

# RURAL FRINGE

*Journal of the Hall district*



VOLUME 26 ISSUE 3

June 2019

## 2618 votes!



It was all happening at Hall Pavilion on 18 May as we gathered to vote in the federal election. Marion Banyard and Heather Wilford were busy raising funds for the Hall Museum, selling plants, slices and pumpkins. The Hall and District Collectors Club was supplying essential democracy sausages drawing on the culinary skills of Ken Spence, Brent Newbury and Dennis Greenwood (pictured), ably assisted by Phil Robson and Bob Richardson.

See details of the pop up consultation about the proposed Hall Adventure Track and Nature Play on the back page.



Transport Canberra and City Services (TCCS) from the ACT Government ran a pop up consultation about the proposed Hall Adventure Track and Nature Play as part of the process to work with the community to design the park upgrade. This process is being closely coordinated with the Village of Hall and District Progress Association (VHDPA). So much democracy happening all on the one sunny day!

L to R: **John Starr**, VHDPA committee; **Naomi Lee**, Policy Lead Better Suburbs TCCS; **Olga Minion**, VHDPA committee; **Anna Chauvel**, Landscape Architect; **Renée Duarte**, Manager Open Space Planning and Policy TCCS



A friendly possum in Hall.  
photo: Paul Porteus



**Easter in Hall**  
Stations of the Cross

photos: Bob Richardson



**Anzac Day in Hall**



Sisters Scarlett and Harriet lower the flag.



Hail on Wallaroo Road during May.

**St Michael's and All Angels Anglican Church**



Corner of Loftus and Victoria St, Hall

St Michael's belongs to the parish of St Barnabas in Charnwood, and on 3 March members of both congregations joined clergy from across our Diocese, as well as family, friends and others to welcome our new Priest-in-charge Rev Emma Street. Emma has now settled into our parish, and we are looking forward to this new season in our history.

Easter services are always special and important in the life of a church. In our parish we start the Easter services on Maundy Thursday, sharing a simple meal which reflects the Passover meal which Jesus shared with his disciples before his trial and crucifixion. Services were also held on both Good Friday and Easter Day.

Members from both Charnwood and Hall congregations also gathered in Hall on Good Friday to join a crowd estimated at over 100 to walk the length of Victoria Street, marking the Stations of the Cross which remember stages in Jesus' trial and journey to his crucifixion. This Good Friday walk has been held in Hall for many years and is organised jointly by the clergy of the Catholic, Uniting and Anglican churches in Hall. Members of all churches as well as community members not necessarily connected with any church attend, and numbers have been increasing each year. The choir of St Francis Xavier Catholic church provide musical accompaniment at each Station along the walk, and in addition walkers were charmed to hear the beautiful harmonies from the Tongan community who also meet in St Michael's, and whose Good Friday service coincided with the walkers passing by.

Church life will now settle into a quieter routine through winter, although parishioners are kept busy staffing our Op Shop *Barney's Boutique*, which is located in St Barnabas church, near *Red Rooster* at Charnwood shops. *Barney's Boutique* is open on Wednesday, Thursday and Friday afternoons and Saturday mornings, and all are welcome to pop in for a browse, a cuppa and a chat. Residents and visitors are also invited to come along to services, held at St Michael's each Sunday at 11am.

For more information about St Michael's, St Barnabas or *Barney's Boutique*, please call **Beryl on 0408 488526**



**Hills of Hall Fireside Festival**

Weekend 13-14 July

10:30am – 5:00pm

Hills of Hall Wineries

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Venue: The old Hall School Site, Victoria Street Hall 2618

For more information and bookings:

Rod on 0407008104 or [hallkiosk@hotmail.com](mailto:hallkiosk@hotmail.com)



**Village of Hall and District Progress Association Annual General Meeting**

Hold the date!

Wednesday 21 August,  
7pm at the Pavilion

This is the annual general meeting of the VHDPA and all are very welcome.

Come and vote for your new committee members.

Please go to the website  
[www.hall.act.au](http://www.hall.act.au)

to become a member or renew your membership.

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## Historic Allwood Open Day

by Jo Hall



After many years of very hard work, Rod and Judy Roberts kindly opened their renovated Historic Allwood property to the public on 27 April. With the able assistance of Heather Wilford (who I have to say has been sighted volunteering at every single community event in recent months) Rod and Judy gave a steady stream of visitors an enchanting guided tour of the restored slab buildings, believed to have been built in the late 1800s by David Rule and his wife Agnes. David and Agnes (nee Mundy) married in 1871, but the exact date they moved to Allwood is not known. Records suggest that in 1881 David took up 40 acres of land in the County of Murray, Parish of Wallaroo, at what was known as Allwood, eventually expanding the holding. Between 1875 and 1893, David and Agnes had nine children, one of whom died at birth. Some descendants are still living in this district. Greg Rule (dec.) of Hall was grandson of David and Agnes.



Rod and Judy understand that the first building to be completed was on the western side comprising a sitting/dining area with a fireplace and a bedroom. The kitchen and veranda under the skillion roof was probably completed a little later. The second dwelling was thought to have been built as two bedrooms for

the eight Rule children, four boys and four girls. It is almost impossible to imagine how austere life would have been for this young family. We saw remnants of the hessian ceilings and paper wall covering to keep out the draughts from gaps between the wooden slabs. The tiny cooking space and water tank for 10 family members beggar belief. Helpful information notes around the two buildings tell the story for visitors.

Rod and Judy told us how their own children used to play in the crumbling old buildings beside their farmhouse on Wallaroo Road. In about 2013 they decided to set about the huge restoration project. The first major task was removing the elm trees that had taken root very close to the buildings and provided all number of logistical problems. For the restoration itself, they were buoyed from time to

time by the practical assistance of others, including some grey nomads who stayed and helped with the job. Rod and Judy can now be extremely proud of the result, recognised by the Yass Valley Council's Local Environment Plan as having 'local historic significance'. It is fascinating to visit and highly recommended.



Interpretive signage and heritage artifacts add lustre to the building

See more photos at [www.hall.act.au/gallery/3088/allwood.html](http://www.hall.act.au/gallery/3088/allwood.html)

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## A Taste of Brass!

by Alastair Crombie

The 11th annual concert with Canberra Brass took place on Sunday 14 April and was enjoyed by a large crowd. Steadfast sponsors Barnett and Lilley again made the concert possible, and not only sponsored the Band, but helped with promotion, donated a raffle prize and presented a bouquet to the guest vocalist. Another stalwart, David Kilby, once again took on the MC duties in his inimitable style and bottomless reservoir of musical knowledge.



Adam Powers (Victoria Street Brass), MC David Kilby, and Kevin Knapp (Band Director - Canberra Brass)

The guest vocalist role was taken this year by Pip Murphy, whose two fine numbers were performed with the Victoria Brass – Autumn leaves and Can't help Lovin Dat Man. Canberra Brass gave us the benefit of four numbers from the repertoire they will shortly take to the Yamaha National Band Championships in Brisbane – Fantasy Fanfare, overture Promenade, concert march Emblem of Unity and the hymn Nearer My God to Thee. The finale was our own special number – the Hall Village march, composed by Les Smith, a member of the band and a well-known musical identity in the band world. A copy of the music for this piece was given to the Hall School Museum and Heritage Centre at the 2018 concert.

This annual concert is a very important fund-raiser for the centre. This year the raffle and bucket collection, refreshment stall and trading table yielded \$1,630, a very welcome result. The centre is very grateful to all those who have contributed, especially the following local businesses that generously provided prizes for the raffle.

- Endless Beauty
- The Shearing Shed
- Jelly Bug Treasures
- Daughters at Hall

## Sophie, a 'Hall hero'



Congratulations to Sophie Porteous who was recently awarded her Australian Scout Medallion, the highest scouting award, at a special ceremony on top of Mount Ainslie. A member of Lake Ginninderra Sea Scouts, Sophie completed numerous challenges including a 30 km hike, 20 nights camping, caving, sailing and numerous specialist badges from First Aid to Camp Craft. In July, Sophie will be travelling to the World Jamboree in the United States for two weeks as part of the Australian Contingent. She will join 45,000 scouts from all over the world at the Summit Bechtel Reserve which has 14,000 acres of forested mountains adjacent to more than 70,000 acres of national park in the scenic New River Gorge area of West Virginia. Activities include whitewater rafting, rock climbing, mountain biking and zip lining. Promises to be a great adventure!



David Kilby's awesome shoes never fail to impress.

- Kynefin
- 1882 Bar and Grill
- Capital Wines
- Hall Farm Supplies
- Barnett Lilley & Associated

The Preschool Parents Association was also on hand with their sausage sizzle, raising funds for the Preschool. Many thanks to Canberra Brass, and every best wish for the Nationals in Brisbane! We look forward to seeing you back in 2020!

## 'Selected Spaces' exhibition

This exhibition, launched by Dr Barbara Dawson on 14 April, was the Centre's contribution to the ACT and Region Heritage Festival. Around 100 visitors attended the launch and more came later in the day. A great response.

Barbara Dawson is a well-known local historian, currently a Visiting Fellow at the ANU. She authored a fascinating article for the Canberra History Journal in 2012 called 'Tracing the Weetangera Road' which helped to inspire the new exhibition.

**Selected Spaces** is based on six 'case stories' of pioneering settler families in the broad Ginninderra district – the Shumacks of *Springvale*, the Kilbys and Camerons

of *Lands End*, the Southwells of *Parkwood*, and of *Brooklands*, the Camerons and Gribbles of *The Glebe*, and the Hatches of *Rosewood*. It was very gratifying that many descendants of these pioneering families were present for the occasion.

It was a particular pleasure that we could welcome Marion and Helen Warman, grandchildren of William Hatch (Junior). Rosewood, the Hatch family homestead, was little more than a mile from Hall when the village was proclaimed in 1882, and their land extended to the south along Halls Creek (which became the CSIRO experimental station). The Warman sisters have donated and lent material to us over a number of years – most recently a biscuit barrel given to William Hatch and his wife by the Hall residents for their golden wedding anniversary in 1904 – which is displayed in the exhibition. Marion authored *The Hatch Family in Australia*, and one or two lucky visitors acquired copies from her on the day.

The exhibition makes extensive use of early maps and plans to help tell the settlement story of the district that we now know as Belconnen. Four large scale maps of the Belconnen district – from 1863, 1914, 1940 and 1971 – paint the big picture of



The original Kilby family home *Lands End* (c. 1920) above. The site is marked today by a cluster of exotic trees, below.



the district's development, while other maps detail the locations of the various homesteads and their relationships to the wider landscape.

You have until October to visit and view this exhibition!

## Heritage Art

In October **Selected Spaces** will be replaced by a new display featuring paintings by well-known water-colourist Isla Patterson. Isla has been working with a group of our volunteers to identify and then paint a number of early district properties. While the paintings of course will have life and meaning of their own, in this forthcoming exhibition they will be supplemented by accounts of the heritage of the buildings represented.

## Volunteer force

Towards the end of the year we have 65 paid up 'Friends of the Centre' of whom about under half are 'active service' volunteers. If you would like to encourage and support increasing awareness and understanding of the history and heritage of Hall and district, you will be warmly welcomed as a member.

## Popular schools program

One area in which additional helpers will always be appreciated is our Schools Program. The latest school to visit was Farrer Primary, and visits are scheduled from Gold Creek and Majura primary schools. Pupils enjoy a wide variety of structured experiences designed to give them awareness and understanding of 'then and now'. Feedback from the Farrer teachers described the program as 'very authentic, engaging, fun' and reported



Southwell Family reunion at 'Parkwood' in 1938, to mark the Centenary of Thomas and Eliza's arrival in Australia.



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## Springfield Rural Fire Brigade

Springfield has had a busy end to the Bush Fire Danger Period with a number of callouts to properties who had been burning without required permits. Whilst the time for permits is over, there are still some important things you must do and take into consideration when burning on your property.

Using the Safe Burning Checklist, you can ensure that your use of fire is done responsibly, so not to cause a risk to your neighbours and/or your community.

### YOUR SAFE BURNING CHECKLIST

- ✓ **Check you're allowed to burn.** Contact your council or local Fire Control Centre.
- ✓ **Get a permit.** They're free and easy to obtain.
- ✓ **Notify your neighbours** at least 24 hours in advance of a planned burn.
- ✓ **Check conditions** such as weather and fire danger ratings. In bad conditions permits may be suspended.
- ✓ **Monitor the fire.** If it gets out of control, call Triple Zero

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### Winter ready

This time of year we move from being aware of fire threats around us, to wanting one lit inside our homes to keep us warm. Just as you need to be prepared for bushfires, you also need to ensure you and your family are winter safety ready.



**Rebecca Morrison**  
President

Fire and Rescue NSW recently issued some helpful tips to keep you safe, but my favourite tag line is to keep everything 'a metre from the heater'. Some other reminders include:

- Don't overload powerboards.
- Clean lint filters in the clothes dryer before or after use.
- Turn off heaters and electric blankets before leaving home or getting into bed.
- Ensure you have a working smoke alarm.

Do you know what to do if a fire takes hold in your home? Living rurally means that fire trucks don't arrive as quickly as they do in the metropolitan areas, so make sure you have ready access to water, fire extinguishers and a plan that your family all understands.

Always call Triple Zero (000) in the first instance and follow their instructions.

### It's our 80th Birthday!

This year marks the 80th anniversary of the coming together of landowners of the Nanima, Tallagandra and Wattle Park communities to form a Bushfire Brigade. In December 1939, Thomas McAuliffe of 'Springfield' placed an advertisement in the Yass *Tribune-Courier* calling for locals to come together to 'form a branch brigade, elect officers and generally organise'.



To mark the significance of this milestone, Springfield will be organising a number of community events, culminating in a big celebration at the end of the year.

Springfield has been building community for 80 years and we want to use this anniversary as an opportunity to focus on that even more. With so many new people moving into our Brigade area, we want to get to know you all and facilitate events where we can all get to know our neighbours a little better.

Mark your diaries for our next Trivia Night on Saturday 31 August at the Murrumbateman Pub. This is a combined event with the Murrumbateman Brigade and is sure to be another fun night out.

## fire safety

### Sunday Sessions @Springfield

We kicked off our first ever Sunday Sessions @ Springfield earlier in May, where local teenage singer and musician Esther Hampton entertained us, whilst Jack McGrath from Jacko's Pizza made sure we were well fed. It was a lovely afternoon of community spirit, and we can't wait to do it again.



*Kids burning off the pizza!*

### Congratulations and Recognitions

At our recent AGM, we elected our field and office bearers for the next 12 months. Congratulations to those who have offered their time and commitment again to Springfield. Special thanks to our Captain Rod Tarlinton who continues to lead our crews with great experience. More details on our new appointments can be found on the Springfield RFS Facebook page.



*Deputy CAPT Jason Burgess and CAPT Rod Tarlinton always on the tools!*

We also want to recognise three long serving members to the Brigade – Geoff Larkham, Jim Lomas and Rhian Williams – who have decided to step aside from official duties at Springfield. Their cumulative service far exceeds our brigade age, and we are thankful to have had them dedicate so much time to our community.

If you have any local stories, photos, or memorabilia that you would like to share with us, please get in touch. We look forward to making some more official recognitions throughout the year as part of our anniversary celebrations.

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### CREAMY DREAMY VEGAN KEY LIME PIE

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#### Ingredients

For the Crust:

- 300g vegan digestive biscuits
- 1/2 cup (112g) vegan butter (melted)

For the Filling:

- 1 and 1/2 cups (360ml) vegan condensed milk
- 1/2 cup (120ml) Key Lime juice (freshly squeezed)
- 2 tbsp lime zest
- 400ml coconut cream (chilled overnight)

For Decorating:

- lime zest

#### Instructions

1. Spray a 9-inch round pie dish with non-stick spray. Preheat the oven to 180°C.
2. Add vegan biscuits to a food processor and process until a fine crumb.
3. Melt the vegan butter and mix in with the cookie crumb. Place into the prepared pie dish and pat



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down firmly then work the crust up along the sides of the dish.

4. Place the pie base into the oven and bake for 10 minutes. Remove from the oven and leave to cool. (This is optional but will give a crunchy texture to the base.)
5. Pour vegan condensed milk into a bowl and place into the fridge to cool and thicken.
6. Beat chilled coconut cream starting at a slow speed and gradually increase speed until the cream is whipped.
7. Squeeze the lime juice and grate the lime zest.
8. Add the lime juice and 2 tbsp lime zest to the bowl with the condensed milk and whisk with a hand whisk to combine. Then fold in the whipped coconut cream.
9. Pour this over the cooled crust and place into the freezer for a few hours to set.
10. Decorate with lime zest and serve.

For more great recipes like this check out [lovingitvegan.com](http://lovingitvegan.com)



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## BARK Art Exhibition

Hayden Starr expertly curated this showcase of art exploring our relationship with the land, promoting reconsideration of our beliefs and providing a space for reconnection. Each artist exhibiting at BARK, held at Gold Creek Station from 3 - 5 May, had a strong personal connection to the land, and a story to tell. The amazing setting of Gold Creek Station provided the perfect backdrop for the sculptures, multimedia installations, paintings, photography and other art forms that made up this splendid and well-attended exhibition.



Hayden Starr in front of acrylics on canvas by Susan Willemse  
*The Girls: Black Cockatoos and Ducks.*



Hayden Starr with *Shovel and Broom* by Danny Ivanovski, installation exploring his grandfather's immigration to Australia and subsequent employment at Port Kembla Steelworks.

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# Eugowra and Grenfell artwork

by **Kevin Stone**

Last October I wrote about a weekend road trip to Cowra and Eugowra. More recently I travelled up that way again on a two-day break, but on this occasion spent more time in Eugowra, because in

transporting the children into a world of imagination by reading and bringing to life Enid Blyton's books under a pepper tree, known as the 'Faraway Tree', which still stands well away from the buildings in the Eugowra Public School grounds.

And of course none of this would have been possible without all the hard working volunteers within the community and support given by a variety of local businesses.

Eugowra is referred to as the 'Village of Murals' and if you go there you'll understand why, because they certainly brighten up the town.

Once again I spent some time in the local historical museum. The very friendly and helpful volunteers seem to have an encyclopaedic knowledge of people and places and I found it fascinating to listen to their stories about the area. Eugowra is also known as 'bushranger country', so there's a lot more of the town and area's history to be uncovered.

Coming home on my second day, I drove through to Grenfell to check out the artwork on the disused grain silos. I was so impressed with the paintings that featured a rural scene of green fields, sheep and cattle, and apparently took several hundred cans of spray paint and around 130 litres of acrylic paint to complete.



The painting on silos concept started in 2016 and has spread across the country to now include more than 25 sites. So for someone like me who has trouble drawing a straight line, I'm simply astounded by the talent of the people who can create these works of art, whether it's a painted silo or Eugowra mural. Truly amazing!

I thoroughly enjoy travelling to country towns, where just like in Hall, I always seem to find someone friendly to chat to, because they seem to have time to share. Maybe it's the more relaxed lifestyle. Whatever it is, with a relatively short drive from Canberra, which can be done in one day, but preferably over two, you can discover some hidden treasures in great villages and towns. And of course there is always a bakery or café to visit!



May each year residents and visiting artists paint new murals which are added to more than 20 already adorning many of the buildings throughout the town.

The event is in its eighth year and it was a pleasure to watch the talent of the artists and sign writers on display, with their effortless brush strokes and colour mixing. Two murals were painted and completed over a number of days, one reflecting the importance of farmers and their contribution to the local area. The second mural honours Mrs Vivienne Cutcliffe, a recipient of the local Australia Day Citizen of the Year award and school teacher who taught for many years and well past retirement age. Morals, manners and caring for others were some of the very important things she imparted on the young ones. And she is also fondly remembered for



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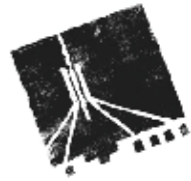
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# How does your garden grow?

by **Daphne Bloom**

## The Garden of Danny and Linda Clynk - Maples and Garden Art

Tucked away in a top corner of our village behind a wooden gate is a beautiful oasis – a garden of magical winding paths that spread out to reveal pleasant surprises, full of colourful grafted weeping Maples with lacy leaves, and garden art. It is the garden of Danny and Linda Clynk. They have developed their special piece of paradise over the past 29 years using their combined knowledge and skills. Danny is a qualified horticulturalist and Linda has amazing artistic vision and love of gardens. I visited their garden on a warm mid-Autumn morning when the Maples were changing colour, and I enjoyed their story... I hope you do too!

### How long have you lived in Hall?

29 years – we came to Hall from Kaleen with our two sons and Dolly the dog. We built a garage and used it and a transportable home to live in while we built the house as rental properties that allowed pets were, at that time, as rare as hen's teeth.





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### Did you establish this garden from scratch?

When we bought the block there were only the street trees on the nature strip and two horses behind a wire fence; for the first 20 years when anyone in the village asked us where we lived, they would say, 'ah yes, Mick's paddock', as our neighbours on both sides (Mick and Jan) had been using it for horses for over 30 years. It was a totally barren block of slippery clay. Once the house was built Danny designed and structured the garden.

### How would you describe your beautiful garden?

We both love the garden in spring and autumn for the colours and then in summer it's very green and a lovely cool haven. The garden attracts all sorts of birds who feed, water and nest in the trees/shrubs. Odd birds sometimes turn up, for the last few months we have a White Breasted Ground Dove (*Alopecoenas jobiensis*), a native of PNG/Solomon Islands who is a regular visitor here and at Jan's place next door. Jan thinks it was blown off course and somehow landed here. Not sure how or if it will survive the winter!

Once when the garden was in top notch shape, we were going to put it in the open garden scheme, but unfortunately we got two English Staffordshire bull terrier puppies who ran amok, dug holes to nowhere and ate all the sprinkler system. We thought about it again after we retired, but, after losing our two 10 year old staffies within weeks of each other, we purchased two more pups last year and now they too are running amok, digging holes to nowhere and chewing on the sprinkler system!

### Are you a veggie gardener, a flower gardener or do you enjoy both?

Up until now I have been a flower gardener, however I am interested in growing vegetables, just have not really had the time to do so, except for the staple Canberra backyard veggie gardener's choice of tomatoes, lettuce and garlic. Now, in retirement I am planning to build wicking beds to grow vegetables, as they are easy to maintain and use very little water. We have a very large 40 year old lemon tree in this garden, which produces an abundance of fruit, as do the young mandarin and orange trees, and our grafted weeping apple tree produced 12 rosy red apples this year.

### Do you have a favourite plant?

Yes, we both love Japanese Maples, we have approximately 30 – mostly grafted weeping ones. We sort of became addicted to buying them, virtually never left a nursery without one! Our oldest two are over 40 years old, we dug them up in winter

prior to putting our house in Kaleen on the market, and they lived in large plastic garbage bins for two years until we established our garden in Hall. Some of the maples' colours are stunning in Spring, and others are at their best in autumn, in particular, the large *Acer rubrum* (October Glory) a variety of Canadian Maple in our front garden is spectacular in autumn. If you are after a Maple for the autumn colour, my advice is hit the nurseries in mid autumn.

### Has gardening been a lifelong joy for you?

Our interest in gardening came with the purchase of our first house in 1977. At that time I worked in the Public Service and studied horticulture at night. This became a passion and I had a weekend horticulture/garden business for 15 years before turning it into a full-time job for the last 20 years.

### Have you had previous residences where you have enjoyed your garden? Were they smaller or larger than this garden?

Only one – at our first home in Kaleen. Both Kaleen and this garden in Hall were of a similar size, but they were totally different blocks, and we learnt by our mistakes in Kaleen - do not plant gum trees under power lines, and pine trees grow very large very quickly, and nothing grows under either of them.

### Did you have a friend or relative who inspired you to love gardens?

I think it starts when you purchase your first house, you want to put your stamp on it, every step you take to make it your own creates a lot of pride, plus of course a lovely garden certainly adds value to your home. My parents after settling in Goulburn (from Holland) had a lovely garden, and my father in particular was a very keen gardener. Linda's dad worked for Parks and Gardens all of his working life in Australia, and he was an avid vegetable grower.

### What advice would you give to anyone who has no gardening experience but wishes to start a garden?

I would strongly recommend doing a basic landscaping or gardening course and then speak to as many passionate gardeners as possible about their experiences. Most people who enjoy gardening are very keen to share their views and knowledge, and happy to pass on a few cuttings or seeds. Linda is a member of the Facebook group 'Canberra Gardeners Advice Group' which she contributes to and finds the tips and traps advice of the very diverse group to be a great resource, especially those just starting out, or newbies who have moved here from much warmer climes!



## Experiments in Happiness

Give yourself a good talking to!

**'If you are still looking for that one person who can change your life ...  
... take a look in the mirror.'**

Roman Price

Have you ever had one of those days? You know – where you are racing around because there is more to get done than there is time to get it done in and if something gets left undone it feels like the world will fall apart. You are busy, tired, frazzled, overwhelmed and trying to do your best. Then something happens and you say or do exactly the wrong thing.

Now how would you talk to yourself about what happened? Might you say something like – Well if you hadn't left everything to the last minute you wouldn't have been racing and then you wouldn't have been so stressed and acted so thoughtlessly? Or maybe – That's typical of how useless you are when you are under pressure! Or something even harsher? Whatever it is – it is likely you are focussed on being hard on yourself – and good in the sense of good and hard.



Now stop for a moment – if a friend was telling you this story how would you react? Would you be hard on them or would you offer compassion and sympathy? Would you want to reassure your friend that they are a very good person, they were trying their best but it was a hard day and no wonder things went a little pear shaped? In other words, would you treat your friend with kindness?

We are often far kinder and more compassionate towards others than we are towards ourselves. Yet research shows that the more we practice being kind and compassionate with ourselves – the more support and comfort we offer to ourselves – the more we are able to manage pain and discomfort all whilst providing the optimal conditions for growth and transformation.

Self-compassion is being able to accept painful moments, mistakes or things that didn't go as well as we would have liked and still embrace ourselves with the kindness and care we would offer to others – remembering that imperfection is an essential part of the shared human experience.

As I have been typing this I have kept mistyping 'friend' leaving out the same letter each time. But when you leave letter 'r' out of 'friend' it becomes 'fiend'? I have been getting rather frustrated with myself and thinking how incompetent a typist I am. But then I realised my mistyping has been the most delightful of ironic gifts.

An occasional column  
by the Smiling Kangaroo



Because the question really is – are we friends to others but fiends to ourselves? And if we are all busy being fiends to ourselves do we really believe anyone else when they offer us kindness, sympathy and reassurance or are we too busy giving ourselves a good hard talking to and thinking – they wouldn't be quite so kind to me if they knew how terrible I really am?

A more compassionate world can only be a good thing and it starts with being more compassionate towards ourselves. So here's hoping my fiendish typing helps you give yourself a good kind talking to and in so doing become a better friend to yourself.

Be brave life is joyous! The Smiling Kangaroo

PS. If you want more information about Mindful Self-Compassion check out the following link: [self-compassion.org](http://self-compassion.org)



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## Autumn leaves, favourite trees (shrubs & climbers)

by Lisa Walmsley

I say this every year; of all the seasons autumn is without a doubt my favourite. It's a time of gathering, all the pumpkins are picked and stacked, our garlic and onions are hanging out to dry and saucepans full of tomatoes are slow cooking on the stove.

Migratory birds are madly getting fat on seeds and berries as our landscape is in decrescendo.

The colouring of leaves always seems fascinating to me as plants shut down for winter. The same plant can produce different coloured leaves from year to year, creating a different landscape in your own garden.

We are incredibly lucky in this little part of the world because our seasons are so distinctly different.

One of the most asked questions for new gardens and gardeners is 'can we have colour?'

### My list of favourites

*Fraxinus raywoodii* – **Claret Ash** This is my favourite large autumn tree, its not for every garden as it can get very big and has quite invasive roots. Having said that, it's great in a rural setting and makes beautiful driveway and streetscape trees. Dark green dense shade in summer and deep claret red in autumn.

*Acer sp.* – **Maples** Everyone wants one of these. There are heaps to choose from and a wide variety of sizes and shapes. You could find one to suit any spot and environment. Maples also come in a variety of leaf colours; really you can not go wrong. My picks include *Acer Crimson Sentry*, *Acer Autumn Blaze* and *Acer Palmatum*.

*Cercis* – **Forest Pansy** Without a doubt a show stopper in your garden. This tree can be a little tricky to get going in a windy spot but well worth the effort. This tree has dark coloured bark, in spring it is covered in lipstick pink flowers. In summer it has red and green foliage followed in autumn by yellow, pink and orange foliage. Stunning.

*Liquidambar styraciflua* – **Liquid Amber** A tall fast growing tree, prefers protection from harsh wind. Produces the most impressive autumn foliage.

*Pyrus sp.* – **Manchurian pear** varieties: this tree has it all. Low maintenance, wind tolerant and really just no nonsense. It holds its autumn leaves for longer than most other trees. Best varieties include 'Aristocrat', 'Chanticleer' and 'Capital'.

*Malus sp.* – **Crabapple** you cannot go wrong with these trees, there are lots of different kinds to choose from. Spring flowers and autumn foliage and some produce crabapples, there is one for every garden.

*Prunus mume* – **Flowering Cherry** this is one variety of a huge cultivar, so again you have many to choose from. Often found in nurseries in a weeping or pendular form. Horticulturists from around the world flock to Japan to witness the flowering cherry trees. Equally stunning in autumn. Another tree that is not really happy in wind, so find a spot on the eastern side of your house.

*Viburnum sp.* - this is my favourite shrub genera. There are literally hundreds to choose from. The snowball bush (*Viburnum opulus* 'Sterile') probably been the most recognisable, great flowers and autumn foliage.

*Vitis vinifera* 'Purpurea' – **Ornamental Grape** stunning climber, find a spot for this and you will not be disappointed.

*Parthenocissus quinquefolia* – **Virginia Creeper** Bright red in autumn, this can fly below the radar all year then surprise you with its flame red as the season shuts down.



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## Strong bones

health

Anita Kilby naturopath

We all know that you need to consume calcium rich foods to make strong bones, but is that all there is to it? Increasing calcium intake alone, from food or supplements, has not been shown to reduce fracture rates in those over 50 years old. There's more to it than just calcium.

Throughout our lives our bones are broken down and built up by cells called osteoclasts and osteoblasts respectively. Up until we are in our 30s the balance is towards building bone, but in our 30s osteoblast (bone building) activity starts to decrease and we gradually have more bone breakdown than building. As we age the breakdown can far outweigh the building processes and osteopenia can develop and progress to osteoporosis – weak bones with increased risk of fractures.

It's commonly known that vitamin D helps us absorb more calcium from the diet, so it's important to have good vitamin D levels. Recent research into the role

of vitamin K2 in bone health is highlighting its importance as well. Vitamin K2 activates a protein (osteocalcin) which binds calcium to the bones. Vitamin D and K2 work together to increase another protein (matrix GLA protein) which protects blood vessels from calcifications, so we can think of vitamin K2s job as directing where calcium should be deposited.

We get vitamin K1 in our diet but little K2. The Japanese dish natto is rich in vitamin K2 but is very much an acquired taste! Other foods like grass-fed butter/cheese/meat, egg yolk and fermented foods (sauerkraut, kimchi, kefir) do contain small amounts of vitamin K2. If you are supplementing with calcium then you really do need a vitamin K2 supplement as well to ensure the calcium is going to the bones – 150-300mcg per day is recommended. It's best to take your vitamin K2 at a separate time to any vitamin D supplements.

Other minerals such as magnesium, zinc, silica, boron and manganese have roles in healthy bone formation. Levels of magnesium and zinc are often low due to inadequate intake, poor digestion/absorption, or increased need by the body. Ideally these minerals would be obtained from a healthy diet, but sometimes a supplement is necessary to bring levels up.



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health

Aside from calcium content, your diet can impact the rate of breakdown of your bones. If you consume a lot of foods that have an acidic effect on your body then your bones will likely be frequently used to counteract acidity, which I discussed in the December 2017 edition. Foods that have an acidic effect include hard cheeses (eg cheddar, gouda, parmesan), processed cheese, egg yolk (whole egg is less acidic), animal meats, seafood, grains and nuts. Foods that have an alkaline effect are vegetables and fruits in general. So try to consume more fruit and veg and less animal products to help reduce bone breakdown. The 'anion gap', which can be calculated from electrolyte blood tests, indicates your acid balance – ideally your anion gap would be between 9 - 12.

Inflammation is involved in many cases of osteoporosis, often occurring in those with diseases such as rheumatoid arthritis, periodontal disease, inflammatory bowel disease, lupus and chronic obstructive pulmonary disease. It has been discovered that the immune inflammatory mediators (cytokines) involved also enhance the activity of osteoclasts (bone breakdown). Finding and effectively removing the causes of those inflammatory processes can make a significant difference to bone health. That doesn't mean just taking medication to reduce the symptoms, you need to find out what's causing the symptoms and remove that, which is what naturopaths endeavour to do.

The standard recommendations to minimise bone loss still apply:

- To encourage osteoblast action you need to regularly stress the bones with activity, especially weight bearing and muscle strengthening exercises.
- Have your vitamin D levels checked, you want them to be at least 75nmol/L for optimal health. If low then get out in the sun more often without sunscreen (but don't get burnt) and take a vitamin D3 supplement if necessary.
- Consume calcium rich foods – sardines, dark leafy green vegetables, broccoli, tofu, sesame seeds, and limit dairy to one or two servings/day (yogurt has more than twice the amount of calcium of milk).

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## Great trees of Hall

from the archives  
from October 2005

The recent piece by Chick Capon dedicated to Renowned Hens of the Hall District has inspired me to take a leaf out of his book and lay before Fringe readers the stories of another lesser known but equally deserving group – Hall Trees.

Many youngsters in Hall would have enjoyed the recent movie *The Lord of The Rings*. Yet how many would have known that one of the plum starring roles was secured by a former Hall resident. Not only were the likes of Elijah Woods, who played Frodo, transformed by make-up, so too was a young *Eucalyptus blakelyi* or Blakely's Red Gum, by the name of Stark Barky.

Stark, who emerged as a young seedling in the Number 4 horse paddock, always knew he was destined for stardom. He took off for the bright lights of Hollywood and overcoming a bias against Australian foliage got his first big break as one of the trees in *Forrest Gump*. He then starred alongside Forrest Whitaker in a movie not yet released in Australia and based on the role of trees in the American Civil War.

However, he became Hollywood royalty after landing the role of Treebeard, the leader of the Ents or talking trees, in *The Lord of The Rings*. Treebeard and the Ents helped to save the Hobbits by fighting Saruman, the evil wizard, amongst whose many wicked deeds was the wholesale felling of forests. Stark has maintained his roots in Hall and regularly returns to give inspirational speeches to young saplings and to encourage all to aim for the stars and to resist the chainsaw and the axe.



Starky Barky ▲

Another tree of note in Hall was the retired Tree of Knowledge Stumpy Broadleaf, a *Eucalyptus melliodora* or Yellow Box. Stumpy's exploits are somewhat less well known than the Barcaldine Tree of Knowledge, under whose canopy the Australian Labor Party was born in the tumult of the 1890s Shearers' Strike.

Stumpy, however, was equally committed to advancing the cause of social justice. He once famously went out on a limb and refused to provide any shade to a visiting delegation intent on clearfelling a grove of remembrance trees in order to widen a road. He achieved notoriety when he was charged with *tree-son* for refusing to allow his timber to be used for building

a fence to keep people away from the visiting US President George W. Bush. Stumpy is said to have remarked laconically 'an American bush is no match for an Australian tree'.

He briefly considered a run for Parliament but was bitterly disillusioned with the branchstacking endemic in both of the major parties. Tragically, Stumpy – a towering Australian – was ruthlessly felled by people wanting to build an extension.

On a far happier note, there are a number of other trees in Hall who can claim connection to some of the greatest events in history. The *Eucalyptus macrorhyncha* or Red Stringybark near the top of Hoskins Street is related by marriage to the great-great granddaughter of the tree under which the Magna Carta was signed.

There are two sister willow trees near the Hall Creek whose mother was the gracious tree who inspired Kenneth Graham to write *Wind in the Willows*. And there is a small *Acacia pravissima* or wattle whose blooms were recently included in a bouquet sent to Princess Mary of Denmark to congratulate her on her impending Royal birth.

Hall trees not only provide magnificent shade, clean air and keep our soils firmly rooted, they have played their own *tremendous* roles in the artistic and historical endeavours of our great nation.

It is my sincere hope this article gives an insight into Hall's truly astonishing arboreal *treasures* and pause to those who may carelessly cut them down.

**P.L. Anttrees**

*PS. can you guess which former editor of the Rural Fringe had fun writing this piece?*

## Short story: The Supermarket

local author  
by Hugh Watson

Oh damn!

Helen. Six months of avoiding, excusing and straight-out lying and now the wedding is only two weeks away.

I don't even come to this supermarket. It's just that it was on my way home from a client meeting. Only wanted some milk. I don't need a trolley; just use my bag.

Now Helen's here; one aisle across.

She was on the initial list. Well of course she'd have to be. One of my oldest friends and all. It's just . . . just her.

I can see it even now as she turns around at the top of the aisle and I scoot into the next one. At the supermarket but dressed up like it's a cocktail party. That shimmering black number hugging her beautifully rounded hips but showing the legs . . . the legs I'd kill for. The legs that Dean couldn't take his eyes off when she was last around.

Okay, she'd had a few wines. But that giggling and the casual brush of Dean's thigh as she sat between us.

'Oh Dean! That's amazing! What happened next?'

Reeled him in like a mullet. I felt like stunning him like one.

I go out to get the coffee and come back to see her turned sideways towards him with the full-frontal eye contact.

I'm two aisles away from the milk. I just want to get out. I reach for the Basmati rice; Dean loves it with chicken stir-fry. Dean. After she'd left I sat quietly until he spoke.

'Lovely dinner. Helen's a scream, isn't she? . . . Are you okay?'

'No, I'm not bloody okay. Helen would have mounted you on the couch if I'd stayed in the kitchen any longer.'

Accusation. Denial. Accusation. Denial. Make-up sex. He's forgiven, she's not.

Got around explanations to my mother about why she wasn't on the list.

We've grown apart. Different lives. Don't see each other anymore.

With Dean it was just: I don't want her there.

I put some bottled spring water in my bag. The kind Dean likes.

If I can just get over one more aisle and then quickly to the self-serve-checkout. I hurry down to the end and wait to see her trolley rounding the corner then duck into my escape aisle.

I'm moving as fast as my Pilates-strengthened legs will carry me. At the end I take a peek and...bugger she's turned around and heading out too. Got to get out.

Got to get out.

'Excuse me madam. Would you mind showing me your bag?'

'I . . . have an emergency . . . got to go . . .'

'Your bag please madam. Please let go of it. Please let go of it!'

'Now look what you've done. I was about to pay for it.'

Jules? Is that you?'

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It is always lovely to get feedback about the *Rural Fringe*. The other day someone waiting for their coffee at Daughters told me they always pick up two copies. One is for a friend in his early nineties who drives down to Tumut every two months to take it to his sister who used to attend Hall School. It helps her feel connected. What a thrill to know that our little publication is serving its purpose! If you have a story about the *Rural Fringe*, or anything for that matter, please share it with us. We welcome all contributions.

I wonder if you might also help solve a little mystery that has emerged at the junction of Alexandra and Loftus Streets. On what I had always taken to be a fairly unassuming junction, not famous for say major road traffic incidents or pile-ups, there have appeared some brand spanking new line markings, pristine and shiny white, in vivid contrast to the rather murky or non-existent road markings at every other junction in Hall.



Is this a practice site for apprentice line markers? Or is something special happening at this corner (a Royal visit perhaps) that explains this curiosity? Is it simply a testament that the ACT Government's 'Fix My Street' works? Please help.

Until next time,  
Jo Hall

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

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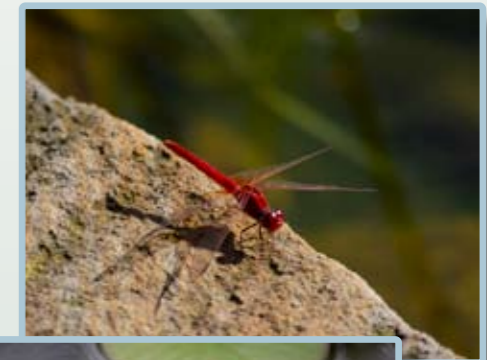
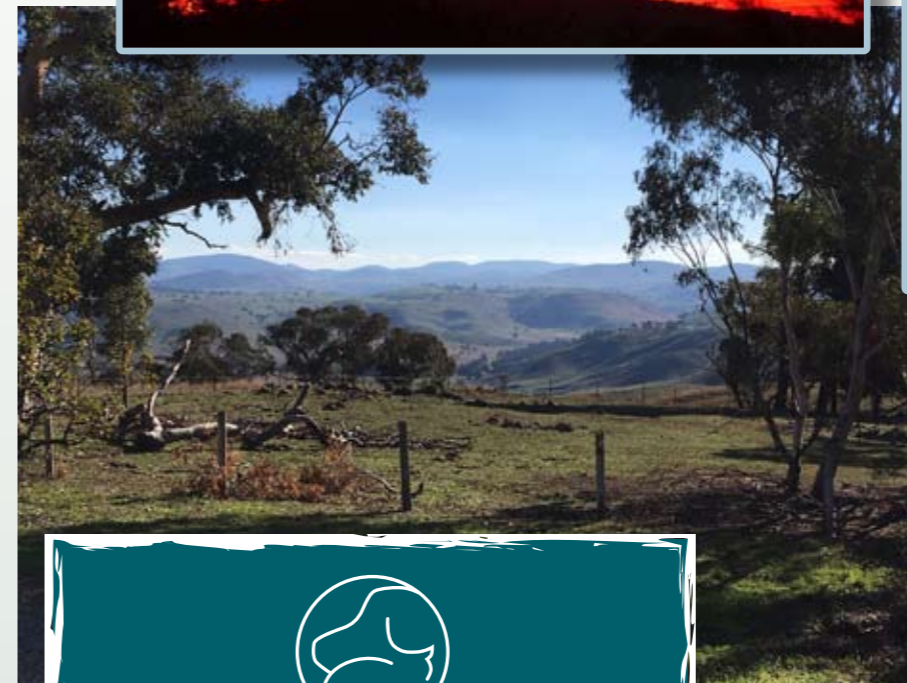
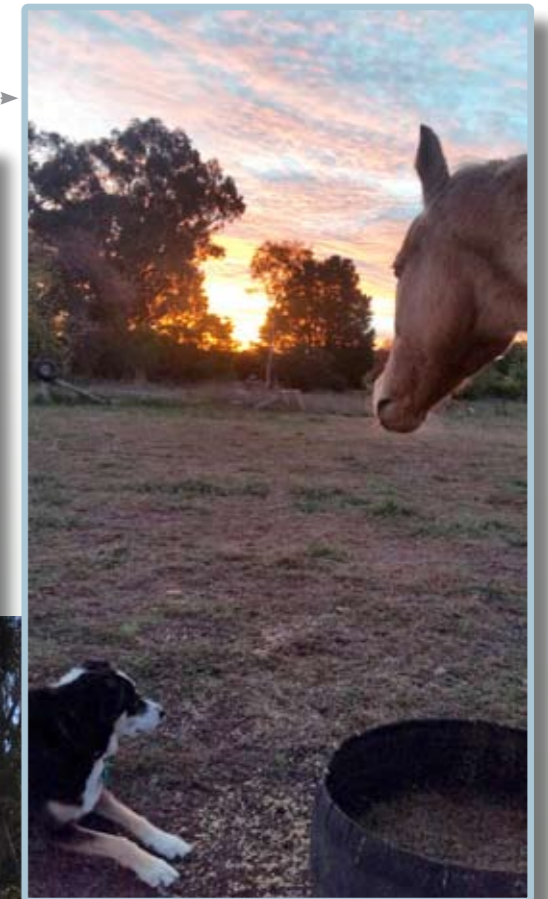
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Sunset during May from Wallaroo.



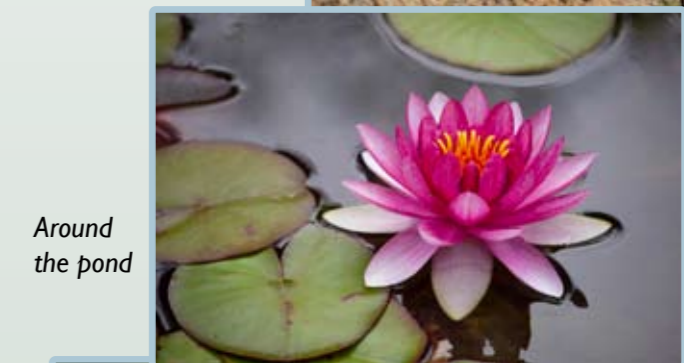


## Hall Veterinary Surgery

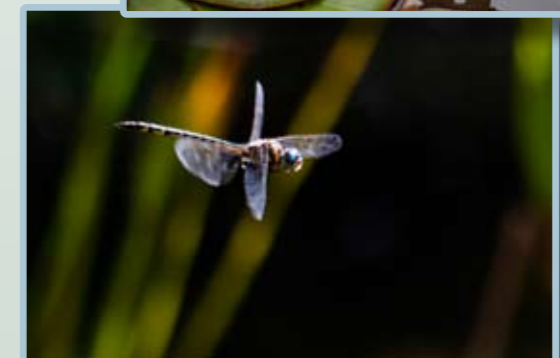
Phone 6230 2223



Proudly supporting the Hall community



Around the pond



photos: Paul Porteus



*It was not only the adults that had the chance to vote on 18 May. Children (and adults) were given three stickers to place on their favourite nature play activities, to help inform the design of the activity nodes.*

## **The adventure track/nature play pop up**

One poster showed the alignment of the proposed adventure trail around the playground at the corner of Gladstone and Victoria Street. The trail is punctuated with up to eight activity nodes (depending on budget), and each node will include some kind of nature play activity – for example a cubby, or climbing across logs or planks. Community members were asked to provide comments and ideas on the location and on a second poster (pictured above) to ‘vote’ by placing stickers on photos of the kinds of activities they would like to see at the nodes. ‘We’ve been getting some great ideas and feedback today,’ said Naomi Lee who is in charge of the engagement ‘and it’s been especially good to hear from lots of children. This is a Hall community-driven project in partnership with TCCS.

Many community members have also come up with offers of materials and practical help to make the nature play spaces as great as possible.’ Naomi also talked about productive consultations they’ve held with Representative Aboriginal Organisations about the park upgrade. Our thanks to Naomi, Renée and Anna for spending their Saturday with us in Hall.

The next pop up consultation opportunity will be at **3.30pm on Thursday 6 June** at the playground itself, targeting the after-school bus children at the exchange, but all are welcome. TCCS hope to finalise the design concepts to present to a community meeting in July. If you want to have your say please come to the next pop up or send your thoughts in an email to: [tccs.bettersuburbs@act.gov.au](mailto:tccs.bettersuburbs@act.gov.au).

**All welcome to the next pop up consultation at the playground 3.30pm on Thursday 6 June!**