

RURAL FRINGE

Journal of the Hall district

VOLUME 26 ISSUE 4

August 2019

Bee Friendly Hall by Jonathan Palmer

The *Hall Honeys*, our local group of avid beekeepers and bee enthusiasts, are busy hatching a plan to establish Hall as 'Australia's first Bee Friendly Village'!

They have developed a 'Charter for Bee Friendly Communities' which they hope will be used by other communities to promote the health of bees (European and Native). The initiative has been enthusiastically received with statements of support from the Village of Hall and District Progress Association, the ACT Beekeepers Association, and ACT for Bees. The Hall Mens Shed has agreed to manufacture 'Native Bee Hotels' and 'Bee Friendly Garden' signs for local gardens.



Bee friendly garden

The plan for *Bee Friendly Hall* includes extensive plantings of native plants to provide more pollinator habitat in and around the village. The next step will be a submission to ACT Government seeking assistance with the development of a landscaping plan for Victoria St (and other public spaces) for community consultation.

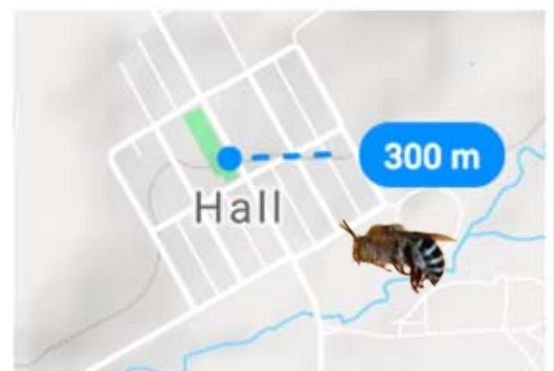


Did you know?

The foraging range for a European Bee is usually 3.2 km, but they have been observed foraging twice and three times this distance.



However, the Blue Banded Native Bee, found in Canberra gardens, has a range of only 300m.





Hall volunteer Community Fire Unit complete their training drills with Hall Rural Fire Brigade and ACT Urban Fire Brigade. Fire seasons are becoming extended, changing climate has seen the official dates for fire seasons beginning earlier and finishing later. Volunteers are welcome. Contact Bob 0407 071 245.



Congratulations to Hall resident Sally Melhuish on receiving the Order of Australia Medal (OAM) for baroque music. Sally is Artistic Director and Principal Recorder player of the *Salut! Baroque* Ensemble which has been performing concerts in Canberra and Sydney for 24 years. Many residents of Hall have been to one of Sally's concerts at Albert Hall over the past few years. Sally graduated with a Masters degree from Amsterdam Conservatorium and a Bachelor of Music degree from ANU Canberra School of Music. She has been Director of the Harvard Baroque Chamber Orchestra and has performed as soloist with the Australian Chamber Orchestra, Cantus Cölln, Sinfonia Australis, Orchestra of the Antipodes and the Australian Bach Ensemble. Sally features as a soloist on the ABC Classics recording of Bach's Brandenburg Concertos and is currently working on *Salut! Baroque's* tenth CD which will be released later this year. www.baroque.com.au

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Hall School Museum and Heritage Centre

Annual meeting

10am Thursday 8 August

Guest Speaker: Dr Roslyn Russell

Roslyn Russell is a historian, editor and museum curator. She has worked in archive, library, art gallery and museum collections for over 50 years. Many of the projects in which she has been involved have dealt with aspects of the history of Canberra.

Her address will be followed by morning tea, then the business of the annual meeting.



Free computer training

The Hall Kiosk offers free computer classes for older individuals wishing to learn the basics of using a computer and those who wish to learn about particular topics in computing. All sessions are generally held on a 1:1 basis.

We can offer classes in the use of PC's, Laptops, Tablets and Smart Phones, using Windows, Apple and Android platforms.

The Hall kiosk is part of the **Be Connected** program, an initiative by the Federal Government's Department of e-safety to get all Australians online.

telephone: (02) 9051 9292
email: connect@goodthingsfoundation.org
web: www.goodthingsfoundation.org.au

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

For more information and bookings:

Rod on 0407008104 or hallkiosk@hotmail.com

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Village of Hall and District Progress Association Inc

Annual General Meeting

7pm Wednesday 21 August 2019

Hall Pavilion



The Annual General Meeting of the Village of Hall and District Progress Association will take place at the Hall Pavilion on Wednesday 21 August at 7pm.

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

This is your opportunity to make a difference.

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

We look forward to seeing you then.

Please support your local Progress Association.

Hall Village Motors

Mon-Fri 7:30am-5:30pm

Saturday 8:00am-2:00pm

Proprietors: Tony & Amy Hazelton
fax: 6241 7281

phone: **6230 2288**



At Terroux . . . 88 Rochford Road Hall

Terroux is a rural property near Hall, where owners Barbara Baikie and Peter Fletcher have planted thousands of trees to regenerate the degraded grazing land and created a peace garden, which they often share with others.

Barbara and Peter invite you to two events celebrating arts, culture, community and the environment.

'Meet the author event' Saturday 31 August 2019, 3pm - 5pm

Nigel Featherstone – *Bodies of Men*
War and Peace and Concepts of Masculinity
plus a short peace ceremony 2pm to 3pm

Join Nigel Featherstone, author of *Bodies of Men* (Hachette 2019) in a panel discussion with Dr Christina Spittel, Australian Research Council DECRA Fellow and Senior Lecturer in English and Media Studies School of Humanities and Social Sciences, UNSW Canberra and Dr Glenda Cloughley, Jungian analyst, composer and singer who works in private practice and composes music for *A Chorus of Women*.

This is part of a series of meet the author events at Terroux during winter, supporting the work of regional writers and also providing a donation to a variety of charities.

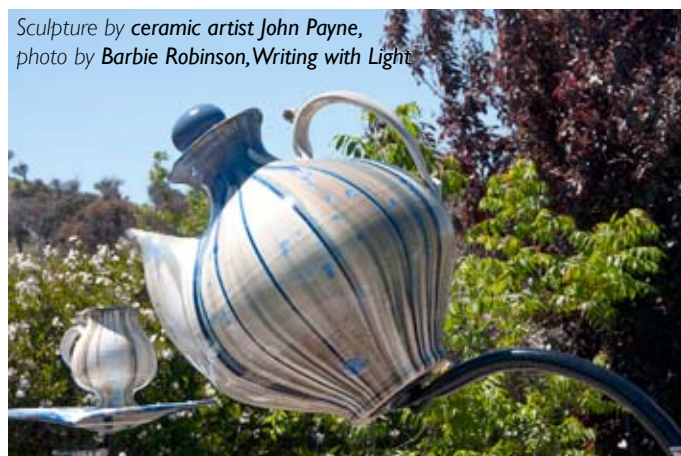
On Saturday 31 August, guests are invited to take part in a small peace ceremony prior to the author event.

Peace roses will be planted, *A Chorus of Women* will perform a short bracket of peace songs and, courtesy of *Doves Away*, three doves will be ceremonially released.

Author event: \$20 per person.
Bookings essential: www.trybooking.com/BDWXX

Warming winter refreshments will be served. Books will be available for purchase and signing by the author.

Information: terroux.com.au phone 0419 477 959



Sculpture by ceramic artist John Payne,
photo by Barbie Robinson, Writing with Light

Open Garden weekend at Terroux 16 to 17 November 2019, 10am - 4pm

When spring arrives in the region people suddenly find they want to be outdoors again. Floriade brings thousands of garden loving visitors to the capital and the Open Gardens ACT organisation hosts many private homes open gardens for the enjoyment of members and the general public.

The gardens at Terroux will be open to the public on **Saturday 16** and **Sunday 17 November 2019** from 10am to 4pm. Working with locally based charity Global Schools Partners, Barbara and Peter welcome you to wander in the many garden areas, to enjoy performances by local school children and to see work by regional artisans.

Global School Partners helps develop partnerships between schools in Australia and developing nations to enable students from across the globe to connect, share and learn with one another. In addition, they encourage Australians to support this work through sponsorship of students and funding of school projects. Funds raised over the weekend will support the work of both Open Gardens ACT and Global Schools Partners.

There is a ticketed soiree on Sunday evening at which local jazz musicians Rufus/Sheridan will launch their latest CD.

Refreshments will be available throughout the day and guests are welcome to linger and just enjoy the natural beauty of our region.

Event details and booking information can be found at: terroux.com.au phone 0419 477 959

Karate training resumes after dojo renovations

With the renovations reaching completion, classes for Hall karate students will resume on **Tuesday, 20 August**. Same times as previous:

Pee wee beginners class **4pm - 5pm**

Junior advanced class **5pm - 6pm**

Adults class **6pm - 8pm**

We teach Goju Ryu karate (of Mr Miyagi, Karate Kid fame) where students learn a traditional Okinawan martial art, keep fit, learn self discipline and of course learn self defence.



Beginner pee wee students (l-r) Brodie, Jake, Hayley, Clay, Harry, Grace and Lucas practising stances

There are vacancies in all classes so new students are welcome. For more information, contact : **John Steggall** (sensei Sam) on **0430 153 375** or sam@artforme.com.au.

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St Michael's and All Angels Anglican Church

Corner of Loftus and Victoria St, Hall

Dads' Playgroup

Saturday's 10am - 12noon
at **St Barnabas, Charnwood**

At the time of writing, we are keenly anticipating the start of a new parish venture – a Saturday playgroup for 0-5 year olds, with their dads, grandads or male carers. This will start on **27 July** at St Barnabas – which is at the eastern end of Charnwood shops.

Just come along, or for more information call **Beryl** on **0408 488 526**

Garden Fete

Saturday 26 October
10am - 2pm
at **St Michael's**

Although October sounds a long way off, make a note in your diary now for our annual parish fete on Saturday 26 October. In addition to the usual games, yummy food, pre-loved books, terrific plants and great entertainment, this year we are planning a display of wedding dresses in our little village church. We hope to have some old and some new dresses, photos and news clippings on display, as well as dressing the church for a wedding with flowers, candles and ribbons. Come along and bring some friends.

Blessing of The Animals

Sunday 27 October at 11am

Following the Fete, our regular Sunday service will be an outdoor service and will include Blessing of the Animals. This is an annual service to give thanks for the role of animals in our lives – pets, livestock and native fauna.

Please join us for this lovely occasion. Pets of all types (suitably restrained) are welcome, or perhaps bring a photo if your furry friend isn't comfortable in a social setting.

Our new priest Rev Emma Street has settled into the parish, and has also been accepted as a RAAF chaplain. We are all very proud of Emma's achievement following a rigorous and lengthy recruitment process, and know she will be a caring and supportive chaplain to RAAF staff.

For more details on any of these activities please phone **Beryl** on **0408 488526**

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President's Page



My first priority is to remind all members of the Village of Hall and District Progress Association that the Annual General Meeting will be at **7pm on Wednesday 21 August 2019** in the **Hall Pavilion**. We hope that all members will attend and, if you are not yet a member of the VHDP, go to the website www.hall.act.au/ and join.

Reviewing the last year of the VHDP, I would like to share a few things:

This 'missing link' of the Centenary Trail is imminent. There is now a hint of what is to come as a few metal bridges start to appear in preparation for the completion of the path along Victoria Street to the Barton Highway. The completion of this 'missing link' will address concerns of cyclist and walker safety. I have walked a few k's and across Clarrie Hermes Drive to the gas cut-off valve and have not seen a hoof or cycle print yet.

I encourage everyone to do more walking as there are some really interesting trails in and around Hall and the exercise is most important to our health.

Maintenance work at the Hall Preschool and Museum precinct is an absolute win-win for Hall. The ACT Government is investing over \$200,000 in preservation work at the Hall Museum site, including the Men's Shed. It may all look OK, but the roofing, gutters and drains were generally kaput. A lot of asbestos removal has been undertaken and the ACT Government is to be applauded for this work. The Museum and Men's Shed volunteers are very involved in this task.



Parking in Victoria Street

Hall VHDP Activity Groups are a vital part of the community providing real support for the mental, physical and sometimes financial well-being of our Hall village and district. Hall Rotary, The Hall Museum, Hall Men's Shed and Hall Collector's Club have all been beavering away on various projects and are very successful. The Hall Pony Club, Hall and District Axeman's Club and the National Sheepdog Trials continue to shine with good attendances. All these groups, and the VHDP, depend on the tremendous

contribution of the volunteers who enable them to function. Keep up the Good Work!

The Hall Park Upgrade is scheduled to be completed by the end of this year. Representatives of the VHDP together with Graham Bryce have been working with the ACT Government Transport Canberra and

City Services Directorate of the ACT Government (TCCS) to formulate an upgrade to the playground in Gladstone Street. There has been extensive community consultation through several 'pop-up' events where Hall village and district residents and the kids have been able to contribute ideas on the equipment, layout and wish-list of the upgrade (see back page). From the last 'pop-up' event, it appears that stakeholders and TCCS are agreed to deliver a wonderful attraction for the younger Hall dwellers. The VHDP is very supportive of this agreed proposal.

Parking in Hall is a long-standing and challenging concern and conversation has recently resumed. The VHDP is currently coordinating advice from 'Hall Traders' and other interested parties to Roads ACT about parking areas, parking restrictions and signage on Victoria Street and adjacent areas. If you wish to comment, please contact the VHDP.

Funding for the VHDP is in very large part from hire charges on the Hall Pavilion. Our sincerest thanks go to Tony and Margaret Morris for their efforts put into the management of this facility.

Apart from providing the legal structure and insurances required for all the activity groups under the VHDP auspices, the VHDP also supports a number of community initiatives and provides the means to secure grant funding from various sources.

We look forward to welcoming new members and your participation in the Annual General Meeting.

by **Peter Toet**

Important Aboriginal Place on the Land

by **Jan Klaver**

On 29 June, the Vincent family of *The Gollion*, between Mulligans Flat and Sutton, invited members of the community to celebrate the official recognition of a site on their farm as a special Aboriginal Place by the NSW Office of Environment and Heritage. Ngunawal



Foreground left to right, Sam Vincent, Jane Vincent, Wally Bell, Dave Johnston and Matilda House at the Derrawa Dhaura gazetted celebration.

elder Wally Bell and Ngambri-Ngunawal elder Dr Matilda House officiated in welcoming visitors to *Derrawa Dhaura*, the place where yellow ochre was mined by their ancestors for a range of everyday as well as ceremonial purposes. The ochre quarry is not far from the former property of Lyall Gillespie's mother, *Reidsdale*, where the majority of Aboriginal stone artefacts in the Hall School Museum and Heritage Centre collection comes from.

Aboriginal archaeologist, Dave Johnston, explained the landscape evidence for around 100 visitors who had walked several kilometres to the place. Jane Vincent and her son Sam explained how there was nothing to be lost, and a great deal to be gained, from the knowledge of this fascinating site on their property. They were honoured to give access to traditional custodians.



Jane Vincent (left) and Matilda House (right) with two of the next generation, at the unveiled site plaque.



Dr House said she was proud to share this cultural knowledge with visitors, especially the young people present who would carry the knowledge forward.

Dave Johnston explains Aboriginal ochre quarrying.



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Rotary Club of Hall

New Rotary year, new President, new board and new members?

It's a new Rotary Year, with a new President, a new board and we are looking for some new members – find out more about us, what we do and how you can become a member.

At our Changeover dinner last year's President Janine Linklater reviewed the achievements of 2018-2019. Janine said 'We can be proud of our successes as we see the results of many years of hard work by members, past and present, in the creation and on-going management of the Capital Region Farmers' Market (CRFM), and in the projects and people, we support with the funds raised'. See her full report at www.hallrotary.org.au/presidents-report-2018-2019/.

Three members were awarded Paul Harris Fellow* (PHF), Yvonne Robson, Vicki Coleman and John Kenworthy for outstanding contributions made over the last 12 months. Past District Governor Rob Woolley assisted in the presentation. Vicki was also named as Rotarian of the Year at the District Changeover for her work at Floriade to raise the awareness of Rotary and the good work that Rotary undertakes across District 9710 and beyond.

*A Paul Harris Fellow is an honour given in recognition of exceptional service.



President Fiona outlined her vision for the next 12 months: 'My vision for Hall Rotary in 2019-20 is that it continues all the best things of the last 30 years – the fellowship, the collaboration and the variation in interests and types of contributions our members like to make.'



We are a club that has been able to do some really good things. Our Major Grants have allowed us to think bigger and think longer term, and that's significant. Even the smallest grant, like the one to help plant the Indigenous Garden at Holy Spirit School, is making the world a better place.

It's extraordinary, that while other people only get to read the newspaper and be horrified by what's wrong, we get to hear about the things that are going right.

When we hear good news, it makes us like other people better, and makes us more motivated to take action, contribute to our community and better at finding solutions to problems.

I find Rotary a great place to hear good, positive news, and also an excellent place to get problems solved, from something individual, like helping a high-schooler get an opportunity in science, to something on a mass scale, like providing clean water in a Third World country.



THE SHEARING SHED

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2019-2020 Board and committee chairs

Left to right: Vic Gibbons, Janine Linklater, Vicki Coleman, Fiona Hamer, Ralph Southwell, Barbara Baikie, Paul Tyrell, Peter O'Clery.

Absent: Dennis Greenwood, Mel and Steve Reynolds and John Kenworthy.

And we do that, together, not alone. Rotary's vision for this year is "Rotary Connects the World". Without that direct connection between diverse individuals we would get nothing done. I am certainly not alone. A big thank you to the Board who've stepped up to be Directors and also the Service Committee Chairs, without whom I'd really just be twiddling my thumbs.'



Farmers Market

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A community project of The Rotary Club of Hall

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New members

We are looking for new members to help us with our Rotary work. We will be holding an information night at Hops and Vine in Hall on **27 August at 6-8 pm** with wine tasting of local wines with array of breads, dukkah, balsamic, cheese and salami. Come along and talk to our members.

When and where do we meet

The club meets every **Tuesday 6:30pm for 7pm** at our Club Room on the grounds of the old Hall Primary School at Hall, ACT. Come along and join us.

Want to know more? Look us up on Facebook, facebook.com/hallrotary/ and Capital Region Farmers Market or on our websites www.hallrotary.org.au and www.capitalregionfarmersmarket.com.au

Contact us by coming to one of our meetings or using the 'send message' on our website.

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'While there are many good catteries around the region we felt that there was a need for a small, intimate and personalised facility. That's why we started Miss U Motel for Moggies. We provide a real "home away from home" experience for our guests. It's really important to us that the cats are all happy and relaxed and that they feel safe and loved during their holiday. If the cats are happy and our clients are happy, then we're happy.'



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Between them, LouEllen and Yvette have worked in the veterinary industry for more than 30 years. LouEllen is a qualified vet nurse and Yvette is a veterinary receptionist. 'This is our dream job, it really is a labour of love'.

At the Miss U Motel for Moggies we offer competitive rates. A single stay (one cat) costs \$33 per night. A double stay (two cats) costs just \$62 per night. For multiple cats, rates are negotiable, depending on number of rooms required. Discounts apply for stays greater than four weeks. All rates are fully inclusive of playtime, outdoor time, brushing and treats. No charges apply for administration of basic medications. Diabetic cats are welcome – rates by

negotiation. For more information, call

Yvette on **0404 872 803** or

LouEllen on **0402 108 711**.

Alternatively, visit: www.missumotel.com.au/ or find us on Facebook.

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How does your garden make you feel?

by **Lisa Walmsley**

Gardens are curious places, if they don't feel right, you don't want to be in them.

So, how do you make your garden feel good?

It's not always about perfect design or immaculate maintenance. Gardens must provide pleasure.

That may mean growing all your own food, creating a safe refuge for wildlife, or having a relaxing place to entertain.

If you have a small space, make it multipurpose. If perhaps you would like a fire pit, make sure in other seasons it can be altered to a water feature and/or a planter.

If you like to entertain a lot, perhaps consider having a separate alfresco dining spot. Make sure it is not 'miles' from the kitchen as this will discourage regular use of the spot.

Think about your selection of garden art; find a local artisan or craftsman and have something made that totally suits your garden and style.



Plant selections in nurseries are expanding with every season and you can always find something new and interesting to add to your garden. Whether you are wanting a new shrub or wonderful new vegetables, they all add much joy. I have grown sweet potato and turmeric this year, both a little tricky to

grow here as they hate frost. The extended summer we have had has been great for the vegetable garden.

Many gardens now have beehives. You can hire them for a small fee and you will be paid in honey. It is a win, as your plants will love the extra bee activity and you will love the honey.

Something that is said to me often is that people really don't like the naked, cold and lifeless look of the deciduous winter garden. Finding ways to have the wonderful seasonal interest of summer, spring and autumn can sometimes leave your garden stripped in winter. I love the bare wood of winter, but it clearly is not for everyone. This can be altered by making sure you have some evergreens or alternatively, adding plants that have wood that adds colour when leafless. Orange and red bark Dogwoods and maples are glorious in winter and grasses with textural seed heads can add a new layer to a winter garden.

How does your garden make you feel, does it make you happy? Perhaps if you give it a purpose you might enjoy it more.

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Springfield Rural Fire Brigade

House fires are a risk throughout the year. The NSW Rural Fire Service is reminding people living in the Southern Tablelands area to be aware of the danger posed by house fires during the cooler months.

There have been a number of house fires in the Southern Tablelands Region this winter, including a lucky escape for a local family, with their dryer catching fire in their laundry. Fortunately, they were able to contain the fire to the dryer, and after removing the machine outside, were able to extinguish it without major damage to their house.

It is a perfect reminder to make sure that you and your family have an escape plan and have practiced it.

And remember:

It can take as little as three minutes for a fire to take hold.

In the case of an emergency:

Get Out, Stay Out and Call Triple Zero (000).

Winter Fire Safety Tips

Springfield Brigade is asking every resident to be prepared this winter by doing the following:

- test your smoke alarms
- have a written and practiced escape plan
- have two safe ways out of every room in your home, and
- make sure everyone in your household knows what they should do in the event of fire.

These tips will help keep you and your family fire safe this season:

- check the battery on your smoke alarms – replace annual for lead or alkaline batteries or update your alarms to 10-year lithium based battery versions
- replace your smoke alarm if it is more than ten years old
- have a licensed electrician check your wiring and install a safety switch
- don't overload power points and switch off household appliances when not in use
- never leave open fires unattended and always screen with a proper fireguard



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Rebecca Morrison
President

- never place clothing over heaters
- keep a one metre area clear around all heaters in your home
- keep matches and lighters out of the reach of children.

For more fire safety advice go to:
www.fire.nsw.gov.au/winter

Trivia Night

Springfield and Yass River-Nanima Brigades are co-hosting another fantastic community event at the Murrumbateman Inn on **Saturday 31 August**.

You're invited to our Trivia Night where an evening of fun and frivolity (and a little fire education) is guaranteed. Tickets are \$10 each and include table snacks and lucky door prizes, plus there will be raffles to win. Fancy a nice bottle of local wine?

So get yourself a table of eight or let us help you meet some of your neighbours and put you in a group. It's going to be a fun night out.

Tickets available at www.trybooking.com/BEBHP

Diary Dates

We have a few things planned over the next couple of months, so put them in your diary.

- **Training** – first Wednesday of every month at Patemans Lane Shed from 6:30-8:00pm. All members and interested people welcome.
- **Juniors** – third Sunday of every month from 3-5pm at Patemans Lane Shed. For young people aged 12-18 years with an interest in fire safety and being part of their local community. Contact Jason Burgess – jobbinshill@gmail.com for more information. New recruits very welcome.
- **Trivia Night** – **Saturday 31 August** from 7pm at the Murrumbateman Pub.
- **Get Ready Weekend** – **Friday 13 September** at both Patemans Lane and Spring Range Road sheds.

As always, you can stay up to date with what's happening in Springfield by visiting our Facebook Page – search for Springfield RFS

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

Yass Valley residents encouraged to Recycle Right

The new regional recycling campaign 'Recycle Right' launched by the Canberra Region Joint Organisation and its member councils, is encouraging residents to Recycle Right by updating their recycling habits.

The campaign aims to better inform residents about common issues that can compromise the quality of the material disposed of in the recycling bin and is designed to clear up any confusion, leading to better recycling practices.

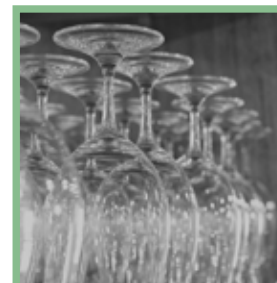
Yass Valley Council Natural Resource and Sustainability Officer, Rebecca Widdows says the campaign is a great way to educate the community on what items can be recycled and what happens if we don't practice correct recycling habits.

'There is often a lot of confusion surrounding what particular items belong in our yellow lidded bins,' Mrs Widdows said. 'The campaign is a great way to educate our communities on the right ways to recycle with simple routines that anyone can implement.'

The campaign is asking people to follow the six Recycle Right messages for using your yellow lid recycling bin:

- **Keep it simple:** Only recycle paper and cardboard, steel and aluminium cans, glass bottles and jars, plastic bottles and containers.
- **Keep out soft plastics:** This includes all plastic bags, even if they have a recycling symbol, are degradable or compostable, and other soft plastics including cling wrap, chip packets and bread bags.

For further information on waste and recycling visit:
www.yassvalley.nsw.gov.au
or contact Council:
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- **Keep out small items:** Any items smaller than a credit card. All plastic lids now need to be removed from bottles and those smaller than a credit card put in your landfill bin.
- **Keep it Safe:** Keep out strapping, hose, netting, wires, building materials and other hazardous materials.
- **Keep it Clean:** Wipe or rinse any excess food and drink from all bottles, containers and tins before placing them in your recycling bin. Keep out food scraps, nappies and soiled paper.
- **Keep it Loose:** Put each item into your yellow recycling bin separately, don't bag, box or contain your recyclable items.



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Museum Musings

The centre is now in its eighth year in its present form – since the Progress Association officially took over from the school as ‘trustees’ of Hall’s original one teacher bush school. Friends of the centre, which all volunteers belong to, is a now a ‘special interest group’ within the Association. There are currently 65 Friends, of whom 25 or so are actively involved as volunteers. Our forthcoming annual meeting on 8 August is a suitable time to reflect a little on how far we have come.

Our annual meeting is open to all, and customarily features a guest speaker from the broad realm of history, heritage and conservation.

Guest speaker – Dr Roslyn Russell

This year we are delighted to have Dr Roslyn Russell to address us. During the past six months Dr Russell has been carrying out a ‘significance assessment’ of the Gillespie Collection, funded by a Community Heritage Grant from the National Library of Australia. She is particularly well-qualified for this task having co-authored a guide for assessing the significance of collections - *Significance 2.0: a guide to assessing the significance of collections* (2009). She also knew Lyall Gillespie.

She has worked in archive, library, art gallery and museum collections for over 50 years, first as a History honours student at the University of Sydney; as a research assistant for Professor Manning Clark in the 1980s; and throughout a career as a professional historian and museum consultant for the last 30 years. Many of the projects in which she has been involved have dealt with aspects of the history of Canberra, including several exhibitions with the National Archives of Australia, National Museum of Australia and Canberra Museum and Gallery.

Following her talk and discussion you will be treated to morning tea, after which the Honorary Curator

Alastair Crombie
Honorary Curator



will present the Centre’s annual report for the year 2018-2019 and the Treasurer will present the financial statement.



Phil Robson, Dr Roslyn Russell, Margaret Morris and Ken Heffernan

Looking back – visitors

Visitors include those who wander through the door on the days the centre is open, members of organised group visits and pupils, parents and teachers who are part of school visits. Over the past year the total is nearly two thousand. This is a significant increase on the previous year, and is due in some measure to the decision to open every Sunday, and an increase in the number of schools making visits.

We had 18 other organised groups. Amongst them was a group of members of the Bink family who chose to visit us ahead of their reunion function at the Pavilion. The Binks were one of 20 or so Dutch families who lived in Hall in the 1950’s and 60’s. Eight Bink children lived at ‘Avoca’ for a while, and three of them attended Hall school. These ‘oldies’ enjoyed showing their grandchildren the school that they went to.

We also enjoyed a visit from a group of very keen students and staff from the ANU College of the Arts and Social Sciences. Dr Matilda House, Ngambri Ngunnawal elder, hosted the visit and escorted the participants to several important local indigenous sites as well as visiting the centre.

The museum was particularly honoured by a visit from the members of the Prime Minister’s Indigenous Advisory Council (13 February 2019), again led by Dr House, with her grandson Reuben on didgeridoo providing a welcome.

It has also been especially satisfying to have a number of small groups of pioneer family descendants (including O’Briens, Gillespies, and Southwells) visiting, with a special interest in what the museum has to tell about their ancestors.



Bink family members share memories of the old school.

Exhibitions

One key factor in maintaining a good flow of visitors is of course the regular refreshing of what we have to offer. It has become an informal standard that we introduce at least one new exhibition every year. In the year past we have in fact presented two new exhibitions.

We were successful in applying (through MHR Andrew Leigh Member for Fenner) for an Armistice Centenary Grant, which enabled us to present the final chapter to our much loved ANZAC display – ‘Armistice and After’. Our second new exhibition was our contribution to the annual Canberra and Region Heritage Festival – ‘Selected spaces – settling the Ginninderra district’. It is a ‘close-up’ look at six pioneer families of the Ginninderra district, launched by historian Dr Barbara Dawson on 14 April 2019. The six settler ‘case stories’ stand alone as studies of pioneering families, but together give insight into how the Canberra district was settled and turned to farming.

Several earlier exhibitions remain on display – ‘When Hall Answered the Call’ (stories of the local ANZAC’s), our ‘Canberra District Bush Schools’ storyboard collection, ‘Stones that Speak’ (award winning display of Aboriginal stone artefacts), ‘Memory Lane’, and the original Hall School Museum.

Looking ahead, a grant application has recently been submitted, seeking support for a 2020 exhibition on the development of cricket on the Limestone Plains.

Education program – school visits

Student numbers have increased significantly since this program began,

with a total of 675 students from seven different schools participating in the 2018-2019 program. The program is closely linked to the National History Curriculum and this is the second year we have offered schools the opportunity to participate in inquiry learning activities aimed at exposing the differences between modern life and life from the past. The majority participating in the program are Year 2 students.

Grant successes

It is noteworthy that we were successful in all four competitive grant applications submitted during the year – a total value of \$18,613. This income of course has to be fully expended and acquitted in relation to the relevant project.

Dept of Veteran’s Affairs (Armistice Commemoration Program):

2018: ‘Armistice and After’ exhibition = \$3000

National Library of Australia Community Heritage Program:

2018: Significance Assessment of the Gillespie Collection = \$4950

ACT Heritage Grant Program:

2018-19: ‘Stories in dirt’. Geomorphology of the Halls Creek Aboriginal Sites Zone = \$7120

2018-19: Augmented reality additions to six Canberra Tracks heritage signs in the Heritage Precinct of Hall = \$3,543.80

The annual meeting on Thursday 8 August at 10am is a good time to find out a bit more about the centre and its volunteer force. There will be a warm welcome if you drop in!



Shannons Flat School and pupils, 1955.

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Can't sleep?

A good night's sleep is essential for good health. Sleep is when the body ramps up its repair processes, and when the brain processes the days input and stores it into memory. Any waste materials are cleaned out of the brain overnight.

If you struggle to get a regular six or more hours of good quality sleep, it's not long before your performance begins to suffer. Most of us need seven to eight hours of sleep per night. Children and babies need much more to allow for growth and brain development. And when you are sick your needs increase to allow the body to conserve its energy for healing.

If you are dealing with any brain related health concern (such as mood/attention disorders, mental illness, chronic fatigue, brain injury of any kind, cognitive diseases) then it will be difficult to achieve good improvements without good sleep. Sleep is vital for good brain function. Likewise, if you have any illness or disease state elsewhere in the body, you need good sleep so you can get maximum repair and healing.

Difficulties with getting enough sleep can have many causes. Problems falling asleep could be due to:

- an overactive mind (stress, worry, too much coffee, too much stimulation near bedtime – TV, social media)
- poor sleep environment (too noisy/hot/cold/light, poor mattress support)

- pain making it difficult to get comfortable (joint pain, injury, heartburn)
- circadian rhythm disturbances (jet lag, shift work)
- electronic interference – turn off the Wi-Fi overnight, remove electronics from the bedside, put mobiles in airplane mode
- some medications.

Problems staying asleep throughout the night or waking too early could be due to:

- needing to go to the toilet (infections, prostate issues)
- nightmares, anxiety, PTSD, depression
- drops in blood sugar levels
- pain, heartburn
- restless legs syndrome
- noises
- sleep apnoea (oxygen deprivation)
- getting up to children
- alcohol (can help you fall asleep but prevents you getting into deep sleep)
- electronic interference
- some medications.



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Or perhaps you sleep through the night but still wake up feeling tired and flat. The most obvious concern here is sleep apnoea, which may require a sleep study to uncover. Disrupted circadian rhythms may also contribute to unrefreshing sleep, or you may need to investigate various health conditions to rule those out as a cause (eg thyroid, lung, heart or kidney disease, heartburn, infections, anxiety/panic attacks).

You need to identify the cause of sleep problems as each cause will require a different treatment. The cause may be obvious, or it may require some investigation by your doctor or health care professional. You may need to work on the underlying cause (eg reduce pain or stress) before you can achieve significant improvements in your sleep.

It can be very tempting to resort to sleeping pills to get some sleep, and sometimes it is a necessity, but there are many herbs and other more natural treatments that can provide relief without the side effects associated with sleeping pills. It sometimes takes a bit of trial and error to find the natural treatments that work best for you, which is where a naturopath can help streamline the process by taking all your circumstances into account.

A basic treatment is a good magnesium supplement. Magnesium deficiency is common as it has many functions in the body and is easily depleted. Magnesium helps regulate the stress response as well as maintaining levels of the neurotransmitter GABA,

Anita Kilby
naturopath



which promotes sleep. Older adults, people with digestive disorders, diabetes or excessive alcohol intake are at greater risk of magnesium deficiency. Include foods high in magnesium in your diet, such as dark leafy greens, nuts and seeds, and beans.

There are several forms of magnesium supplements, different ones work better for different conditions, so check the label. Magnesium glycinate (also called bisglycinate or diglycinate) works well for sleep. Avoid taking magnesium supplements with a lot of B vitamins in them in the evening as they can boost your energy levels, not what you want to do before bed. Magnesium may interact with some medications such as heart, osteoporosis and diabetes medications, and some antibiotics, so please check with your doctor before combining those.

Don't let sleep problems continue unchecked. Ensure you have a regular calming bed time routine and good sleep hygiene practices, including reducing exposure to blue light from screens in the evening. Get treatment for the obvious causes and if there are no obvious cause get help to find out what the problem is. Your overall health depends on good sleep!



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From the Editor

Winter in Hall doesn't seem to have chilled our enthusiasm. From bee friendly plans and karate classes to fire protection, the Hall Park upgrade consultations and a meet the author event at Terroux it all seems to be happening in and around Hall. This is also the season of annual meetings with various local groups reflecting on achievements and activities over the past year. The Rotary Club of Hall reports on its Changeover dinner and the Village of Hall and District Progress Association and the Museum are planning their annual general meetings in August. Plus much more in this edition about getting a good night's sleep, recycling, gardening and other local news. Happy reading.

Until next time,
Jo Hall

Letters to the editor

Here's your chance to raise issues
and to engage in community discussion,

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Congratulations Tony!



Hall Volunteer Rural Fire Brigade Captain Tony Hazleton, receives the Brigade Person of the Year award on 19 July. Flanked by ACT Rural Fire Service Chief Officer Joe Murphy and Hall Brigade President Bill Henderson.

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The Rural Fringe – ISSN: 1329-3893

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

Contributions

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

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

February issue deadline is 10 January

April issue deadline is 10 March

June issue deadline is 10 May

August issue deadline is 10 July

October issue deadline is 10 September

December issue deadline is 10 November

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

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

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

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

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- 100 ml olive oil plus a splash for the tin
- 170 ml of cold water
- 275 grams of flour
- 200 grams of sugar
- 1 tsp of baking powder
- 1 pinch of salt
- 1 lemon juiced and zested

Instructions

1. Heat oven to 200C/180C fan.
2. Oil a loaf tin and line it with baking parchment.
3. Add the olive oil, lemon juice and 170ml cold water in a jug and place in freezer for 5 minutes.
4. Mix the flour, sugar, baking powder and lemon zest in a bowl then mix in wet ingredients until smooth.
5. Pour the mixture into the tin.

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6. Bake for 30 mins or until a skewer comes out clean.
7. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.

Options – You can add a cupful of fresh or frozen berries to this cake. Frozen will sink to the bottom and fresh will stay at the top.



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HALL ADVENTURE TRAIL & NATURE PLAY CONCEPT PLAN



Hall Adventure Trail & Nature Play

The final consultation for the Hall Park Upgrade was held on the evening of 3 July at 5.30pm outside the Post Office. Three representatives from the ACT Transport Canberra and City Services Directorate (TCCS) attended and kindly provided the latest plan and information to about 50 Hall residents who came along and shared their views and asked questions. A great turnout given how cold it was.

Community feedback on the plans was very good and all seemed very impressed with what was to be done. This was the third and last of the community consultations and TCCS will continue to provide the Village of Hall and District Progress Association with updates as the process moves through planning approvals. It is hoped that work will be able to proceed during the next school holidays in September-October and be completed by December.

This vehicle was seen departing the site after rubbish was illegally dumped on the ACT part of Wallaroo Road, near the entrance to Farmer Brown's Egg Farm at 5:30am on Friday 26 July.



The vehicle had its rego plates removed, it had no mud flaps and appeared to have two occupants.

*If you have any information please contact Access Canberra on **13 22 81** or report it via Fix My Street at www.accesscanberra.act.gov.au*