

RURAL FRINGE

Journal of the Hall district



VOLUME 25 ISSUE 4

August 2018

Hall and Beyond

Isla Patterson exhibits at Kyeema Gallery

30 August to 23 September

We are very lucky to have a new exhibition of watercolour paintings from around the village of Hall and the surrounding magnificent countryside by Canberra artist Isla Patterson. The exhibition will run from 30 August to 23 September 2018 in the Kyeema Gallery at Hall Capital Wines, corner of Victoria and Gladstone Streets. The official opening will take place, on Saturday 1 September at 2pm, with Helen De Jonge, President of the Goulburn Art Society. We encourage you to come along.



'Red Roofs of Hall'



'Jeir Station's original Farmhouse'



Isla Patterson, a well known Canberra artist, is a multi-award winning watercolourist, specialising in portraying nature and life in the Canberra region and the outback, wildlife, seascapes and overseas scenes. She has lived in the ACT since 1979 and over this period has developed a reputation as an artist known especially for her distinctive depictions of the local scene, and although proficient in most mediums, prefers the delicacy of watercolours.

... continued on page 2

'St. Michael's Church Hall'



View from Farmhouse, Hall

Isla has exhibited in 17 solo shows at local galleries and in NSW and has won many awards in Canberra and interstate. She has painted numerous commissions including buildings such as *The Canberra Times* at Fyshwick. She has paintings in private and public collections throughout Australia and in many overseas countries, including the USA, France, Germany, Nigeria, South Africa, England, Scotland and Ireland.

Kyeema Gallery has hosted a number of local artists since Hall Capital Wines opened in the village. We hope you are able to pop in to see the new exhibition 'Hall and Beyond' over the coming month and show your support for local art and local business.

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Out and about... about

Local Band fundraising for Tathra bushfire relief

by **Hugh Watson**



Local band Willie and the Correspondents (formerly West Texas Crude) has been busy with several gigs and several more planned.

Along with the Hoodoo Gurus, OI '55 and the Badloves they played in May at Band Together; a fundraiser for the Tathra Bushfire Recovery Fund. Over 5000 people attended the event at the Sapphire Coast Turf Club and \$400,000 was raised.

They also played a three hour gig at the Tathra Hotel in June where a full house heard 22 of their original songs, including a number about the Bega Valley (where band members Matthew Herbert and Hugh Watson were born).

They will be playing at the Tathra Hotel again on 25 August and then at Folk by the Sea on 21-22 September.



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The Hall Kiosk is situated at the Hall school site, Victoria Street Hall.

Further information and how to book a tutor Contact: Rod Roberts on 62302436



Village of Hall and District Progress Association Inc

Annual General Meeting

7.00pm Wednesday 15 August 2018
Hall Pavilion



The Annual General Meeting of the Village of Hall and District Progress Association will take place at the Hall Pavilion on Wednesday 15 August at 7.00pm.

All positions of members of the committee including office-bearers will be declared vacant and new members of the committee will be elected. Please consider nominating for a position on the committee, using the nomination form available on the website www.hall.act.au.

This is your opportunity to make a difference.

We have made it easier to become a member of the VHDPA! \$10 membership applications or renewals are due each financial year by paying online, by direct bank deposit or in cash through a special interest group (the museum, the men's shed or the collector's club) or in person at the AGM.

We look forward to seeing you then.

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St Michael & All Angels Anglican Church

Farewell Rev Mark

by **Angie Hazlehurst**

On a bright and crisp Sunday morning in early July, the congregations of St Barnabas, Charnwood and St Michael & All Angels, Hall, farewelled our Priest-in-Charge Rev Mark Beresford. Mark, his wife Katie de Veau (whom we were blessed to have as the soloist accompanying the Victoria St Brass Band at this year's Twilight Concert), and their children, have been with the Hall/Charnwood parish for just over four years. In this time, we have come to know and love Mark and his family. Mark has a wonderful ease and compassion about him that touches all who cross his path. Always available to share a cuppa, offer a shoulder, or reignite a spark of faith, Mark has been a shining light towards God's love and hope in our world.



Mark Beresford with the author, Angie

Over the last four years, Mark has been dedicated to building relationships with the surrounding communities. A wonderful example of this has been the partnership he has forged with the Tongan community. The Tongan Methodist Church shares St Michael & All Angels church, and the Wesleyan Methodist Church shares St Barnabas church. A truly ecumenical community! If you happen to be walking by St Michael & All Angels in the early afternoon on a Sunday, you might be treated to their wonderful singing that stirs the soul and lifts the spirits.

The farewell service saw St Barnabas church with standing room only! The Tongan Choir blessed us with beautiful singing in their traditional style. This was a wonderful celebration of the partnership and friendship that has developed between the churches. As a farewell gift to the parish, Mark and Katie sang a duet of an Irish blessing that is very dear to their hearts. There was not a dry eye in the house!

Mark leaves us to take up the position of Creative Director at Mosaic Baptist Church, Page. This is a great opportunity for Mark's incredible musical talents and pastoral heart to shine.

On behalf of the communities of Charnwood and Hall, we would like to sincerely thank Mark for his shepherding of our flock! We pray every blessing on Mark and his family as they embark on this exciting next chapter in their ministry.



Until a new Priest-in-Charge is appointed, our congregations will be guided by our Assistant Priest, Rev Helen Dean. Helen is a dedicated, compassionate, wise and loving minister, ever-present to bless us with her ministry. We are so fortunate to have her, and pray God's blessing on her as we transition to a new season.



Mark Beresford and Katie de Veau

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St Michael & All Angels Anglican Church



Dates for the diary

Spring Garden Fete

Saturday 27 October 2018

10am - 2pm

It won't be long before the Spring bulbs are popping up! And no better way to celebrate than at St Michael's Spring Garden Fete. Lots of entertainment, delicious home baked goodies, plants, kids' activities, and much more.

Blessing of the Animals

Sunday 28 October 2018

2.30pm

An annual institution in our parish! Come along with pets of all kinds to celebrate God's creatures, great and small. Afternoon service followed by refreshments.

Holy Communion

at St Michael & All Angels, Hall

Every Sunday, 11.00am

Residents of Hall and surrounds are warmly invited to come along to our regular services at any time of the year! Join us for our weekly service followed by a cuppa.

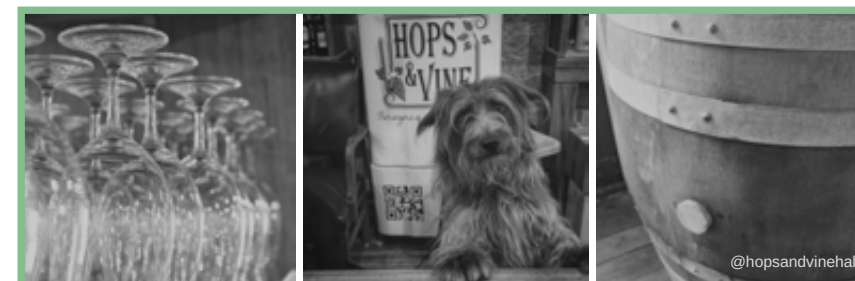
Hall Rural Fire Brigade

It was a warm welcome on a chilly winter night at the Hall Rural Fire Brigade for a visit by 30 Lake Ginninderra Sea Scouts. They learnt important lessons about fire theory and then were treated to a ride on the fire trucks and an evening of using the fire fighting equipment on the Hall oval. Using the



large high pressure hoses gave hands-on experience of the powerful pumps used to fight bushfires as well as an appreciation of safety procedures. It was a wonderful experience in terms of their learnings and opportunity to see and work the equipment – but most of

all seeing the commitment, comradery and great team spirit among the volunteer members of the Hall Rural Fire Brigade who are like a large family. It was inspirational to see what motivates people to engage in volunteer organisations, and a real appreciation of sharing that spirit with the scouting movement. The scouts left with great admiration for the important work which the Hall Rural Fire Brigade does for the community and a big thank you.



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Hall Men's Shed

The Hall Men's Shed continues to grow steadily in numbers of members as more people become aware of our existence. At last count we have around 45 paid up members.

In recent times we appear to be attracting more members from outside the Hall district than previously. The main focus being our Thursday morning tea and get together, along with our monthly BBQ which is attracting more and more participants as time goes on.

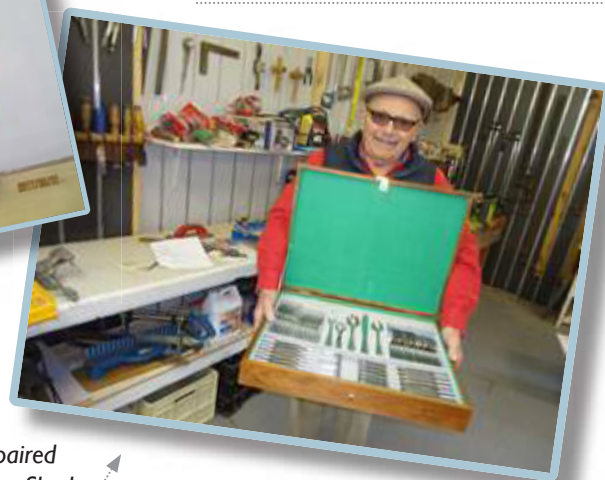
Woodworking activities are undertaken by several members, these being along with the BBQ the main source of revenue to sustain us. The core mission of the Shed has not changed in that we provide a welcoming, supportive environment in which men can come together to their mutual benefit. Most of the workshop activity centres around restoration of various furniture pieces and production of saleable items to the general public, mainly available at the Hall Heritage Museum.

At the recent AGM the Foreman Alan Boyd was re-elected once again for another term, ably assisted by Graham Moss also re-elected as Treasurer and backed by a team of catering assistants.

If you are interested in joining us, drop by on a Thursday morning, say G'day and have a look around our shed in Palmer St, Hall or contact us on 0419 602 314.



At the AGM photo: Bob Richardson



Various items repaired or produced at the Shed



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NOW OPEN FOR BREAKFAST
SAT & SUN

by Alan Boyd

Peonies

by Lisa Walmsley

I have a penchant for peonies, really how can you not, they are simply divine.

They do have a reputation for being a little tricky to grow; follow these few tips and you can't fail.

- Soil prep – this is critical, and probably where some folk go wrong. Ideally peonies should be planted between May and August, timing is not essential but depth is. Herbaceous peonies need to be planted with the eyes no deeper than two centimetres beneath the surface of the soil. Peonies love lime and it is hard to over dose them, so use lots in the soil before planting and add some around the plants every year after. Make sure the soil is free draining with lots of organic matter (manure and compost or worm castings if you have them) and throw in some potash from your fire as well. To flower well peonies like lots of feeding; worm tea and Seasol are great during flowering season.
- Make sure they have plenty of water during the warmer weather, as long as they don't get water logged, at any time of the year. Clay is fine as a soil as long as you have added lots of organic matter. Peonies also love full sun and flower their best in that position although they will tolerate light shade.
- Some peonies can take up to three years to flower. Be patient, once settled they can thrive for up to 50 years. They are also very easy to move, so if you move house take some with you, as long as you do it during dormancy some time in the winter.



- Ants can seem troublesome on peony buds. I have found that ants don't seem to do any harm, appearing as the bud swells, they feed on the sugary substance it releases and may even help the bud open properly. As soon as the bud starts to fully open the ants leave.
- Some peonies have a scent, sometimes the scent is light while others only release their fragrance when picked and placed indoors. The strength of the scent depends on the time of day, the temperature and your nose.
- Rabbits don't like peonies, so if you have a rabbit problem, get planting as they can't stand the taste of the roots, stems or blooms.
- When picking peonies, cut when the bud looks and feels like a marshmallow, or just starting to open, and strip the leaves. If you don't need them straight away you can wrap them in plastic wrap and put them in the fridge, they can last there for up to six weeks and will not open until you take them out of the fridge.

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Anita Kilby naturopath



Planning ahead is the key to giving your future children the best health at birth and all the way into adulthood. Taking a prenatal supplement is recommended but there is much more to preconception planning than that.

Obviously good folate levels before conception reduce the risk of baby getting spina bifida, which occurs in the first 3-4 weeks of pregnancy and often before mum is aware she is pregnant. A preconception vitamin containing folic acid is generally recommended. But that may not be the best form of folate for everyone.

Folic acid is a synthetic form of folate commonly used in supplements. The body must first convert it (using enzymes) into the form found in food, then convert it into the active form, which takes several steps. Common variations in genes controlling the action of those enzymes can reduce their function, meaning those people convert folate into the active form slower and may have less active folate available to perform its many functions. Those genetic variations are called MTHFR polymorphisms.

As part of preconception blood screening you can have your folate and vitamin B12 levels checked along with homocysteine (which is a cardiovascular disease marker). High homocysteine can indicate that active folate levels are low. If blood folate levels are high it can indicate the folate isn't being converted into the active form.

Folate supplementation is normally used to reduce high homocysteine, but if blood folate is already high then another form of folate is needed. This active form of folate (levomefolic acid or methylfolate) doesn't need any enzyme conversion. It generally has to be prescribed by a naturopath or other knowledgeable health practitioner.

If your folate, B12 and homocysteine levels are good then having a standard folic acid prenatal supplement should be fine, but also include good amounts of folate rich foods in the diet, such as spinach, asparagus, broccoli, beetroot and lentils.

It doesn't stop at folate! The healthier both parents are before conception then the healthier the baby is likely to be throughout their life, and good health for mum will improve her pregnancy and post-natal health too.

Gut health is the foundation of whole body health, so if mum or dad, especially mum, have any digestive symptoms (bloating, heartburn, nausea, food reactions, loose stools, constipation, excess or smelly gas, etc.) then getting that sorted out before conception may improve nutrient supply to the developing baby and reduce toxin exposure, amongst other benefits.

Research is indicating that supplementing with particular probiotics during pregnancy reduces the risk of pre-eclampsia, gestational diabetes, vaginal infections, and improves baby's immune function reducing eczema, asthma and allergies. Probiotics can improve gut health by helping to restore bacterial balance, especially after the use of antibiotics.

If either parent has specific health issues, for example eczema, being overweight, autoimmune conditions, skin issues etc., then getting those resolved before

conception can reduce the risk of baby developing those conditions early in their life. This is due to epigenetics.

We are born with genes from each parent, but those genes are not necessarily turned on. It is epigenetics that turns our genes on and off. For instance, you may have genes for autoimmune conditions but that doesn't mean you will develop an autoimmune condition, it has to be triggered – something has to turn the gene on. If a parent is experiencing a particular condition at conception, a gene associated with the condition is more likely to be turned on in the parent and the baby if they inherit that gene.

As it takes 5-6 months for an egg to mature ready for ovulation, ideally allow six to 12 months to improve health before considering conception. This is especially true if mum wants to lose weight before pregnancy. We store many toxins in our fat and they get released into circulation when we lose weight. You don't want baby to be exposed to that extra toxin load during pregnancy. Allow at least six months after significant weight loss before considering conception to reduce effects of toxins on the maturing egg.



Ensuring your toxin elimination pathways are functioning well during weight loss helps clear toxins out of the body – you want your liver, kidneys and lymphatics to be working well. Sweating releases toxins through the skin and increasing fibre in the diet helps bind toxins in the stools, so exercise and diet play a key role here.

What about dad? Sperm take three months to mature, so dad wants to be at his best three months before conception. Sperm quality is reduced by environmental toxins, radiation, electromagnetic radiation (keep mobile phones and lap tops away from the groin area), smoking, stress, some drugs and heat.

For both parents, aim to reduce stress, stop smoking and recreational drug use, cut back on alcohol, eat real food (not packaged/processed food) and get some exercise – the usual health recommendations. If you're on any medications perhaps investigate alternative ways to improve the condition (fix the underlying cause not just the symptom) and you may be able to reduce the dose or even come off the medication altogether!

There are many individual factors to take into account in preconception planning, so see a naturopath for comprehensive guidance to give mum, dad and baby the best outcomes during pregnancy, birth and beyond.

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Superb parrots in Hall

Have you seen a superb parrot in Hall? The superb parrot is a distinctive large, bright grass-green parrot with a long, narrow tail and sharply back-angled wings in flight. Males have yellow foreheads and throats and a red crescent that separates the throat from the green breast and belly. Females are slightly duller green and have a dull, light blue wash in place of the males' red and yellow markings. Hall is on the flight path between nesting grounds of this vulnerable species, but they have not been known to nest in Hall.



Photo courtesy Wikipedia

The ACT Government is trying to protect the vulnerable superb parrot. Safety issues have been identified with some of the trees in Hall and the government is undertaking a complete assessment of the street and park trees in the village of Hall this winter. Trees and their required maintenance needs will be mapped and once this is ready it will be put on the website (hall.act.au). Trees requiring removal will be signposted at least 14 days before removal.

Some trees that are in decline may be 'habitat pruned' rather than removed. Habitat pruning is

a technique that cuts back any dangerous long dead branches, but still retains the structure of the tree and any living parts. Stubs that have been left from the pruning or previous branch failure are retained. They may form natural hollows or they may also be bored

out to create a nesting hollow for native birds or small mammals. This type of work can be done without affecting the structural integrity of the tree yet still achieve both hazard reduction and habitat preservation, including for the superb parrot. Urban Treescapes will look at using any removed logs for habitat in amongst existing shrubs to create a potential food source for smaller birds foraging for the invertebrates that will inhabit the slowly decaying logs.



photo: Bob Richardson

Representatives from Urban Treescapes have met with the Village of Hall and District Progress Association to discuss their plans and will keep

us updated. Dr Laura Rayner, a woodland ecologist with the Environment, Planning and Sustainable Development Directorate, is providing advice regarding appropriate trees and appropriate pruning techniques to maximise the habitat potential of these trees. Laura would love to hear from anyone who may have seen superb parrot activity in Hall through email to laura.rayner@act.gov.au. You can also record these activities through the Canberra Nature Park app <https://canberra.naturemapr.org/>





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accesscanberra.act.gov.au/app/forms/fixmystreet/



If it relates to an urgent safety issue, please ring Access Canberra on **13 22 81** (available 24/7).

Tawny Frogmouths and Cheeky Choughs

by **Dagmar Parer**

August 2008

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.

I was delighted to find that I have two Tawny Frogmouths living in the garden. On two nights, whilst coming home late, I saw them in my car headlights sitting on the edge of the house pergola. They weren't too perturbed but sat there staring back at me as I stopped the car to have a good look at them.



Tawny Frogmouth

They are nocturnal hunters that eat insects and pretty well anything that creeps and crawls at night, including small mice. Their large frog-like mouth is fringed with whisker-like feathers which they use to capture insects. Unlike other birds that fly at night catching insects, Tawny Frogmouths (*Podargus strigoides*) often remain very still, sitting on a tree branch or stump waiting for prey to pass beneath them. They are classed as 'ground feeders' for once they spy a quarry on the ground they flutter down onto it. They then catch their prey with their beaks rather than with their talons, quite different from owls who also hunt at night.

By eating cockroaches, spiders, beetles, mice, lizards, centipedes, scorpions, snails and slugs they help keep my garden free of pests which means I have no need for pesticides, snail bait or any other artificial 'pest' controls. The birds do it all for me.

During the day Tawny Frogmouths sleep perched lengthwise on a branch with their heads up and their eyes closed. Their lovely marbled grey plumage, patterned with streaks and barring, ensures that they blend in with the tree trunk or branch they are sitting on, thus making it very difficult to see them during the day.

Tawny Frogmouths are highly territorial and don't welcome stray new Frogmouths into their area. In fact the irises of the males' eyes turn from yellow to red before they attack any male or female that enters their territory. They are monogamous and mate for life.

Frogmouths always nest in trees, usually in the fork of horizontal branches. A nest of twigs is built, padded with feathers and the female lays one or two eggs which both parents incubate. The young are covered with down at hatching and remain in the nest until they can fly. Incubation time is around 30 days and the young fledge at 25 days, well before they can fly. The parents are very protective of their brood and all roost closely together once the young leave the nest. However many young die in their first winter even though they have great community support from the extended Frogmouth family. The young Tawny Frogmouth becomes mature at four years of age and can live up to 10 years.



Young Tawny Frogmouth



Hall Veterinary Surgery

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Frogmouths like to live in forest and scrubland with a special preference for open woodland. A great book outlining all you want to know about them is *Tawny Frogmouth* by Gisela Kaplan, CSIRO Publishing 2007.

In contrast to the silent elusive Tawny Frogmouth we've had a family of White-winged Choughs come into the garden foraging amongst the mulch and fallen leaves and keeping contact with each other through a series of loud and constant chirps and wheezes. They've come right up to the veranda poking their beaks amongst the pot plants I have there, looking for a worm or some other morsel. They mainly eat insects and given the number of insect eating birds we have in the garden, that is, the choughs, the frogmouths, the magpies and so on, I'm surprised there's an insect left to find.



White-winged Choughs

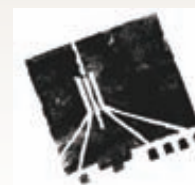
White-winged Choughs (*Corcorax melanorhamphos*) are highly social, cooperative birds that also like open woodlands. They are unusual in that a group of less than four are incapable of breeding successfully and only groups of seven or more succeed in raising more

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than one young per year. This dependence on group units also applies when a family group gets too big. No one bird ever disperses from the family unit. Rather, a smaller group of four or six breaks away if dispersal is needed. Their survival appears to be dependent on being a member of a reasonably sized group.



White-winged Chough nest

White-winged Choughs, like their cousin the Apostlebird, build large bowl-shaped mud nests. They start breeding in July and August and every member of the group contributes to all aspects of nest building and parental care. Nest building may take quite some time as each layer of mud must harden before fresh layers are added. Nest building skills appear to be learned since young birds often accompany and watch adults whilst building.



White-winged Chough

Though they are good flyers you often see them hopping and scuttling along the ground rather than flying about. I guess this suits their foraging habits as they check out mulch and leaf litter on the ground. As with many birds, habitat loss and forest fragmentation are amongst the most serious environmental threats facing Choughs. In Australia, loss and fragmentation of woodland habitats has resulted in widespread decline of many bird species and so I do my bit for them and keep planting trees.

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The 2018 Shortlist for the Environment Award for Children's Literature

by **Rhiân Williams**

Children's books have a profound effect in shaping who we become as grown ups. The stories we read and enjoy as kids, or the ones that are read to us, shape the adventures we take, the way we see the landscapes around us and help to build the foundations of our outlook on life.

In 1994, a group of environmental educators from Tasmania decided they wanted to recognise and celebrate beautiful books by Australian authors that help children and others to see the importance of respecting and protecting our unique landscapes. They asked the



Wilderness Society to help and the *Environment Award for Children's Literature* was born.

Previous winners of the award have included celebrated and much-loved Australian writers such as Tim Winton, Colin Thiele, Wendy Orr, Renee Treml, Graeme Base, Jeannie Baker and Jackie French. A love of nature, a sense of curiosity about all things wild and a feeling of caring and responsibility for the environment are themes that are beautifully woven throughout all of the books that have been shortlisted over the years.

This year for the first time ever the shortlist for the award was revealed in Canberra.

... continued on page 15



Brian the Bettong from Mulligan's Flat helping to launch the 2018 Shortlist for the Environment Award for Children's Literature at the Civic Library.



Some of the attendees at the launch

Ray White.

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Hall Tree logo A brief history

by **Jo Hall**



In about 1981, local artist Nancy Tingey, mother of three young boys, was President of the Hall Preschool Association and Polly Plowman was the Hall Preschool teacher. Polly was often designing things and one day she was sitting outside with the children and put pen to paper. With a lifelong interest in symbols and semiotics, she wondered what would be a good symbol for Hall and she sketched the tree with the word 'hall'. She took her sketch to Nancy who took it away and styled the image into the timeless Hall tree logo we all know and love.

Laurie Copping, headmaster at the time, was running a competition for a logo for the school and their image won. 'But one of the teachers – Mr Standing I think – started mucking about with it, he changed the tree and added lots of children. He said it should be a capital H, he didn't understand' the ladies recently told me over a cup of tree on a sunny Sunday morning. 'The symbol represents the ideal of Hall' Nancy explained 'it is like a house with tree cover; the use of lower case is important'.

To protect the integrity of the design Nancy and Polly copyrighted it. The preschool used the design on aprons and tea towels for fundraisers. The school soon realised that their corrupted version would not work and they adopted the preschool logo which subsequently appeared on school uniforms and everything Hall

School related until its sad closure in 2006. Nancy and Polly have generously extended their permission for the Village of Hall and District Progress Association to use the Hall Tree Logo, provided it is not used for commercial activities and the design is not changed or altered in any way.

The Hall Tree Logo has become the Hall brand. You find it now at the entry to the village, on the posts marking the Hall walk, on the explanatory signs through the village, on the Village of Hall and District Progress Association letterhead. For the timeless simplicity of the design we owe Nancy and Polly a great debt of gratitude for their talent and tenacity. Thank you!

2018 Shortlist for the EACL . . . continued

Brian the Bettong from Mulligan's Flat, fresh from his campaign to become the ACT Faunal Emblem, and a marvellous story time featuring books that had previously won the award, as read by the wonderful storyteller Janine O'Dwyer, were part of a hugely enjoyable event at the Civic Library and the gorgeous 2018 Shortlist poster was designed by none other than the *Rural Fringe's* own Gail Condy.

In 2018, 11 books have been shortlisted and it is a selection of truly magical books; beautifully illustrated picture fiction that children will want to turn the pages of over-and-over again; tales of young people who love nature and want to make a difference; and intriguing nonfiction books for exploring young minds.

The 2018 Environment Award for Children's Literature Shortlist

Fiction:

Ella Diaries #1 | Going Green by Meredith Costain and Danielle McDonald

Pippa's Island 1: The Beach Shack Cafe by Belinda Murrell

Wombat Warriors by Samantha Wheeler

Non-fiction:

A Is For Australian Animals by Frané Lessac

Exploring Soils: A Hidden World Underground by Samantha Grover and Camille Heisler

Rock Pool Secrets by Narelle Oliver

Coral Sea Dreaming: The Picture Book by Kim Michelle Toft

Picture fiction:

Can You Find Me? by Gordon Winch and Patrick Shirvington

Tilly's Reef Adventure by Rhonda N Garward

Fluke by Lesley Gibbes and Michelle Dawson

Florette by Anna Walker

The winner will be announced in October. In the meantime happy reading!

After the Armistice

The Minister for Veteran's Affairs, The Hon. Darren Chester, has confirmed the approval of a \$3,000 grant for the Heritage Centre, under the Armistice Centenary Grants Program (ACGP). Allen Mawer will curate our new exhibition which will focus on the impact of the WWI Armistice on the Hall boys who had joined up and fought and their life experiences after the Great War. The official opening is scheduled for Saturday 10 November.

Remembrance Day falls on a Sunday this year (11 November) and we are hoping to join with the Hall Rotary Club's Remembrance Day ceremony and host a morning tea at the centre after the service.

Licence extension

We are naturally very pleased that the ACT Government has offered a new five year 'peppercorn' agreement for community use of the Hall School site. This will allow the centre, and other groups, to plan ahead with a bit more confidence.

ANU Masters Student – Katrina Marshall

For the past several months we have had the valuable assistance of ANU Intern Katrina Marshall. Although her Internship is completed Katrina has decided to continue on at the centre as a volunteer, which has delighted us all.

When Katrina chose to undertake her Internship with us, none of us knew quite where this might lead. With plenty to choose from, Katrina opted to take up the two challenges of establishing a 'Family History Unit' and creating a catalogue of the Gillespie Collection. We now have a Family History Unit in a small room of its own, where we can collate the various kinds of information we have about Hall/Ginninderra's pioneer families – photos, maps, family trees, published family histories, and other documentation.



Katrina Marshall

Katrina's other task has been working with Ken Heffernan to complete a digital catalogue of the Gillespie Collection. Margaret Morris has catalogued the Collection's 1,698 books and 352 journals and Ken has catalogued 8,241 stone artefacts; Katrina has been working through the rest of the Collection.

She tells us she has much enjoyed the experience of being part of a volunteer run community museum, and she is planning an oral history project using current volunteers as her subjects. Well done and thank you Katrina!

Loan to National Capital Authority



Ken Heffernan, Alastair Crombie, and Roslyn Hull (NCA)

In July we officially signed off on the loan of Aboriginal stone artefacts to the National Capital Authority (NCA) for incorporation into their refurbished National Capital Exhibition at Regatta Point.

In late 2017 the NCA asked us if they might borrow items from the Aboriginal stone artefacts in the Gillespie Collection. Their Regatta Point Exhibition gets around 170,000 visitors a year. After consultation with local representative Aboriginal organisations, over 100 items from the Black Mountain Peninsula are to be displayed at Regatta Point.

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Purdue University Visit

A group of 25 students from Purdue University (Indiana USA) visited the Heritage Centre on 18 June. They were health/medical students on a three week study tour of Australia to learn about Aboriginal health. Their Canberra host organisation was the National Aboriginal Community Controlled Health Organisation (NACCHO) and earlier in the day they visited the Aboriginal Tent Embassy and the Winnunga Nimmityjah Aboriginal Health Service at Narrabundah. Earlier they have been in New Zealand studying Maori health organisations.

While they were at the centre Ken Heffernan gave them an overview of our *Stones the Speak* display and the Aboriginal component of *A tale of two villages*. He also demonstrated stone sharpening and acacia seed grinding.



Ken Heffernan with a group of Purdue students

Annual Meeting – 2 August

Our Annual Meeting is set for Thursday 2 August, with Dr Alison Wain from the University of Canberra to present an opening talk at 10.00am. Light refreshments will follow the meeting and all are welcome to attend.

Repairs completed

Last year Kingsley Southwell was moving storage equipment when he almost fell through the floor at the back of our Conservation Room. Blocked drains had resulted in moisture build up and the rising damp had devoured the floor boards and led to extensive mould spreading throughout the space.

After a forensic clean-up, new floor boards and carpet squares, the space is now ready to use. Jan Peelgrane heads up our conservation activities and she and her band of volunteers can now return to their important work: documentation and efficient storage of our collection. Thanks due to ACT Property Group.

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Experiments in Happiness

An occasional column by the Smiling Kangaroo

'War does not determine who is right only who is left.'

- Bertrand Russell

When you add the camel shares together you get 17 camels and the one left over they kindly returned to the wise old woman.'

For Ury this story resembles a lot of the difficult negotiations we find ourselves involved in. They start off like 17 camels and it seems there is simply no way to resolve it. He believes that we need to learn to step back from the situation and be like that wise old woman and look with fresh eyes and come up with an 18th camel.

Ury is an anthropologist by training and goes on to share another story of time he spent living with groups of San Bushmen. He was particularly curious about the way in which they resolve conflict because the men have these poison arrows that they use for hunting and which are absolutely fatal. He learned that whenever tempers rise, someone goes and hides all the poison arrows out in the bush, and then everyone sits around in a circle and they talk and they talk. Ury says: 'It may take two days, three days, four days, but they don't rest until they find a resolution, or better yet – a reconciliation.'

Conflict in families, in communities, in workplaces – anywhere really – is one of the greatest sources of unhappiness. William Ury is one of the world's leading mediators and negotiation advisors. He co-founded Harvard's Program on Negotiation and has written many books including *Getting to Yes and Getting Past No*. During the 1980s, he helped the US and Soviet governments create nuclear crisis centres designed to avert an accidental nuclear war. More recently, he has helped end civil war in Aceh, Indonesia and to prevent another one in Venezuela. In other words, he knows a thing or two about the tricky business of peacemaking and dealing with conflict.

In a TED Talk he shares one of his favourite stories from the Middle East, of a man who left to his three sons, 17 camels. Ury explains: 'To the first son, the father left half the camels; to the second son, he left a third of the camels; and to the youngest son, he left a ninth of the camels.' Now you don't need to know anything about camels to realise that 17 doesn't divide by two, nor does it divide by three or nine. Ury says that the mathematical conundrum meant that: 'Tempers started to fray and finally in desperation, the brothers went and consulted a wise old woman.'

And this woman was very wise because she thought about their problem and said, 'Well, I don't know if I can help you, but at least, if you want, you can have my camel.' And when they had 18 camels the solution suddenly became easy. As Ury tells it: 'The first son took his half of the camels – half of 18 is nine. The second son took his third – a third of 18 is six. The youngest son took his ninth – a ninth of 18 is two.'



Ury describes that system as 'the third side'. He says 'Normally when we think of conflict, when we describe it, there's always two sides - it's Arabs versus Israelis, labour versus management, husband versus wife, left versus right. But what we don't often see is that there's always a third side, and the third side of the conflict is us, it's the surrounding community, it's the friends, the allies, the family members, the neighbours. And we can play an incredibly constructive role.'

Ury says that perhaps the most fundamental way in which 'the third side' – that is the rest of us in our communities can help others who are caught in conflict – is to remind them of what's really at stake. We need to let them know that for the sake of our community, for the sake of all of our families, for the sake of all of our futures, we need to stop fighting and start listening and talking.

The thing Ury has learnt from a life spent enabling others to build peace is that when we're involved in conflict, it's very easy to lose perspective and so very easy to react. He says: 'Human beings – we're reaction machines. And as the saying goes, when angry, you will make the best speech you will ever regret.'

And once we stop talking it can be so hard to start again. But each of us, with a single step, can bring the world a step closer to peace. Ury concludes his talk by saying: 'There's an old African proverb that goes: 'When spider webs unite, they can halt even the lion.' Ury believes if we're able to unite our third-side webs of peace, we can even halt the lion of war.'

So look around and check if maybe you can lend someone a camel because not only will you get it back you'll get a safer, kinder, more peaceful and happier community as well.

Be brave – life is joyous!

The Smiling Kangaroo

PS check out William Ury's Ted Talk:
www.ted.com/talks/william_ury



Rebecca Morrison
President, Springfield Brigade

For winter fire safety tips visit:

www.fire.nsw.gov.au/page.php?id=956

If you want to get some idea of how terrifying a house fire can be check out this story from NSW Fire and Rescue who released dramatic footage of firefighters inside a house fire in Homebush:
www.abc.net.au/news/2018-07-09/frightening-fire-footage-released-by-nsw-fire-fighters/9958218

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Outbreak warning: **veterinary** Potentially fatal cat viruses in the Canberra area

by **Helen Purdam**

Two viruses, one a new strain and the other a resurgence of an old virus are causing concerns for our feline friends and their owners around Canberra.

Virulent strain of cat flu

In March this year and now again in June/July, vets around Canberra have seen sick cats suffering from a particularly virulent form of a cat flu virus, FCV-VSD (Feline calicivirus - virulent systemic disease).

While typical signs of flu in cats include mouth ulcers, sneezing and perhaps lameness, the virulent strain can cause a much more severe illness. Signs are usually more severe in adult cats than in kittens and fatalities are common. Whilst the normal flu vaccination may offer some protection, even fully vaccinated cats can succumb to the virulent strain.

Affected cats show some or all of the following signs – loss of appetite, lethargy, high fever, swollen limb(s) and/or head, jaundice, difficulty breathing, mouth ulcers and sores on the nose, ear tips and skin. These signs



are similar to those reported in previous outbreaks in the US and Europe.

Fortunately, most infected cats in Canberra have recovered due to prompt diagnosis and supporting treatment.

The virus can survive in the environment for around one month. It is highly contagious and spreads easily to other cats via hands, clothing, shoes, bedding, food bowls and litter trays. The greatest risk of spread occurs in multi-cat environments such as shelters and boarding catteries. Fortunately spread in the wider community has been limited and the outbreaks seem to 'burn out'.

Researchers at Sydney Uni are investigating the virulent strain and vets have been submitting mouth swabs from any suspect cases for testing.

If your cat is showing any of the signs previously listed, please call your vet to arrange an appointment. An initial assessment may be done in the car by a vet kitted out in gloves and disposable gown to minimise the risk of spreading the virus.

Feline enteritis

The resurgence of the deadly virus, FPV (feline panleukopenia virus) which was almost eradicated 40 years ago by vaccinations, has been confirmed in various locations throughout Australia, including Melbourne and Canberra.

FPV is highly contagious and can be fatal to the affected cat.

The most common form of FPV presents as a three to four day history of high temperature, lethargy, loss of appetite and may progress to vomiting and diarrhoea. However, in cases of very severe infection, cats can die very suddenly with no apparent signs.

FPV in cats is caused by parvoviruses, which are small DNA viruses. The main one is feline panleukopenia virus but parvoviruses that infect dogs can also cause the disease in cats.

Disease control relies on strong herd immunity and that can only be achieved by keeping pets up to date with all vaccinations. The vaccination for this disease is included in the regular F3 vaccine which is highly effective. Ensure that your cat's annual vaccinations are up to date.

Hands-on community workshops to reduce waste in our homes



Yass Valley Council will conduct a series of hands-on workshops in the local government area to encourage residents to reduce their household waste.

The fun and practical workshops will be made possible due to a \$20,000 Environmental Education grant from the NSW Environmental Trust and will include a community and school program, targeting all age groups from school students to seniors.

The first workshop, *Garden Art from Junk*, will be held on Sunday 5 August 2018 at Tootsie Art and Design Studio, Yass. Participants will learn how to make hanging baskets and chandeliers with the assistance of YASSarts sculptors, Al Phemister and Roger Buckman.

'We will be making a small version each to take home, as well as working together on a big community piece for display at the Yass Community Garden,' said Council's Natural Resource & Sustainability Officer, Rebecca Widdows.

'The use of waste products as art is innovative and will encourage people to look differently at the garbage they throw away. It will also get people seeing the resource potential in waste by asking themselves, "Is there a use for this? Surely I shouldn't just throw it out?" It is a small step from this to considering what resources went into making the product in the first place.'

The cost for the *Garden Art from Junk* workshop is \$25 with payment confirming your place (places are limited). Payment can be made in person at Council or over the phone by calling **6226 1477**. The cost includes the class, tools and materials, morning tea, lunch and a coffee/tea/drink.

Another confirmed speaker for the workshops is decluttering expert Tanya Lewis, who will be holding her workshop in Yass in September. Tanya is the National Ambassador for the Garage Sale Trail, which Yass Valley Council supports each year.

Community workshops will also be held on the following topics:

- Decluttering.
- Plastic free life.
- Making art from rubbish.
- Composting and worm farming.
- Mend and make do.
- Plastic free pets.
- Save money by sorting your rubbish.

The school workshops will focus on sustainable life choices and recycling right, encouraging primary school aged children to become good environmental stewards in their households.

'By specifically designing workshops that are hands on and engaging, and which send participants home with a tangible product, we are moving away from the traditional model of community education, which is much more passive,' continued Mrs Widdows.

'Repeated studies have shown that the flow of waste from our homes, businesses and institutions will grow rapidly in the next 20 years unless we do something differently.'



Al Phemister's giant sized chandelier, made from upcycled wire and metal, is currently on display at Tootsie. He will be on hand to assist participants in the Garden Art from Junk workshop.



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The Annual General Meeting of the Village of Hall and District Progress association is a time for reporting on the activities of the previous year and to elect a new committee to represent the interests of the village of Hall and the district in the coming year. Our report on the Rural Fringe is happy to acknowledge the Rural Fringe team of volunteers who faithfully and promptly produced six editions of the Rural Fringe in 700 copies, delivered free to all households in the 2618 postcode. Online copies are also available on the Village of Hall and District Progress Association website. Volunteers include layout artists Gail Condy and Andrew Purdam, special feature writer Victoria Karabin, proof-reader Kevin Stone, roving reporter and sub-editor Bob Richardson and editor and accounts manager Jo Hall.

A highlight for this year was the introduction of eight colour pages per edition instead of the previous four. This costs more to print, and advertising is now available in colour or black and white with two pricing structures.

With deep thanks to the advertisers for their support and the expertise, commitment and hours put in by the Rural Fringe volunteers, and to our readers who provide the content as well as positive feedback and encouragement. We are keen to enlist more volunteers for the editorial team.

New advertisers are most welcome at any time. As a community newsletter, we rely on what people send to us for content so please keep sending in your photos, articles, ideas, news, letters, poetry ... we usually print everything we receive.

We would like to encourage you to support the Village of Hall and District Progress Association and its activities. Nominations are open and warmly received for anyone wishing to stand as a committee member or office holder. And while this winter seems to be particularly cold, I'm sure the heaters will be working their magic at the Pavilion for the AGM on 15 August where you can become a member (if you haven't already via the website or one of the special interest groups) and participate in choosing the new committee.

Until next time,
Jo Hall

Space for Caravan Storage

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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.

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

Advertising rates (per issue)

large (quarter page)	\$80	colour	\$120
medium (eighth page)	\$40	colour	\$60
small (three sixteenth page)	\$30	colour	\$45

Other information

Editor: Jo Hall 0417 693 545 Email: ruralfringe@hotmail.com
 Sub-editor: Bob Richardson 0407 071 245

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

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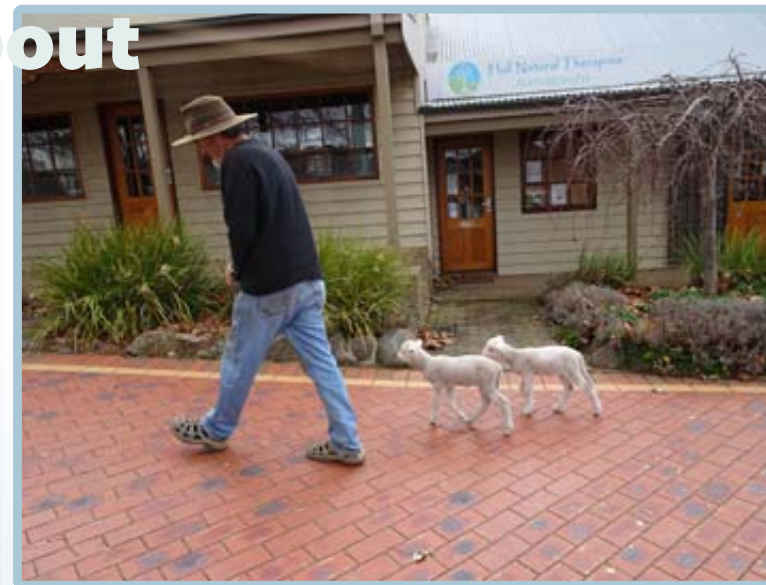
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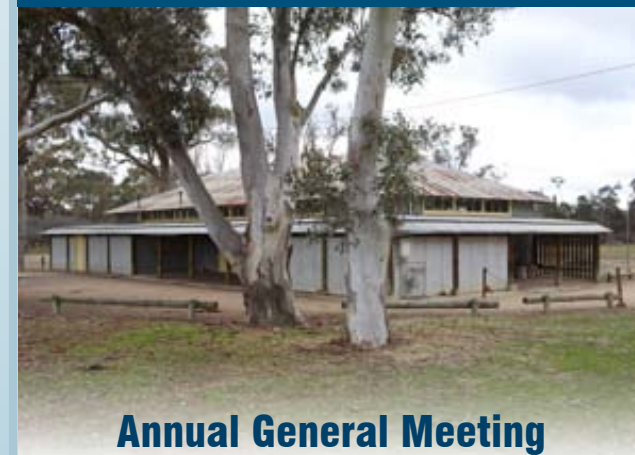
Greg Flowers with 'Chuck' and 'George' on Victoria St.



On the last day of July, jonquils appearing in Hall!



Village of Hall and District Progress Association Inc



Annual General Meeting

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Winter in Hall

photos by **Paul Porteus**

