

RURAL FRINGE

Journal of the Hall district



VOLUME 27 ISSUE 2

April 2020

Vice Regal visit in Hall

by **Jonathan Palmer**



First stop was a meeting with some of the *Hall Honeys* who described the work underway to establish Hall as Australia's first 'Bee Friendly Village' and provide a model for other small communities seeking to promote the health of bees (native and European) and other pollinators. The visit was timely as only that morning another 20 Hall Bee Block Native Bee hotels had been installed by University of Canberra Rotoract volunteers. Their Excellencies were impressed to hear that 101 gardens have been registered as 'Bee Friendly'. They were pleased to accept a 'Hall Bee Block' native bee hotel for installation at Government House.

The final day of the National Sheep Dog Trial Championships on 15 March brought sunshine and some special visitors to Hall Village.

Their Excellencies, the Governor-General of the Commonwealth of Australia, General the Honourable David Hurley and Mrs Hurley, had earlier accepted an invitation to visit the Hall Honeys and attend the National Sheep Dog Trial Championships. Despite the coronavirus, their office confirmed the day before that they were looking forward to the visit.



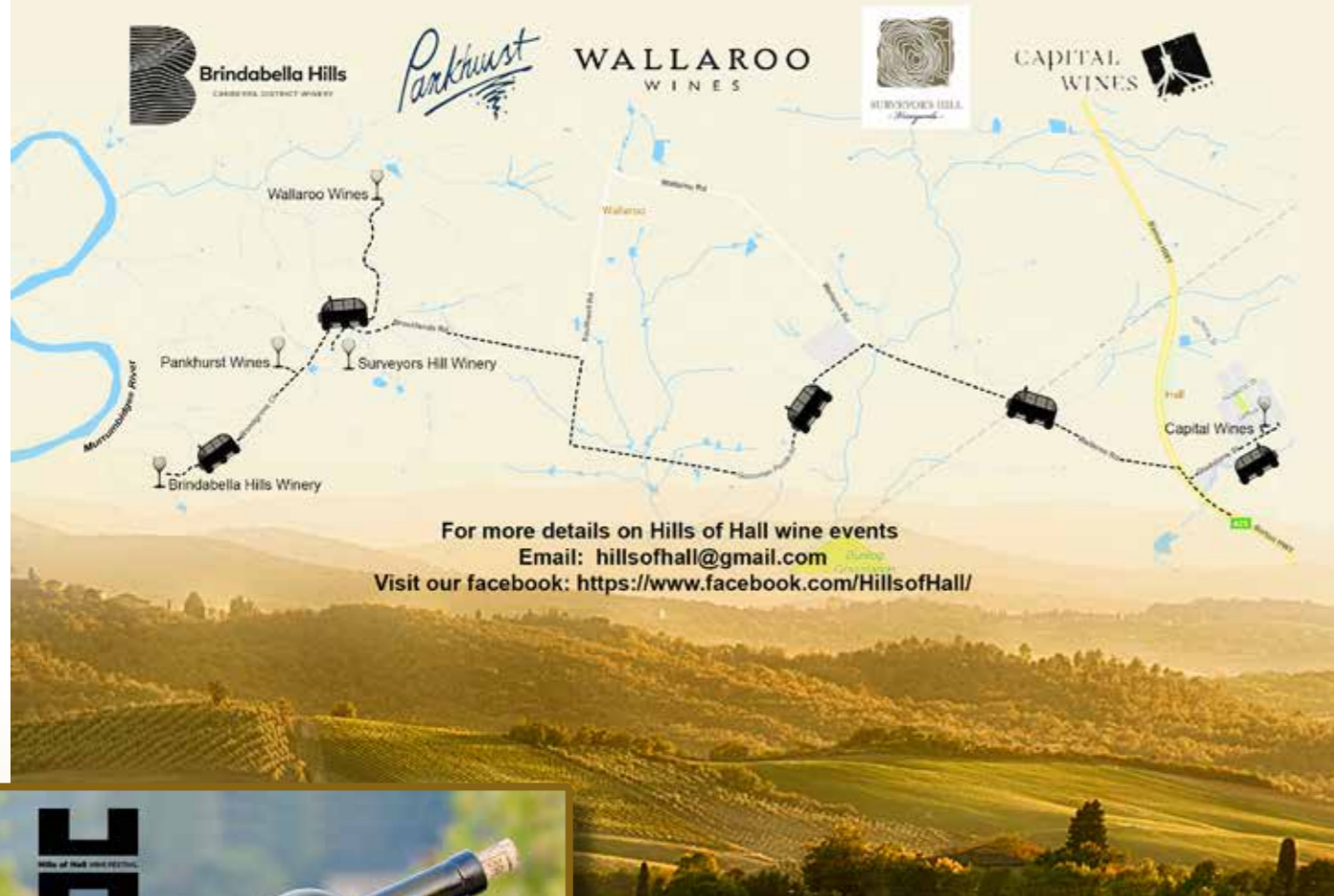
On the walk down Palmer St to the Showground they visited Helen and Bob Richardson's 'bee-utiful' Kenmyra garden where the Governor General inspected a top bar hive build by Bill Pearson. The arrival of the Governor General and Mrs Hurley added two more attendees to a record "Sheep Dog Trial crowd of more than 1,000. They watched the final four competitors in the open and moved to the Pavilion for the award ceremony. The expectation was that the Governor General would present the Duke of Gloucester Sash but he generously offered to present all the awards!

His Excellency said he would be back again next year - perhaps the scones and cream had something to do with that!

The Duke of Gloucester Sash



Out and about ... about



For more details on Hills of Hall wine events
 Email: hillssofhal@gmail.com
 Visit our facebook: <https://www.facebook.com/HillsOfHall/>



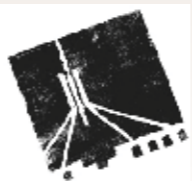
Hills of Hall Non-Harvest Festival 4 - 5 April, 10am-5pm

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Hills of Hall Non-Harvest Festival 4-5 April, 10am-5pm

This year the Hills of Hall Wineries won't be harvesting but we will still be celebrating all the good seasons we have had.

Join the collective for the Hills of Hall Wine Trail and support locals after the devastating weather events that have prevented the entire Canberra Wine Region from being able to harvest the 2020 vintage.

The five wineries are ready to show off their incredible wines, plus each venue will have a new release so you can be the first to try and buy directly from the Hills of Hall cellar doors.

WINE - FOOD - LIVE MUSIC

The 'Hop on Hop off' buses will be running on Saturday only. You can purchase your tickets via Eventbrite or jump on the Hills of Hall Facebook page for more details.

Dear Editor,
 It was alarming and disappointing to see reports in the media recently of panic buying amongst folks who have chosen to stockpile/hoard not only toilet paper but food and other "survival goods". Raids on grocery stores of nearby towns have left locals without goods, and Canberra businesses can no longer find once common cleaning and hygiene products to help keep them open to serve the public.
 It is sad to see the social challenges of COVID-19 bringing out the worst in some. I encourage all of us as a community to look out for each other and provide support to each other. The Hall district has well over a century long tradition of the farming folk working together as they faced adversity. Let's keep that spirit alive and keep in touch. Talk to your neighbour, even if it is with a fence between you!
 Andrew Purdam

Letters to the editor

St Michael's and All Angels Anglican Church

Corner of Loftus and Victoria St



Easter Services

Everyone is invited to celebrate Easter with the congregation of St Michael's.

Good Friday 10 April, 11am Stations of the Cross

All the churches of the area will come together to walk Stations of the Cross. The walk will start at 11am at the carpark at the intersection of Victoria St and Loftus St. Highways will be closed at the intersection of Garden St and Loftus St. The service will be held at the corner of Loftus St and Victoria St.

Easter Day 5 April, 11am St Michael's

We celebrate the joy of Christ's resurrection. Residents and visitors are welcome to St Michael's any Sunday at 11am, and for a cuppa after the service.

For more information please phone Beryl on 0408 488526

yass valley council

the country the people

SPRING RANGE, NANIMA & WALLAROO

Inc. Kaveney's Road residents

COMMUNITY MEETING

Thursday, 21 May 2020 7.00pm

Walleroo Fire Shed

Mayor Rowena Abbey will present the draft 2020/2021 Operational Plan which details Council's proposed budget, fees and charges and annual list of projects.

This is the community's opportunity to hear directly from Councillors and understand how to have your say on what is included.





Be Connected
an Government
Every Australian online.

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 Older 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

helping hands

You may have a neighbour that is unwell or elderly.

And they may be concerned about the CORONAVIRUS and want to stay in their home. Or they may be self isolating.

Maybe you could offer to pick up their shopping, collect or post their mail or just have a friendly chat with them on the phone.

Would you like to be added to the list of people in the Hall District that could help someone if required?


To be added to the list please email Bill Pearson at billypearson@gmail.com

Or you can add your name via the *Hall and District Community* Facebook page.

1882

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Coming events

fooling around in Flannels: Cricket on the Limestone Plains Saturday 18 April at 2.00 pm - Launch.

Open normal hours after.

New exhibition! - One of the first sports to be organised in the Canberra District beginning in about 1840. Come see how the game has changed over the years. In partnership with Capra & Co. District Historical Society.

**Annual Business Banquet & Concert with Canberra Brass
'It Takes Two to Tango!'
Sunday 22 April at 1.30 pm**

Our annual fundraiser: raffle, refreshments, bucket collection. MC – David Kilby.
(Sponsored by Barnett Lilley & Associates)

**Taking care of your Treasures:
a Conservation Clinic
Sunday 26 April 1.00 – 4.00 pm**

Free advice from professional AICCM conservators on proper storage, cleaning, display and copying of your precious items in partnership with the Australian Institute for Conservation of Cultural Material and the Heraldry & Genealogy Society of Canberra.

All events at the Hall School Museum and Heritage Centre, Palmer Street, Hall.

Entry is free for all events.
Donations are greatly appreciated.
Further details: www.museum.hall.act.au

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garden design consultant & horticulturist

LISA WALMSLEY

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Hall Traders Group widens its focus

The Hall Traders Association, which was set up in 2018, now has a wider membership focus encompassing businesses in the village as well as those in the surrounding rural area of the 2618 postcode. This is in recognition that shopfront traders have much in common with other businesses both in the village as well as those operating nearby.

The two key interest areas of the group remain:

- marketing and promotion of members' businesses and their activities,
- improving the infrastructure of the village and local area for the benefit of visitors, customers, businesses and residents.

A major activity for the traders group is the annual street party run as a joint venture with the progress association (VHDP). A new look street party is planned this year to be held as an afternoon/twilight event on Saturday 30 October.

The committee will meet shortly to discuss the possible name change to reflect and encompass the complete business district. The committee is also currently working on social media platforms that will include links to members websites and business profiles.

In the next few weeks you will notice membership forms at various businesses in Hall and access via our social media once it's up and running.

I urge all businesses to reach out to our association as the advantage of strength in numbers and a recognised business group can have major benefits to your business.

Please do not hesitate to call me for more information. Contact, Shaun O'Connor, President

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Fun meeting of this new social club for retirees

Probus is the social club of choice for retirees and every Probus Club has a different personality and people at its core. The new Charnwood-Dunlop Probus Club presents an exciting opportunity for retirees to join a brand new club with an informal approach and plenty of opportunities for new friendships. With a small and active group welcoming new members who can make the club their own; now is the time to join!

With more of our population moving into retirement every day and thousands of residents of retiring age in seems this is the perfect time to look at providing more opportunities for local retirees to join.

Repeating the success of a new wave of Probus clubs in Australia you can be part of this wonderfully enthusiastic and outgoing membership that meets on the 3rd Thursday of the month from 10am to 12pm at the Anglican Parish of St Barnabas, 10 Charnwood Place, Charnwood, ACT, 2615. Call **0407 685 286** or email: fjmatthews@gmail.com and come along for morning tea to find out more.

Charnwood-Dunlop Probus Club was formed as an initiative of the Probus South Pacific Limited Membership Development Strategy. Our team identified a need in the community and has since received a great deal of support from the Rotary Club of Belconnen which has sponsored the Probus Club. Probus remains Rotary's greatest community service activity for seniors.

If you join, you will hear interesting guest speakers, attend monthly meetings and take part in a wide range of pursuits. You will have opportunities to take local trips and to travel around the world.

As a member you will get access to exclusive discounts through the Probus Member Benefits Scheme, and you will also be able to access the exclusive Probus Travel Insurance plans, develop new interests and stay active.

What are you waiting for, join 125,000 retirees and register your interest today.

Venue: **Anglican Parish of St Barnabas**,
10 Charnwood Place, Charnwood, ACT, 2615

3rd Thursday of each month, 10am to 12pm

Contact: Frank Matthews, phone **0407 685 286**

email: fjmatthews@gmail.com

Phew! Gardens and people sigh in collective relief

by Lisa Walmsley

What a sight for sore eyes to see and feel glorious rain after months of smoke, heat and wind. Today I stopped to look up and stare at the wonders of a healthy, happy sky. Picture perfect blue with billowy clouds creating a wonderful 3D effect.



The dam at the Hall horse agistment area, before and just after the rains.
photos: Paul Porteous

All our plants have 'shedded' badly this year. Eucalypts always 'dump' bark, leaves and dead limbs at the end of summer, but this year they have been particularly messy. Most of your other plants have likely 'dumped' excess foliage as a survival mechanism, leaving them looking sparsely foliated and needing some extra care. Plants under stress do well with a light spray of Seasol on their foliage. It works like a tonic and aids in recovery.

Many plants are growing new foliage and some are flowering out of their normal season. Plants often flower after drought and as a response to rainfall.



Even though summer is officially over and the heat is still invading our days, the season has definitely turned. A row of trees on my road are already turning, early it seems and yet a gentle reminder that autumn is upon us and we are finally leaving summer behind, with not an ounce of regret. Autumn is the best season for everything outside.

This autumn, your garden will require some special attention. Seems like no garden has come out of this summer unscathed. Autumn rain is the best rain, it refreshes, refills and re-energises everything. In the case of this year where all of our water supplies were seriously compromised it brings pure relief to see, hear and feel rain again.

Now is a great time to re-assess your drainage. These dumping storms we are having, bring right 'to the forefront where our water run-off goes. Dig new drains and trenches or create new contours and swales to divert the water in a direction that is more beneficial to your garden. This may be the perfect opportunity to redesign your garden, strategically placing a mound, dry creek bed or pond to manage extra water.

If you have a lot of die back in plants, cut it off. Plants hate dead wood. If you have dead plants, pull them out and plant something new.



A Wallaroo garden that needs to have its drainage reassessed!

Hopefully the frosts will not start too early and our plants will have some time to 'recover during autumn.

If we are all to contribute in our own small way to reducing carbon, we need to plant more. We all need greenery and shade around our houses, this has a two-fold effect by increasing oxygen and cooling your house whereby requiring less aircon. Plant selection is obviously critical so do your research first.

Dr Joanne Chory, American plant biologist and geneticist, is presently working on developing 'super plants'. Plants evolved to take up CO₂, fix it then put it back into the atmosphere. She is presently working to design plants capable of storing more carbon dioxide in their roots and then dispersing it into the soil. On a large scale, this has the potential to extract enough CO₂ out of the atmosphere to slow down climate change. This is still in its preliminary stages of research, but is very positive. Imagine, combined with other global initiatives being able to mitigate the disastrous effects of climate change while providing more food, fuel and fibre for our growing population. This research could truly change our planet.

Good Hall showing at Canberra Show, 2020

by the Show Reporters

Many Hall district residents attended the opening of the 2020 Royal National Capital Agricultural Show by His Excellency the Governor General of Australia, General David Hurley AC DSC (Retd), and Chief Minister of the ACT, Mr Andrew Barr MLA. This is a reminder of Hall's long association with the event. Following the old tradition of ploughing matches and sports, small early 20th Century agricultural shows were held at Ginninderra and then Hall Recreation Reserve. Expanded grounds and buildings at Hall became the venue for larger shows from 1930, until Canberra Showground took over in 1964. (see pictures on page 22)



Ann Toet, with Kathleen Harvey and Andrew Price, guides their Excellencies to the craft exhibits at the opening of the Royal Canberra Show, 2020.

At the opening on 27 February, in the Craft Pavilion, Ann Toet, RNCAS Councillor and the Section Head for Craft had the honour of showing His Excellency and Her Excellency Mrs Linda Hurley around the pavilion. The Chief Minister and his partner Anthony Toms also inspected the work of the many exhibitors with great interest and admiration.

They included Amy Goldstraw who, after 17 years volunteering, is now assistant Chief Steward of the Animal Nursery and a Show Society councillor.

The Harvey family (Rowena, daughter Kathleen and husband Andy Price) have executive show roles and have organised the Animal Nursery Section over many years. Young Hall district residents Katie Demarco and Lily Smith also volunteered there this year.

Hall has a special tradition in the craft of sewing. Marj Southwell was steward of sewing at the Hall and Canberra shows. Her daughter Sandra then took the role for another astounding 48 years. In recent years, Jan Klaver has managed Sewing, assisted by former Hall resident Katey Brown, and Ken Heffernan helped at craft disabilities.

Many other Hall and district locals undoubtedly contribute to the show, including as dedicated and hard-working exhibitors. So, while Hall Village may have lamented the end of the local show in 1963, the district's involvement and contribution to the national heritage of agricultural shows lives on. If you are interested in getting involved in set up, display, judging, demonstrations or tidy-up, talk to a volunteer. There's always something fascinating to learn, do and share!



Mark Sarah of Cockington Green, presenting Harriet Stein with her certificate for winning Craft Champion of Champions

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SINGING FOR THEIR SUPPER



Sea Shanties are work songs. The rhythm of the music and the shants helped sailors and others to literally harmonise their labours – to pull together if you will.

On Saturday 29 February Canberra Sea Shanty Club pulled together a tremendous crew who came to dance and sing at the *Singing for their Supper* fundraiser at the Hall Pavilion. With final pledges and donations still coming through, along with ticket sales, it seems just over \$5000 has been raised for wildlife carer groups in our region. By pulling together we have helped support the wildlife affected by bushfires and now floods in our region and cared for by Wildcare Queanbeyan, the Native Animals Rescue Group (NARG) and LAOKO (Looking After Our Kosciuszko Orphans).

As with every event there are always so many people to thank. Firstly a huge ahoy of thanks to the Village of Hall and District Progress Association for the use of the Hall Pavilion and support in promoting the event. A very special thank you to Gail Condy for designing such a gorgeous and eye catching poster and then very patiently rejigging it into various social media formats. Without Gail's beautiful work we wouldn't have been able to promote the event so easily. And thanks to all the Hall businesses that put up posters – Daughters at Hall, the Shearing Shed Hall Servo, Hops and Vine, Hall Farm Supplies, Hall Vets, Kynefin and thanks to any others we may have missed – those gorgeous posters seem to pop up everywhere!



Hall Pavilion

Canberra Shanty Club

Thanks to Hall Farm Supplies for supplying the bale of Meadow Hay, the Kangaroo Nuts (which are for kangaroos to eat) and Wild Bird Seed which people could pledge to buy on the night and which will be delivered in a pallet of supplies to the Wildlife Groups.

Canberra Shanty Club would also like to give a very special thank you to all the performers who donated their performances and whose music and voices made us all sing and dance. Thanks to Lisa Richards whose voice melts and enthrals, to Paverty Bush Band who got us all dancing and holding hands with people we had never met and thanks to the Bobby James Band and Kopasetic whose music is rich with rhythm and smooth harmonies. And ahoy to the members of the Redfern, Marrickville and Sydney Shanty Clubs who came along and whose energy and enthusiasm brought so much fun to the entire event.

Thanks to Craig Lesueur for lending and tirelessly chasing the extra sound and light equipment we needed and for making all the performers sound so good on the night. Thanks also to Coates Hire in Mitchell for the light tower and distro, to Chris Neale from Eclipse Sound and Lighting in Queanbeyan for the loan of equipment and to Merry Muse for the loan of equipment as well.

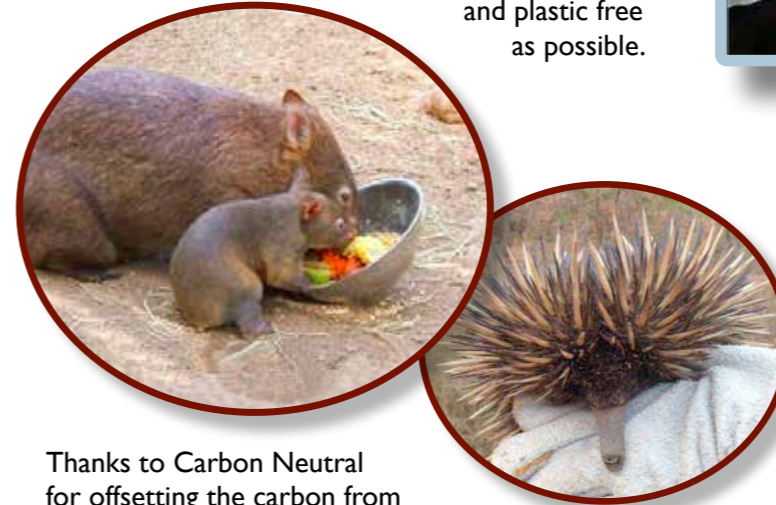
Thanks to Ben Wilson from Optus and Optus for loaning a 5G modem and gifting 500 gigs of data to enable the event to be live-streamed – we had an international audience thanks to you. And a very big thank you to Renee Blaquiere for patiently managing and monitoring the live-streaming.



Three Paverty Bush Band members clearly enjoying their time at the Pavilion.

Thanks to the tireless volunteers on the night on the door and the ice cream stall and for all the behind the scenes work before, during and after the event. Huge thanks to Kiriel Du Papon, Sabine Archer, Meroe Cahill and all the Canberra Shanty Club people who helped at the door including Janine O'Dwyer and Michael Sisley.

A very special thank you to Juliet and Steve Brown for all their help including decorating and set up and working to make the event as close to zero waste and plastic free as possible.



Thanks to Carbon Neutral for offsetting the carbon from the event – because we wanted to do everything we could to ensure we didn't add to climate change which was the cause of the bushfires and the reason we needed to help out in the first place.

Thanks to Arts Sound for asking Canberra Shanty Club to sing on the Arts Café, to Her Canberra for promoting the event and Adrienne Francis and ABC Canberra for getting Shanty Club singers out of bed at 5am to sing and promote the event and then replaying it at 11am which meant a whole lot of people heard it and came along!



Some of the Canberra Sea Shanty Club preparing to sing on local ABC Radio - very ear-ly in the morning!

A big thank you goes to Jack and Nessie from Jacko's Pizza for the best pizza and for listening to us on ABC Radio on Saturday morning! Thanks to Tim for bringing Wild Polly Beer – gluten free, local and just as smooth as! And a big thanks to Glenn from Stripey Sundae, who despite having a new baby on the way somehow managed to bring along Canberra's very best ice cream on the day – we all agree scooping is way harder than it looks and we're all waiting to meet the newest honorary member of Canberra Shanty Club.

Lastly thanks to everyone who came and sang and danced and made it such a great night and helped raise a heap of money – You rock and You shant!



The first rule of Shanty Club is: Tell everyone about Shanty Club – so please come along anytime you like. Check out Canberra Shanty Club on Facebook.

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Local becomes a hypnotherapist

A new year often brings new beginnings and Wallaroo local Robyn Monteleone is embarking on a new beginning as a hypnotherapist and NLP (Neuro Linguistic Programming) Coach. Having spent the last 19 years running *Select Custom Joinery* (a sustainable cabinet-making business) with her husband Gino, it's a change in direction that has taken a long time to germinate.

In the early 2000's Robyn completed a course which had components of hypnosis in it. Whilst keen to continue on, she chose to put further study on hold so she could have a family. Now her boys Aidan and Jerome are 15 and 10 and the timing was right to go back to study.


First hypnotised at the young age of eight or nine years old, Robyn's brother experimented on her and caused her to forget the number 6.

'When I counted my fingers, I counted to 11 and I was very confused!' says Robyn. 'Thankfully, he allowed me to remember the number 6 again and my memory has been fine ever since!'

'Our subconscious minds are the most powerful super computers known to humankind and we all have access to our own super computer. Our thoughts become habits and our habits determine our lives. Change our habits and we change our lives. Hypnosis helps to make rapid changes our thought processes and our emotional wellbeing so we can make the changes we want to make,' explains Robyn.

There are many misconceptions around hypnosis; people are often concerned they will tell all their secrets or be made to act like a chicken. These stereotypes have come about because of movies we've seen or stage hypnotists using specific techniques to entertain their audience.

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In reality, our free will and moral judgement are firmly in place and hypnosis allows our subconscious mind to be more receptive to therapeutic suggestions. Hypnosis has become known for effectively helping with weight loss, quitting smoking, removing phobias and relieving stress. Athletes and high performers are known for using creative visualisation, which is very similar to hypnosis for achieving performance related goals.



'We cannot solve our problems with the same thinking we used when we created them.'

What does hypnosis feel like? Most people experiencing hypnosis feel very relaxed as a whole body relaxation is usually part of the experience.

Celebrities who have publicly promoted using hypnotherapy include Ellen DeGeneres to stop smoking, Tziporah Malkah (formerly Kate Fisher) for weight loss and Albert Einstein is credited with using self-hypnosis to develop his ideas and saying 'We cannot solve our problems with the same thinking we used when we created them.'

For more information go to: robynm.com.au
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Yass Valley council weed spraying trial on road reserves

Yass Valley Council will conduct a targeted weed spraying trial on a small number of sealed roads within the Local Government Area between the end of April and late May.

Funding of \$50,000 will be allocated from the current maintenance works budget to start an immediate yet limited program consisting of one month's treatment of emerging winter and perennial weeds – including Blackberry, African Lovegrass, Sweet Briar and St John's Wort along:

- **Spring Range Road** (commencing at Barton Highway) – 12km
- **Dog Trap Road** – 29.9km and other road reserves in Yass Valley.

'This targeted trial of randomly selected local roads (not regional or state owned roads) is to give Council guidance in the effectiveness of a limited program of work. Once we have collated the data from the trial, we will be in a better position to be able to determine the possible funding for ongoing Council-wide programs for consideration in future budget deliberations,' said Council's Director Infrastructure and Assets, Stan Robb. Mr Robb said a cooperative targeted approach to roadside weed management is required for maximum effectiveness.

yass valley council
the country the people



'We will be seeking the co-operation of adjacent landowners to undertake similar weed eradication and control measures at the same time so we can launch a double-pronged attack,' Mr Robb said.

'This will require a commitment from both landowners and Council with the eventual aim being a Council-wide program that over time will assist in priority weed control.'

Funding of \$200,000 to extend the trial across the Council area to undertake a program of maintenance works associated with the spraying of priority weeds along Council managed and maintained road reserves will also be considered in the 2020/21 Budget deliberations.

Robyn MONTELEONE
HYPNOTHERAPIST AND COACH

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77th National Sheep Dog Trial Championships



Sheep dog trialing became popular amongst soldier settlers and farmers after the First World War. The aim was to improve the breeding and skill of working dogs. It fell away during the Second World War but was reinvigorated as the National Sheepdog Trials at Manuka Oval after the war. The prestigious event moved to Hall in the early 90s and has remained as one of the village's premier events.



Laurie Slater with Wondara Jewel



Wondara Jewel cooling off.



Sarah Sydrych, president of the National Sheep Dog trials committee, with His Excellency the Governor General of Australia, General David Hurley AC DSC (Ret) and Her Excellency Mrs Hurley.



Top Twenty Open prize giving



Bow Cover and John Starr



MGH Rosie



Margaret and Tony Morris



Geoff Gibson and Smileys JT



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raywhiteruralyasscanberra.com.au

'Sunnyside'

'Sunnyside', at the highway end of Gladstone Street, is one of Hall's most charming early cottages. It was built around 1906 on one of the 'suburban blocks' set out in the 1881 plan of Hall Village. Others followed Hall's Creek to the south west. David Rule purchased the block of some three and a half acres for 17 pounds in 1886, and in 1904 sold it to George Southwell—who made it home for he and his wife Ethel (nee Moon) for the next 38 years. Ethel was a teacher and had boarded with George's family at 'Heywood', Wallaroo, when she was teaching at the nearby Brooklands school from 1903 to 1906. Both Ethel and George were members of the Wallaroo Tennis Club.

George built 'Sunnyside' in 1906, probably with help from the Hatch brothers from nearby 'Rosewood'. He then set about developing the land, establishing himself as a poultry farmer, bee keeper (selling his honey by the tin) and an orchardist, specialising in prunus plums, peaches, and apples such as Five Crowns and Rome Beauties which he sold by the case from the farm, and later through his delivery service to the newly developing Canberra suburbs.



'Sunnyside' from the north

Ethel returned after a period teaching in Sydney and she and George were married in 1913. Like many families at that time they became largely self-sufficient with a milking cow, pigs and a large vegetable garden. Ethel was recognised as a good cook, specialising in jams and preserves, for which she won many prizes in district shows. They had no children of their own, but cared for Tom Moon, Ethel's nephew, whose mother, Caroline Moon (nee Ewin) had died.



'Sunnyside' – a misty morning

Ethel and George were both very strongly committed to the Wattle Park Church; Ethel with the Ladies Church Aid and Band of Hope, while George was a lay preacher, commonly known as 'Gloomy George'! There is a memorial window dedicated to them in the church.

Their niece, Phyllis Edwards, penned some recollections about 'Sunnyside' from her childhood days: 'the area outside the front gate was known as 'The Common' and quite a few used to camp there. They always seemed to be handing out to swaggies – Uncle and Auntie were really generous folks. In those days there was a spring in The Common, not far from the front fence, which they said 'never ran dry'.

When we were young, the creek was not very deep at all ... we used to just cross over and look for turkey's eggs on the other side. The area, on the right hand side of the house, was the orchard. Uncle George grew mostly apples – Five Crowns, Jonathans, Rome Beauties and Grannies. He sold them by the case and later started a run around the early suburbs of Canberra. He also had a lot of bees. His hives were along the orchard fence and he sold the honey by the tin. They had quite a lot of plums – mostly prune plums and also peaches. Up in the left hand corner of the yard was the pig sty.

Alastair Crombie
Honorary Curator



The soil must have been really good as everything they grew seemed to flourish and they just had so many ribbons from their show prizes that Auntie used to sew them together and make covers for the chairs. Along the creek were large willow trees – Uncle George used to feed the cows on them when they were short of grass. I remember how I used to like turning the separator and churn for the milk, cream and butter. Aladdin lamps were used in the kitchen and lounge (sitting room) and candles in the bedrooms. They had fox skins on the floor.

The stove in the kitchen was never out. My Dad used to chop a heap of wood every time he went there. My memory is of never-ending cooking, either for themselves or for something happening in the district. All they had for refrigeration was an old 'drip safe' on the back verandah so I often wonder why the food didn't deteriorate. There were always rows of preserved fruit and jams on the shelves.

George died at Sunnyside in 1942 and Ethel in Sydney in 1944. In 1946 Sunnyside passed to George's nephew Mervyn Southwell and his wife Eileen.

A busy April

Cricket exhibition

The annual Canberra and Region Heritage Festival takes place 14 April - 4 May, with some 200 events to select from. Our main offering will be a new exhibition in collaboration with the Canberra and District Historical Society - *Fooling around in Flannels. Cricket on the Limestone Plains*. One of the earliest organised sports in the area, cricket played an important role for the scattered settler communities from the 1840's. The exhibition will show how the game changed over the years. The exhibition will be launched on 18 April at 2pm (all welcome) and be on display for several months.

'It Takes Two to Tango!'

Between these two events we have our annual Brass Band picnic concert with Canberra Brass, sponsored by Barnett Lilley and Associates, on Sunday 19 April at 1.30pm. This year it is titled *'It Takes Two to Tango'* and features soloist Keren Dalzell and MC David Kilby. This is a major fund-raising activity for the museum. The concert is free, but there will be a raffle, refreshment stalls, and a bucket collection to support the museum's work.



Conservators at work – University of Canberra

Conservation Clinic

On 26 April we will host a 'Conservation Clinic' in cooperation with the Heraldry and Genealogy Society of Canberra. ACT President of the Australian Institute for the Conservation of Cultural Material, Ian Batterham, and AIICM colleagues from

Canberra's major cultural institutions will offer professional advice on proper storage, handling, display and copying of family heirlooms and other treasures – documents, photographs, clothing, crockery, medals, etc. This (free) clinic will be on 26 April 1-4pm. Donations welcomed!

Lyll Gillespie – ACT Honour Walk

We are delighted that our nomination of Lyll for addition to the ACT Honour Walk has been successful. This recognises individuals or groups from across all categories of endeavour that have made significant and sustained past contributions to the ACT.



Lyll Gillespie

Lyll L. Gillespie ISO OAM (1919-2006) brought Canberra's early history to life through his historic writing on pioneers, Indigenous people and early education in Canberra and its region.

Lyll was a dedicated contributor to the administration and development of Canberra, known for strong financial responsibility, but also contributed to the community's understanding and appreciation of its history.

Lyll's historic works continue to enrich the life of residents and visitors by helping them to appreciate what an interesting place Canberra is. He was elected a fellow of the Federation of Australian Historical Societies in 1999. Lyll meticulously maintained his collection of historic records and artefacts, enabling it to continue as a valuable resource for the community.

In 2015 his family donated his collection to the Hall School Museum and Heritage Centre.

A ceremony to induct the six 2020 Honour Walk recipients will be hosted by the ACT Chief Minister at 10am on Wednesday 8 April 2020 in Ainslie Place, Canberra City. All welcome.



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COVID-19 pandemic



It is difficult to know what to say about the COVID-19 pandemic because the situation changes every day. What we can say is that it is affecting all of us and we need to change the way we do things over the next few months, but we will come through it in the end. Many of the advertised events in this issue of the *Rural Fringe* may well get cancelled or postponed. Please visit the Hall website at www.hall.act.au for updates.

I know in Hall and our district we will take care to look out for each other and lend a helping hand to each other as needed. Bill Pearson is organising a list of helping hands – see the Hall Village and District Community Page on Facebook – to help our neighbours who may be self-isolating, unwell or elderly with shopping, posting a letter or just a chat. We need to find some new ways to stay socially connected while physically distant.

Government advice is being updated regularly, see government websites such as health.act.gov.au for the latest information. The following advice is current at 18 March 2020.

Social distancing (really physical distancing) means separating yourself from other people as much as possible when you're in public places and avoiding crowded places. The aim of social distancing is to reduce transmission of infectious diseases. This includes:

- Attempting to keep a distance of 1.5 metres between yourself and other people.

PRACTICE GOOD HAND HYGIENE

Protect yourself, your family and the community by washing your hands regularly. Washing your hands properly takes about 20 to 30 seconds.

Washing your hands with soap and water or alcohol-based sanitiser kills viruses that may be on your hands. Always use soap and water if your hands are visibly soiled.

- Avoiding crowds and large public gatherings.
- Avoiding shaking hands, hugging, or kissing other people.
- Minimising visits to vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment.
- Keeping connected with others, including colleagues, friends and family, through phone, email, social media, and online work platforms when possible.

These measures should be used if you are well. If you are unwell, you should stay at home.

Use of masks

If you are healthy, you do not need to wear a mask.

Masks are recommended for healthcare workers for when they are assessing and testing sick patients for COVID-19. They are also used for people who are unwell with respiratory symptoms (coughing and sneezing) and people who are suspected or confirmed to have COVID-19. Masks help contain infectious droplets from sick people and keep those around them safe.

The best and easiest way to reduce your risk of getting sick and spreading disease is to follow good hygiene practices.

PREVENT THE SPREAD OF GERMS

The virus that causes COVID-19 is thought to spread mainly from person to person in close contact with one another and through droplets produced when an infected person coughs or sneezes.

Good hygiene practices will reduce your risk of getting sick and spreading disease.

Always make sure you do the following:

After all this is over,
all that will have really mattered is
how we treated each other.

Saving the World

One Brussels sprout at a time!

The weather is getting cooler and a hearty soup is great way to enjoy your veggies. Did you know kale is among the most nutrient-dense foods in existence? Eating more kale is a great way to dramatically increase the total nutrient content of your diet. Kale is incredibly low in calories and contains very little fat, but a large portion of that fat is an omega-3 fatty acid called alpha linolenic-acid, which is thought to decrease the risk of heart disease. Kale is also a rich in Vitamins A, K and C, all of which help our immune system fight off pesky colds and viruses.



Potato and kale soup

- 1 onion, chopped
- 1 clove of garlic, minced
- 3 heaped cups of potatoes, cut into small cubes
- 1/2 heaped cup carrots, chopped into small pieces
- 1/2 heaped cup celery (root), chopped into small pieces
- 2 cups leek, cut into rings
- 3 1/2 cups vegetable broth
- 2-3 handfuls of kale, cut into strips
- salt and pepper

Instructions

1. In a large pot, heat some olive oil and sauté the onion until soft. Then add the garlic and sauté for another minute.
2. Stir in the potatoes, carrots, celery, and leek. Sauté for 5-7 minutes. Add the vegetable broth bring to the boil and "simmer for 20 minutes or until potato is cooked to your taste.
3. Add the kale and simmer for another 2 minutes.
4. Season with salt and pepper and any other fresh herbs you like then blend until creamy. If you want the soup to be thinner, just add some more vegetable broth.

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Springfield Rural Fire Brigade

Being community minded is core to our Brigade. We value our role to support those around us and are always keen to assist those in need further afield. As a volunteer organisation we are mindful of the limited resources available to us and prioritise how we spend our money on those items fundamental to our role.

The NSW RFS provides us with the core items we need to be active as a Brigade and we are also supplemented by the Yass Valley Council for vehicle maintenance and other physical infrastructure support. Whilst we are appreciative of those funds and resources, it's never enough and we need to contribute to meet the additional costs through our own means.

This is where the donations we receive from within the community make a huge difference. We are always grateful for those generous contributions from people within our region who invest what they can to support Springfield RFS. These extra funds go towards improving the facilities in our two fire sheds and purchasing additional equipment for our trucks.

One major initiative we have planned for some time is to upgrade the facilities at our Spring Range Road shed. This shed does not have any toilet or kitchen facilities, nor does it have a designated meeting space. Given the diverse physical spread of our Brigade, it's important to us to be able to utilise this space for



Rebecca Morrison
President

contact: **0407 943 813**
email: springfieldrfs@hotmail.com

broader community engagement, such as meetings, education and training events. To do this, we will need to fund a renovation from our own budget, and we will seek grant funding to supplement these costs.

In February we were wonderfully surprised with an incredibly generous donation from two local businesses. The Village Building Company, together with Canberra Contractors, matched each other and donated \$5000 each to Springfield Brigade. At a lovely afternoon tea, we were taken aback by their heartfelt demonstration of gratitude to those who serve. With genuine surprise, Captain Rod Tarlinton and President Rebecca Morrison received two giant cheques from Village CEO Travis Doherty and Canberra Contractors Managing Director Paul Macor. You can read more about it online: the-riotact.com/bushfire-donation-delivered-directly-to-local-brigade/356674



CEO Village Building Co Travis Doherty, CAPT Rod Tarlinton, President Rebecca Morrison, Training and Equipment Officer Jason Burgess, Managing Director Canberra Contractors Paul Macor, Canberra Contractors Director Angelo Cerullo.

This donation has enabled us to fast track our plans and begin some serious discussion about what we might now be able to achieve. Whilst large donations such as these are wonderful, we are just as thankful to all of our community who have donated to not only Springfield, but to the NSW RFS generally. It all makes a difference, particularly to the smaller regional brigades in our state.

fire safety



Springfield RFS Brigade members together with Canberra Cavalry Director Dan Amodio and Sarge at the Springfield Shed on Spring Range Road.

Get involved

We have seen a spike in interest in joining the RFS after the experiences of the summer and we welcome anyone keen to find out more. At a recent information session, we had a full house of new people showing an interest in how they can become part of our local brigade.

It's not a quick or simple process and involves membership applications, police checks and preliminary skills development before becoming eligible to complete the Basic Firefighters course. It can take over six months before you are in a position to be called out, not quite what some people expect it to be!! This is because we take the role and the risks associated with it seriously, and your safety is our first priority. Get in touch if you'd like to find out more.

Annual General Meeting – Monday 11 May 7:30pm

We invite all members of Springfield to the Annual General Meeting at Patemans Lane Shed on Monday 11 May from 7:30pm. In order to achieve a quorum, it's important that all members attend this meeting. Supper will be provided and that's always good!

I look forward to seeing you all there!

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Oh, the pain!

Chronic pain is a part of daily life for about 20% of adults. The young and elderly in Australia have higher rates – 25 to 35% of children and adolescents, and a third of the elderly experience chronic pain. With increasing severity of pain there is a need for progressively stronger pain medications. The adverse effects of commonly used pain medications are well known, from damage to the stomach lining to addiction.

It's easy to consider medicines that are readily obtained to be completely safe. But, for example, it is well known that NSAIDs (non-steroidal anti-inflammatory drugs such as aspirin and Ibuprofen) compromise the health of the gut lining, increasing intestinal permeability within 24 hours. When the gut lining is damaged it can't adequately keep harmful or poorly digested substances from being absorbed into the rest of the body. The immune system then detects them and raises its inflammation response to tag and eliminate the threat. Daily use of NSAIDs and increasing intestinal permeability end up increasing inflammation and pain.



Stronger opioid pain medications can commonly cause nausea, vomiting, constipation and sedation. They have the risk of dependency or addiction, which is why you can no longer buy codeine without a prescription. Lyrica is a commonly prescribed nerve pain medication which has common side effects such as loss of muscle control, brain fog, dizziness, and in rare cases can even cause suicidal thoughts. None of that seems a fair exchange for pain management, although it may seem to be the only option at the time.



Painaustralia.org.au has some great strategies for 'self-managing chronic pain' and 'other therapies & strategies' (under the 'Getting Help', 'Getting the Right Care' tabs). Any pain management plan should include movement, mental health, sleep and lifestyle interventions that are appropriate for the individual.

Pain medications may be appropriate in the short term, but in chronic conditions it can be very worthwhile to explore other complementary options to reduce the risks from long term use. Additional strategies are available through naturopathic care to identify and treat the underlying causes of pain, and to help resolve the pain cycle.

For any condition associated with inflammation (if NSAIDs reduce the pain), an anti-inflammatory diet is a fundamental treatment. Harvard Medical School's

article 'Foods that fight inflammation' is a good introduction. It is well known that foods high in Omega-3 fats can lower inflammation. These include cold-water fatty fish like salmon, mackerel, and sardines, and nuts and seeds like flaxseed, chia seeds, and walnuts. A high-quality fish oil supplement can help lower inflammation levels alongside dietary improvements.

Some spices contain wonderful anti-inflammatory compounds. Ginger and turmeric are easy additions to the diet and have been well studied and shown to provide anti-inflammatory and antioxidant effects. To improve turmeric's poor absorption take it with black pepper and fat. For enhanced absorption, supplements containing curcumin (the major active compound) have been developed.

We now have some new targets to help reduce pain and inflammation. Research into how acute inflammation resolves has led to the discovery of the body's own inflammation mediators called Specialised Pro-resolving Mediators (SPMs), production of which can be compromised in those with chronic inflammation. Instead of resolving, acute inflammation (eg after injury) can become chronic.

Another anti-inflammatory, analgesic and neuroprotective substance made naturally in the body is palmitoylethanolamide (PEA). It is found in breast milk, cow's milk, egg yolk, beans, peas,

health

Anita Kilby
naturopath



tomatos, alfalfa, corn, soy lecithin and peanuts. It has broad effects by modulating inflammation pathways, pain sensitisation, cannabinoid receptors and other anti-inflammatory and neuroprotective compounds. It can help reduce nerve pain and depression.

By obtaining a detailed health and lifestyle history, a naturopath can develop a personalised plan to identify and address the multiple factors that could be contributing to pain and inflammation. With the appropriate supplements and lifestyle/diet changes, the need for strong pain medications (and their side effects) might be avoided. These strategies can be implemented alongside current medications, and hopefully enable their reduced use under your doctor's guidance.

Taking common pain medications with some other medications can increase the risk of adverse effects. Complementary supplements are not without possible side effects and can interact with some medications or particular health conditions, (eg fish oils may not be suitable with bleeding disorders/medications). Always check for possible interactions with a knowledgeable health professional first.

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From the Editor

Our longest-standing contributor to the *Rural Fringe*, the lovely Lisa Walmsley, couldn't have put it better with her article in this edition 'Phew! Gardens and people sigh in collective relief'. The rain has been so very welcome after such a terrible summer and autumn weather seemed to arrive overnight as March began. The thirsty echidnas and kangaroos of Hall no longer need us to put out water for them, our lawns need mowing again



Hall Showground in the 1960s

Canberra Show at Hall

Photos from the 1960s (courtesy of Hall School museum), when the Canberra Show was held at Hall Showground. Do you recognise any of these cars or people?



and we can breathe clean air now the fires are finally out. We can try and help Australia recover after such a brutal summer.

But 2020 continues to truly test our resilience. The COVID-19 pandemic is seriously changing our lives every day. We hope that we can collectively reduce the speed of transmission so the health system is not overwhelmed, which means a lot more handwashing and social distancing over the coming weeks and months. But we need to do this in a caring and considerate way and learn ways to stay connected while physically distant. As we look out for each other and ourselves, the ongoing advice of another regular *Rural Fringe* contributor, Anita Kilby, will come in handy, to pay attention to our diet, exercise and stress levels.

How wonderful to have some good news to keep us going. It is always a delight for Hall to host the National sheepdog trials and this, the 77th year of the trials, is no different. Hall's deep connections with the Canberra Show continue; I am blown away that our amazing Margaret Morris has been cookery steward for 53 years straight! The Hall Museum is going strong with several events to look forward to, including another new exhibition and our annual brass Band concert on 19 April. And Rhiân Williams, past editor of the *Rural Fringe* and ongoing contributor is launching a beautiful children's book! We are happy to celebrate these and many more local events and accomplishments in our pages.

Until next time,
Jo Hall

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 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 rurallfringe@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

Other information

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Out and about about



birds in Hall



photos: Paul Porteous

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A Very Local Author and a Very Local Book

Ten Little Figs

Once upon a time there was an Editor of the *Rural Fringe* called Rhiân Williams. She wrote funny columns about chickens who wrote romance novels and local gum trees who made it big in Hollywood playing Ents – or talking trees – in the *Lord of the Rings*. She was rather partial to puns and cakes and brought those two things together in a column in the *Rural Fringe* called *Just Desserts*.

She also interviewed local dogs and cats and cows and kangaroos and sought their opinions on issues of the day. And she went on treasure hunts seeking Hall's Hidden Treasures. In other words she was quite silly and liked using her imagination to foster whimsy and play. It turned out it was perfect training for what she has almost grown up to be – a children's author.

Rhiân's first picture book *Ten Little Figs*, which is illustrated by Nathaniel Eckstrom is being released by Walker Books in April 2020. *Ten Little Figs* features a child who adores the figs growing on the native fig tree in the garden. But so do all the native animals. One by one the figs disappear, as green ants, wombats,

Ten Little Figs are on my tree.
I love figs and they're all for me.

But it seems everyone else loves figs too.
And maybe there won't be one for me.

How can that be?

an echidna and other birds and animals help themselves to a fig. Daddy saves the day, however, along with the last little fig for the little child to share and enjoy. This book, which is written in a bouncy rhyming text, is all about counting, but also has delightful messages about nature and sharing as well! It is also featured as part of the Walker Books *Read to Us Story Time Kit* for schools and libraries.

Ten Little Figs was inspired by the fig tree in Rhiân's garden in the Hall District and each year she hopes she will actually manage to get some figs – but somehow one of the native animals who visit her garden always seem to get them first. Still she is very pleased that her little fig tree was clever enough to grow a book!

Ten Little Figs will be on sale at good book stores everywhere and feel free to contact Rhiân about events, readings or if you would like her to visit your school or childcare or early learning centre or even just to say hello.



One of the delightful illustrations from *Ten Little Figs*. The book unfolds as a treasure hunt with each page containing a clue as to which animal is appearing next. Can you spot who is hiding? If you need a hint look underneath the fig tree.

Contact Rhiân at hello@rhianwilliamsauthor.com.au

or for more information

visit www.rhianwilliamsauthor.com.au