

RURAL FRINGE

Journal of the Hall district



VOLUME 25 ISSUE 1

February 2018

A poet in Hall Memories of a Hall Dweller

by **Wolfgang Wanjura**

Let me say in simple English
What changed, what did they accomplish,
Who came here from near and far,
To 'Village Hall', Australia!

Ten miles from Canberra's GPO,
Where used to be the Canberra Show,
Where New South Wales's borders fall,
Lies hundred years old 'Village Hall'!

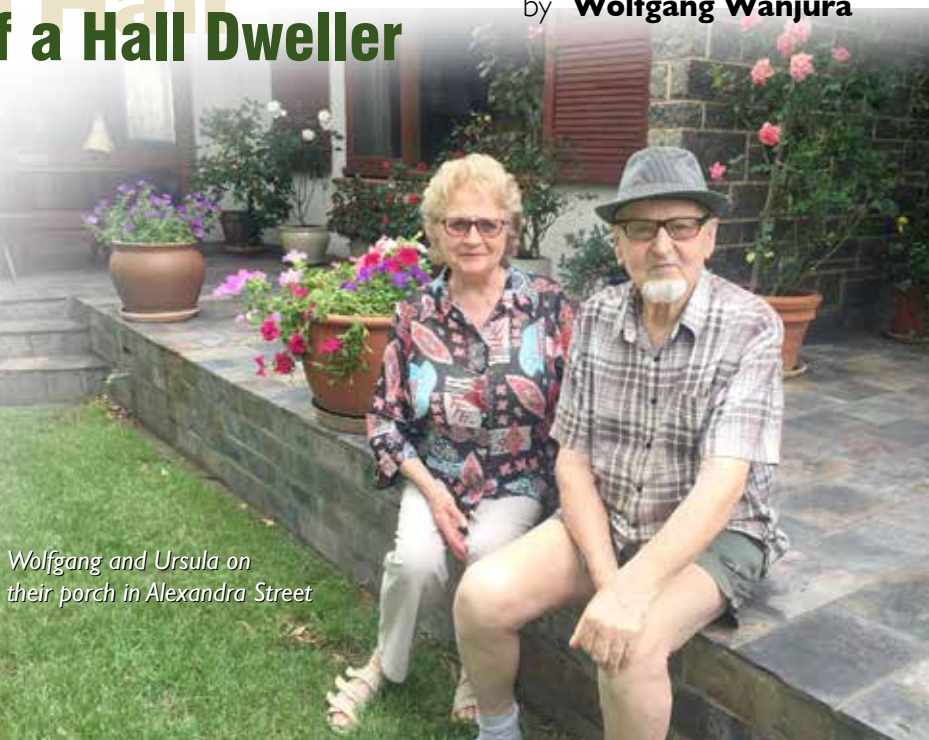
In fifty-nine it came to light
When to this place we did migrate.
Half in the bush, but in the ACT
Under 'Baldy Hill', that suited me.

A block of land was then just free,
One owned it soon, for the legal fee.
A mere two pounds ten, imagine that;
This was the price for one good hat.

Today they only dream of Hall,
As prices went right up the wall.
Two hundred fifty thousand dollars
Just for the heeled or snow-white collars.

Our street in those days was quite empty;
But nature, trees and blocks were plenty.
Four dwellings counted my dear wife;
I said: Let's be the number five.

For your abode, before you build,
Bushes and trees had to be felled.
Water supply came from the sky;
No water-sewerage bills to pay.



Wolfgang and Ursula on their porch in Alexandra Street

When designing my house I got a shock,
It wouldn't fit well on the block;
The feet and inches they would mix;
But they gave me measurement in 'links'.

Town water ran in sixty-seven;
Hall stopped depending on the heavens.
Buckets we used till sewerage came;
Poor 'poo collector' lost his game.

Now we need not run outside;
No redback spider us to bite.
Twenty-five years our crown lease ran;
Quarterly payments of shillings ten.

The Hall, too, had a cinema
In 'Rochford's Hall', that wasn't far.
We often watched on wint'ry nights;
Pot belly stove warmed us all right.

They used 'Jim's hall' for kiddies' parties
And other social arty-farties.
Today the 'Antiques' there resides;
Sells wares of long forgotten prides.

The post office was next to that;
One could have called it just a shed.
Gordon Murphy was its master
Until one day it struck disaster!

... continued on page 5





Gold Creek Station's Craig Starr with his sheepdog Davo, featured on the front page of the Canberra Times recently in an article celebrating record highs of the price of wool in 2017.

photo: Karleen Minney

National Sheep Dog Trial Championships



Tuesday 13 March – Sunday 18 March
at the Hall Showground,
Gladstone Street, Hall

This is a fabulous event to pop into during the week – you can bring along your brown paper bag of sandwiches and spend your lunch hour admiring the skills of the dogs and the owners and enjoying the atmosphere.

We are so lucky to host Australia's most prestigious sheepdog trials here in Hall!

All welcome, *FREE* entry during the week.
\$5/person or \$15/car on weekend.

Refreshments available on weekend.

nationalsheepdogtrials.org



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“A woman's mind is cleaner than a man's;
she changes it more often.”

Oliver Herford



Experiments in Happiness

**“The happiest people
don't necessarily have
the best of everything,
they just make the
best of everything that
comes their way.”**

See page 23 for ideas to jump start a year of happiness!


hall SCHOOL MUSEUM
AND HERITAGE CENTRE

A new exhibition for
2018 ACT Heritage Festival
'A Tale of Two Villages'

Official opening

Saturday 21 April 2018

at 10.00am

All welcome!

The exhibition will also be open on:

Sunday 22 April 10.00- 4.00

Every Thursday 9.00- 12.00

and **first Sunday of each month**

**Tenth Anniversary
Twilight Concert at Hall**

***Musical Reflections – celebrating
a decade in the life of Hall village***

Date: **Sunday 25 March**

Time: **4.00 - 6.15 pm**

Place: Lawns of the **Hall School**

MC: **David Kilby**

Canberra Brass under director
Kevin Knapp, with Victoria Street
Brass, and Canberra Youth Brass.
Featuring local guest vocal soloist.

Refreshments available
or BYO picnic.

A major fund raising event for the Hall
Museum – raffle, bucket collection.

Proudly supported by
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**Clean Up Australia Day
Sunday 4 March**

It's that time of year again!

Site organised by Wallaroo residents
and the Wallaroo Rural Fire Brigade

Meeting point: Wallaroo Fire Shed
Start time: **8 am** End time: **12 noon**

Please register ahead of time at
www.cleanupaustaliaday.org.au
(Join a Clean up site)
or at the Fire Shed on the day
before you start collecting

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

Further information: Judy Roberts
allwood3@hotmail.com
phone **6230 2436** or **0417 691 102**



Invitation to a free workshop on tackling soil erosion

Soil is a precious resource, well-worth protecting from loss through erosion. Ginninderra Catchment Group is running a hands-on workshop to show what you can do to tackle soil erosion.

Erosion Control and Water Movement in the Landscape

Saturday 17 February, 9am-3.30pm,
starting at the Wallaroo Fire Shed.

To reserve your place in this useful session,
email landcare@ginninderralandcare.org.au
by Thursday 15 February.

Morning tea and lunch are provided.

The workshop will explain:

- gully and riparian erosion – how, why and when should we fix it?
- the movement and storage of water within a functional local landscape
- a range of low-cost, human-scale techniques, using locally available materials to tackle a variety of erosion issues.

The hands-on component of the workshop will:

- demonstrate the application of principles for low cost erosion control
- provide skills in interpreting the landscape
- allow the opportunity for hands-on experience in addressing erosion.

The workshop will be led by Cam Wilson, Head Designer at Earth Integral. Cam has worked with numerous pioneers in regenerative land management and is particularly talented synthesising various approaches through design, knowledge sharing and on-ground implementation.

For more information, contact Karissa Preuss
landcare@ginninderralandcare.org.au
or by phone **6278 3309**.

Hall Village Motors

Mon–Fri

7:30am–5:30pm

Saturday

8:00am–2:00pm

Proprietors: Tony & Amy Hazelton
fax: 6241 7281



phone: **6230 2288**

St Michael & All Angels Anglican Church



Ash Wednesday marks the start of Lent, the time of preparation for Easter.

This year Ash Wednesday falls on **14 February**, and all are invited to a short service at St Michael's starting at 7pm.

Easter services will start on **Good Friday 30 March**, with congregations from all the churches of Hall combining to walk the Stations of the Cross down Victoria Street. Start time is 11am and the meeting place is the carpark at the northern end of Victoria Street – at the intersection with Barton Highway and finishing point is at the Remembrance Garden at the Showground. Everyone is welcome to join the walk, either at the start or at any point along the way.

The Easter Day service at St Michael's will be on **Sunday 1 April** at 11am.

Our regular services at 11am each Sunday, with Starshine Club Sunday School during school term time. Corner of Loftus and Victoria Streets, Hall.

For more information please contact
Beryl **0408 488 526**

*Please slow down to 40kph
on Victoria Street!*



There have been several reported incidents of vehicles exceeding the speed limits in the village, particularly up and down Victoria Street. Please note the speed limit is now **40 kph** from the bridge to the reserve.

As a related issue, all and any suggestions for enforcing adherence to the speed limits would be appreciated. Please send these suggestions to the Village of Hall and District Progress Association at: info@hall.act.au

A poet in Hall Memories of a Hall Dweller

by **Wolfgang Wanjura**

... continued from page 1



It was demolished, they did it ruin,
Built there a second garage soon.
This wasn't such a good idea,
Bad business made it disappear.

Today a pleasant structure's there
With shops and pub for character.
And if for you the sun's not shining,
You may consider wining/dining!

Our doctors were eight miles away;
To see one took you half a day.
Today the surgery is just within
Phil Barraclough's medical team.

Should not forget 'Brown's Store' to
mention.

It had some hundred years attention.
They carried life's needs and solutions;
The children loved this institution.

They sent 'Old Jean' for this and that,
For items stored right in the back.
When she's in labyrinth afar,
Pinched lollies or a chocolate bar!

Renewed was Brown's old store one day
For progress and the modern way.
New paving, footpath and new trees,
Within a brand new post office.

And most important for us all
Was Hall's small education hall.
That our children learned, were coping,
Schoolmaster then was Mr Copping.

Enlarged the school from year to year,
When hobby farming here appeared.
Today they have many facilities
For many possibilities.

And when our cars were sick and crook,
Hall's garage Jim then had a look.
O'Connors, Fultons, then with vision,
Kept on restructuring tradition.

All farmers' needs, and for our dwellings,
'Hall Rural' carries tools and things;
And when you leave by choice or fate,
There is the 'Golding Real Estate'.

Yes for our souls Hall cared so well;
Called you with Sunday's chapel bell.
With two more churches there to hail,
In such environment one couldn't fail.

Next to the chapel in its shade
Life-saving bushfire brigade.
We thank those men who watch us well,
That we're not ending up in hell.

And for our animals, our pets,
We have the caring local vets.
A fodder shed, a trailer shop,
Car carriers, we've got the lot.

On dusty roads we walked for years
And house-proud women lived in fear;
The 'pollies' promised to seal them fast,
Brought in the bitumen at last.

Our oldies need not go away;
'Mulanggari Gardens' show the way.
There are still many things to tell
What happened all in rural Hall.

With parks and ovals we are blessed,
With trees and bushes, nature's best.
Invite you for a stroll or rest,
Or celebrate a picnic fest.

When one departs from this spot,
On Wallaroo Road, a resting plot.
Nought forces you to go away,
In 'Antique Hall' you may well stay.

I hope I did not tire you
When penning down such longish clue.
But as we live off memories,
I felt the urge to write this down.

I've been here almost forty years
And haven't shed yet any tears;
But nowadays it does appear
Life's getting more expensive here.

Our land's increasing all the time;
It's almost millionaires' terrain.
So do be proud and stand up tall
While breathing in our 'Glorious Hall'!



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This poem was written in 1997 by my father Wolfgang Wanjura who has been a resident of Hall Village since 1960. He built the house in Alexandra Street which he and my mother Ursula are still living in today. Dad has been writing poems his whole life about family and friend's birthdays, anniversaries, the German Harmonie Choir and its members and just about any event important to him. Hall village and its residents are also included in his list. Dad is now the ripe old age of 87 and is still surprising us every day with recitals of poems in German and Silesian languages.

*Martina Wanjura
- the youngest of his four children.*

sport clubs

Hall Bushrangers Rugby

Jeremy Watson President

The Hall Bushrangers Rugby Club is looking forward to some exciting changes in 2018. Building on the success of last year's culture shift, the 2018 season will incorporate some new initiatives to build the public profile of Canberra's country rugby club.

With a strong focus on community engagement and family friendly rugby, the 2018 season is set to be an exciting one indeed.



Regulars of the Hall Markets will notice a few new faces in Bushranger kit helping out Hartley with the awesome work that they do each month. Our volunteers braved the heat at the Christmas Markets last year and are set to help wherever needed this year. Just be careful not to get caught by the recruiters at the gate, an innocent trip to the markets could easily result in your new membership of the club!

Game day will see a much more friendly atmosphere in 2018. With initiatives such as free champagne for the ladies and sideline activities for the kids, a day at the rugby will be something for the whole family to share.

Pre season training has just commenced with the team meeting at the Hall Oval at 6pm each Thursday. All are welcome to join in for a run around followed by a sausage sizzle after training. Please feel free to come down and watch or join in. With playing members aging from 18 to 58, all are welcome at the Bushrangers!

The Bushrangers are looking forward to celebrating a successful 2018 with the Hall community and hope to see you at training and game days soon.



Village of Hall and District Progress Association Committee Meeting

Wednesday 21 February,
7pm at the Cottage

This is a regular meeting of the committee of the VHDPA and all are very welcome. Comments and suggestions can be sent to any committee member or the secretary Bob Richardson on 0407 071 245.

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or call Greg, 0402 840 834
www.farmerbrownseggs.com

Bike Track

Report on Community Consultation held in December 2017

I would like to thank everyone for their engagement in the consultation process for the bike track in Hall. A total of 63 local community members directly engaged in the process either at the 13 December drop in session at the Pavilion or by email beforehand/ afterwards. Michael Pilbrow, the independent consultant who facilitated the consultation, has prepared a draft report which is available on our website www.hall.act.au. The consultation considered resident's views on the pros and cons of five different site A to E for the bike track, where site E is around Hall creek near the playground at the corner of Victoria Street and Gladstone Street. The main report conclusions are:

Conclusion 1: The Hall community demonstrated that it is a very engaged community with a high percentage of the population taking part in the consultation process. This builds on the initiative of community members in identifying the opportunity for a track and undertaking fund-raising, and the initiative of those with concerns to research and present a range of alternatives for community consideration.

Conclusion 2: The consultation in December reaffirmed community support for a recreation track in Hall. While not unanimous, the percentage volunteering their support was extremely high and the views of those who oppose the building of any track have been heard.

Conclusion 3: There is a desire in the community for a community asset that is more than a 'bike track' – but a recreation trail that will be accessible and used by people of all ages for a variety of purposes. There is an opportunity for a community-building exercise to re-brand this initiative to capture its real intent by deciding on the name for the facility.

Conclusion 4: The opportunity to consider a range of site options for the track was valuable and filled a gap in the process. There were both pros and cons identified for each of the five suggested sites, highlighting the seriousness with which the community engaged in this consultation.

Conclusion 5: Two of the main concerns raised about some of the sites – 'heritage' and 'safety' – are subject to processes beyond the community's control.



In the case of 'heritage', the ACT Heritage Council is able to rule on whether a site is acceptable on heritage grounds. In the case of 'safety', the ACT Government has a responsibility for community safety for assets it will own.

Conclusion 6: Site E is the most strongly supported site and has been identified as the preferred location for someone with a disability, but also faces strong opposition from some community members primarily on the grounds of heritage and safety, matters which are the subject of separate government considerations. The strong support for this Site E is very clear and is noteworthy in light of the objective for the consultation 'to establish consensus around a preferred site'.

Conclusion 7: A good amount of time has been allowed for the consideration of this issue, since the second half of 2016, and the community should be commended for its diligence and patience. The time for a final community decision is near. Should the Heritage Council of the ACT make a positive ruling on Site E, the community should have enough information to make a final decision. If the Heritage Council does not approve a track at Site E, a further process of considering the other less favoured sites will need to be undertaken.

I encourage you to read the full report on the website. Comments on the draft report can be emailed to Michael at community@strategicdevelopment.com.au until 14 February, a week before the next Progress Association committee meeting on 21 February at 7pm in the Cottage. The committee will be considering the report and the next steps and you are welcome to come along to the meeting.

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Museum Musings

museum

Alastair Crombie
Honorary Curator



Headed for the Heritage Festival

With the New Year, the Hall School Museum and Heritage Centre is cranking up its preparations for April's ACT Heritage Festival, when it will present its most ambitious exhibition to date. *A Tale of Two Villages* will track the history of Ginninderra and Hall from the earliest times to the end of NSW administration and the disruptive takeover by the Commonwealth.

Four linked displays will lead visitors through four rooms illustrating phases of occupation from

Aboriginal times to the First World War. A feature will be Kingsley Southwell's meticulous restoration of an original rabbit poisoning cart, complete with a working reconstruction of George Kinlyside's patent pollard distributor; the scourge of bunnies from here to the Monaro. Also on display will be a model of the late-lamented Cricketer's Arms, for half a century the district's watering hole until the American bouncer King O'Malley inflicted prohibition on a thirsty community.



Construction proceeds and the organisers are confident that come April they will have something to show that will do the village(s) proud. Official opening will be on Saturday 21 April at 10 am.

Tenth Anniversary Twilight Concert

Hall's annual brass band Twilight Concert has been a popular part of the autumn calendar now for 10 years. Your next opportunity to experience a traditional 'band in the park' concert, hosted by popular local bloke David Kilby, will be on 25 March at 4 pm. For those wanting to double up, the Museum and Heritage Centre will be open from 2.30 pm. Canberra Brass under new Director Kevin Knapp will be supported by Victoria Street Brass and Canberra Youth Brass in a concert that will feature a local guest soloist. Be there!



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Loan to National Capital Authority

In September last year our ‘Stones that speak’ exhibition won an award from the National Trust (ACT). The citation reads in part: ‘A most commendable exhibition of a careful selection from numerous local Aboriginal artefacts collected over many years by Lyall Gillespie, a noted local historian, who assiduously recorded his finds. The artefacts, which his son has donated to the museum, have been expertly assessed, identified, interpreted and presented’.

We are now responding to a request from the National Capital Authority for the loan of a significant number of Aboriginal stone artefacts for inclusion in their fully refurbished National Capital Exhibition at Regatta Point, to open later this year. Having items from our collection exhibited in such a high profile location will be another significant vote of confidence. The loan is likely to be for at least five years and consist of material discovered at Black Mountain peninsula – not so far from Regatta Point.

Hall Heritage Walk

At the request of the National Trust (ACT) we have organised a Hall village heritage walk for inclusion in their regular Heritage Walks program, to be led by Tony Morris. The walk of up to two hours will be on the morning of Sunday 25 March, walkers to meet at the school at 9.30 am. The walk is open to all, but there is a small charge of \$7, and you are asked to book. Further details can be found on the National Trust website: www.nationaltrust.org.au/act/







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The Ballad of the Wallaroo Apple Men

by **Chris McMurray**

Most see the apple as a fruit
With eating it the main pursuit,
But the men of Wallaroo
Have thought of something else to do;
Now when they take their morning stroll
They line up for the Apple Roll.

They search around beneath a tree
For the roundest they can see,
Then send it scudding down the hill
To see who has the greatest skill.
Who will triumph in this game?
Yes, greatest distance, that’s the aim.

It’s not as easy as it sounds,
With obstacles the road abounds.
Subtle curves and gradients,
Potholes, litter and huge dents,
And then, the fruit itself has flaws,
Imperfections lower scores.

Down the straight and round the bend,
Apples rolling without end.
But should the school bus come along ...
Squishy, squashy, something’s wrong!
Then, it’s clear, that the decider
Must be who makes the nicest cider.

The Wallaroo Apple men are known also as Wallaroo Walkers or Wallaroo Wanderers who needed some other entertainment and diversion from their regular walks along Wallaroo Road. There is a trophy awarded for this activity and consideration is being made to apply for Olympic recognition, although they realise that Commonwealth Games may be more achievable given the infancy of this sport.

They have even been spotted holding their AGM at the Daughters of Hall Premier Store. It is held there because of the very tasty and healthy breakfast that this establishment serves up e.g. eggs, chips, coffee, bacon, sausage just to mention some of the health food needed to keep these Wallaroo walkers energised.

They have no website, no facebook page and operate in the quiet of the morning to much laughter and mirth, which makes gleaning historical facts and information about them very challenging.

Do you have a bushfire survival plan?

www.rfs.nsw.gov.au/resources/bush-fire-survival-plan

We are well and truly in the midst of the bushfire season and the extended period of hot, dry weather we have been experiencing has resulted in many bushfires burning across NSW. Springfield Rural Fire Brigade, along with all the Brigades in the Hall District and beyond, is committed to supporting all members of our community to be prepared for the dangers of bushfire season.

In 2015 the Surf Coast Shire Council in Victoria developed *The Fire Game* and it has been played enthusiastically by people of all ages at community workshops across the shire. It encourages fun and conversation and as the players move around the board, answering questions and trying their luck with 'chance' cards, they build awareness that can help prepare for fire.

The winner of the game is the first team/person who gets one answer correct from each of the four categories of questions. The categories relate to 'Before' a fire, 'During', 'After' and 'Fire Knowledge'. After playing the game 81% of participants chose to review or update their Bushfire Survival Plan and 67% chose to prepare an Emergency Kit.

The Fire Game, which is available in schools, Community Houses, libraries, a broad range of community groups, visitor information centres, accommodation providers and fire brigades across the council area, has won numerous awards including:

- IAP2 Australasia Core Values Awards (Disaster and Emergency Services Category)
- Fire Awareness Awards (Community-led Preparedness category)
- LGPro Awards for Excellence (Service Delivery category).

Kate Sullivan, General Manager Environment and Development for the council, said the game had been well received. 'Everyone has loved it, they've just gone "this is fantastic, this is a really good way to learn about the issues with fire" she said.

'It really forces people to think about "what have I actually learned about this?" And there were so many people who asked, "can we get a copy of this now?" she said.

Rebecca Morrison
President



The Surf Coast Shire Council has very generously provided a copy of *The Fire Game* to Springfield Brigade, along with the necessary resources that will allow it to be tailored to our community. Over the next few months Springfield Brigade will be exploring how we can develop our own version of *The Fire Game* – so watch this space and be prepared to come along and play your way to a safer community.

Help us help you to stay safe!

Contact: **0407 943 813**
email: tomandbecmorrison@hotmail.com



**IT ONLY TAKES 3 MINUTES FOR
A FIRE TO TAKE HOLD.
IF YOU SEE AN UNATTENDED FIRE
CALL 000 WITHOUT DELAY.**

Some Sample Questions from *The Fire Game*

Question: How long does it take an average family to pack the car and leave the house after a watch and act warning?

- A: ½ hour
- B: 1 hour
- C: 2 hours
- D: 4 hours

Answer: C. Research from recent fire events has shown it typically takes an average family two hours to leave in response to a warning.

Question: 'The fire will be here in less than an hour. Is it a GOOD or BAD idea to clean your gutters?'

Answer: 'BAD!' You should have prepared your house well before fire weather days. Getting on a roof in a panic is dangerous.

Question: True or False – You should expect disruptions to telephone service, internet and mains power during an emergency.

Answer: TRUE. So make sure you factor this into your planning!

Cricket is back in Hall



Members of The King Brown Bushrangers Cricket Club and the Hall Bushrangers Rugby Club played a very social game of cricket over the Christmas break to christen the newly surfaced pitch. Thanks to King Brown's, Rotary Club of Hall and the Village of Hall and District Progress Association for jointly covering the cost of astroturf.



Residents interested in forming a Hall XI Team for social cricket can contact Bob Richardson on **0407 071 245**.

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Heatstroke in dogs

Hall Veterinary Surgery

Heatstroke of pets can occur quickly and is a result of exposure to high environmental temperatures or strenuous exercise. It is an acute, progressive, life-threatening emergency. Immediate cooling action is required to lower the pet's body temperature as failure to do so may result in thermal injury to the pet's organs.



Dogs that are especially prone to heatstroke include:

- obese dogs
- short muzzled dogs like bulldogs and pugs
- dogs with laryngeal paralysis or cardiovascular disease
- older dogs or those with a dark or dense hair coat.

Symptoms of heatstroke

Dark red tongue and gums, heavy panting, vomiting, diarrhoea, wobbly gait, seizures, coma, death.



Prevention of heatstroke

Pets should never be left in cars on hot days for any amount of time. For outdoor pets, access to clean water and shade at all times are essential.

If signs of heatstroke are present, the pet should be immediately cooled and taken to a veterinarian for treatment.

Blue-tongued Lizards and Red Wattlebirds

by **Dagmar Parer**

February 2008

A couple of days ago there was a great raucous and rustling on the front porch and when I looked out the window I saw two Blue-tongued Lizards in what appeared to be combat. One, a very large fat lizard, was holding down and apparently attacking a smaller one who was desperately trying to get away. Every time the smaller lizard escaped the jaws of the larger lizard it would lunge and grasp an arm, a head, the stomach, whatever he could grab to restrain his victim. After watching this for a while I decided to intervene. I went outside, but the big guy was so focused on his task that I could walk right up to them and restrain him by gently placing my foot on his back. Given the chance to escape, the smaller lizard scuttled away at a furious pace but the big boy just stayed at my feet, looked at me in the eye as if to say 'Stay out of my business!'



Well, what was his business? I wasn't sure whether I had witnessed an attack or a very vigorous display of foreplay so I hopped onto the Internet and discovered that Blue-tongued Lizards' mating habits can get rather rough. I'm pretty sure my intervention only delayed his courtship proceedings for a short while, because an hour or so later I heard rustlings and carryings on again from under the front deck, so I left them to it this time.

Though we refer to them as lizards, the blue-tongue is really a skink and there are seven species of blue-tongue in Australia. They belong to the skink family, Scincidae which means shiny scaled. The Common Eastern Blue-tongued Skink (*Tiliqua scincoides*) is the one we commonly see.

Blue-tongued lizards seem to live in just about every part of Australia: on the coastal plains; in the mountains; in rainforest; deserts; and they have learnt to live quite well in suburban backyards, consuming slugs and snails and any dog biscuits they can find. Though blue-tongues are relatively common, herpetologists are now concerned that blue-tongue numbers, in some locations, may be in decline. Dogs, cats, lawn-mowers and busy roads are finally taking their toll.

To help find out how the blue-tongues are surviving in urban habitats, Jennifer Koenig, at the University of Sydney, is studying the movements of blue-tongues by radio tracking individual lizards on a daily basis. She has found that, in one day, a blue-tongue can travel through more than 15 backyards and cross several roads in its search for a fellow lizard or to find new niches to shelter from cats and dogs.



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At this time of year, out in the bush or even in your backyard, you might catch sight of this season's crop of baby blue-tongues. Pregnant mothers give birth to up to 21 live baby lizards in late January but most will not survive. While older lizards get some protection from thick bony plates under their scales, in young lizards this armour is poorly developed. Attacks by cats take a particularly heavy toll.

Blue-tongues are cold blooded, so they're highly influenced by air temperature. Each morning the lizards must sunbathe to get their bodies up to speed. In the warm summer months they need only bask for very short periods. By day they forage for the day's food of snails, insects and plant material, seeking shelter at sundown.

As the weather gets cooler, the lizards slow down. By the time winter fully arrives the blue-tongues have found a spot to hibernate. That shelter might be a deep crevice, a hollow log, a drainage pipe or a big pile of debris.

Blue-tongues will only bite under extreme provocation. Their cobalt blue-tongue set against a bright pink mouth might look poisonous but their bite is non-venomous and mostly non-piercing. Blue-tongues teeth are like pegs and even though their strong jaws can grip hard, they rarely break the skin. It's more a bruise than a cut; mind you that's what I've read, not experienced.

We've also had a whole host of honeyeaters now that the bottle brushes and grevilleas are out in the

garden. One most noticeable, or should I say audible, visitor is the Red Wattlebird (*Anthochaera carunculata*). We've had a mum and her youngsters in the bottle brush bushes next to the house busily brushing nectar off the blossoms.

The Red Wattlebird is a large, noisy honeyeater. The common name refers to the fleshy reddish wattle on the side of the neck of adult birds, which is quite obvious. The babies are dull brown in comparison and need time to develop the red wattles. As the Red Wattlebird is among the largest of the Australian



honeyeaters, they are hard to miss, especially when a family fly in. The Red Wattlebird is not an uncommon visitor and can be found in woodlands and forests from south east Australia to south west Australia, basically all along the southern end of the country.

Red Wattlebirds raise one or two broods in a season which extends from July to December. Both sexes have been recorded to share the incubation duties, but often the female will do this alone. Both parents feed the two or three young, which leave the nest 15 days after hatching. The nest they build is a bulky shallow cup of twigs, grass and bark fragments lined with soft material, placed in a tree several metres from the ground.

... continued on page 15

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Brindabella Hills Winery

Big things are happening at Brindabella Hills Winery

On 11 June 2017 new owner of Brindabella Hills Winery Michael Anderson and partner Renae Kilmister stood behind the cellar door for the very first time, nervous but excited to meet their first customers. Seven months later the nerves are gone, the wine is flowing and there is nothing but excitement for the future that lies ahead for the new and improved Brindabella Hills Winery.

Michael bought the renowned property from Roger and Faye Harris, the original owners and creators of Brindabella Hills Wines. Roger is a well-known wine maker in the region and ex CSIRO scientist.



For years Roger did the hard yards setting up the vineyard and cellar door and of course making some magical award winning wine! Over the years the Brindabella brand became well known and Mr Halliday himself has been highly rating the wines, some receiving the full 5 stars.

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Brindabella Hills Winery

... continued

'An incredible amount of time and effort has been put into this winery by Roger and Faye and we feel honoured to be the new owners of such an amazing property. We're taking the Brindabella Hills brand to the next level and making changes that will hopefully see the winery flourish into the future,' says Anderson.

So far it has been a seven day hard slog for seven months as Michael has been restoring the vineyard back to its former glory. Michael is a builder by trade and when it came to renovating the cellar door and café he was determined to get it done without having to close for a single day. With the new makeover and new owners there is a buzz about Canberra and the business is bustling with keen wine tasters and even people who just took a wrong turn and ended up in paradise.

Now that the major renovations are done Michael and Renae will continue to build and improve the business and will soon be releasing packages for weddings and events as well as preparing for the Annual Harvest Festival where the Hills of Hall wineries all put on a special weekend 14 and 15 April.

'The beauty of this place is that you can keep your wedding simple. Guests can wander through the vines with a glass of wine, relax and dine at the cellar door whilst enjoying the breathtaking views of the Murrumbidgee River below the Brindabella Ranges; it's truly stunning and every day we are so grateful that we get to live and breathe this magical place,' says Renae.

Watch this space throughout 2018 because *BIG THINGS* are happening at Brindabella Hills Winery!

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Red Wattlebirds

by **Dagmar Parer**

... continued from page 13



The Red Wattlebird has a harsh call and no matter whether it is an alarm call, a distress call or a begging call, it still sounds harsh to my ears.

Though I was delighted to see the Red Wattlebird family, they are not residents of the garden. Most of their food is seasonal, unreliable and unpredictable, so they need to shift constantly, often over hundreds of kilometres, between available food resources that are often short lived. Most of our blossoms don't last too long. They came to our garden as we had grevilleas and callistemons in flower, so the more native nectar producing bushes and eucalypts you have the more wattlebirds and honeyeaters come into your garden.

As they need to focus on flying between short-lived food sources, they spend little time in fighting each other or being aggressive to other birds. Finding food is more important than squabbling. However, that's not to say they won't dive bomb you and snap their beaks if you get too close to their nests.

My reaction to seeing these lovely garden visitors was to plant more nectar-producing natives in the garden with the hope that they will help these beautiful birds remain plentiful in our area.

This article is an extract from the online book *Visitors to an Australian Garden* (available at www.hall.act.au) – a collection of articles originally published in the *Rural Fringe* from 2007 to 2009.

BEAUTIFUL GARDENS

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No one ever asks you how your brain is, do they. We pretty much take its function for granted. Even when we have some mental health problems, we still don't really think too much about brain health. Are you giving your brain what it needs to function well? Poor brain function will obviously affect function in the rest of the body, but the health of the rest of the body also affects the health of the brain.

There are three essential things the brain needs to function well:

1. **Oxygen** – to get oxygen to the brain you need good circulation. If you have poor circulation to your fingers and toes, or chronic fungal nail infections, then you probably also have reduced circulation to the brain. For the blood to carry oxygen you need to have good levels of haemoglobin and iron – if you are anaemic you feel exhausted from inadequate oxygen supply. Blood glucose disorders can reduce oxygen supply by reducing blood flow to the brain due to raised inflammation levels, and low thyroid function can also reduce the circulation.
2. **Energy** – your brain needs nourishment to make fuel for energy. Glucose is the easiest form of energy for the brain, but it is also able

to use ketones (from fats) for fuel. Other substances (eg water, vitamins, minerals, amino acids etc) are also needed for proper brain function, which are supplied by the blood from an adequate diet, good digestion and good circulation.



3. **Stimulation** – the brain thrives on anything new. Learning anything helps the brain keep making new connections, stimulating energy production within the cells. Physical exercise is also stimulating, helping to improve oxygen and nutrient delivery, and boosting energy levels. Combining movement with learning, for example, learning a new sport or dance, is great stimulation for the brain.

Any brain based disorder, from migraines, poor memory, or tiredness to depression, anxiety and other mental health issues, will be impacted by these three factors. Inadequate supply of any one factor can affect each individual differently, based on their own susceptibilities. Just by optimising each factor the individual may experience surprising, seemingly unrelated, benefits.



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What can hinder the supply of these essentials?

- Poor diet (fast foods, high sugar, high poor-quality fats, low fibre), nutrient deficiencies, poor digestion
- lack of exercise/movement, sedentary lifestyle (lots of sitting, watching TV/screens)
- no challenges, same routine day-in-day-out
- chronic conditions causing inflammation – heart disease, diabetes/insulin resistance, obesity, low grade infections, food intolerances/allergies, any autoimmune disease
- head injury (sports, accident, surgery), causing ongoing inflammation in the brain
- poor quality or insufficient sleep – repair and toxin removal happens during sleep
- stress – affects sleep quality, reduces circulation to the brain
- toxin exposure, poor toxin clearance, smoking, excess alcohol – increase inflammation
- any type of anaemia – reduces oxygen carrying capacity by red blood cells
- high blood pressure – damages the blood vessels, thickens arteries and reduces circulation in the brain, increases risk of a stroke
- low blood pressure – reduces circulation.

As you can see, it's not hard for our daily lives to reduce our brain function. Anything that increases inflammation in the body can cause inflammation in the brain. Symptoms of brain inflammation include brain fog, reduced thought processes/speed, reduced concentration capacity, poor mental focus or fatigue after meals, fatigue after exposure to chemicals/smells.

If you would like to boost your brain function, firstly have some basic blood tests done to rule out anaemia, heart disease and poor thyroid function. Then start making those lifestyle improvements you know you need to – move more, eat better, stop smoking, cut back on the alcohol, get to bed earlier. If you need help to achieve any of those, find appropriate support (maybe a naturopath). If you need help reducing inflammation related to chronic health issues, especially if they are poorly controlled with medication, then see a naturopath for a different approach to improve the condition and reduce the inflammation.

Two little pearls of wisdom to end with:

- what's good for the heart is good for the brain.
- and my favourite for physical and brain fitness; use it or lose it!




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Things to do in the garden while it is hot

by Lisa Walmsley

Now is the perfect time to think about the design of your garden. Gardens will be showing their weak links at this time of the year; if plants are not content with their location, water supply and soil type, they will let you know. Yellow leaves, wilting foliage and general ill thrift become apparent as the heat increases.

If plants are not happy, they will let you know and even though its not ideal to act on their behaviour right now, you can make plans to deal with them later.

Getting the right plant in the right place is critical in getting your garden to thrive and survive the changing seasons. Gardens look their best when they are planned with the right plants, in regard to their cultural requirements, that is size, shape, wind tolerance, heat resistance, water needs and location.

Having shade at this time of the year is critical, as shade cools your garden space, provides shelter, helps keep your house cooler and adds another dimension to a garden that doesn't exist in a garden in full sun.

Think about trees you can add to your garden. Make sure they are the right size and shape for their location, along with providing colour and texture to your garden.



Many of the bulb catalogues come out at this time of the year, and scouring through them and picking bulbs to plant in the autumn is a great way to spend a hot summer's afternoon.

It really is worth having an irrigation system in your garden. Dragging hoses and moving sprinklers in 40 degrees is not fun for anyone. If you are going to the trouble and expense of putting in plants, it really is worth making sure you have easy systems in place to water them. It's not hard to install a simple system and it will free up so much of your time.

Now is really not the time to fertilise your garden but with plants that are experiencing stress a dose of Seasol can work like a tonic and give your plants some reprieve. I like to fill a watering can with water, add a few lids fulls of Seasol and pour over the whole plant.

Your vegetable garden should be in full flight, harvesting and eating your produce is one of life's little pleasures. Vegetable gardens can be a little demanding, but they are well worth the effort. As long as you have decent soil and extra water, you can have a veggie garden. Find a spot with plenty of sunlight, add lots of compost soil and manure and plant your favourite veggies, then water daily for the best yield.



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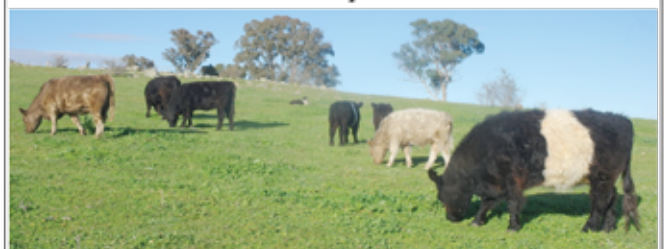
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Council revises Road Standards Policy to help mitigate impact of development on entire community



At the October meeting Council adopted a revised Road Standards Policy, after considering submissions received from the community during the public exhibition period.

The reduction in the minimum lot size from 80 hectares to 40 has seen development applications for rural subdivisions increase significantly over the past 12 months. Development places additional traffic on the road network, however it does not always guarantee additional rate revenue to pay for improvements to the road network to meet this additional demand. This policy is about ensuring developers contribute to the additional traffic they generate by providing suitable road access to their development.



‘Changes to the minimum rural lot size in 2016 provides more rural land owners with the opportunity to subdivide their property,’ said Council’s General Manager, David Rowe. ‘Each subdivision creates additional impact on the existing road network. The revised policy includes provisions for developers to make an appropriate contribution to the road network so that the impact is not borne by existing ratepayers.’

The main revisions to the policy were made around the level of contribution that developments are required to pay towards the upgrade of Yass Valley roads. The policy applies the fundamental principal that the broader community should not

fund impacts of development and/or growth unless specifically identified and funded in the Community Strategic Plan or other adopted strategies.

The primary impact of the policy relates to ‘traffic generating developments’ who are now required to partially fund the upgrade associated with access to the development. Small developments, where only one or two lots are being created, are only impacted by the policy updates when the development is located on an unsealed road.

Further updates to the policy surround right of ways and aims to ensure a minimum access standard exists where development occurs along roads where a road has never been established.

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From the Editor

If you are not a dog walker in Hall you may be less familiar with the tradition of carrying a stick to remove the early morning cobwebs from the pathways in spider season, and comparing notes with fellow dog-walkers about the number or tensile strength of the ones that got us. I understand that by weight cobwebs are stronger than steel and on those unfortunate mornings when I find myself fighting off their silently laid trap I can believe it.



I've also read that spiders can adjust the strength of the silk to match the size of prey they are after, a train of thought that provides a terrifying plot for an Alfred Hitchcock thriller. Another fine Hall tradition that you may not have been aware of is that of the Wallaroo Apple Men, which I have to say I only learnt about through the pages of this edition and am very curious to find out more.

What a delight to read Wolfgang's poem and his memories of Hall! Thanks to him and all our other contributors, this edition also has the variety of news and views you've come to expect of Hall and the *Rural Fringe* over the last 24 years of its publication. We are very excited to have increased our numbers of colour pages to eight instead of four, courtesy of our generous advertisers who fully fund us. Please support local businesses advertised in our pages. And please keep sending in your articles to be published, we love receiving them.

Until next time,
Jo Hall

Note to advertisers: colour advertising and the back page ...

Thank you for advertising in the *Rural Fringe*!

We now have two prices for advertisements – those in black and white and those in colour. The coveted back page will be subject to the new price structure starting with the August 2018 edition. The new cost per issue for the full back page will be \$500 per edition. We may need to consider offering it as two half pages at \$250 each per edition. If there are multiple advertisers interested in back page advertisements, we might look at rotating between advertisers. As you can see there are a number of options depending on how many of you are interested. If you are interested in a back page spot later in 2018 please let me know by the end of March.

Thank you for your support,
Jo Hall ruralfringe@hotmail.com

The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 700 copies every second month by the Village of Hall and District Progress Association Inc (VHDPA) and distributed free to mailboxes of the 2618 postcode. It is also available online at www.hall.act.au This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

Contributions

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

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

February issue deadline is 10 January

April issue deadline is 10 March

June issue deadline is 10 May

August issue deadline is 10 July

October issue deadline is 10 September

December issue deadline is 10 November

It is the policy of the VHDPA that articles which are 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.

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Out and about **out** about

by **Hugh Watson**



The Brydie-Watson family managed to escape the heatwave with a Christmas in Europe. Son Will, who works in Rome, wanted us there for a white Christmas. It didn't happen in Paris, however, a few days later in Zermatt, we were confronted with 1.5 metres of snow in one night! We just got out before the whole resort was closed because of avalanche concerns.

A great time to travel though – far smaller crowds.



Experiments in Happiness An occasional column by the Smiling Kangaroo

'The happiest people don't necessarily have the best of everything, they just make the best of everything that comes their way.' *Anon*

The Smiling Kangaroo has been off exploring but is bouncing back with renewed delight. Here's a quick ABC refresher. And here's hopping it will help jump start a year of happiness.

- A**void comparisons with others.
- B**e present. Be bold.
- C**reate something exciting.
- D**rink plenty of water. Dance.
- E**xercise daily. Eat fresh foods.
- F**eel all your emotions.
- G**o outside and observe nature. Give.
- H**ug often. Help others.
- I**gnite your passions.
- J**ump through your comfort zone.

- K**eepl looking forward.
- L**augh. Love. Learn to let go.
- M**editate daily. Make goals.
- N**ever give up on what you want.
- O**bserve beauty. Offer kindness to strangers.
- P**ractice gratitude. Paint. Play an instrument. Pat your pet.
- Q**uit a bad habit. Quiet your mind.
- R**ead. Relax. Reinvent yourself.
- S**mile. Sleep. Simplify.

- T**ake power naps. Talk wisely.
- U**nleash your strengths.
- V**olunteer. Visualize your dreams.
- W**alk. Write. Watch the sun set.
- eX**tend your thinking. eXperiment with what makes you happy.
- Y**ou matter. You are important.
- Z**en meditation. Zero in on the people who bring you joy and let them know.

Be brave life is joyous! The Smiling Kangaroo

Ray White

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Welcome back, hope everyone has enjoyed their break, and we wish you all a very happy 2018.

Our team has grown over the past coming up 3 years, Yohana, Olivia, Miranda, Hayley, Davey, Rachael, Hayley P, Joel, Lilly, Isabelle, Layla & Britney. Great mix of young adults and juniors, all good hard-working people that we value. Come down and say HI.



HOME MADE Jam's, Chutney, Pickle and Local Honey, Farmer Browns Eggs, Bread, Milk, The News Papers, Oils. Check out our Jars

BOOK EXCHANGE Here for all to Swap or Donate

New at the café

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Peter & Lyn

Great to see you back this year.

Our very supportive customers, thanks for your feed back on Jam's Beans, Colours and Designs, we appreciate it.

We are closing

Monday March 12th Canberra day and HAPPY EASTER
March 30 GOOD Friday, Saturday March 31, Sunday April 1st, Monday April 2nd

Come in and Celebrate 3 years on April 3rd
HAPPY BIRTHDAY TO US