

# RURAL FRINGE

*Journal of the Hall district*

VOLUME 25 ISSUE 6

December 2018



## Hall Street Party

They promised it would be bigger and better this year, and they delivered. Almost 2,000 locals from Hall, Canberra and the surrounding region flocked to the village for the recent Hall Street Party. More on page 2.





## Hall Street Party

... continued from page 1



It was the fourth time local businesses and the community have joined forces to promote Hall. Pop up stores joined local businesses selling their wares and providing plenty of delicious food, beer and wine options.

Unicyclists and face painting kept the young entertained, while the wood chopping was a favourite with everyone. It was hard to go past the efforts of some of our up-and-coming local talent, showcasing their technique to an enthusiastic crowd.

A big thank you to everyone who was involved in making this year's event so successful. Planning's already underway for 2019!



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## New traders group for hall

Several months ago, businesses in Hall Village formed a Hall Village Traders' Association. This new group brings together shopfront traders in the village. President Shaun O'Connor noted that the two key interest areas of the group were marketing and promotion of members' businesses and their activities, and improving the local infrastructure of the village for the benefit of visitors, customers, businesses and residents.

Since its formation the group has been active in setting up a *VisitHall* Instagram site; developing a map of businesses in the village; and, organising the annual street party.

Marion McEwin, Capital Wines  
phone: 02 6230 2022 mob: 0406 295 336



## Hills of Hall Courtyard Festival

Friday 7 December

5:30pm – 8:30pm

At the Hall Village Courtyard

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Saturday  
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## Christmas events at St Michael & All Angels, Hall



Residents of Hall and surrounding areas are warmly invited to share in some or all of the celebrations leading up to Christmas across our parish.



## Carols in the Carpark

Saturday 8 December 7.00-8.30pm  
at St Barnabas, Charnwood

Not as big or high profile as Carols in the Domain or on Stage 88, but this gathering at our other parish church will be as much fun but with far easier parking than those other events!! Canberra City Band will provide the music for singalong fun, as well as performances by Strange Weather Gospel Choir and our Tongan community choir. Free admission.

St Barnabas church is in the Charnwood Shopping Centre, off Lhotsky Street, Charnwood (near Red Rooster)

## Christmas Eve 5pm

Children's Christmas service  
at St Barnabas, Charnwood.

A short Christmas service for families.

## Christmas Eve 10pm

Holy Communion  
at St Michael & All Angels, Hall

A traditional service as we start the celebration of this most joyful day in the church calendar

## Christmas Day 10am

Holy Communion  
at both St Michaels and St Barnabas

Services will be held simultaneously at both Hall and Charnwood. All are welcome to join the Christmas celebrations at either of our churches.

Regular services are held each Sunday at 11am at Hall. Residents, visitors, or people just passing through to the Markets each month are invited to share our services on any Sunday, and join us for a cuppa afterwards.

For more information on any of these events please ring Beryl on **0408 488 526**



## Remembrance Day 2018

The Rotary Club of Hall's Remembrance Day ceremony on 11 November continues to attract greater numbers. This year, to commemorate the 100th year since the end of WWI proved popular with the Hall community members.

Currently, the Rotary Club of Hall is hosting a Youth Exchange student from Japan. Monami Susaki is here on a cultural exchange for 12 months and is attending Lake Ginninderra College. Last week, Monami visited the Australian War Memorial to see the Armistice Centenary poppy display. She was noticeably moved when she joined RCH President, Janine Linklater in the laying a wreath on behalf of the Rotary Club of Hall.



by **Chris Edwards**

photos: *Bob Richardson*

The Hall cenotaph area was renamed 'Jim Rochford Grove' following the passing of Jim Rochford, at the age of 102. Jim was a founding member of the Rotary Club of Hall. He was also the instigator of the construction of the cenotaph and the tradition of the Remembrance Day ceremony.



The day is one of significance for the people of the village and all look forward to the social aspects of the gathering after the formalities. Often the pub will be full well into the evening as locals catch up with friends and neighbours.



*Janine Linklater and Monami Susaki*

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## New location recommended for bike track

The ACT Heritage Council has determined that the proposal to construct a 'mountain bike track' along Hall's Creek would entail unacceptable risks to Aboriginal cultural heritage. The site initially chosen for the track lies within the 'Aboriginal Sites Zone' which was identified in the Hall village precinct heritage listing dating back to August 2001. Any development within such a Zone has to satisfy the requirements that:

- the proposed activity is justifiable at, or near, the Aboriginal places; and
- there are no reasonably practicable alternative ways to carry out the proposed activity at the heritage sites; and
- reasonable steps have been taken to reduce the risk of damaging the heritage sites.

The Council determined on 17 October that it was not satisfied in relation to all three criteria, and has written to Transport Canberra and City Services (TCCS) accordingly.

Transport Canberra and City Services, proponents of the development, commissioned a heritage consultant's report in relation to the three criteria set out above and submitted it to the Heritage Council on 17 September 2017. Amended versions were submitted on 10 January 2018 and 19 June

2018 following requests from the Council, and a further Addendum was submitted on 25 July 2018. In formal terms, these constituted a 'Statement of Heritage Effects' (SHE) in relation to the development proposal, which it was supportive of.

In its response, the Council expresses the view that 'there are reasonably practicable alternative ways to carry out the proposed activity', specifically by choosing an alternative location. It nominates one such alternative in particular, which was identified as 'Site D' in the community consultation process - east of Hall's Creek between the creek and the polocrosse area, outside of the Aboriginal Sites Zone. The Council encourages TCCS to assess the feasibility of this alternative site through further heritage assessment'. The Heritage Council statement can be found on the website [hall.act.au](http://hall.act.au)

In short, Hall may still have a bike track, but an alternative site to that initially proposed will need to be found and agreed upon.

*This article was first published 28 October 2018 on the VHDPA website [www.hall.act.au](http://www.hall.act.au)*



## Hall Stockfeeds under new management

Life is not quite the same without a wave from Chris Coulton as we pass the Stockfeed shed on Gladstone Street - but we will soon be waving to Anna and Jacqui! Together with their partners Anthony and Greg, they have taken over the lease and the business and are raring to go.

Although some major changes to the building are already evident, in some respects it is 'business-as-usual'. Both families live on rural blocks - Anna and Anthony at Murrumbateman, Jacqui and Greg at Gundaroo - and have long experience as 'rural supplies' customers. They aim to carry on supplying the full spectrum of rural supplies to villagers and district land-holders, and are very happy to hear about particular requirements that they can meet. Their 'offer' includes hardware and equestrian accessories, as well as an extended range of stock feeds.

Opening hours are 8.00am to 5.30pm Monday to Friday, and 8.00am to 3.00pm on Saturdays. Make a diary note that they will be having an Open Day on Sunday 3 February - the first Hall market day for 2019. More details later. Meanwhile drop in a say g'day. We wish them well.

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## Rotary's record-breaking achievement

by Yvonne Robson

*Rotary punches above its weight yet again! It beat Iron Man's record of 5,339 signatures on a card. All thanks to the thousands of people who visited its marquee at Floriade.*

As a project of Rotary District 9710, a group of dedicated Rotarians gathered together to create a display at this year's Floriade. Recognising 90 years of service in Canberra, the team themed Rotary's exhibit around the celebration of this achievement. A party for all!

Given the enormous amount of work Rotary does throughout the world, it was appropriate that the display included over-sized items.



The decision by Rotary to play a prominent role over the course of the month paid off in spades.

The pop-up marquee set up within the grounds of the popular flower festival drew a steady stream of passers-by curious to learn more about the organisation's many community activities.

As in previous years, the Gnomes on the Knoll again proved a major drawcard to would-be Picasso's eager to pick up a paintbrush and give a pint-sized backyard statue a personalised touch.



But it wasn't the only attraction for those with an artistic bent. During Nightfest, a flashy mural created by visitors and the Rotaract team using glow-in-the-dark paint drew plenty of oohs and aahs once the sun went down and the ultraviolet lights came up.

Then during the day, it was the turn of a huge two-tier birthday cake (complete with candles) to win the hearts of the young. So convincing was the mock icing that many a little finger was seen prodding and poking just to be sure it wasn't real.



A birthday card the size of office partitions came equipped with marker pens and a challenge to beat the world record for signatures. Participants were

not found wanting. A massive 11,515 were collected by the end of the festival – a suitably superhuman result considering the official record (less than 6,000 signatures) is held by Ironman himself, Robert Downey Jr.



Four large maps that were mounted around the marquee gave visitors the opportunity to record their home towns and the placement of hometown flags on a world map gave a striking indication of the multitude of nationalities who dropped by. Of the 762 visitors to the marquee who identified as coming from overseas, those from Asia and the sub-continent led the way over Europe and the Americas, but, the final number of different countries of origin topped 80.



Of course, there was also no shortage of domestic visitors from right across Australia stopping in for a chat and/or a surreptitious selfie.

The marquee also exceeded expectations in terms of piquing interest in potential new members numbers. By the festival's end, a District record of 112 people had signed up with an interest to join Rotary. These included young people expressing enthusiasm about engaging with our local Rotaract clubs.

Obviously, this augurs well for the organisation. While the marquee might now have been dismantled, the signage packed away, and the flower beds well and truly picked clean, there is no doubting the effort put into this year's display was worthwhile and a credit to all concerned.

The valuable work of Rotary continues.

## A Village Christmas

by Andrew Yallop

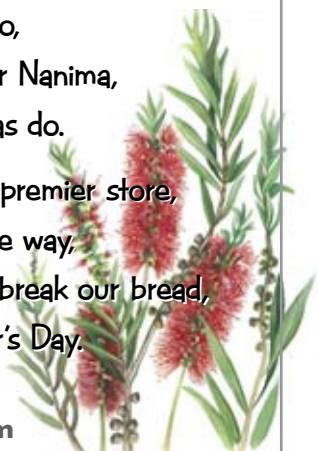
The wind blows through the bottlebrush,  
The sun is in the sky,  
With our friends and kin around us,  
Hope and love shall never die.

The kitchen bustles busily,  
With warm good-natured cheer,  
The table laid with finery,  
But Grandma's in the beer!

The ham! The prawns! The salad bowl!  
The crackers two-by-two,  
The turkey smoked near Nanima,  
For a charming Christmas do.

The pudding's from the premier store,  
And grog from down the way,  
We're gathered now to break our bread,  
On a Christmas Summer's Day.

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## Turtle Rains

Warm rains from late September through to early December bring the turtles out. They are the Eastern Long Necked turtles – *Chelodina longicollis* – also known as the Eastern Snake Necked turtle. They have spent the winter buried deep in leaves or underneath logs – dormant. Like all who have endured the harsh and bitter time of cold, the warmth and the rains will lure them out and turn their attention to that most ancient and enduring of activities – searching for a mate.

It is indeed an ancient quest for the turtle, for, in some form or another, turtles have been around for over 250 million years. Their ancestors were amongst the first vertebrates to survive on land in the Jurassic period. Giant turtles ruled the oceans during the Cretaceous period, which began around 145 million years ago. At the same time, flowering plants were racing to colonise much of the earth's surface and were evolving a partnership with insects that enabled both to flourish, and which continues to this day. The turtles on land that wandered amongst the world's first blossoms and flowers have descendants who outlasted the giant dinosaurs.

Perhaps the turtles have survived because they do most things cautiously and slowly, as befits a creature whose sole defense against predators is to exude a foul smelling liquid from scent glands found in their groins and 'armpits'. These noisome spurts, which saturate whatever they touch with a stench that lingers for days, can be sprayed up to a metre and have earned the eastern long necked turtle the nickname of the stinker. But it is no defense against vehicles. As the turtles cautiously attempt to journey across roads in search of mates or new watercourses to call home, they risk being smashed by speeding behemoths, which must stir lingering genetic memories of the long since vanished giant dinosaurs.

Like all reptiles, the turtle's metabolism can operate with relatively low oxygen and low blood pressure levels – essential to surviving periods of winter torpor. This also means, that even when horrendously injured, they can take many days to die. Vets will euthanase the badly injured turtles but they can sometimes repair a cracked shell with araldite. For those that are not injured, it is but a moment's careful work to carry them to the other side of the road and assist them on their way. A good



deed made much more pleasant if one carries a thick pair of gardening gloves to shield one's hands from the smell.

Scientists have shown that the eastern long necked turtles can determine direction and orientate themselves to north. Just as we determine north based on our

internal body clock, that lets us work out the relative position of the sun given the time of day, so too can the eastern long neck. This enables them to confidently traverse their home range, an area of about six square kilometres, seeking out the permanent and ephemeral water sources.



In the event of drought they can travel long distances, up to 25 kilometres, searching for a new home. If none is to be found they bury themselves in the mud or soil of a dried up watercourse and await the coming of rains. They can survive on land for up to a year. During this time they will not eat for they have sealed their mouth with mucous to stop the loss of precious fluid. Their survival is greatly aided by having three bladders – one for urine and two for water, which act much as a camel's hump does by giving them an onboard drinking source for times of scarcity.

The turtles can live for up to 50 years, with some reports of them achieving an enviable 80 years and they are found in most slow moving water bodies such as swamps, dams and lakes across the south east of Australia.

As with all reptiles they continue growing throughout their lives, with an adult capable of reaching the size of a dinner plate or around 25 centimetres in diameter. Females reach sexual maturity between 10 and 12 years and males between seven and eight years. When ready to mate they will begin their courtship on land but will finalise their romantic pursuit in the water. After mating, the female will use the strong claws of



her hind feet to dig a circular hole close to the bank of her resident waterway, where she will bury six to 23 eggs. It is much safer for eggs to be laid on land, as they are less vulnerable to predation, although many will still fall prey to foxes who lay waste to the carefully constructed nests.

The embryos within the turtle eggs begin almost immediately to adhere to the eggshell. This means once they are laid, they cannot be moved, for to do so would kill the turtle developing within. Unlike bird eggs where the embryos do not adhere to the shell and which are rotated regularly to ensure even distribution of heat, turtle eggs spend four months in one position solely reliant on the heat of the nest to incubate them.

The nests are artfully assembled and can even provide a safe place for hatchlings to overwinter if the cold weather arrives early. The hatchlings are about the size of a 10c piece, or a penny in the old money – hence the term penny turtles – and often have orange to red underbellies. After they have used their egg tooth to ratchet their way from their eggshell they will quickly seek the shelter of water. Sadly during periods of prolonged drought the soil can become too hard for the babies to dig themselves out.

The eastern long necked turtle is aptly named. The adult turtle has a neck that is about 15 centimetres. There have also been instances of turtles whose necks have been up to 25 centimetres, or the same length as their shells. This long neck gives them a unique hunting advantage. They swim up to insects, tadpoles, small frogs or yabbies or anything that has had the misfortune to fall upon the water and instantly whip their neck out like a snake and seize their next meal. As they do this they also drop their mouth, creating an inrush of water that sucks in their prey.

Turtles play a particularly vital role in keeping down mosquito and midge numbers by consuming their larvae. Having their neck and head tucked into their shell also means that they appear to be coyly gazing at you with an air of restrained disbelief whenever you pick them up and carry them to a place of safety.

So please slow down and take care not to hit these most remarkable creatures. And, if you can do so safely, please take a moment to stop and pop them safely off the road. The mosquitoes won't thank you but the turtles will.

### TurtleSAT – A Citizen Science Initiative

Australia's freshwater turtles are under serious threat, and they need our help for survival! Mounting evidence now suggests that many turtle species are declining across vast areas of Australia due to widespread drought, fox predation and human activities.

To ensure their survival, some important evidence needs to be gathered, and it needs to be gathered quickly.

#### What data are needed?

- Where do turtles live?
- Where do they breed?
- Are there important breeding 'hotspots'?
- What are the major causes of turtle decline?
- Do the causes of decline differ throughout Australia?
- How far do they disperse?
- Are there important 'source' populations that help to populate other areas?

Your help is needed!

Australia's turtle populations and land managers need your help in answering these important questions so there can be appropriate safeguards put in place to protect turtles into the future.

You can assist by recording where you see turtles, where you see their nests, where turtles are seen or killed on the road, or evidence of turtles (such as skeletal remains).

To find out more and register to become involved please visit:

[www.turtlesat.org.au/turtlesat/default.aspx](http://www.turtlesat.org.au/turtlesat/default.aspx)

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# Real world drought assistance today

by Chris Edwards

One of the biggest challenges with government drought assistance packages is that they take forever to implement. They are also tied up in miles of red tape and require those who really need assistance to spend considerable time and money filling in the reams of paperwork required to apply for help.

The Rotary Club of Hall Community Committee, headed by Phil Robson, decided to tackle the problem in the most practical way possible.

The aim was to implement something that would provide immediate financial relief where it was needed.

The committee was on the job with a passion. What they came up with was implemented as a trial within two weeks of the initial discussion. This proved to be extremely well received and appears to be working brilliantly.

Initially, the committee decided on gift cards. A key objective was to encourage the money to be spent in the local community. This immediately cut out the use of gift cards from stores like Woolworths, Coles or other multinationals.

The club decided to give farmers Australia Post Visa gift cards loaded with \$500. The gift cards, purchased



from the Hall Post Office, look like ordinary Visa cards, so farmers can spend the money freely without fear of it looking like a handout.

The next challenge was in evaluating who needed support and who didn't. To solve this, the Rotary Club of Hall reached out to the Rural Financial Counselling Service (RFCS), a not for profit, government-funded organisation that provides financial counselling to farmers throughout the country.



Rotary Club of Hall Community Committee Chair Phil Robson delivering gift vouchers to the Rural Financial Counselling Service in Cooma.

They offer first-hand financial services and are in a perfect position to be able to evaluate whether or not a particular family is deserving of this kind of support. Using this organisation as the evaluation and distribution method enabled the club and its members to remain at arms-length.

In addition to the thousands donated by the club, a bucket collection was done at the club's Capital Region Farmers Market at Epic on Saturday mornings for a couple of weeks. This netted an additional \$6,500 in community donations.

The RFCS in is regular contact with the club and reports back on where the cards have been distributed and the circumstances of the families that are being helped. The club remains at arms-length and all recipients are known only to the counselling service.

In addition to this initiative, the club is also looking at a broader Rotary initiative called Adopt-a-Town, in which the club partners with another Rotary club in a drought-affected town to provide further on the ground assistance.



# 1882 Bar & Grill

The beautiful sunshine has inspired a fresh new menu at 1882. If you haven't visited us yet, or it's been a little while, our latest menu promotes fresh seasonal produce. Tender juicy steak is always a favourite, but in the warmer weather, so are our seafood options. With daily deliveries, our seafood is always fresh and our oysters are shucked on site.



On Tuesdays, or 1882sdays, we offer freshly made Chicken Parmigiana and a glass of 1882 Lager (or house wine) for just \$25. Woodfired Wednesdays see our popular pizzas served up at an even more popular price, with 2-for-1 woodfired pizzas available for dinner from 5:30pm.



Tucked around the corner on Gladstone Street, we've been open for almost nine months now. It's been wonderful to meet so many of the locals, who've been incredibly welcoming. We've hosted plenty of birthday parties, christenings, wakes and even our first wedding. Our Gordon room is perfect for small to medium gatherings, or if it's something really special, you can hire the entire space. If you're not sure exactly what you're after, we're always happy to sit down and discuss options. For enquiries please email [events@1882barandgrill.com.au](mailto:events@1882barandgrill.com.au)



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## Parenting styles

December 2008

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.

The garden is full of baby birds at present and the different parenting styles adopted by the many birds are always a source of wonderment to me. Two of our garden visitors have quite dramatically different parenting styles. This spring, when a strong North Westerly forecast the chance of a possible thunderstorm, about a hundred Dusky Woodswallows (*Artamus cyanopterus*) came over the house. I was alerted to their arrival by their loud, collective chirping. They swooped and swerved, propelled by the wind currents, and finally came to roost in the big dead gum tree near the house, adorning its dead branches like Christmas decorations - though not as colourful, as the Dusky Woodswallows are a rather dull deep grey with shades of smoky brown, and dark brown eye patches. By morning they were gone. They feed on insects taken on the wing, and that's probably what they were up to when I saw them swirling above the house. They generally migrate up to the North in autumn so maybe the Spring wind was helping their passage back to our Southern regions.



Dusky Woodswallow

a way of protecting themselves against predators. I guess that it's 'safety in numbers'. Each pair builds the nest, incubates the eggs and feeds the young. A most cooperative and responsible parenting style. Most unlike the other garden visitors we have had, a pair of Pallid Cuckoos (*Cuculus pallidus*). The Pallid Cuckoo is a pretty, medium sized bird, pale grey in colour with dark grey overtones and distinctive barred stripes on the underside of the tail. The male Cuckoo's call is quite distinctive and melodious, and is what attracted me to their presence in the garden.

Whereas most other birds, like the Dusky Woodswallow, raise their own young, the Pallid Cuckoo has 'outsourced' its parenting. Cuckoos are well known for their habit of laying eggs in other birds' nests and then relying on the 'foster parents' to raise the young Cuckoo. The Pallid Cuckoos use a number of 'foster parent hosts' to raise their young, including Robins, Whistlers, Woodswallows and Willy Wagtails, but Honeyeaters are their favourite host around here. The female Cuckoo will lay one egg in the Honeyeater nest, evicting one of the Honeyeater eggs before laying hers so that the extra egg will not be noticed. She waits for the Honeyeater to be off feeding, and times the laying of her egg to coincide with the onset of the Honeyeater's incubation period. Crafty!

Dusky Woodswallows nest in 'neighbourhoods', building nests very close to each other made up of loose twigs and grass. They nest collectively as

Hall Vet Surgery is open Monday to Saturday except for the Christmas Public Holidays and New Years Day.

On those days, emergency calls should be directed to Canberra Veterinary Emergency Services 62 257 257.

A reminder that our normal hours phone number is 6230 2223. We wish everyone and their pets a Happy and Safe Christmas.

**Hall Veterinary Surgery**  
Phone 6230 2223

Proudly supporting the Hall community

by **Dagmar Parer**

## watchful eyes

One of the most effective defences that host birds have to stop parasitism by cuckoos is to reject any eggs that appear different to their own and toss them out of the nest. So, to overcome this, the Pallid Cuckoo has developed the art of egg mimicry. The Cuckoo may not be able to exactly match the look and size of the eggs of all of its different hosts, but its egg mimicry skills are good enough to fool most of the host birds most of the time – pretty crafty!



Pallid Cuckoo

I think our two resident Magpie families have learnt a trick or two from the Pallid Cuckoo, as both families bring their squawking babies to our front deck on the dot of 6.00am demanding their morning titbit, and I, like a dutiful 'foster parent', get up and go out to feed them. Like our busy Honeyeaters raising a Cuckoo baby, I have been tricked into taking on a parenting role that's not really mine. Pretty clever some of these birds!

Not only are the neglectful parents crafty, but so is their youngster. On hatching, the young Cuckoo evicts all of the young Honeyeater fledglings so that only the Cuckoo remains in the nest. The 'foster parents' don't seem to be unnerved by this and raise the Cuckoo as their own. As the Cuckoo grows up to be several times larger than a young Honeyeater chick would have, it's probably an excellent survival technique, as it takes both Honeyeater parents all their energies and time to raise just this one Cuckoo baby.

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For further details, see [www.geraniumhouse.com.au](http://www.geraniumhouse.com.au)  
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## Experiments in Happiness

An occasional column by the Smiling Kangaroo

In Victoria there is an egg shaped ring of Standing Stones – older than Stonehenge – that the local Wadda Wurrung people built to calculate the summer and winter solstices along with spring and autumn equinoxes.

This year the Stones will mark Saturday 22 December as the Summer Solstice. It is the longest day and the shortest night and sees the sun reach the most southerly point in the sky. Whilst there is still plenty of summer ahead of us, summer solstice holds within it the beginning of the journey back to the colds of winter.

None of us know what tomorrow may bring but on the longest day we can take a moment to let those who matter to us know that they do.

Who are the ones in your life who have been there the longest? Where have you lived the longest and what things have you loved to do for the longest time? These are the things of our history that ground us and connect us and all too often they are the things we take for granted.

### Gifts To Give

To an enemy - forgiveness.  
To an opponent - tolerance.  
To a friend - your heart.  
To a customer - service.  
To every child - a good example.  
To yourself - respect.  
To all - kindness.

Oren Arnold

This Summer Solstice take the day to celebrate the long-standing friendships, relationships and pleasures in your life.

Don't wait for Christmas - ring someone you love and tell them. Make a list of all the people you truly treasure and who treasure you and then tell them and tell them why.

And think of five simple indulgences that make your daily life a joy – a sleep in, a bracing ride at full tilt on

your bike, a day with a good book, playing board games with little kids, walking the dog, listening to music, gardening, whatever makes your heart sing – and do them.

Here's wishing you the very loveliest of longest days and may the sun long shine for you and all you love.

Be brave – life is joyous!

The Smiling Kangaroo



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## Museum Musings

Dr Ken Heffernan



### National Grant for Hall's Gillespie Collection

Hall Museum and Heritage Centre has been awarded a federal Community Heritage Grant of \$4,950 for a national significance assessment of the Lyall Gillespie Collection that was donated to it in 2015. Only a year before the donation, the collection associated with the 1910 heritage school at Hall had been found to be of national significance under a similar grant. Achieving this award is a testament to the work of museum volunteers who have spent countless hours cataloguing tens of thousands of items in the collection.



The grant is one of 60 worth a total of \$367,479 awarded around Australia to identify and preserve community-owned but nationally significant heritage collections. It was announced at the National Library of Australia on 30 October 2018. I accepted the certificate on behalf of the museum. As an additional part of the award, I was pleased to attend a three-day intensive preservation and collection management workshop held at the National Library, National Archives of Australia, National Museum of Australia and the National Film and Sound Archive.

The grant will enable a professional assessment of the collection. If national significance is confirmed, the museum could seek further funding to identify the preservation needs of the collection. Funding to carry out preservation treatments may also be sought for priority objects, so that they can be made accessible while being properly cared for.

The awards were presented by the Director-General of the National Library of Australia, Dr Marie-Louise Ayers, who said the National Library was delighted to receive applications from all over the country.

The consultant chosen by the museum for the assessment is Dr Roslyn Russell of Significance International, a historian, editor, museum curator and Chair of the UNESCO Australia Memory of the World Committee.

### Wreath-laying

A wreath was laid at the annual Hall Remembrance Day service on behalf of the Hall School Museum and Heritage Centre by Sr Pat Kinlyside, whose great uncle Clyde Hollingsworth was one of the two local ANZAC's who did not return from the Great War. We greatly value our Hollingsworth/Kinlyside connections at the Centre and were delighted that Sister Pat was here to lay our wreath. The wreath was made by member Mardie Troth.



## Museum Musings

Alastair Crombie Honorary Curator

Andrew Leigh MP, Member for Fenner was guest of honour for the official opening of the centre's latest exhibition – Armistice and After. Curated by Allen Mawer, with the support of many other volunteer members, the exhibition was made possible by a grant from the Department of Veterans Affairs. It puts in place the final chapter of the ANZAC exhibition – 'When Hall answered the call' (2015) – looking at the Armistice experiences of the local enlistees. A substantial gathering of 70 or so attended the opening, and more came throughout the day. Andrew Leigh shared some family stories of his grandfather, who was a returned soldier and a teacher, and spoke generously about the work that the centre is doing.

Armistice and After will remain on display during the early months of 2019 and possibly beyond.



## Hall Park Care Group



Volunteers forming the 'Hall Park Care Group' met with Fiona of Ginninderra Land Care, Rachael (Urban Volunteer Group Coordinator) and Russell (Park Maintenance) from the Transport Canberra and City Services Directorate of the ACT Government to plan and maintain restorative plantings in Hall Creek Park. Previous work on the management of blackberries has been successful and the group anticipates more work planting trees and managing weeds in Hall.

Volunteers are most welcome. Contact Bob Richardson 0407 071 245.



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## End acne misery

health

Most of us have suffered through some form of acne. Our skin is a reflection of our overall health and so acne tells us that something is going wrong. Acne around the chin or jaw line is likely due to hormone imbalance, acne around the forehead, temples or cheeks can be due to digestive issues, and around the nose could be poor blood sugar balance.

The teen years are when sex hormones start ramping up and it takes time for the body to learn how to balance them, meanwhile causing many cases of acne. Hormone imbalance can also cause cyclical breakouts for women. Some form of birth control is often prescribed and can be effective in clearing the skin. However, as the underlying causes of the hormone imbalance haven't been identified and treated, acne is likely to re-emerge once birth control is stopped. Naturopaths often use herbal treatments to help the body balance hormones.

Consuming high fibre foods can help bind excess hormones, which the liver has processed and dumped into the bile, and ensure they get pooped out and not reabsorbed. Increase fibre by swapping from white-flour foods (eg white bread) to wholegrains. My favourite way is by consuming flaxseeds and chia seeds. They have little taste so they won't offend. Just add 1-2 tablespoons to salads, breakfast cereal or smoothies, or have chia pudding.

In severe cases of acne some very strong medications like Roaccutane might be considered, which again can be effective. However, they also come with a risk of severe side-effects in some people, such as psychiatric disorders, depression, even suicide. There are some sensible things you can try before resorting to medications, but it does involve some effort.

Diet changes can give good results. Research suggests that reducing consumption of dairy foods (milk, cheese, ice cream etc.) and soy milk can reduce acne. A good milk-like alternative is Nutty Bruce Coconut Milk which is a blend of coconut and rice milk.

Consuming foods that spike your blood sugar levels may also contribute to acne. Those foods have a 'high glycaemic load' and include processed/white flour foods, white flour pastas, soft drinks, sugar, fruit juices, lollies, pizza, many breakfast cereals, and junk food in general. Your taste buds will adjust as you gradually reduce these foods.

Trans fats and saturated fats are other possible contributors – found in fast foods, processed foods

Anita Kilby naturopath



and fatty meats, particular sausages, salami etc. Always check the labels and choose zero trans fats. Get healthy fats from avocados, olive oil, coconut oil, nuts and seeds. Coconut oil is a saturated oil but, unlike animal fats, its short chain length makes it a healthy fat that's easily absorbed by the body.

Diets low in zinc and omega-3 fats (eg fish oils) can increase acne. Aim to regularly have some foods high in zinc (spinach, mushrooms, asparagus, lean beef, fresh oysters) and omega-3s (small fish like sardines, herrings, anchovies, and mackerel, wild salmon, chia seeds, linseeds and walnuts). Getting these through your diet is the best long-term strategy but supplements for a few months can boost levels quickly. An 'amino acid chelate' form of zinc is best and added vitamin A helps skin repair.

Cod liver oil provides omega 3s and vitamins A and D. Only buy really good quality fish oil to ensure low mercury levels and non-rancid oils. You get what you pay for. Cheap = NASTY!

Absorbing all that good nutrition to improve the skin requires good digestion. Stress reduces your digestion and also affects your hormone levels – causing breakouts just before a big party or formal! So learning good stress management techniques helps on many levels.



Avoid harsh skin treatments as these can increase the skin's production of oil and clog things up more. You don't want to dry out the skin surface. For a nice home-made cleanser visit [draxe.com/home-remedies-for-acne](http://draxe.com/home-remedies-for-acne). An apple cider vinegar toner after cleansing

can help kill any bacteria, use 1 part Braggs apple cider vinegar to 2-3 parts water or more diluted if skin is sensitive. Organic cold-pressed coconut oil is a simple moisturiser to try (a little goes a long way), but always test on a small area under the jaw first as it can cause a severe eruption of acne in some people – wait a day before using it on your whole face.

A long-term course of antibiotics can help reduce acne but be aware that antibiotics will also kill off beneficial bacteria in the gut. Always take an

appropriate probiotic alongside antibiotics, separating the doses by at least two hours. Consuming lots of vegetables and fibre will also help your bacteria recover from antibiotics. I recommend trying diet changes for 3-6 months before considering antibiotic therapy.

Trying several or all of these diet, skin care, stress management strategies together will give better results than one alone. Summer is a great time to give it a go.



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## Things I wish I could change in gardens

by Lisa Walmsley

Even though we have had very little rain our gardens are jumping out of the ground, almost like they think it might rain or maybe worse, that it might be their last supper! With the long term forecast predicting no real rain until March, it's going to be a long summer to keep our plants watered. I hope 'they' are wrong.

It is also the best time to be gardening, it's not too hot yet and our gardens are looking fresh and new with their glorious spring growth and flowers.

With that comes all the pests and diseases that have been waiting dormant over the winter.

As many of you would know, curly leaf in your stone fruits was really bad last year, and this year seems equally as bad. I was vigilant with my treatment of my stone fruit this year, determined to beat it. Even though I sprayed them at pruning time and again on bud burst, the trees are still ridden with the unsightly disfigured curly leaves. It is worth picking off the worst leaves and disposing of them into a plastic bag and taking them to the tip (far far away from the trees). Then a treatment of urea (follow the instructions), a very strong form of nitrogen which will encourage the trees to grow new, hopefully healthy foliage.

I would love it if someone would develop an organic product that knocks curly leaf, forever.

Another rampaging bug of the season is the aphid; they are on everything, even plants they ordinarily would not munch on. Lady beetles love aphids, and you should notice a marked increase in them around your garden. The problem we have with treating aphids is the chemical to kill aphids will also kill lady beetles. If you gently squeeze the aphids on the plant, and kill them, the other aphids don't really like their friends dead and will sometimes move on, it's worth

a try if you are trying not to spray. It would be great if someone could create an aphid deterrent that didn't impact other insects.

Many folk live in rural and semi rural locations and in country towns and villages around the district and many of you become very aware of snakes waking up at this time of the year. Something that would be great to change is the colour of garden hoses in the country. In a garden I was in last week, a hose was black with a red stripe. Those colours *really* make me jump with fright. It would be fantastic if hoses were fluoro, then there would be no mistake it was a snake, and it makes them easier to see in the long grass, so you don't run over it with the mower.

Birds have been ravenous this year; everyone I have spoken to has mentioned dealing with some form of bird decimation in their garden. Most ideas don't work, as the birds scoff at the idea that a CD flapping in the wind is supposed to be scary for them. I have had some success with toy snakes and Seasol. Make sure if you order toy snakes online that they are at least 30cm long (many are smaller than 20cm). Spray Seasol on the foliage of affected plants, most animals don't really like the smell, including possums. I would really love it if we could buy small, movement activated gas guns, that popped a big noise to frighten our feathered friends away, at least for spring.

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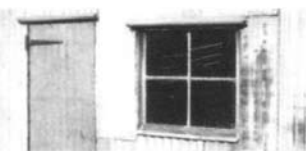
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## Springfield Rural Fire Brigade

Rebecca Morrison  
President



*We are now in the bushfire danger period.*

The New South Wales Rural Fire Service has been advising residents of NSW that we could be heading for a horror bushfire season with the first major fires already being experienced in August.

Despite the very welcome rain just as the Fringe was going to print, the very dry winter and spring and ongoing dry and hot weather mean that fires are more likely to start and spread quickly.



Brigade Area map

It is time to review your BUSHFIRE SURVIVAL PLAN. More information and how to complete a plan can be found at:

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Community engagement is all about the conversations.

As a key part of our community engagement strategy Springfield Rural Fire Brigade hosted a Get Ready Event on the evening of Friday 21 September at our Pateman's Lane and Springrange Road fire sheds.



Gathered by the fire drum and talking fire safety.

The event was very well attended and was an opportunity for people to meet their neighbours, enjoy a great pizza from Jacko's Pizza and get information on getting ready ahead of the bushfire season.



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## From the Editor

As usual it has been a very busy spring in Hall. The Street Party was a fabulous event, I couldn't believe how many people came along. It was lovely to showcase some of the special things about Hall, the wines, the woodchopping and our very own band – apparently renamed *Willy and the Correspondents* (formerly *West Texas Crude*). The museum is going from strength to strength with the opening of yet another exhibition, this time to mark the Armistice. Rotary Club of Hall hosted a moving Remembrance Day ceremony at the Jim Rochford Memorial Grove. The symbolic significance of laying of wreaths, by Tony Hazleton (our new fire captain), Sister Pat Kinleyside, great niece of Clyde Hollingsworth – one of the two local ANZACs who did not make it back from the Great War - and Japanese exchange student Monami Susaki with Rotary President Janine Linklater, was not lost on the large numbers of attendees.

We mark the end of an era as the leadership of the great institution of Hall Stock Feeds has moved on – after over 40 years – from the capable hands of Chris Coulton and his team, to new managers (see page 5). We are thrilled to see it continue in business and even extend its Saturday opening hours until 3pm! We wish Chris the very best in his retirement, thank you and we will miss you!

Christmas creeps up as usual and is only a few weeks away. A celebration of love, a time of family and family memories, of peace and goodwill. All of us here at the *Rural Fringe* wish every one of you a peaceful and joyous season.

Until next time,  
Jo Hall



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## Letters to the editor

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## Season's Greetings from the Rural Fringe

Thank you to all our readers and advertisers for supporting the *Rural Fringe* in 2018.

Wishing you all a very merry Christmas and happy new year from your Fringe Team of volunteers:

Jo (editor and accounts)  
Bob (sub-editor and roving reporter)  
Gail (layout artist)  
Andrew (layout artist)  
Kevin (proof-reader)

## 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](http://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](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

### Other information

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

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Out and about . . .

## Hall Community Fire Unit



Yes, it is fire season and the Hall Community Fire Unit (aka Smurfs) are honing their skills as Helen White demonstrates. Volunteers are welcome. Contact Bob Richardson 0407 071 245

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Dedicated and committed to assisting his customers, Mark is continually acknowledged for his integrity, trustworthiness and ability to deliver great results. Call Mark anytime to discuss your real estate needs!

Thinking of selling?  
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## Remembering Val Wiseman



Alastair Crombie and John Wiseman unveil the plaque dedicated to Val Wiseman on the bench at the Peace Garden beside the Hall Museum.



### OUR SERVICES:

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# Out and about ... about

photos by **Paul Porteus**



*Echidna wandering around Hall*



*Sunset over the polocrosse grounds*



photo by **Rhiân Williams**



*Spotted out and about,  
taking in the sights at  
the National Gallery*

## Hall Honeys

*Greg Flowers and  
Sophie Porteus*

Hall Honeys continue to be a very active group, helping each other out with various bee-related advice and techniques including retrieving a swarmed colony safely back to its hive.

*Jonathon  
Palmer's hive*

