

## GET READY FOR THE 2018 BUSHFIRE SEASON

Bushfires can occur at any time of year, and this is no more evident than the bushfires currently burning around Bemboka that are still being brought under control after taking hold well before the declaration of the 2018 Fire Season on 1 September.

With the declaration of a Total Fire Ban across NSW in August, unheard of for 30 years, all signs point to a bad bushfire season as drought combines with hot and dry conditions.

The time to prepare yourself, your family and your home for a bushfire event is now and here are some handy tips from the Hall Volunteer Rural Fire Brigade to help you:

### Check your property

- Ensure that any trees on your property are trimmed.
- Clean your roof and gutters of debris.
- If you live in a rural area, we recommend creating a 20-metre building protection zone around your property, by clearing away long grass, shrubs and any rubbish that might catch fire.
- Keep a 2-metre gap between your house and any tree branches. Don't let any trees overhang your house.
- Prune the lower branches of trees (branches up to as high as you can reach) to prevent a fire on the ground from climbing into the tree canopy.

**Are you able to create a mineral earth firebreak at your property?** (This is a line around your property boundary where you have no vegetation or trees at all.)

- Block any gaps under the floor space of your house and in the attic or roof space. This prevents sparks from entering the building.



- If possible fit metal fly screens on all windows and over evaporative air-conditioning systems to prevent embers and ash from entering the building.
- Make sure your garden hose is long enough to reach all areas of your house.
- Clear trees or branches around power lines.
- If you have a pool, tank or dam, put a Static Water Supply (SWS) sign at your property entrance, so firefighters know where to find water to pump out during a bushfire.

- Keep a ladder handy so you could get to the roof if you needed to.

### Tidy up your yard in general

- The more unnecessary 'stuff' you leave lying around your property, the more work there could be for you to do at short notice if there is a bushfire warning. So keep your property as tidy as possible.
- Ensure that you have a safe and secure place for any outdoor furniture to be stowed if needed.
- Store firewood away from your house building.
- Secure all gas bottles away from the house and point the pressure relief valves away from the building.

... continued on page 10

# Hills of Hall Festival

To celebrate the arrival of spring in the vineyards, come to the **Hills of Hall** on the weekend of **3-4 November**. Enjoy great wines, lovely food, beautiful views, music, art ... and craft beer, if that is your thing.

This little district is one of Canberra's best kept secrets, right on the capital's doorstep. There are six venues in the mix, all family-owned — two in Hall, four in the country — that together make a terrific day's outing.

## CAPITAL WINES CELLAR DOOR



Taste our wine, share a cheese or produce plate or enjoy an epicurean tasting of matched wine and food

Kyeema Gallery  
with exhibitions changing monthly

Hills of Hall Wine Festival  
Wine Food Music

Sat – Sun 3 – 4 November



13 GLADSTONE ST HALL  
OPEN 10:30am – 5pm THURSDAY – SUNDAY

Three of these wineries were established in the mid-1980s: Brindabella Hills Winery, Pankhurst Wines and Surveyors Hill Vineyards.

**Brindabella Hills** is under the energetic new ownership of Michael Anderson and Renae Kilmister. The cellar door and café, uniquely situated above the Murrumbidgee River, have been stunningly renovated with a chill-out deck added on the river side, a great place to relax and enjoy the music. Take a seat and enjoy a glass or two of wine with a delicious lunch from the Vineyard Café.

**Pankhurst Wines** will be showcasing their wide range of exciting alternative variety wines, from Marsanne, Arneis, Tempranillo, Sangiovese to the sparkling Merlot Adele. If you haven't tried these varieties before, this is a great time to see the lovely wines this district can produce. Groove to jazz from local musicians and munch on lunch by Jacko's pop-up pizzas 12-3pm each day while enjoying the wonderful views. A new batch of recycled barrel furniture will be on display and for sale.

**Surveyors Hill** will be releasing the 2018 Blanc, a blend of four French grapes, and providing a French-themed menu at the bistro. The food is fresh, seasonal and generous, and the bread home-baked. Glenys will greet you at the cellar door/café, with its magnificent view of the hill itself, while Leigh and Denise do the cooking. There will be music from The Awesome (Milena and Jim), and some terrific wine specials.

In the mid-90s the original three were joined by **Wallaroo Wines**, the largest vineyard in the area. Caroline Jack and Phillip Williams reserve some of their best grapes for their own label and also sell premium fruit to a range of local producers. The Spring Festival weekend is the perfect opportunity to visit this stunning property, with its beautiful gardens, amazing views and great wine, with food and music provided.

Andrew and Marion McEwen at **Capital Wines** have sourced grapes from the Hills of Hall vineyards for many years. In 2016 their new cellar door opened in Hall village where they offer a great range of quality, and consistently-awarded, varietal wines. The Kyeema Gallery has changing exhibitions of local and regional artists every month. On the festival weekend chill out in the courtyard with great food, music, bubbles (red and white) and our newly released Riesling, Rosé and Shiraz Viognier.

Because brothers-in-law and avid beer and wine aficionados Neville and Shaun wanted to share their passion, they enlisted family and local craftsmen to restore a very old building in Hall (formerly an antique shop, once a picture theatre). There, at **Hops & Vine**, they offer exciting choices of boutique wine and beer from small vineyards and breweries, as well as some fabulous produce.

So don't go barrelling down the Barton Highway to Murrumbateman, instead turn right into Hall for two venues and left on to Wallaroo Road and follow the brown winery signs to four cellar doors.



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# Out and about . . .

## Garden Fete and Blessing of the Animals

by **Beryl Pedvin**

### GARDEN FETE

The blossoms, wattle and fresh new leaves of spring mean that it's time for our annual Garden Fete in the grounds of St Michael and All Angel's church on **Saturday 27 October**. The fete will open at 10am with the spectacle and sound of Victoria Street Brass — Hall's very own brass band (well, they started in Hall back in 1984). Entertainment will continue throughout the day, with choirs and music, as well as our old favourites, *Dances with Dogs*, and finishing with pipers from the City of Queanbeyan Pipes and Drums before the fete comes to an end at 2.00pm. A new attraction this year will be some miniature donkeys — very cute little fellows with more than their share of charm! Come along for some great food and terrific bargains on the plant, books and cakes stalls.

### BLESSING OF THE ANIMALS

Following the fete, we will hold our regular service of Blessing of the Animals on **Sunday 28 October** at 2.30 pm, also in the grounds of St Michael's. Everyone is invited to bring their pets for a blessing to carry them through the year. Please ensure your furred or feathered family members are suitably restrained, or bring a photo if they aren't comfortably social. We will also give thanks for the role of native fauna and farm livestock, and pray blessing on the lives of the rangers and farmers who care for them.

We hope to see many family and friends of Hall and district residents at our fete, the Blessing of the Animals, or at our regular Sunday services at 11.00 each week.



### Girls on the Turps

Girls on the Turps is having an exhibition titled 'Shadows and Reflections' at Kyeema Gallery @ Hall, 26 October until 18 November 2018.

The 'Girls' are local artists: Lyne Dingwall, Julie Hawkins and Helen White. These artists have had several successful exhibitions both as a group and individually. Their styles, subjects and mediums are quite diverse.

Girls on the Turps and Kyeema Gallery invite you to come to the opening. Pop in, say hello to Lyne, Julie and Helen. Enjoy their work and sample some great local wine at Capital Wines. See you there!



### Friends of Grasslands (FOG)

On Saturday 6 October and on Saturday 3 November, your help is needed and welcome at Hall Cemetery (a short way along Wallaroo Road, which is a turning off the Barton Highway not far before the NSW border). The task is to tackle emerging weeds, especially plantain, and selected patches of exotic grass. The work will be a combination of spot application of herbicide and physical removal or trimming.

Morning tea is provided. Please dress for the weather and gardening, with sturdy footwear.

Most important: **REGISTER** with [john.fitzgerald@fog.org.au](mailto:john.fitzgerald@fog.org.au) at least two days before the workparty, so there is enough tea and equipment for everyone.





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## Hall Preschool



At Hall preschool we teach our students to think 'outside of the box' by using open ended natural materials in our playground. If you have any of the following materials we would love you to drop them into our playground, or call Jane on 0421 084 295.

- tyres
- pipes
- wood planks
- logs
- cable reels
- rope
- hay bales
- load of dirt (call first!)

and anything else you might have lying around.

Hall preschool is what remains of the old school, and we love it out here. Thank you for being a lovely welcoming place to teach our students about community.

Cheers

Jane Marshall and Karen Moggridge

## Remembrance Day



Hall Village and District will be marking Remembrance Day with a ceremony commencing at 6pm on Sunday 11 November at the Jim Rochford Memorial Grove, Victoria St (cnr Gladstone St), Hall.



## Eighteen Year Old Dynamo

Eighteen year old Emily Patterson was so concerned at the plight of farmers in the region suffering from the drought that she decided to do something about it. An admin worker with the Royal National Capital Agricultural Society, Emily organised the Hay Runners Ball at the Southern Cross Club which was held on 1 September. A sell-out crowd of 500 contributed \$43,000 to assist farmers in the Yass, Monaro and Goulburn regions. Local Hall band *Willie and the Correspondents* had the crowd up dancing and singing with a mixture of their own songs and some well-known cover songs.

Cheers

Hugh Watson





# Hall Men's Shed

Dear Fringe Dwellers

It was most interesting to note that after the publication of the August *Rural Fringe* that more interest in our Shed came to the fore??

Was it as a result of the publication or more persons becoming aware of our existence, either way it has resulted in new members joining us.

We continue on as always, enjoying the company and fellowship of our Thursday morning get togethers and workshop activities at other times.

During September we were highly entertained by Mr Ian Roberts, general manager of Diabetes ACT who provided vital information on the subject of diabetes and how to handle it.



The monthly BBQ as always draws a large attendance of members and visitors and is always well received.

Our gourmet chefs' production of singed sausages and crusty rissoles along with home made salad would delight any connoisseur of fine dining.

Sadly we lost one of our well loved members during the month, Mr Geoff Finger. Geoff was always entertaining with his stories and interesting discussions about his love of his cars and motorbikes.

Unfortunately Geoff did not survive a heart valve replacement operation. He will be sadly missed, at age 65 it is far too early to go.



If you are interested in joining us come by the Shed on Thursdays between 10am–12pm and have a look around.

Alternatively give me a call: Alan Boyd 0419 602 314.

Hall Men's Shed foreman



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# Australian Natives in our garden Landscape

By Lisa Walmsley

Many folk are keen to use native plants in their gardens. People love the idea of growing sustainable plants with low water needs, encouraging birds and wildlife and enjoying the fact that the plant is endemic, locally propagated and grown by a local supplier.

Using native plants in landscape design can be a little tricky but not impossible. And maintaining natives in a garden environment isn't as simple as many people believe.

Unfortunately many of Australia's most beautiful native plants do not grow this far south, they simply do not like our frosts. However, we still have quite a few to choose from, the trick is to select carefully, thinking about colour, texture, size and form.

It's really easy to make the error of buying a small plant only to find out in a few years it is way too big for its location. Make sure you read the plant label to find out the plants dimensions and plant accordingly.

Native plants are not set and forget plants as many people believe, they don't need endless attention either, but they do respond to some TLC. For starters they don't like to be planted in raw, lifeless soil, nor do they like a hole full of potting mix.

Always give your plant a reason to live during establishment, nice soil, plenty of water and a stake if you have lots of wind and a tree guard if you are dealing with the local fauna.

We have all seen grey, lifeless bush gardens, with leggy, sparse, bitty foliage. Think colour when choosing plants and I don't just mean flowers. Lime green, copper, silver and bronze are colours frequently found in the native

landscape. Oh, and don't forget texture, broad leaves, narrow leaves, spiky and smooth, long and short leaves, all add another dimension to your landscape.

It's not totally necessary to prune natives but they do respond beautifully to a trim; they become more densely foliated and acquire stronger roots. Native shrubs also prune into shapes, if that's your choice. Don't be under the illusion that native plants are no maintenance, like any plant, if you don't give them some care and attention they will not perform at their best.

To create maximum impact, natives look great when planted en masse. An avenue of all the same Eucalyptus makes a grand statement in a garden or on a driveway and shrubs repeat planted in groups and rows add an element of order. If you only have a few plants, plant them closely together rather than spread out. A garden that is full looks

generous, vibrant and alive, accentuating the colours and contrasts.

A few of my favourites: Eucalyptus mannifera sub maculosa, (Brittle gum), Grevillea suberb, Grevillea 'Lady O', Lomandra 'Tanika', Hardenbergia violacea, Clematis aristata, all the correas and croweas, and you can't dismiss, westringia, dodonea and prostanthera.



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# Vale Shirley Jean Cowan (nee Rudd)

*You may not have known it but the world became a poorer place on Sunday 26 August due to the death of my mum, Shirley Jean Cowan. Mum had been a resident of Hall since 1986 and this was a place she dearly loved. To give those, who were not fortunate enough to know Mum some background on her life and an idea of who she was, the following is an extract from the eulogy read by Neil Cowan, Shirley's eldest son, at her funeral.*

'Shirley Jean Rudd was born on 9 July 1926 in Luton, Bedfordshire. Sister to Michael, daughter to Eva May and Stanley Boutwood Rudd. Her mother was a warm, generous and spirited woman. If you broke something accidentally she would say "Never mind, it's only a thing. Things don't matter." That was a lesson she taught her daughter well. Things don't matter. People do. Eva was tallish and strong. Stanley was shorter than she. A little man of occasionally fiery disposition. He was a motorcycle dispatch rider in Africa during WWI and a coal merchant after it, having purchased surplus army lorries to do the work.

Eva May and Stanley Rudd had a marriage that lasted more than 50 years. They loved their children. He doted on his daughter, while she gave Mum all her love and a lasting sense of perspective. Mum caught diphtheria as a child. Her mother saved her life through sheer determination to keep her. A mother's love. She gave life to her only daughter for a second time, and the two of them thus gave it to 14 of the people that are here today.

However lovely and nurturing her parents were, there can be no doubting that Mum was who she was because of some internal strength. Some special stuff, an indefinable substance, a material unknowable to science

Mum was 13 when WW II broke out and she became a W.R.E.N in 1943, a member of the Women's Royal Naval Service at age 17. Supporting the war effort at home — driving lorries. Learning how to strip down and re-assemble guns. She was 19 when the war finished. It started 79 years ago today and ended 73 years ago tomorrow.

After the war she went to secretarial college — in those

days, work opportunities for women were limited, despite their usefulness in war. After completing that she worked as a veterinarian's secretary. He was enamoured with her, she not him. She would ride 90 miles each way on a temperamental motorised bicycle for her weekends at home.

In 1952 she took a secretarial position at Rothamstead Experimental Station where she met her husband-to-be and our father, Ian Cowan. They became engaged and in 1955 she travelled to Jamaica alone to marry her fiancé. His was the only familiar face at their wedding. By the time they left Jamaica they had a small family, two children, Sara and Neil and after their return to England three more: Anna, Mark and Nicola. In 1966 they moved this family of seven to the antipodes, to Australia, to Canberra, to this place, where they settled and spent the rest of their lives. This became their home. Here they gave their children everything a child needs to prosper: love, food, warmth, shelter, exercise, adventure, conversation, ideas, humour, music. We had a magical childhood. As all children should.

Mum and Dad separated and then divorced after 24 years of marriage, but they remained very good friends for the rest of their lives until Dad died last year. Of course it was a friendship like no other. Somehow they made it work.

Mum worked as secretary to the head of the Department of Chemistry at the ANU until her retirement, and it was during that time she re-established herself alone, strong, independent and happy, reliant on no-one but reliable to all. First in Amaroo St Reid and then in Loftus St Hall, where she lived out the rest of her life in the most beautiful surroundings. Her home was the grounding centre of many lives. Always bright, warm, welcoming and peaceful whenever she was there.'

In the last few years Mum "suffered" various health problems but she suffered them like a trooper, like a soldier, like a gentle woman. For years she was short of breath but it never brought her down, never got the better of her.



Shirley aged 21

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# 9 July 1926 - 26 August 2018

Although Mum was representative of her generation in that she was stoic, brave, humble and hard-working she was by no means an 'average' or 'typical' 92 year old as you will gather from the following extract from the tribute read at her funeral by Bryna Howes, her eldest grandchild.

"A little less than a week ago, on 26 August 2018, Apple lost a loyal customer. Whether it was the latest iPad, an Apple pencil, or a pair of AirPods, my grandma, Shirley Cowan, had to have them. The minute they arrived.

Today you've heard a lot about who Granny was. In many ways, who she was was obvious to all. She was kind. Generous. Tech savvy. She never put herself first. In fact, this week most of us have agreed that the word that best sums her up is "perfect".

But I want to talk about some of her more hidden qualities.

Granny was not daring or bold in an obvious way. But in 1955 she boarded a banana boat in England and sailed across the Atlantic to Jamaica. There, she married my Grandpa, Ian, who she had not seen for 18 months. They were not surrounded by family or friends, but instead, a group of strangers. And when I learned of this story last year, I immediately realised how fearless Granny was.

Granny didn't need to be the centre of attention, unlike a good part of her family. She wasn't loud, unlike many in her family. But if you asked her to don a spotted cape and a plastic Viking helmet and lie on the floor while her grandchildren somersaulted over her, she would do so. And in doing so, she would become the unwitting star of the performance.

Granny didn't use swear words. I could try to goad her into saying something naughty or cheeky, but she would refuse. She was also not particularly competitive. But let me tell you this. Granny and I started playing Words with Friends seven years ago, while I lived in America. It was a great way to stay in touch. We played a total of 444 games

together. And every now and then, Granny would play a sneaky swear word if it meant getting a few extra points.



It's safe to say Granny didn't do anything for shock value. And because of that, we sometimes underestimated her ability to surprise. A few years ago, I dared her to turn up to Christmas with coloured hair. And she did. She arrived for Christmas dinner with a shock of beautiful purple hair. It looked excellent alongside her green paper hat.

We'd all agree that Granny didn't need recognition. But a few weeks ago, Mum and I discovered that Granny had a burgeoning following on the social media platform, Pinterest.

"I have 269 followers" she said, with a hint of pride.

Granny had curated quite a collection of pints, as they're called. She had a board devoted entirely to pictures of field mice. She had another filled with photographs of bread. And then there were the hours she spent zealously and enthusiastically creating the best collection of umbrella photos you've ever seen.

Prior to her death Mum asked me to be happy for her when she had gone. I replied that I would be happy for her but sad for all of us left behind. I am happy for her now because although we will miss her hugely she had suffered greatly in recent years, had lived an amazing life and was ready, like the birds she loved so much, to fly away.

There was not a better woman to walk the earth and I would not have changed her for the world.

No words or poem can adequately express how any of us feel about the exceptional person who was Shirley Jean Cowan but this short poem by Mary Elizabeth Frye captures my feelings of where I think Mum is and will always be.

## Do Not Stand at my Grave and Weep

*Do not stand at my grave and weep  
I am not here: I do not sleep  
I am a thousand winds that blow  
I am the diamond glints on snow  
I am the sun on ripened grain  
I am the gentle autumn rain  
When you awake in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight  
I am the soft stars that shine at night  
Do not stand at my grave and weep  
I am not there, I do not sleep*

I would like to acknowledge the wonderful and compassionate work of the staff of Claire Holland House, in particular the nurses, who afforded Mum dignity and gave her comfort in her last days.

**Nicola Cowan**

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# Be Fire Ready *(from page 1)*

## Have a written bushfire survival plan.

While we think we know what we would do in the event of a bushfire, it can be a frightening, chaotic event. With your family, put together a written bushfire survival plan. You are able to download a template from <http://esa.act.gov.au/bushfireready>

We recommend that at a minimum, households should talk through:

1. Which Fire Danger Rating is your trigger to leave?
2. Will you leave early that morning or the night before?
3. Where will you go?
4. What route will you take – and what is your alternative in the event that a fire is already in the area?
5. What will you take with you?
6. What do you need to organise for your pets or livestock?
7. Who do you need to keep informed of your movements?
8. Is there anyone outside your household who you need to help or check up on?
9. How will you stay informed about warnings and updates?
10. What will you do if there is a fire in the area and you cannot leave?

(and a can opener if that food is in tins!)

- Woollen blankets
- A list of emergency phone numbers
- Supplies for your pets (if you have them)

And remember to put those precious photos and important documents (insurance papers, medical scripts, etc.) in to a fire proof box to keep them safe.

Melissa Reynolds, Hall Volunteer Rural Fire Brigade



## Put together an emergency kit

Your emergency kit should contain all the things you might need if a bushfire hits and the power goes out. Important things to include are:

- Torches
- Battery-powered radio
- Extra batteries
- First aid kit
- Any medications you take
- A really good supply of water (They say 10 litres can last one person 3 days.)
- Food that won't perish quickly, for about 3 days



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## Progress Association

Hello fellow *Rural Fringe* Readers,

Just a few words to promote the recently elected Progress Association Committee.

The new committee is:

- President – Peter Toet
- Vice President – Tony Morris
- Secretary – Olga Minion
- Treasurer – John Starr

We are getting to know each other and look forward to doing our best to represent the residents of Hall and to further the interests of the community.

We are very fortunate to be part of such a wonderful Heritage Village. It is unique to our National Capital as no other capital city has such a gem. Other Capital cities may have Heritage Villages but they are more static displays, not fully functional or as well



VHDPA COMMITTEE 2018.

Left to Right: John Burn, Peter Toet, Ken Heffernan, Peter Howard, Olga Minion, John Starr, Juanita Caddy, George Southwell.

*Photo: Bob Richardson*

preserved as Hall. We will do our best as a committee to preserve our beautiful village and to protect and progress the amenity and character of Hall.

VHDPA meetings are held the third Wednesday of each month and all members are welcome to attend.

Please contact any member of the committee if you have any topics or issues that you would like discussed or covered at these meetings.

Peter Toet, President,  
Village of Hall and District  
Progress Association



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# Masked Lapwing and Eastern Bearded Dragon

by **Dagmar Parer**

**October 2009**

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

We have a pair of Masked Lapwings (*Vanellus miles*), more commonly but incorrectly known as Plovers, living near our front gate and this spring the female decided to nest right on the edge of our dirt road. She laid two beautiful speckled olive green eggs but her brooding of them was constantly interrupted by cars, horses and people passing by. At first she would fly off the nest at every interruption but eventually she tolerated all passers by,

which gave us a close up view of proceedings. Masked Lapwings have a fearsome reputation for swooping on people in the nesting period, but luckily for us this pair did not swoop on us once. Eventually, after about 28 days, two fluffy little babes hatched out and we became even more worried that they may be run over as the mother continued brooding them right on the edge

of the road. It was with some relief that eventually the parents took their young into the paddock to feed, and I didn't have to worry about their survival anymore. Masked Lapwings feed mainly on seeds, molluscs, worms and insects that they find in the paddocks. The youngsters, once hatched, follow their parents but have to forage for their own food, whilst both parents guard and protect them. The birds pair for life but the sexes look alike so it was hard to know which one was Mum and which was Dad once the incubation period was over. Lapwings tend to re-use their nesting sites so we will probably see them nest on the side of the road again next spring. The young are independent at about 8-10 months and many families stay together even after the young can fly, so we may have four Lapwings living in our area from now on. And just as I was stopping to stress about possibly running over lapwing chicks, a new garden visitor appeared that gave me equal consternation. We almost drove over an Eastern Bearded Dragon (*Pogona barbata*) who was warming himself up, sun-baking on our driveway. At first I was delighted to stop, have a good look at him and then shoo him off the road. After all a new visitor is a real treat. However he now seems to be on the driveway every time we drive out, and I'm terrified of running over him, so I stop and shoo him off the road before driving on. This can become a bit of a pain. His behaviour is quite understandable though, as reptiles seek out warm spots like a dirt road in early summer. The Dragon's survival technique when approached is to freeze, stay still, and rely on their camouflage to



Masked Lapwing

hide them and that is what he is doing when we come along in our car. However, sun-baking on a driveway is not a good idea, and I hope that as the summer gets hotter he will be happier up a tree and we can have our driveway back. When I encourage him to move off the road he puffs himself up, opens his mouth wide and unfurls his beard or frill. This is why

the Eastern Bearded Dragon is sometime incorrectly called the Frilled-neck Lizard. They both have beards but the Frilled-neck Lizard has a frill around the entire head whereas the Bearded Dragon's frill only extends around the throat region, more like a beard. Though the Eastern Dragon has a smaller frill it still serves its purpose. It makes the Dragon look

bigger and fiercer and when accompanied with hissing and an open mouth most predators and humans give them a wide berth. An adult Bearded Dragon's diet can be up to 80-90% vegetable matter — leaves, fruits, berries and flowers, but they will also chase insects and eat them. Juvenile Dragons are mostly



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insectivorous and need a higher proportion of insects in their diet to get the protein needed for growth. I don't think this fellow has a mate. However around this time of year the males are on the lookout for one or more partners and try to attract them with lots of head bobbing and arm waving. I haven't noticed such displays yet. He is too busy trying to warm up! Should he be lucky and find a lady or two, the female will find a sunny spot and lay 10–20 oval, soft shelled eggs in a shallow earth nest which she then covers and generally leaves. A female can lay



Eastern Bearded Dragon

several such clutches of eggs in a season. The young will then hatch after about two month's incubation, with actual incubation time varying depending on the summer temperature. Reptile eggs, unlike bird eggs, must remain in the same position throughout the incubation period. Any movement of the eggs will kill the embryo inside. When the young dragons hatch they are completely independent and need to feed and look after themselves, no Mum or Dad around to help them. Eastern Bearded Dragons are sometimes kept as pets, but they may not be taken from the wild in the ACT without a licence, as all reptiles are protected. It is also illegal to collect their eggs, and pet shops are not permitted to deal with reptiles. The ACT Reptile Policy is a good guide as to what is and is not permissible, and the ACT Herpetological Association is a good contact if you are interested in knowing more about these fascinating reptiles.

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# The Buzz at Hall Honeys

Bee keeping is seriously spreading in Hall with more and more sophisticated hives, and preparations for spring underway.



Greg Flowers, local expert in flow hives shows off his new hive.

Recent media coverage has been highlighting an ongoing 'honey laundering' operation with possible adulteration confusing whether what is available in the supermarkets is the real liquid gold or whether it is mixed with other ingredients. The regulator seems to be failing to protect honey bee keepers

and consumers and the honey wars continue in the courts.

Let's be clear: the bee keepers in our village of Hall, the Hall Honeys, produce pure local honey. Plus of course the bees are important pollinators in our ecosystem.

For more detail contact Bob Richardson 0407 071 245.



Greg Flowers introducing the new hive to long time bee-keeper and Hall Honey Helen White

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# Inventing By Demand

Innovation is alive and well in the Hall region. Wallaroo local and business owner Gino Monteleone has recently become a registered inventor upon the submission of two pending patents.

As a cabinet maker with 30 years in the industry and several awards to his name, Gino has become well known for his abilities to design and work with timber and bamboo under the banner of Select Custom Joinery. While semi-regular travel as far as Melbourne had become part of the business, many potential clients from across Australia were making inquiries, but couldn't afford the additional costs to have the team travel to them to deliver and install the joinery.

'We kept getting inquiries regarding a self-installation service. I didn't feel comfortable offering self-installation because it takes skill and experience to install a timber kitchen well.

I started to think of how I could create a kitchen made from solid materials that maintained the quality, was easily



transportable and designed for ease of install. It took about three years to come up with a viable solution that would tick all the boxes' said Gino.

The end result is a design that uses less materials than traditional kitchens and has a unique plinth, making it easy for anyone with a bit of 'know-how' to level up within minutes. The plinth is so unique it holds one of the pending patents and the drawers hold the other pending patent.

'Built drawers take up a lot of space, so I knew I had to find a way to create an easy to assemble drawer for the kitchens. The final design uses gravity and weight to hold it together; there are no fixings and no glues and a drawer can be put together in minutes.' explained Gino.

The final outcome is a kitchen built from solid materials that is good quality, easily transportable and can be self-



installed or installed by a builder. And as an added bonus, the materials are sustainably sourced and long lasting.

What did Gino call his inventions? He decided to refer back to his Italian background and opted for 'Pezzo' pronounced as pet-zoh – which is Italian for 'piece'.

The kitchens are built piece-by-piece, so Pezzo just seemed to fit.

[www.selectcustomjoinery.com.au/pezzo](http://www.selectcustomjoinery.com.au/pezzo)



## Grant successes

A remarkable run of successes with grant applications has continued with the Centre landing funding for two projects in the latest round of ACT Heritage Grants, and a Community Heritage Grant from the National Library of Australia.

The last of these is a grant to enable a 'significance assessment' of the Gillespie Collection – the books, photos, maps, diaries, Aboriginal artefacts, research notes

and more that were accumulated by historian Lyall Gillespie and are now in the care of the Centre.

The aim of assessing significance is to produce a succinct statement which summarises an

item's (in this case a Collection's) heritage values. The statement becomes the basis for future preservation and collection management policies and processes. An external professional consultant will undertake the assessment, with the help and support of Collection curator Ken Heffernan and other Centre volunteers.

One of the ACT Heritage grants is to fund a geomorphological investigation of the Aboriginal Sites Zone of Hall's Creek. 'Stories in dirt' will be a study of the landscape history of a section of the creek from ancient to modern times, with the research to be carried out by two eminent geomorphological consultants — Dr Philip Hughes and Dr Marjorie Sullivan.

The second grant is for an augmented reality (AR) project which will create digital enhancements for six of Hall's Victoria Street heritage interpretation signs, enabling those with a smart phone or other device to access additional content. If this project is successful we will be aiming to introduce similar capability within the Centre.



ACT Heritage grant awards. Honorary Curator Alastair Crombie and Minister Mick Gentleman

## Stone artefacts land at Regatta Point

As reported earlier, the National Capital Authority has borrowed 100 stone artefacts from the Centre's Gillespie Collection to incorporate into their major National Capital Exhibition at Regatta Point. The stones have been arrayed on a solid cut-out of the ACT, each mounted on a jewellery style clasp. Fascinatingly, these ancient stone tools are being displayed within a few

metres of other exhibits based on frontier visual imaging technologies! Four Centre volunteers enjoyed a sneak preview of the Exhibition, which will be open to the public very soon.



Gillespie Collection stone artefacts in the National Capital Exhibition, Regatta Point.



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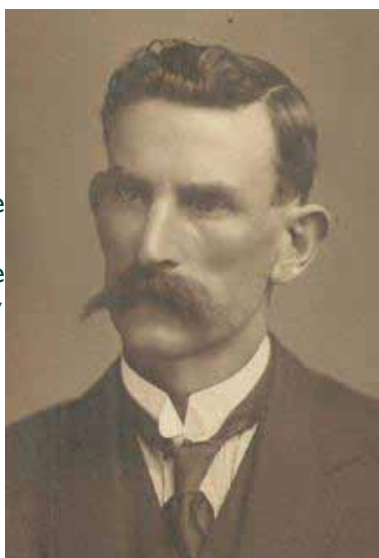


# Museum Musings

**Alastair Crombie**  
Honorary Curator

## Three Henry's – Curran family history

Centre member James McDonald's history of the Curran families – 'Three Henry Currans' – was officially launched at Queanbeyan Library on 13th September. Over the generations the Curran family – like other pioneer families – became deeply interconnected with many other large family groups in the district. In the case of the Currans this includes the Lodges, Keefes, Gribbles, Reids, and several others. The Currans were of course a prominent Ginninderra family, and therefore of great interest to the Centre's efforts to 're-discover' Ginninderra. The book is strongly recommended for anyone interested in the history of Ginninderra [James McDonald, Three Henry Currans. A family history, Sorley Boy, Canberra, 2018] The book will be available at the National Library bookshop.



# Boys to Men

**Anita Kilby**

Women make up a large portion of the clientele of naturopaths, so it's great to take a break and shift the focus to our boys and men.

Let's start with our youngsters. Ideally, we'd teach our boys how to connect better with their emotions. Building their emotional resilience and supporting them to feel and talk about it, rather than to put on the brave face and stuff their emotions down, is a good step towards reducing the suicide rate amongst men. Three times more Australian men than women suicide. More mental health support is needed. Of course, there's so much more to it than emotional connection, but acknowledging emotional pain and learning how to cope with it effectively begins in childhood.

Suicide risk may be reduced by having supportive relationships, effective stress management practices, and with good nutrition and digestion to supply the brain with the nutrients needed for healthy mood regulation. Identifying and correcting mineral and vitamin deficiencies can have a significant benefit but is generally a consideration in mainstream medicine. Medications may be absolutely necessary in some cases but in the earlier stages of depression there are herbs that can be used very effectively instead.

Next, the male anatomy needs its own considerations. Our boys need to learn how to check their testicles and be familiar with how they feel normally, which can easily be done whilst washing. Testicular cancer most commonly affects men from the late teens to 45 years old, so these are not the typical types of cancer that increase with age. Regularly checking the testicles for any changes and having the doctor investigate can catch things in the early stages. Testicular lumps are often benign, and cancers are generally easily treated and cured.

In Australia about 40 per cent of infertility cases involve the male partner. There are many factors that

... continued on page 20



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## Letter from Lisbon (and Lanka)

Hi everyone!

It's been a year since we upped and left the quiet bush surrounds of Hall for a 16-month stint in Lisbon, Portugal. A year on I thought it would be nice to share some of our experiences so far. We've learnt an immense amount and I guess we know a thing or two now about the new country where we've been living though we continue to learn new things every day. With all the eucalyptus we've encountered here we're still home among the gumtrees, sort of, but they are quite invasive here and have caused a number of problems so seeing them is bittersweet.

People we've met and made friends with in Portugal have been really kind to us and have been both forgiving of our lack of Portuguese and extremely encouraging of our efforts to learn it.

We live in an apartment on the third floor a few minutes out of the city. Public transport is fantastic here and with a metro station just opposite our place we can get around quite easily and a railway station just a bit further away for longer journeys. It's a much more urban environment than Hall Village but we've now become used to the noise of traffic and low-flying planes (double glazing is great!).



One thing that surprised us about Portugal was how much yummy vegetarian food and restaurants we've found here. Apparently it's a recent thing but we've been particularly impressed with the quality of options. The buildings with delightfully-patterned and coloured tiles and pavements of mosaic-like stone are lovely to walk through as is some of the great street art we've

seen here. An interesting fact about Portugal is that on 25 April 1974 the nation had a revolution to overthrow their authoritarian fascist regime. Initially a military coup, soldiers and civilians began putting carnation flowers in the barrels of their guns to show their support for the military. The revolution returned Portugal to democracy after over four decades of fascism and ended the colonial wars being fought by Portugal against independence movements in the then colonies.

My postdoctoral fellowship is documenting a creole language called Sri Lanka Portuguese and, in particular, the music, dance and song

traditions of its speakers. The language formed out of the contact of Portuguese colonisers and local Tamil- and Sinhala-speaking people from the early 1500s to mid 1600s and has endured in Sri Lanka since then though it's now in real danger of disappearing. Other



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Portuguese-based creoles emerged elsewhere in the Indian Ocean with similarities and differences to Sri Lanka Portuguese (each typically develops with strong influence from the grammar of local languages). It has been incredibly fulfilling learning Sri Lanka Portuguese, encountering new tunes or familiar ones in unexpected places from their music repertoire, watching their dances and making connections with Portuguese Burghers, speakers of the language, who have been generous research consultants and fast became lifelong friends.

Many words in Sri Lanka Portuguese are still also used in European Portuguese, concrete examples of the endurance of language across time and space — the Portuguese had given up Sri Lanka by the mid 1600s with very little contact since! The chance to visit my birthplace, Sri Lanka, twice for fieldwork was simply a joy and some of the highlights of fieldwork were meeting young speakers of Sri Lanka Portuguese who are managing to keep the language alive and giving hope for its survival, hearing older speakers and confirming new places where the language was spoken, which was news to researchers (and even the other communities!).

Batticaloa and Trincomalee, where we spent the majority of our time, are wonderful places each with their own charm and rich soundscapes of life. It was also really lovely to have Jeni join both trips.

When I wasn't working we got to see some amazing countryside and wildlife including elephants just hanging out not far from the road. Another highlight was a visit we made to Jaffna in the north which was both relaxing and vibrant but also emotional as it was my first time visit to an important ancestral home; until recently it was almost impossible to visit there because of the devastating 30-year civil war which ended in 2009. The experience of visiting post-war



Sri Lanka, hearing some of the heart-rending stories of past violence, going past idyllic places where atrocities had happened only a few years ago, mourning the innocent lives lost, counting my blessings of not being caught up in it and reflecting on justice, peace and humanity were all very intense feelings to experience. The reality of tsunami is also felt strongly, particularly in Batticaloa where many people, including

many Portuguese Burghers, lost family members and many more barely survived. After these tragedies people are rebuilding their lives and while there are still unresolved injustices and much trauma there's a lot of good things going on and people working to make it a better place. I really hope to visit there again before too long.

While I've been working on my research, Jeni has also been busy researching for a historical fiction novel she's writing set in ancient India (watch this space) as well as being awesome.

Portuguese (European, that is), has been a challenging language to learn for both of us, especially as most people speak it *muito rapido* 'very quickly' here. Nevertheless, we've made some progress over the year. My all time favourite word in Portuguese is *palhaçada* which means 'antics'. I love it so much that some of my work friends organised a stamp to be made for me for my birthday that says *palhaçada aprovada*, 'antics approved'!

On top of the two field trips to Sri Lanka we've managed to travel quite a bit, visiting places in the southern and northern extremities of Portugal and other parts of Europe, the latest trip being to Stockholm, a truly wonderful city.

We will be back in the ACT in not too long at this stage we have little idea about what's in store for 2019 apart from moving back and having a few new ideas floating around. Though the year has flown and has been lots of fun for us it's also quite exciting to think about being back amongst the gum trees again — where they belong — and the wallabies, roos, kookaburras plus our neighbours in the Republic of Hall.

Abraços from Mahesh & Jeni



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can cause infertility, including obstructions in sperm passage, low sperm count, impotence, cardiovascular disease, diabetes, and hormonal problems. Lifestyle, occupational and environmental factors that can reduce fertility include: smoking, excess caffeine or alcohol, recreational drug use, nutritional deficiencies (poor diet or digestion), stress, overweight/obesity, exposure to toxins, heavy metals, heat, WIFI, radiation, and electromagnetic fields (keep mobile phones and electronic devices away from the groin area). Many medications can also adversely affect fertility. Ideally, a couple would improve their health six to 12 months before trying to conceive (see the August 2018 article) to give their baby the best start in life.

For men aged over 35 years and particularly those over 50, prostate health starts to become a consideration. See the doctor if you notice any changes in urination such as trouble starting urine flow, increased frequency especially overnight, pain, blood in the urine, incomplete emptying, or prolonged dribbling. We have some wonderful herbs which have been researched and shown to support prostate health, which can be taken as a general preventative and especially for those with a family history of prostate issues, as well as an initial treatment for benign prostate enlargement prior to trying medications.

Finding a supportive outlet in retirement has been very helpful for many men. Hall is lucky to have a Men's Shed and many local volunteer organisations. There's bound to be something to suit most interests and it's a great way to make new friends.

The main causes of death for men are largely preventable. A healthy diet and lifestyle will reduce the risks of heart and lung disease, cancers of the



by **Anita Kilby**



digestive tract, diabetes, and dementia. Reducing exposure to environmental toxins and supporting the health of the immune system can reduce the

risk of most cancers. Having regular check-ups and investigating and addressing the causes of symptoms can identify disease risks and enable early interventions to stop disease progression.

For smokers, the number one thing to dramatically reduce overall disease risk is obviously to quit smoking. In fact, the benefits of doing great work on improving the diet, lifestyle, stress management etc can all be undone by continuing to smoke.

A naturopath can do a thorough assessment of your symptoms, diet, lifestyle, family history and toxin exposures to help identify your health risks and recommend changes to reduce your risks. Do something about your symptoms early on, don't wait for things to get worse. Early treatment is easier, more effective and can prevent or reduce serious consequences.

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I recently took a short but very enjoyable road trip after hearing so many news stories about the plight of some of our farmers and country towns affected by the ongoing drought.

Yes, the farmers have thankfully been getting a fair bit of attention and assistance, but many of the shops and small businesses such as motels, bakeries, restaurants and others are experiencing a downturn.

So I thought why not take a drive to Cowra?!

The town is only two hours pleasant drive away, and the local community, like the people I know in Hall, are very friendly, welcoming and more than willing to have a chat. And of course like Hall, I found good places to eat and drink! Well, we have to get our priorities right!

The Cowra Visitor Information Centre was a good place to start (after a delicious and hearty meal!) and to pick up some handy brochures, plus they have a fantastic nine minute hologram presentation which brings the Cowra Breakout to life.

I initially intended going for two nights, but ended staying for three because there was enough up there to keep me interested and entertained. It wasn't the best weather unfortunately, but that's what jackets are for and it didn't hinder me at all.

My jacket came in handy while walking around the Japanese Garden in the on-off drizzling rain. The garden is set out in such a beautifully green, peaceful area, covering five hectares and is the largest Japanese Garden in the Southern Hemisphere.

The war cemeteries are also worth visiting. Of the 27 Australian First World War graves, nine men were



under the age of 20. I sat there in the tranquil setting and reflected on the family discussions that may have taken place before these young adults went off to foreign countries.

There are also several graves of Second World War Japanese military personnel who died at the prisoner of war campsite and during the attacks on northern Australia. This is the only Japanese War Cemetery in Australia.



And if you're like me and feeling a bit adventurous, ring the World Peace Bell, which is one of 23 bells throughout the world and I believe the only one outside a capital city. It's loud! But it has a lot of meaning behind it and another place to sit and contemplate, especially in these days of ongoing overseas conflicts.

I didn't restrict myself to Cowra, but travelled up the road for around 45 minutes to the delightful village of Eugowra. Bushranger territory!

In June 1862, Frank Gardiner, Ben Hall and their gang robbed a coach of the biggest gold haul in the gold rush days. I spent a fascinating couple of hours in the local historical museum with two very passionate



and friendly volunteers who willingly shared their knowledge. There wasn't as many exhibits of the bushrangers as I expected, but some very interesting old farming artefacts and equipment nonetheless. In fact, so much to see that they're hoping to expand the building to accommodate more displays.

Eugowra is also renowned for the many colourful and well painted murals which depict the rich history of the little town and can be found on several of the buildings. There are 24 murals and a self-guided tour brochure which provides information about each mural is available from the museum.

Overall I thoroughly enjoyed my short break because there is plenty to do and see in Cowra and the region and I certainly helped out the local economy. But there are several other country towns within a relatively short distance from Canberra and they all have something to offer, and spring is the perfect time to go and enjoy our beautiful countryside.



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## From the Editor

editorial



Congratulations to our new Progress Association Committee. To put some of our own time forward to help our community is a noble cause. The Hall District is particularly blessed with an unusually high proportion of folks who are keen to give back to the wider neighbourhood, whether it be through doing pro bono work, serving on a committee, working on an exhibit at the historical society, training with the fire brigade, or organising in the upcoming Street Party or participating in the Spring Festival or Farmers Fundraiser. Goodwill abounds, and the world needs more of it!

One could hear arguments that the motives are selfish, and yes, they are! Because those who have volunteered nearly unanimously rave about the great feeling of wellbeing that is derived from doing so. But there is more to it. The sense of community that can be felt by coming along as a Joe Punter is pretty good too. So even if we don't do the volunteer thing, it's still awesome to turn up to events. A few are coming our way in the next two months as the weather warms. The Hall Street Party, St Michael's Spring Fete, Remembrance Day, the Hills of Hall Festival, the Girls on the Turps art exhibition, to name but a few. Who knows? You might even talk to your next door neighbour!

Until next time,  
Andrew Purdam (guest 'Editorialiser')

*PS: Here's me hanging out with some mates - Billy, Sauli and Mission (and Claude, and Mission again) — in the eastern Simpson Desert. It's a very dry place and it was a long time between drinks for these (mostly) patient guys.*



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#### 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.

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

Contributions to [ruralfringe@hotmail.com](mailto: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

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# Out and about . . . about

The Collectors Club recently organised a run to Gundaroo. The Southwells, driving The Beast, led a convoy of Hall Collector vehicles for the happy day out. With an estimated combined value of \$1 million, the vehicles bring untold and priceless pleasure and enjoyment to their proud owners. Hall Collectors recently donated a considerable amount to drought relief for NSW farmers.

For further information contact Bill Pearson or Bob Richardson on 0407 071 245.



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