

# RURAL FRINGE

*Journal of the Hall district*



VOLUME 27 ISSUE 1

February 2020

## And then the country burned...

An interview with Rod Tarlinton,  
Captain, Springfield Rural Fire Brigade.

**Rod Tarlinton:** I've been with the brigade since I was 13, so close to 35 years. My family has been part of Springfield for a very long time with both my Dad and son, together with my sisters being active members over the years.

**Rural Fringe:** Can you describe any of the callouts you have been involved with, here or further afield?

**RT:** Our Brigade has been assisting with fires both locally and further away in Northern NSW since September this year. As the Brigade Captain, it's been my role to coordinate volunteers for the Strike Teams that get deployed to the different fire grounds. Around Christmas, we had crews going out every day for over three weeks. We have been sending members all over the state since September, including fires in Northern NSW, the South Coast, Goulburn-Mulwaree, Braidwood, Southern Highlands and Nerriga.

On a personal level, I have been to:

- Wombeyan Caves/Green Wattle Creek fire. Primarily containment line/back burning in the National Park.
- Nerriga – we had a number of deployments including putting in a containment around the natural gas pipeline that goes through that area. That was meant to be for blacking out fire spots but there were a number of instances where those fires became active and we were dealing with that and some structure protection.
- Bungonia/Windellama – putting in containment lines in private property along the gorges above the Shoalhaven River. That was the Jacqua fire which began after the Bundanoon fire that was quite damaging in that area. The terrain here was very difficult because of the steep gorges where the fire can jump the river and move very quickly up hill.

Locally, we did have a busy day at the end of December when a local using their mower on a Total Fire Ban day caused a grass fire at the front of their property. We worked with Wallaroo to quickly contain that fire as the winds that day had the potential to cause damage. Later that afternoon, we were one of 30 trucks dealing with a number of grass fires along the Hume Highway at Yass. That fire shut the highway for a number of hours while we worked to contain and mop up the fire which covered over 10kms.

**RF:** How has this fire season affected members of your Brigade?



... continued on page 11

# Out and About



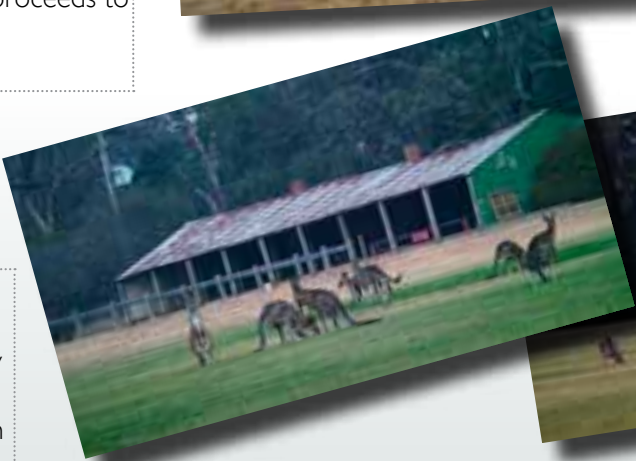
On a rare (relatively) clear day on 12 January, the Gujarati Samaj of ACT held their annual Kite Festival on Hall Oval, proceeds to the RFS.

Photos: Bob Richardson



Kangaroos on Hall Oval.

Photos: Paul Porteus



Hall Men's Shed. All welcome. Drop in on a Thursday from 10am at the Hall Primary School site on Palmer Street.



Photo: Bob Richardson

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# Beeautiful Victoria Street Plantings Hall Honeys

A grant of \$15,000 from the Australian Government Communities Environment Program has been received by the Village of Hall and District Progress Association on behalf of the Hall Honeys.

The funds will be used to establish attractive bee-friendly plantings along Victoria Street between Gladstone and Loftus Streets as part of the Hall Honeys efforts to improve habitat for pollinators in Hall Village and promote the health of bees in the community.



In the coming weeks, an expert will be engaged to provide design options for streetscape plantings that are consistent with heritage values, health and safety considerations and the bee-friendly objectives of the project. Stay tuned for more information on the project – the Honeys will be seeking feedback on design options as well as volunteers/sponsors for this fantastic project.



The section of Victoria Street for bee-friendly plantings

## St Michael and All Angels Anglican Church news

Situated on the corner of Victoria & Loftus Streets, Hall Although hot cross buns have been in the shops since only days after Christmas, Easter is still some time away. However in the parish of St Barnabas Charnwood and St Michael & All Angels Hall, as in churches of many denominations, preparation for Easter begins on Ash Wednesday, which this year falls on Wednesday 26 February. Ash Wednesday begins the 40 days of Lent, a period of reflection and preparation before the celebrations of Easter. Residents and visitors alike are invited to join any of the services which mark this special time in the church year.

### Good Friday 10 April

Stations of the Cross. The combined churches of Hall invite everyone to share walking Stations of the Cross along Victoria Street, Hall. Starting time 11.00 am at the carpark at the intersection of Victoria Street and Barton Highway at the northern end of Hall, and finishing at the Remembrance Garden at the corner of Victoria and Gladstone Streets. Start at the beginning, or join in along the way.

### Easter Day, Sunday 12 April

11.00 am Holy Communion at St Michael & All Angels Regular services each Sunday at 11.00 am, followed by morning tea. All welcome!

For more info please ring Beryl on 0408 488526

## Hold the Date! Singing for their Supper

Fundraiser for Wildlife Affected by Bushfires

Saturday 29 February from 3pm until 11pm

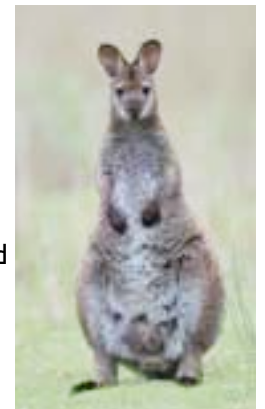
At the Pavilion, Gladstone Street, Hall

An afternoon and evening of musical entertainment featuring Canberra Shanty Club and other folk and blue grass musicians.



Funds raised will go to Wildcare Queanbeyan, Native Animals Rescue Group (NARG – includes Major's Creek Wombat Sanctuary) and other local wildlife rescue groups providing food, water and immediate care for wildlife affected by the drought and bushfires.

More information: Rhiân Williams 0448 302955 of search for *Singing for their Supper* on Facebook.



## UPCOMING EVENTS



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Gallagher Wines Dinner 5-courses, matching wines	30 Jul
Eden Road Winery Dinner 5-courses, matching wines	20 Aug

For tickets go to [1882barandgrill.com.au](http://1882barandgrill.com.au)

## mental health

Experts from The Australian National University (ANU) have developed a freely-accessible Community Trauma Toolkit, which contains a suite of resources to help support adults and children before, during, and after the bushfires.

The toolkit has been tailored for parents and caregivers, General Practitioners, health and social services workers, first responders, educators and community leaders.

The toolkit provides resources to support individuals and communities to:

- prepare children and their families both practically and psychologically for a disaster
- interact with children during the event in a way that may enhance their resilience and recovery
- interact with and support children and their families as they re-establish a sense of safety immediately after an event
- support children and their families in the ongoing recovery process
- understand the importance of self-care during and after a traumatic event and
- identify emotional and behavioural difficulties in

children that may indicate more ongoing, specialised support is required.

The toolkit was developed via extensive consultation with the audiences, disaster recovery and resilience organisations and experts, plus children and families with a lived experience of community trauma events.

It contains written resources, podcasts, videos and workshop presentations with supporting resources. The toolkit was developed as part of the Emerging Minds National Workforce Centre for Child Mental Health which is funded by the Australian Department of Health under the National Support for Child and Youth Mental Health Program.

The National Workforce Centre for Child Mental Health is delivered by Emerging Minds, ANU, Parenting Research Centre, Australian Institute for Family Studies and the Royal Australian College of GPs.

The project was led by Director of the Australian Child & Adolescent Trauma, Loss & Grief Network at ANU, Ms Nicola Palfrey.

To access the kit go to [anu.edu.au](http://anu.edu.au) and search for *go-to mental health toolkit fires*.



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As I write this in early January, the air is yet again filled with smoke from the bush fires. Hopefully the fires will have exhausted themselves, the air will be clear and recovery well underway by early February. The national and international response to Australia's losses has been incredibly heartwarming, and the gratitude towards the firefighters cannot be adequately expressed.

We've all been breathing the toxic air and been under increased stress from the vigilance required, particularly for those on rural properties, and compounded by the drought. It does take a toll on health, noticeable or not. For those with existing respiratory conditions, a check-up with the doctor is sensible. A naturopath can also individually tailor to your needs a range of herbs and compounds which have been shown to be beneficial for lung health.

Investing in an air purifier might be a worthwhile consideration for many. Usually it is the air inside the home that is considered more toxic than outdoor air, due to the release of toxins from furnishings and household chemicals. We need our indoor air to be as clean as possible when the outdoor air is choking. Select a purifier that has a HEPA filter to trap the particles.

Recent research is showing the importance of gut health for lung conditions as they have identified bi-directional communication between the microbiomes of each, called the gut-lung axis, meaning the health of one influences the health of the other. This communication also exists between other organs and the gut, providing support for the long-held view of gut health being the basis of all health! Improving digestive issues could have many seemingly unrelated health benefits.

There are some simple things you can do to help your body recover from the effects of airborne toxins. Most important is to be properly hydrated – drink plenty of water every day. All our detoxification and waste removal processes require water to flush the toxins out. Basic water requirements vary with weight – for someone who is 50kgs aim for about 1.5 litres daily, increase that by ½ a litre for every 20 kgs. That's the baseline amount, increase that on hot days and with increased physical activity. Don't rely on thirst to judge your water requirements, you are already dehydrated when you feel thirsty. You can gauge your hydration by the colour of your urine, all but the first urination of the day should be only slightly yellow.

To counteract toxins, you need antioxidants. Fruit and vegetables are loaded with them. Fresh herbs high in antioxidants include oregano, rosemary, garlic, coriander,

ginger, turmeric, thyme, dill and peppermint. Vitamins A, C and E are antioxidants so you might consider supplementing those for a little while to boost levels or increase your intake of foods high in them, such as orange coloured foods, paw paw, capsicum, dark leafy greens, and sunflower seeds. The super greens like chlorella and spirulina are also a great source of antioxidants — look for a good quality organic brand such as Synergy. Green tea is also good.

Supporting the body's elimination channels will help the clearance of toxins. The liver is the main detoxifying organ, so give it a break with an alcohol-free month, or at least cut back significantly. Perhaps replace alcohol with a detox tea or supplement drink. The liver flushes into the digestive tract, so daily bowel movements are important. The kidneys, lungs and skin are the other major detox pathways. Help them by staying hydrated, practice deep slow breathing, and exercise to give the lungs a good workout and promote sweating.



Symptoms of toxin overload are very individual. Your body's level of inflammation increases, so if you have a particular health condition or susceptibility you may notice an increase in symptoms. It could be increased joint pain, headaches, fatigue, more frequent colds, worse respiratory, digestive or skin symptoms etc. They could point to a need to detoxify. Whilst I'm not a fan of a yearly detox program, preferring instead to support detox processes every day with a healthy diet and lifestyle, a detox program could be beneficial after known toxin exposure.

Finally, managing your stress levels will help you sleep and function better. Even in times of crisis it is important to allow a few moments of light relief or laughter. Developing a regular practice to help you unwind can make accessing a place of calmness an easier process during times of increased stress. Apps such as *Headspace* can guide you in developing a meditation practice, or just commit yourself to a daily daydream time to help your heart rate drop and your mind to settle.

Sadly, it seems we are likely to experience continued drought and bad fire seasons in the years to come, so the need to be as healthy as possible will only become more important to enable us to face the challenges ahead. Start the new decade with health improvement as a goal, one step at a time. If you are taking any medications always check for any possible interactions with herbs and supplements — ask a pharmacist or give me a call.

# Why Did the Turtle Cross the Road?

wild life

# To Find True Love!

By Rhiân Williams

Eastern long necked turtles play a particularly vital role in keeping down mosquito and midge numbers by consuming their larvae. They have been around for over 250 million years but right now there are estimates saying their populations have been reduced by up to 90% in some areas and these remaining populations will have been hard hit by the drought and the recent bushfires.



You will most likely see them after rain, which brings them to look for a mate or a place to lay their eggs. This means you will most likely spot them crossing the road after rain anytime from spring to early autumn.

Please slow down and keep an eye out for them. If it is safe please stop and help them across the road in the direction they are heading. Although be careful they can be a bit smelly so it's best to pick them up on the sides of the shells.

But you'll know you're a true blue Aussie Cupid once you've helped your first eastern long necked turtle cross the road.



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# Bushfire Relief - An ARC for Animals

During the aftermath of the South Coast fires over New Year's Eve, Hall Village made the showground available as a respite area for horses and livestock evacuating through Canberra. To signal-boost this offer to those in need, I posted the information to the Facebook group, Animal Rescue Cooperative (ARC), who play a major role in co-ordinating rescue efforts for injured wildlife, bushfire evacuees and their animals.

If you've not heard of ARC, you might recognise them under their former name, Animal Rescue Freecycle, a collection of animal rescue groups and their supporters using the Facebook platform to connect with each other and share resources. What began essentially as a message board for animal rescue groups and their supporters, rapidly solidified late last year into the Animal Rescue Cooperative, an organised, cohesive cooperative of incredible volunteers across the nation and even overseas, responding to New South Wales' bushfire crisis. ARC's Facebook group is now one of the major platforms used to coordinate rescue and relief operations, supporting animal rescuers, organising drop hubs, safe house locations and daily supply convoys to bushfire ravaged areas across the country, including some of the most heavily impacted and difficult to reach areas where supplies are needed the most. The majority of ARC's supplies are generously donated by local businesses, including our own Hall Farm Supplies, and members of the public.

After seeing my respite area post, ARC member Andraya Stapp reached out to me to ask if we needed supplies for any horses in respite or distressed wildlife in our area. This initiated communications with Jan Spate of Hall Animal Supplies, and her contacts within wildlife rescue, to organise a food supply donation for animals at Hammershill and Kalandra Sanctuaries, a koala sanctuary and release site for rehabilitated wildlife where bushfire survivors were being cared for. These smaller, lesser-known rescues mentioned that they are often overlooked when donations are made available and were deeply grateful for the assistance.

ARC has also been able to provide additional fresh food donations to assist with setting up a feeding station for drought-affected wildlife in the Hall area. Food drops have been placed on the edge of the village in areas frequented by native fauna. If you would like to learn more about ARC and get involved in their rescue efforts, or make a supplies donation, you can connect with them through their public Facebook group, Animal Rescue Cooperative (ARC). Our wildlife is struggling through an incredibly difficult time and needs our help. The Hall community has always been wonderful in supporting those in need. I am hoping they will want to help build our ARC.

In solidarity,

Zina Richardson



**Hall Volunteer Bush Fire Brigade** on duty and mopping up at the recent fires in Beard.


Joel and Captain Tony.

Dylan and Chris rescuing a possum.



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**What tips do you have for fire safety at your place?**



**Tip 1:** Beware, in this hot, dry weather your ride-on mowers can start a grass fire. Having a fire extinguisher attached to the mower is a great fire safety tip!

**Tip 2:** Do you, and others in your family, know how to open your electric garage door by hand? During a fire there might also be a power cut – knowing how to open your electric garage door might just save your life!

*Send us your ideas/innovations, and we will compile a list to publish at the start of next summer's fire season!*

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# Where to Now?

When the Smoke Clears.

by **Lisa Walmsley**

I wish I had all the answers to how to deal with the smoke that is shrouding us all and creating so much fear and discomfort for those in the smoke zone and terror, disaster and loss for those on the front line.

Regardless of how the fires started, why they are so bad and how long they are going to linger, there will be a fall out for many of our gardens.

The crisp dry heat we are experiencing, followed by weeks of smoke and heat, make keeping the garden in tip top shape rather tricky and as I write this we are only in the early stages of summer.

Many rural gardens are in the very difficult situation of running out of water in dams and tanks along with bores that are running dry. In town, most gardeners are trying to use water conservatively and cautiously and with the weather conditions we are experiencing little bits of water are not enough. In many cases, transpiration is faster than plants can uptake water, so plants are wilting quickly, especially young plants and some experience severe stress and potential death.

This is new territory for our gardens.

What I do know is that our local vineyards and more importantly, their grapes will be seriously impacted by weeks of smoke. Grapes can become 'smoke tainted', completely rendering the grapes useless.

Recent news suggests that the density of smoke we are experiencing is equivalent to 60 cigarettes a day, even hard core smokers would have trouble keeping up with that.

Like humans, plants will be affected by the fine particles in the smoke that include ash, partly consumed fuel, potentially hundreds of chemical compounds including carbon monoxide, carbon dioxide, hydrocarbons and small amounts of nitrogen oxide. I imagine that prolonged exposure to excessive smoke along with excessive CO<sub>2</sub> and other gases will possibly cause blockages that could lead to the plant suffocating if this lasts for a prolonged period.

According to my research even short term exposure to smoke can destroy chlorophyll in plants and reduces their ability to photosynthesise by as much as 50%. This will cause the plants to become oxygen deprived and may cause wilting and ill thrift. In this case, plants then switch to survival mode, causing fruiting and ripening to slow, reducing yield and potentially affecting the flavour of your produce.



One benefit of smoke is the reduction of intense direct sunlight which helps prevent heat stress and sun scald, which I'm sure you have seen in your garden this

summer. Smoke diffuses sunlight, sending light to lower parts of the plant that normally miss out on sunlight. Smoke can also provide the advantage of inhibiting fungal disease and insect pest activity.

Then there is the consideration of our pollinators. Our bees are already compromised and smoke is their worst enemy. Not only have millions of food producing hectares burnt but the ensuing smoke must be causing great hunger, confusion and death to our bee colonies. Many bee keepers have stated that it may take as many as 20 years to return to any sense of normalcy in the bee communities.

When the smoke finally lifts and the heat comes out of summer it is likely our gardens will need a little extra

care and attention and some of us will need to replace plants that didn't make it. I will not be defeated by this catastrophe and will continue to plant thousands of trees and shrubs every year, hoping that my little bit will make a small difference.

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# Continued from page 1

**RT:** We have sent over a dozen of our active members have been deployed since September on fires outside of our location. While dealing with the exhaustion of working 15-18-hour days as well as having to continue with their day to day lives, it has been seen as a good opportunity to build on their experience, especially for our newer members. Some members even cancelled their holidays to be available and we are really thankful for their service and commitment.

**RF:** How has this fire season contributed to the experience of your Junior Brigade members?

**RT:** We have a great bunch of juniors at Springfield, some of whom have since graduated to the senior member ranks which means they can attend the fires. Those under 16 have been wishing they were older so they can get amongst it! It's been great to see the transition of our Juniors to full members of the brigade who have done a great job on the fire ground this summer.

**RF:** Do you have any tips or advice for the residents of this particular area?

**RT:** Ultimately, we need you all to be bush fire ready. While it's cool, do the preparation and be aware of what is happening around you, what might contribute to a fire risk around your property and what you will do in the event of a fire.

Some homes are undefendable. Even for those that are, we will not have a truck for every house, so you need to have a level of preparedness, even if that means leaving early. But you can learn how to protect your home and know what to do if you choose to stay and defend your property.

We also encourage you to get to know your neighbours. That's been a goal of our brigade, to build community so that in these situations people can rely on and look out for their neighbours.

**RF:** Our community is extremely comforted by your presence; what is the best thing we can do to thank/ support you and the RFS?

**RT:** We are grateful to be in a community who supports us and the work we do, and we have had many people ask what they can do to help. The three best things are:

- Get your fire plan done. Know what to do in the event of a fire near you.
- Donate to the Brigade. If you don't have time to be a member or help with fundraising, an annual subscription is a great benefit to us. We are not 100% funded, so we do have to purchase equipment to supplement what we receive from the RFS. You can donate to our brigade directly. Springfield Bushfire Brigade BSB – 062919 Account – 1000512 using your surname as a reference. We are grateful for recent donations from #SlabsforHeroes and local residents and businesses.
- Come to a training session. We encourage all local residents to learn some basic skills to help them

protect their home. Our members generally get together for training twice a month (including a session with our Juniors) and we always welcome new or interested people to join in. If you are interested in finding out how you can be involved, or just want to drop in to learn more about being prepared, come along to our next training session Sunday 2 February from 2pm at Patemans Lane. Training will start at 3pm and we will talk about what's involved, how long it takes to be qualified, basic skills and answer your questions.

## Firies on the Line

*Song by Hugh Watson & Matthew Herbert, of Willie and the Correspondents. Written after the 2003 fires, just as relevant.*

Fireball at the edge of town  
No one knows how big  
Just know we got to stop it there  
Give all we can give  
Every year just seems the same  
We're looking worried west  
The heat will grow, the wind will come  
Put us to the test.

Firies on the line again  
Firies on the line again  
Firies on the line  
Coming through.

Fire's jumped the river  
It's on a two mile front  
Family kids and houses are lying in its path  
Yellow Army's there again  
Ordinary people, extraordinary risks  
Humour, courage, strength and fear  
Get them through again.

Firies on the line again...

And when the big one comes  
Ash Wednesday or Tathra's hell  
Fire in the suburbs  
Blue Mountains as well  
The tankers filled, the hoses primed  
The battle lines are drawn  
Thank god they're here again  
To fight the firestorm.

Firies on the line again...

Photo: Getty Images

# 'Everyone has contributed to making a difference'

Q&A with former Wallaroo Fire Brigade captain, Neil Shepherd

**Neil Shepherd:** I joined Wallaroo Rural Fire Brigade in 2003, and after working through various roles in the brigade, I was elected as the captain of the brigade between 2010 and 2018. I was elected as a Deputy Group

Captain for the Group 2 Region in 2018; in this senior volunteer role, I provide operational leadership of multiple brigade units and personnel in the field, mentorship and guidance to brigades during the fire season and the off-season, and act as a conduit between volunteer brigades and paid Rural Fire Service staff.

**Rural Fringe:** Can you describe any of the callouts you have been involved with, here or further afield?

**NS:** I have had the great privilege of leading local Rural Fire Service personnel from the Southern Tablelands Zone across a number of firegrounds this fire season, with our first deployments commencing in early September 2019. I led one of these deployments with approximately 20 Zone personnel to fires threatening the Northern Rivers region in November 2019, where we assisted exhausted local crews with property protection and conducted backburning to prevent the further

spread of the fire. The fires in this region were burning in some difficult terrain with erratic fire behaviour which provided some interesting experiences for our crews.

In our own region over December 2019 and January 2020, I have led Zone crews at the Green Wattle Tree Creek fire north of Taralga, the Jacqua Creek fire near Bungonia, the Charleys Forest fire near Nerriga, and the North Black Range fire near Braidwood. Each of these fires has brought its own challenges, and our commitment has varied from protecting people's properties from fast moving firefronts to the very important, but not so exciting, role of mopping-up/ blacking-out to ensure fire lines. Regardless of the situation, our teams have proved

themselves as outstanding firefighters and excellent ambassadors of their localities.

Just as I am, residents should be very proud of the breadth and depth of commitment by, and professionalism of, their local volunteers. Every brigade member I have been deployed with has proved themselves capable and a credit to the Rural Fire Service.



Southern Tablelands Zone Team, including Wallaroo Brigade members, deployed to Northern Rivers.

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**RF:** How has this fire season affected members of your Brigade?

**NS:** Members of the Zone have been committed across the state for some months now and I think they are quietly proud of the efforts they are making to defend residents' homes, businesses, stock, crops, and lives — they have had a direct impact on changing the circumstances and outcomes for many. In a related way, I think they are very pleased that, by and large, people across the state are listening to the warnings, planning their response, and making the right decisions to either leave early or prepare their properties to a state where they can be defended.

This fire season has seen far more challenges for our brigade members due to the extreme fire behaviour and the length of time the fires have been going for. I think most members have all been through a full range of emotions and feelings from celebrating the wins of successful days as well as the lows from the bad days. Our brigade members see firsthand the losses that can occur and the exhaustion of being out in days of 40 degrees plus temperatures. For most of our crews, it is the camaraderie, mateship and bond of what we go through together that gets us through.



Neil Shepherd catching a breath

**RF:** How has this fire season contributed to the experience of your Junior Brigade members?

**NS:** Most brigades entered the fire season with a number of members who have joined over the past few years but have not had extensive experience on the fireground. This fire season has provided them valuable exposure to every aspect of bush fire fighting, practical examples of the influence of weather and terrain on fires, and personal experience of the critical nature of teamwork on the fireground. I think all members of the service have gained valuable experience this fire season as we have all seen unprecedented fire behaviour on a scale that no-one could reasonably predict.

In particular, this season has provided them with ample opportunity to demonstrate the genuine worth of their regular training — when the firefront threatens, they have been ready to react in the right ways. As one of the members of the Zone's volunteer training team, it has been remarkably rewarding to see those behaviours and the skills learned through training being put into action when it counts the most. I could not be more proud of how our brigade members have stood strong in the face of some very tough conditions; regardless of their experience level, everyone has contributed to making a difference and supporting each other to get through the challenging times.

**RF:** Our community is extremely comforted by your presence; what is the best thing we can do to thank/support you and the RFS?

**NS:** I think there are a number of practical ways you can support brigades and the Rural Fire Service. At a brigade level, you might consider volunteering as a brigade member — we would love to have more local residents as part of our teams. Your assistance within the brigades can be on the front line or assisting in many different ways with supporting our operational capability. If volunteering isn't for you for whatever reason, your financial support can go a long way to improving our ability to respond to fires and other emergencies in the region. You can contact brigades directly to make a tax-deductible donation which members use to purchase additional equipment or enhance training facilities.

You can similarly support the broader work of the service simply by being prepared for fire. Having a bushfire survival plan will help you make the right decisions about staying to defend your property or not, and help us to help you.

If nothing else, you can pass on a simple thank you or give us a wave if you see us out on the road in your patch! Any support of our members from the community goes a long way to making all the hard work and long hours away from families all worthwhile.



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# Hall Village Community Fire Unit



Residents of Hall Village can be assured that the Hall Village Community Fire Unit (CFU 13) is well prepared to help defend if we come under ember attack and we are all on standby on days with difficult conditions.

Our CFU team is at full strength with several new, fully trained, members. All the fire hydrants have been checked and are operating — please keep them clear so we can access them.

Thanks to all former CFU members for their many years of service. And special thanks to Bob Richardson who, after 14 years of active service, has handed the role of CFU Team Leader onto the very qualified Graeme Bryce.

Have a plan and stay cool! Best wishes.

Hall CFU 13



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# Indian Mynas

by **Rhondda Dickson and Judy Roberts**

Indian Mynas are one of the biggest threats to our native wildlife. They take over nesting hollows from birds, possums and gliders and drive them out of an area. Mynas are on the increase again and are now being seen in some areas for the first time.



- Plant shrubs to reduce open areas in gardens.
- Block holes in roofs or eaves to prevent mynas nesting in the roof space — make sure you don't accidentally trap a possum or other animal.
- Feed stock and poultry only as much food as they need, cover feed bins and clean up any spills and
- Join CIMAG.

On Wednesday 4 December 23 local residents attended an Indian Myna information evening at the Headmaster's Cottage.

Bill Handke, President of the Canberra Indian Myna Action Group (CIMAG) gave an excellent presentation on these feral pests and the threat they pose.

CIMAG is a non-profit, voluntary community action Group, open for any local resident to join. The group provides traps and advice to its members. They record captures of Indian Mynas and other bird pests such as Starlings.

Website: [www.indianmynaaction.org.au](http://www.indianmynaaction.org.au)  
Facebook: <https://m.facebook.com/groups/1965719250400803/>

The community trapping and euthanasia program run by CIMAG has been very successful in reducing numbers of Mynas in the Canberra region from the 3rd most common bird in 2005 to the 17th most common in 2018. At the same time there has been a welcome increase in the numbers of small native birds returning to gardens.

Greg Flowers, CIMAG committee member and long-time local trapper, spoke about the behaviour of Mynas and gave tips on how to trap them. He also discussed the potential for removing Myna nests as an effective way of reducing numbers.

Peter Toet, President of the Village of Hall and District Progress Association, announced that they intend to get several traps to be loaned to members of the community. The Men's Shed has offered to manage the storage and distribution of the traps. There will be no charge, but residents will be asked to join CIMAG and contribute to the statistics they keep on successful removal of Mynas and other pests. Please contact Jonathan Palmer on **0419 685 358** if you would like more information or wish to borrow a trap.

There are a number of things that can be done to discourage Indian Mynas.

- Clear away food scraps after eating outdoors.
- Feed pets indoors or if fed outside, clear away when they have finished eating.

Greg Flowers has offered an opportunity for people to explore some of the local area to learn more about Mynas, their behaviour and nesting habits. You can contact Greg directly on **0490 132 146** if you would like to take advantage of his offer.



A local family in the Wallaroo area reported they have trapped 55 Mynas and 32 Starlings between 1-9 January. This number was well beyond their expectations. They are willing to share their experiences with regard to positioning and setting up of the traps.

One must consider whether the particularly dry and hot conditions with little food available has provided an opportune time to trap Mynas and Starlings.

  
  
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2020 started with the terrible fires that have devastated much of New South Wales, Victoria, South Australia and Western Australia. We have all been shocked and saddened by these fires. They have had a major impact on the stall holders of the Capital Region Farmers Market (CRFM), the length of the NSW South Coast, Snowy Mountains, South West Slopes and Southern Highlands. CRFM Manager Sarah Power has reached out to all affected stallholders to identify what has happened and what is needed for their recovery. Some of our stallholders have experienced partial or complete destruction of property, equipment, crops and stocks. The current drought has also impacted some stallholders. At the CRFM Market on 11 January fees were waived for all stallholders as an immediate way of support. The RC of Hall (RCH) also made available \$50,000 to immediately assist affected stallholders whilst longer-term needs will be investigated. The Farmers Market Community Bushfire Appeal was launched at the markets, where donation buckets were onsite throughout January. \$12,000 was collected on Saturday 11 January 2020. It was amazing to see such generosity of our customers and supporters who have given so much to help our fire impacted stallholders! Thank you.

100% of funds go directly to stallholders in fire and drought affected regions.

It will provide:

- Direct funding so that the fire affected stallholders can rebuild their lives.
- Equipment and coordinating the sharing of available equipment by multiple stallholders.
- Mental/social support for victims and their families.

The RCH marquee at the markets provided information to shoppers on stallholder's welfare and our subsequent assistance. This will include Rotary members assisting in the cleanup of the stallholder's farms or sites. There will also be administrative support to apply for any funding grants available.

Other ways the public can assist is to:

- Continue to shop at the markets.
- Nominate ways at the RCH marquee that you can assist with other support.
- Join Rotary – we are volunteers, not-for-profit and can act quickly.
- Send messages of support to our stallholders via our CRFM social media.



Hall Rotarian Jonathan Palmer assisting with bucket collection at the CRFM.

The Hall Rotary Club marquee



Hall Rotarians Paul Tyrrell and Founding CRFM Committee member Tony Howard



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Our own Rotarians, Steve and Mel Reynolds have also played a major role in the firefighting effort. They are both deputy captains at the Wee Jasper Volunteer Bush Fire Brigade. Steve is also training officer. On Christmas Day, while most of us were sitting down to Christmas dinner they were on duty fighting the Green Wattle fire. Over the last two weeks they have been waiting for the fires to reach Wee Jasper. They have been preparing not only themselves but also for Wee Jasper community.

**Other news from the RCH**

We had our annual initial meeting at Kingsley and Cynthia Southwell's home. It was a great evening to commence our Rotary 2020 year with our Rotary family. It was a hot night but lots of laughter and cool drinks and plenty of chatter.

**Youth Programs**

RCH has a strong interest in supporting young people through a number of Youth Programs.

**National Youth Science Forum (NYSF)**

This forum is to inspire young Australians in Year 12 to value science, technology, engineering and maths (STEM) and its importance in our communities. It is immersive and transformative youth-led experiences to young Australians to encourage life-long STEM literacy. RCH supported five participants to attend NYSF this year. However, due to Canberra experiencing hazardous air quality with smoke from the Australian Bushfire Crisis, part of the program was cancelled.

**Rotary Youth Leadership Award Program (RYLA)**

RYLA is a challenging 7-day practical, immersive residential program for young people aged 18 to 25 to step outside their comfort zone to gain self-awareness, learn the qualities of a leader, resilience, values and ethics, communication, goal setting/visioning, conflict resolution and mindfulness. RCH supported three participants to attend NYSF this year.

**Yanco High School Scholarships**

Yanco Agricultural (Yanco Ag) High School is situated on 280 hectares, including 180 hectares of intensive irrigation and dry land agriculture, as well as 60 hectares of natural bushland bordered by the Murrumbidgee River. A quality secondary education in an historic rural setting has been providing education to rural families since 1906. Greg Hunt, the Principal of Yanco Ag stated 'The drought continues to have a serious effect on the school and its students. Numbers are down this year and those students that have left due to financial considerations have been asked to reapply when circumstances change.'



Mel Reynolds celebrating with a Christmas Cracker

Steve Reynolds taking a break



The meeting at Kingsley and Cynthia Southwell's



On 18 December RCH President Fiona Hamer and Rotarian Yvonne Robson attended Yanco Ag High School to present six scholarships to students. It was greatly appreciated. In the school newsletter Greg Hunt stated 'A special note of thanks to the Hall Rotary Club in the ACT. The club holds a farmer's market and is strongly focused on supporting rural communities. As such they have generously donated \$12,000 for six students to help assist with boarding fees for next year. At some stage early next year I will take a small group of students over to one of their monthly meetings to thank the group as a whole.'

**Rotary Oceania Medical Aid for Children (ROMAC)**

ROMAC provides surgical treatment for children in Australia and New Zealand from developing countries in our Pacific region in the form of life giving and/or dignity restoring surgery not accessible to them in their home country. Baby Vincent Toto from the Solomon Islands is making slow weight gains. He is eight months old and weighs 6.7 kgs. He will require a second operation in February followed by fortnightly oesophageal dilations until he can process food to the stomach. RCH donates generously each year to ROMAC through the International Program.

**Toy Drive**

This Toy Drive was started by ACT Police to support disadvantaged children at Christmas time. Every child in foster care receives a gift. RCH donated \$500 to purchase gifts for children.

If you would like to participate in this exciting range of initiatives go to <https://www.hallrotary.org.au/about-us/contact-us/> or chat with our President Fiona Hamer 0450 754 309.



Rotarian Barbara Baikie with Sonali Kagirthal and Nick Pilbrow



Baby Vincent Toto, from the Solomon Islands



President Fiona Hamer and Rotarian Yvonne Robson receiving a Certificate of Appreciation for Rotary's donation.



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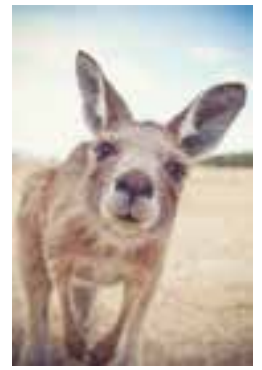
# Experiments in Happiness

## Keep Calm and Combat Climate Change

The terrible bushfires Australia has been experiencing shows the urgent and irrefutable need to address climate change. They have also shown how our communities pull together and support each other in times of crisis and need. This sense of community and connection is one of the foundations of true happiness. Even in the midst of all this terrible loss and grief what is sustaining people is reaching out to help and to know that others care. The problems we face – including how to deal with climate change and its effects is way too important to leave to politicians to solve – we all need to see what we can do. The following things you can do every day and they will make a difference. So let's keep calm and combat climate change! Your children will thank you and the land will heal. And our happiness and well being of all living things really does depend on getting this sorted!

1. **Be informed!** Seek out accurate and credible information. And make sure you disseminate and act on accurate and credible information. Do not argue with people who do not accept the science. If people don't accept the science direct your efforts to where your efforts will have real impact. Vote for those who accept the science and will act on it in courageous and innovative ways. Work with those who are working to address climate change. Don't argue with the keyboard warriors – just doing that will limit a whole lot of electricity use (resulting in reduced carbon dioxide in itself!).
2. **Tone It Down!** The computer is one of the biggest energy leeches in your house and most of the energy is leached when it is on standby mode. Save electricity and the planet by setting it to turn off when not in use for long periods. Also check that it isn't too bright – it hurts your eyes as well as the environment!
3. **Switch Off Lights!** As you go around the house before bedtime checking that the lights are out, check also that unused computers, TVs and appliances are switched off. Standby mode doesn't mean the machine isn't still using energy. You'll also cut down your electricity bills too!
4. **Do Full Loads of Washing!** Load your machine to its maximum capacity so that you can do less loads of washing. Use a washing detergent that caters to both whites and colours to help you do this. And wash in cold water to avoid wasting energy to heat up the water.
5. **Eat Beets ... And Broccoli ... And Corn.** Going off meat a couple of times a week is a great idea because it's good for us AND the planet. Our

An occasional column  
by the Smiling Kangaroo



bodies use less energy to digest greens, just as less energy is used to produce them. Cattle-rearing takes up a lot of energy when you consider the energy expended to produce food for the animals, as well as house them and care for them. (Check out the great planet saving recipes in the Fringe column *Saving the World One Brussel Sprout at a time!*)

6. **All For One, And One For All.** When you make your morning coffee, encourage the whole family to make their drinks at the same time too so that you don't have to start up the kettle so many times. Every time you turn the kettle on, it eats up a startling amount of energy because of the heating element.
7. **Try Car Pooling!** Car pooling is one of the most efficient ways to save energy and money. If you and your colleague work in the same office and live in the same area, it is recommended to do a car pool instead of driving separately for work.
8. **Get Your Friends and Relatives Involved!** What you do influences others. So use your power! Social scientists have found that when one person makes a sustainability-oriented decision, other people do too. For example:
  - Patrons at a cafe who were told that 30% of people had started eating less meat were twice as likely to order a meatless lunch.
  - A survey showed that of the 50% respondents who knew someone who had given up flying because of climate change said they flew less as a result.
  - Households are more likely to install solar panels in neighbourhoods that already have them.
9. **Send the Fringe your ideas** for what we can do as a community to reduce our carbon footprint! Let's see what we can do if we work together as a community. Send the Fringe your thoughts and let's see if we can make our village carbon neutral by the end of 2020.

Be brave. Life is joyous! And climate change can be addressed!

*PS And please put a bird feeder and a birdbath in your garden to help our desperately hungry and thirsty native wildlife.*

# Museum Musings

museum

**Alastair Crombie**  
Honorary Museum Curator

Æsop is credited with the aphorism – ‘we are known by the company we keep’. The Hall School and Heritage Museum has been fortunate to have had some good company recently.

### Cameron Archer AM calls in

Cameron Archer is descended from both the Archer and Cameron families of Ginninderra — his name says it all! Cameron visited in the course of collecting material for the family history he is researching for publication, which will relate the story of the Cameron family (the ‘Glebe’ Camerons — not to be confused with the ‘Waterholes’ or Majura Camerons) from the Scottish highlands to the Limestone Plains.

An agricultural educator by background, Cameron was Director of Tocal Agricultural College in the Hunter for 20 years or so. He was awarded an AM in 2013 for his significant service to agriculture education and to heritage management and conservation. He is currently Chair of the Belgenny Farm Trust, which is trustee of the McArthur’s family farm at Camden, Chair of the Primary Industries Education Foundation Australia and President of the Paterson Historical Society.



He is particularly interested in, and well-informed about, agricultural history and heritage. He has

encouraged the idea of an exhibition telling the story of agriculture in the Ginninderra district - something that we have under consideration.

### Allan Hawke visit

Allan Hawke AC is a descendant of the Blundell family, and has just published the first volume of his family history – *Calamity and Conquest. A chronicle of the convict Joseph Blundell and his consort Susan Osborne*. He is a prominent local, a former senior Commonwealth public servant, former Chancellor of the ANU, and current Chair of the Board of the Canberra Raiders.



Knowing of his interest in the Gillespie Collection we contacted him to say we would like a copy of his book and were delighted when he agreed to hand deliver it! We had discovered that he was good mates with Lyall Gillespie, who he called on regularly, so he was very interested to visit the Gillespie Collection and talk about it with curator Ken Heffernan.

A second volume on the Blundell family is promised, treating the children of the pioneering couple Joseph and Susan. A ‘preview’ in the form of a short biography of Jacob Blundell, can be found on the centre’s website [museum.hall.act.au](http://museum.hall.act.au).

*Calamity and Conquest* can be ordered (\$30) from the author by emailing [Allan.Hawke@raiders.com.au](mailto:Allan.Hawke@raiders.com.au)

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## Exhibitions 'on the road'

On Tuesday 7 January our exhibition based on Isla Paterson's water colour painting of a selection of heritage buildings — 'A palette of pioneer places' — was mounted at The Link, Ginninderry (West Belconnen). Alastair Crombie, Paul Howarth and Mardie Troth were able to stand back and watch professionals at work as Isla oversaw the mounting of the display by Ginninderry consultant curator Peter Haynes. The display area is in the foyer, a bright, crisp location, where the paintings each have plenty of space.



This is the second of our exhibitions that has gone travelling. 'Selected Spaces' — an exhibition telling the story of six settler families in the Ginninderra district — is still mounted at the premises of the Heraldry and Genealogy Society of Canberra, at the Cook Community Hub.

This is a great way to extend our reach into the community; both venues get a lot of visitors who might never make it to Hall. While we are blessed with a substantial amount of space for holding exhibitions at the centre, we will continue to look for opportunities to take them 'on the road'.

You can view the 'Palette' display at The Link, Ginninderry, at 1 McClymont Way, Strathnairn (next to the Strathnairn Arts Association) up until around 23 February.

## Ginninderra Blacksmith shop accounts journal

Beulah McAppion's family, through her son Chris, is donating the accounts journal kept by his great grandfather, Harry Curran, to the centre. Henry Roland Curran — known as 'Harry' — was the last full-time blacksmith in the ACT. He worked at the Ginninderra Blacksmith's Workshop (pictured below) first as an apprentice for his uncle, George Curran, from 1882 to 1889. In 1891 he returned to take it over in his own right after Alexander Warwick walked out. He stayed there until he retired in 1949, aged 82. At that time, he was also the oldest professional blacksmith in the country.



When offering the accounts journal to us Chris commented:

*It is fair to say that we are very proud of our heritage and we certainly know that our recently departed mother loved her grandfather dearly. We know you will take care of this much treasured piece of our family and Canberra's pioneering History ... I will visit the Hall School Museum in the future and appreciate the efforts of the Museum Staff to keep the early history of this region preserved... The journal records the daily jobs done at the smithy from 1914-1943, the charges applied and the people they applied to — names like Crace, Gillespie Brothers, Reid, Boreham and many others that I'm sure would be familiar to you ... true pioneers of the Ginninderra, Hall, Canberra and surrounding area... I enjoyed checking the history and in some cases (from your heritage website), photos.*

We are delighted to add this important item to our collection, and are most grateful to Chris and his family.

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# From the Editor **editorial**

The devastating bushfires continue to affect us all, with such a terrible loss of lives, homes, livelihoods, forests and wildlife. The awful smoke we have endured is a perpetual reminder. Our hearts go out to everyone affected and to the environmental destruction of so much of our beautiful country.

Never have I consulted so many apps on a daily basis – Air Rater, BOM, Fires Near Me – not to mention the ESA website and listening to the ABC. Never have I been so acutely aware of the wind speed and direction. Never have we cleaned up our garden so thoroughly to try and make it as fire ready as possible. All of this against a backdrop of frustration that we are living out the predictions ignored by our political leaders over so many years.

Amid all the tension and sadness I have been grateful for many things, including the apps. Our volunteer Rural Fire Brigades in Hall, Springfield and Wallaroo putting out local fires and helping further afield. Knowing our Community Fire Unit in Hall is standing ready. And the confidence that Commissioner Georgeina Whelan is doing the best possible job leading the ACT's emergency services. Thankfully we have been spared a major fire. And somehow Hall even avoided the hailstorm that caused so much damage across Canberra.

I am grateful as well for all the contributions to this edition of the *Rural Fringe* inviting positive actions we can take to look after our mental and physical health, to look after our gardens and to contribute to the emergency response and recovery efforts. I am very much looking forward to the *Singing for their Supper* event at the Pavilion on 29 February to raise funds for wildlife affected by the bushfires. I hope that we can all assist efforts for the recovery of homes, families, communities and wildlife that have faced such terrible devastation.

### The Rural Fringe – ISSN: 1329-3893

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

#### Contributions

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

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

- February issue deadline is 10 January
- April issue deadline is 10 March
- June issue deadline is 10 May
- August issue deadline is 10 July
- October issue deadline is 10 September
- December issue deadline is 10 November

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

Contributions to [ruralfringe@hotmail.com](mailto:ruralfringe@hotmail.com) or PO Box 43 Hall ACT 2618.

#### Advertising rates (per issue)

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

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Until next time.

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# Saving the World food One Brussels sprout at a time!

A food column based on *The Planetary Diet* – a simple way to combat climate change, preserve biodiversity and improve our health.

For more info on the *Planetary Diet* visit [www.thelancet.com/commissions/EAT](http://www.thelancet.com/commissions/EAT)

**A quick recap** — The EAT-Lancet Commission brought together 37 leading experts in nutrition, agriculture, ecology, political sciences and environmental sustainability, from 16 countries. They mapped the links between food, health and the environment and formulated global targets for healthy diets and sustainable food production and in so doing developed a 'planetary health diet'.

One-third of the greenhouse gas emissions driving the catastrophic climate change that has seen vast swathes of our country consumed by bushfires this summer comes from food production! But we can eat in more sustainable and climate friendly ways by increasing our consumption of fruits, vegetables, nuts and pulses and by limiting our consumption of meat and dairy. Good for the planet and good for you!



## 5 Ingredient Baked Brussels Sprout Tater Tots

### Ingredients

- 2 large russet potatoes peeled
- 1 tsp sea salt (plus to taste)
- 3 tbsp aquafaba (chickpea cooking liquid)
- 400 grams Brussels sprouts trimmed and shredded
- 1 to 2 tsp olive oil for brushing

### Instructions

1. Preheat the oven to 220 degrees Celsius and line a baking sheet with parchment paper.
2. Place potatoes in a saucepan filled with cold water. Bring to a boil, and continue boiling until the potatoes are just barely cooked through (important!).
3. Grate the potato into a mixing bowl using the largest holes on your grater.

4. In a small bowl, whisk together the aquafaba and sea salt with a fork. Add about half of this mixture to the grated potato and stir.

5. Add the shredded Brussels sprouts to the bowl along with the rest of the aquafaba mixture and stir to combine with the potatoes. Add other seasonings if you wish.

6. Form the mixture into small balls or tater tot shapes, squeezing each one gently to compress it a little bit, and place on the prepared baking sheet with room to grow.

7. Brush the tops with a very light coating of olive oil. Sprinkle with additional salt or sesame seeds if desired.

8. Bake for 15 minutes, then very gently flip over the tater tots. Bake for another 15-20 minutes or until lightly browned and crisp.

9. Serve immediately. Leftovers can be stored in an airtight container once completely cooled, and are most successful when reheated in the oven or toaster oven.

### Recipe Notes

Russet potatoes work best because of their starch content. If the tots aren't holding together, the potatoes were probably cooked too long. To salvage the tater tots, try adding potato flour/starch or another light flour a little bit at a time, just until the mixture holds together.

For more 5 ingredient vegan recipes check out [eluxemagazine.com/recipes/5-ingredient-vegan-recipes/](http://eluxemagazine.com/recipes/5-ingredient-vegan-recipes/)

**Ray White.**



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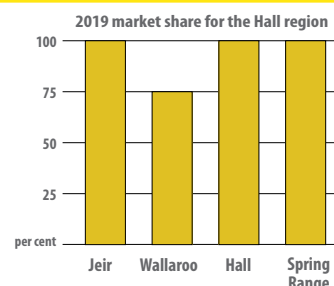
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## Around the Village



A beard of bees seeking cool outside their hive.  
And an echidna on the move.

*Photos: Paul Porteus*



Smoke in Victoria St, Hall Village.

*Photos: Paul Porteus*



Horses browsing in the smoke. One Tree Hill.  
Swamp Wallaby browsing in the garden. Hall Village.

*Photo: Andrew Purdam*



Fantails seeking a drink in a  
neighbourhood pond.

*Photos: Andrew Purdam*