about our achievements over the past year and our plans for the next twelve months.

This will take place at the Museum in the ANZAC Exhibition area.

The ANZAC Exhibition 'When Hall Answered the Call' will be open from 9am. Consider bringing a friend.

Refreshments will be available



The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 600 copies every second month by the Village of Hall and District Progress Association Inc (VHDP) 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 VHDP that articles which are dominantly 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 rurallfringe@hotmail.com or PO Box 43 Hall ACT 2618.

Advertising rates (per issue)

large (quarter page) \$80

medium (eighth page) \$40

small (three sixteenth page) \$30

Other information

Editor: Jo Hall

Sub-editor: Bob Richardson

Layout: Andrew Purdam

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

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Daughters At Hall

would like to introduce the staff:

Anne O'Connor (Nanny) drops in to the café to help with the cooking .

Just this week Nanny made a beautiful upside down orange cake moist and full of flavour!

Jenny and Jess would like to thank Mum, Nanny for all her beautiful secret recipes.

Sam Berron, son and brother to the Daughters At Hall, recently celebrated his 17th birthday. Happy Birthday Sam!

Sam's at the café most weekends, cooking the famous Egg and Bacon roll. Ask Sam to make you his Special Croissant, Egg, Bacon, Ham and Tasty Cheese with Nanny's home made Tomato Relish.



Thanks for everyone in the Village and surrounds for their support in our first few months.