

RURAL FRINGE

Journal of the Hall district



VOLUME 27 ISSUE 5

October 2020

Floriade comes to Hall



Floriade: Reimagined

adapted Floriade to a new format for 2020. The flowers that would have been in Commonwealth Park were distributed around Canberra, including in Hall Village. Fifteen planted wine barrels provided by the Floriade Team added to the 2,000 bulbs and 2,000 annuals in 80 temporary garden beds planted by volunteers in Hall village organised by the Hall Men's Shed in May.



Photos: Robert Yallop, Paul Porteous and Andrew Purdam

Out and About

out about

Tennis anyone?

Phil Robson

A dedicated team of volunteers from the Hall Mens Shed have spent many hours cleaning up, weeding and repairing the old tennis courts and shed next to the Hall Pavilion.



These old clay courts were the home of the Hall Tennis Club for many decades (since the 1920's) but fell into disrepair when the club ceased some years ago.

One of the courts is now playable with work to continue on the second court in the near future.

The court has a functioning net and linemarking so get out your racquets from the cupboard and enjoy a game of tennis now that the weather is warming up.

CP

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Village of Hall and District Progress Association Inc

Annual General Meeting

**7pm Wednesday 21 October 2020
Hall Pavilion**

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

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

This is your opportunity to make a difference.

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

We look forward to seeing you then.

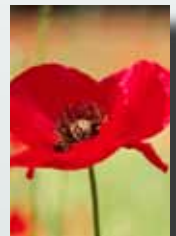
Please support your local Progress Association.

Remembrance Day Ceremony at Hall 6pm 11 November 2020

Unfortunately due to current COVID restrictions the Ceremony will have a new format.

The Order of Service will be Prayers, Laying of Wreaths, Ode of Remembrance, Last Post and Rouse.

**Please maintain social distancing
if you attend.**



Dave Cathie

0404 044 285

davecathie@yahoo.com.au

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Many of us have turned to our gardens for some sanity during the unrelenting but essential requirements of enduring and beating a world pandemic. In our world of constant and instant communication, we are exposed to cures for whatever illness we may have with the latest wonder drugs, often costly and some come with big risks and side effects. Now we have a global health crisis with no cure and no clear end in sight.

Looks like we are going to have to find ways to 'self soothe' and gardening is definitely one of the best drugs available for mind, body and spirit. Do you want to lose kilos, build muscle, look and feel great, have fun, save money, help out the planet and socially distance at the same time? Do you want to be more resistant to disease, mental ill health and injuries?

One hour of gardening apparently equals 35 minutes of jogging.

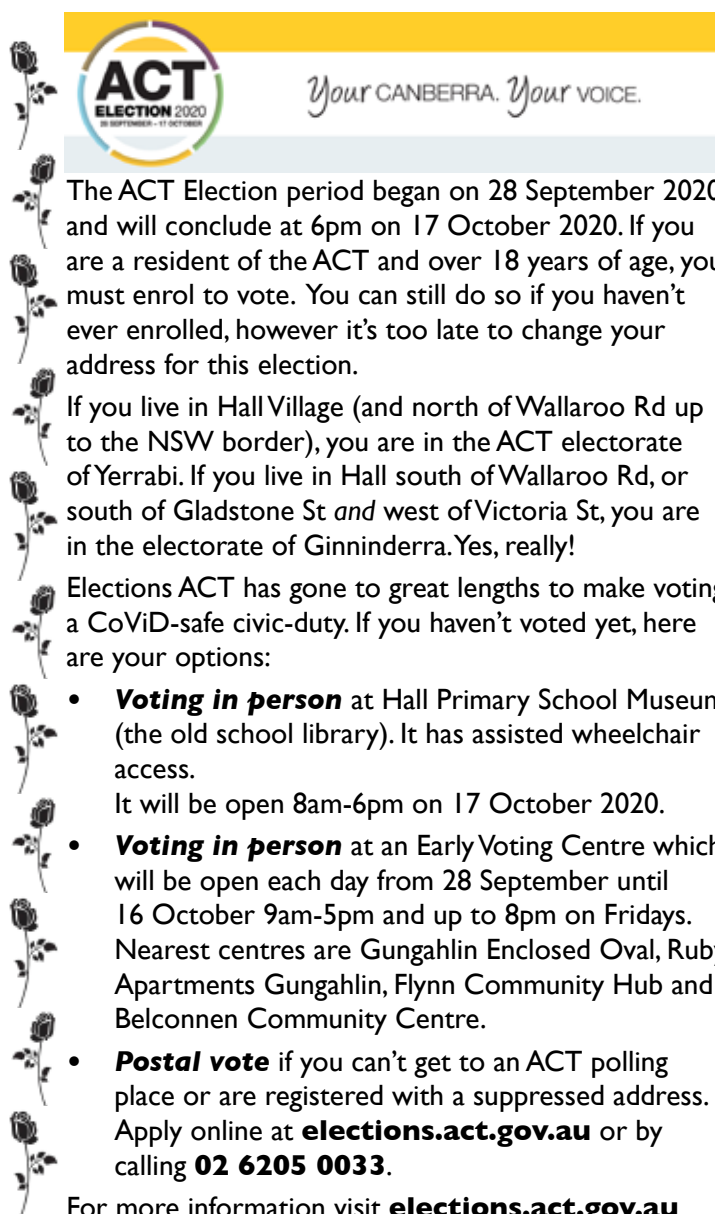
The physical benefits of gardening include but are not limited to:

- weight loss
- blood circulation
- flexibility
- reduced bone loss
- stronger immune system
- vitamin D
- strength
- improved coordination.

Vitamin D is critical for our health, it regulates calcium and phosphorus levels in our bodies. It can be supplemented, but the best way to increase it in our bodies is by direct exposure, and gardening is an easy way to achieve that. When you are gardening you are required to bend, dig, lift, reach, prune and stretch, all of which build and tone muscles, strengthen bones and improve flexibility. Then in turn these movements increase blood circulation, leading to lowered blood pressure and faster healing, making you more resistant to injuries and reduced risk of bone loss, heart disease, diabetes and other health nasties.

Gardening can also improve your mental health by increasing your neurotrophins — and provide stress relief by reducing cortisol. It may also be that exposure to mycobacterium vacche improves depression (mycobacterium vacche is a harmless bacteria that lives in soil and boosts serotonin in our brains and works as an antidepressant).

Not to mention the benefits of growing your own produce and the increase in nutrients and flavours in home grown veggies. Aside from flavour, kids love growing their own veggies and plants, seniors develop a wonderful sense of fulfilment and it's a great excuse to get the teenagers out of the house and away from technology.



ACT
ELECTION 2020
28 SEPTEMBER - 17 OCTOBER

Your CANBERRA. Your VOICE.

The ACT Election period began on 28 September 2020 and will conclude at 6pm on 17 October 2020. If you are a resident of the ACT and over 18 years of age, you must enrol to vote. You can still do so if you haven't ever enrolled, however it's too late to change your address for this election.

If you live in Hall Village (and north of Wallaroo Rd up to the NSW border), you are in the ACT electorate of Yerrabi. If you live in Hall south of Wallaroo Rd, or south of Gladstone St and west of Victoria St, you are in the electorate of Ginninderra. Yes, really!

Elections ACT has gone to great lengths to make voting a CoViD-safe civic-duty. If you haven't voted yet, here are your options:

- **Voting in person** at Hall Primary School Museum (the old school library). It has assisted wheelchair access. It will be open 8am-6pm on 17 October 2020.
- **Voting in person** at an Early Voting Centre which will be open each day from 28 September until 16 October 9am-5pm and up to 8pm on Fridays. Nearest centres are Gungahlin Enclosed Oval, Ruby Apartments Gungahlin, Flynn Community Hub and Belconnen Community Centre.
- **Postal vote** if you can't get to an ACT polling place or are registered with a suppressed address. Apply online at elections.act.gov.au or by calling **02 6205 0033**.

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Supermarkets choose produce according to its shelf life, so there is a huge disparity in flavour, which anyone that has grown tomatoes knows. Not only that, homegrown food is dramatically fresher than produce that's travelled unknown amounts of kilometres and sat in cold storage for many months. Escapism in your garden. Worth a try.

VHDPA PRESIDENT'S REPORT 2019 -2020

First thing is to mention that the Village of Hall and District Progress Association Annual General Meeting has been scheduled for 7pm on Wednesday 21 October 2020 at the Hall Pavilion, subject to current advice from ACT Health. Current COVID-19 precautions are available on the ACT Health website at www.covid19.act.gov.au. We hope that as many current Members as possible will attend. Any person who is a resident or rate payer of the Village of Hall or the surrounding district, or any person who is an approved Member of one of the Special Interest Groups of the association, is eligible to be a Member of the association on payment of the annual subscription.

How quickly time flies. The older that we get, the more quickly those sands in our hourglass appear to fall from our future to the past. This has been an extremely challenging year for all of Australia and we are not out of the woods yet. Reflecting on the activities of the Village of Hall and District Progress Association from August 2019 to August 2020 it has been very busy, but I do not intend to mention all of them here. The Hall and District website includes Minutes of the VHDPA General and Committee Meetings at www.hall.act.au/meeting-minutes.html. The



Peter Toet

Rural Fringe 'Journal of the Hall District' includes articles on Hall district topics and includes a President's Page which gives considerable detail concerning deliberations on current issues for the Hall community. There is a Facebook group that is run by some Hall residents and includes many people from the Hall community. 'Hall Honeys'

also has a strong following in Hall with many dedicated people who recognise the vital role which bees play in the pollination of our crops, forests, gardens and the overall environment.

The Village of Hall and District Progress Association is the incorporated body that provides the umbrella financial and legal management of many endeavours within the Hall community. The Committee is elected to manage the business of the incorporated body and to further the interests and welfare of the community of the Village of Hall and District and to protect and progress the amenity and character of the Hall Village. The VHDPA Special Interest Groups continue to thrive. The Hall Men's Shed (with Doug Anstess as Foreman) has embarked on a number of community initiatives to brighten Hall, including refurbishment of the Headmaster's Cottage Garden, Floriade: Re-imagined plantings and working with Hall Honeys to develop

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Hall as Australian's first bee-friendly village. The Hall and District Collectors Club (with Bob Richardson as Chairperson) now has 75 historic vehicles registered through the concessional registration scheme for veteran, vintage and historic vehicles administered by the Council of ACT Motor Clubs. The Hall School Museum (with Alastair Crombie as Honorary Curator) has continued to foster awareness and understanding of the history of the Hall district and its people, having held 15 exhibitions since 2011. The museum includes emphasis on developing regular communication with the local Aboriginal elders, together with education of young people to give a better understanding of the significant local Aboriginal cultural heritage. The museum's comprehensive Annual Report is most informative and a good read.

The Rotary Club of Hall has been able to maintain the weekly Capital Region Farmers' Market at EPIC throughout the pandemic period as an essential service to the Canberra community. Although not formally related to the Progress Association, the Rotary Club of Hall has accommodation on the Hall School Site and the Progress Association and Rotary Club of Hall work in close cooperation on projects for the Hall community. Hall continues to attract numerous visitors to district wineries, restaurants and cafes, unique shops, walking trails both in and from the village, and because of its unique village character, a contrast to the nearby



maximum density developed suburbs. Thankfully, the Centenary Trail extension into Hall, and the bridge on the Creek, were completed in time to allow use by those seeking recreational freedom during times of COVID-19 restrictions. This has been a collaborative endeavour of the VHDPA and the ACT Government, and I know Peter Howard worked especially hard on it as a member of the VHDPA Committee. It is now a well-used, safe and low-impact community facility beside the existing road corridor. I've heard many favourable reports of its value to both cyclists and pedestrians. However, success can bring its own challenges, like the 80 or so cars parked along Hoskins and Hall Streets at the start of the Trail many weekends. The VHDPA is looking at options in collaboration with the ACT Government to manage this. The first step has been the improvement in the parking area beside the Hall School Site. If asked, please

remember to mention that there is parking around the school site, with very little extra walking effort needed. As you are no doubt aware, the 40 and 50 kph speed zones in Hall have been established for the safety of pedestrian traffic in Victoria Street and the hundreds of school students

at the morning and afternoon bus interchange. Many people have expressed concerns to the VHDPA over speeding in Victoria Street. The VHDPA is in touch with the ACT Government to review options to maintain safety for all.



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The first stage of the refurbishment by the ACT Government of buildings at the Hall School Site has been completed at a cost of around \$250,000, and a second stage was approved for a similar amount. The Stage Two upgrade is now under way for buildings not involved in Stage One. After a gutter collapse on one of the buildings, emergency upgrade funding was made available for repairs. It is heartening that the wider ACT community is supportive of the Hall School Site through this type of funding, no doubt a reflection of what Hall contributes back to the ACT community through programs such as the museum, the men's shed, Computing for Seniors and many other activities.



the Hall Landcare Group establishing some of the elements of the Natural Play Space developed through community consultation last year, the committee for the annual National Sheepdog Trials in Hall, developing designated long-stay parking for those working in Hall, and the VHDPa seeking support from ACT MLAs for various priorities in Hall Village. I hope to see you at the VHDPa Annual General Meeting in October.

Please look after your fellow Hall residents and stay COVID 19 safe.

The VHDPa is the body legally responsible for the Commonwealth Communities Environment Program grant for a Bee Friendly Hall Village. I think of this as I look at many beautiful gardens around Hall getting special attention as many of us spend more time at home. Some of the bee-friendly native plants left over from the Rotary donation to 'bee hotels' last year have been planted near the Headmaster's Cottage at the Hall School Site (thanks especially Greg Flowers, Dennis Greenwood and Bill Pearson). Bill and Dennis also constructed a marvellous 'Viking' style table behind the Headmaster's Cottage, together with some donated sturdy fibreglass planter boxes which now contain herbs and flowers. The Floriade: Re-imagined wine barrels and planter boxes are positioned along Victoria Street and their flowering is certainly adding colour to the main street.



The men's shed has undertaken the task of cleaning up the old tennis courts near the Pavilion.

This last year has seen many activities to protect and progress the amenity and character of the Village of Hall. Many of these activities have emerged from residents own efforts, many have been supported by the VHDPa and some undertaken by the VHDPa. All contribute to making Hall the place that we love. In addition to activities that I have already mentioned, efforts are ongoing, including volunteers of



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The 2020/21 Fire Season is fast approaching. In fact, this time last year we had already begun deploying our members to assist with major fires to the north. This was just the beginning of a seemingly endless period of significant fire events that affected us all.

It would be easy to think that the risk for this year is reduced. Nothing could be further from the truth.

Only 7 percent of NSW was burnt out last year. It is a myth that there is nothing left to burn. In fact, the rains we have received this year have brought increased grass growth, and with it, more fuel to burn.

It is time for you and your family to start preparing your home in the event that a fire does come

to our region. Our recent Get Ready Weekend, saw a number of community members discuss their fire plans with our members, ensuring they can start clearing around their homes and undertaking whatever maintenance is required to give them, and us, clear access to their property.

If you need some guidance on what you can do to start your fire season preparation, check out the resources available on the NSW RFS website (rfs.nsw.gov.au) or get in touch with us directly.

Generosity

We have been overwhelmed with support this year from our community, both individuals, families, and businesses alike. Your contributions assist us in acquiring additional equipment for our trucks and our two fire sheds. Every donation is gratefully received, and with our major fundraising events such as the Murrumbateman Field Days cancelled, we appreciate every dollar that comes our way.

If you would like to contribute, you can donate to us via bank transfer or even a cheque! Account details are Springfield Bush Fire Brigade BSB – 062919 Account – 10000512. Please use your surname as a reference.

Recent Call Outs

After a relatively quiet first half of the year, we have been called to attend a few incidents within the brigade area. The most significant being a house fire which resulted in a total loss of the home for the owners. The region has seen a number of car fires, usually involving stolen vehicles. As always, please report any fires to **000**.

Training recommences

COVID restrictions meant we have had to postpone a number of regular activities, namely training and our AGM. Whilst the AGM has been delayed until 2021, training has recommenced on the last Sunday of the

month at the Patemans Lane Shed from 2pm for both Seniors and Juniors. With COVID safe practices in place, we are pleased to be 'back on the tools' and invite all members and those interested in finding out more to attend.

If you have any questions about our brigade, the upcoming fire season or becoming a member, please contact me on **0407 943 813** or via email tomandbecmorrison@hotmail.com

Regards,

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Changing of the Guard at the Mt Spring Association

Ross Hampton President

The Mt Spring Association has been quietly working on community issues which affect those living in Wallaroo and Springrange for more than 15 years. In August at the AGM, the valiant triumvirate of President Geoff Gorrie, Secretary Ian Holcombe and Treasurer Phil Peelgrane, who had carried the association so well for so many years, handed the reins to a new executive of Ross Hampton, Wendy Craik (Treasurer) and Maxx Wei (Secretary). Geoff agreed to continue to assist in a new role of Vice President.

Some will recall that the Association began life as the Mt Spring Landscape Guardians when residents around Mt Spring came together to oppose an industrial wind turbine installation on Mt Spring proposed by ACTEW AGL. You can still spot the occasional fading 'no turbines' signs on some fences around the area.

Residents won that particular battle and the 'Guardians' morphed into the more general Mt Spring Association. The association has been active in engaging with the Yass Valley Council on a wide variety of matters affecting those of us who live in the cross border area and pay YVC rates.

The biggest issues on our plate at present are really all related to the ambiguous nature of our communities which are so much closer to Canberra than Yass. Sometimes we feel rather invisible to the folks in Yass or wonder if our issues register very strongly. Canberra continues to grow and I'm sure we all welcome a thriving community on our doorstep which delivers healthcare, schools, shopping centres and employment. However, the price of having such a neighbour is also high as some in the ACT increasingly see the peri-urban area as either a dumping ground for industrial and development materials, an unofficial depot location for heavy machinery (despite its rural rating) or suitable for industrial scale solar installations to help our neighbouring jurisdiction meet its own renewable energy targets.

The problem with all these things is not the activity in itself. After all, we all use these services and benefit from them in a thousand downstream ways. The Mt Spring Association is not simply about Not In My Backyard.

The argument we make to policy makers and politicians is that they must acknowledge that we are not like the rest of Yass Valley. It is not appropriate to say 'this policy works fine in Yass so it will work fine in Wallaroo.' Our area is unique in its challenges and needs unique solutions. A gully filling DA might look fine on paper in the Yass Council building but what does it mean in reality for the community where it will occur? What will be the impact of the hundreds of heavy vehicle movements down a road which barely holds the bitumen together in winter? And what of the children on bikes or horses? And what of the destruction of neighbouring property values? Or the negative affect

on the growing tourism and recreation character which our small businesses are working so hard to foster? And what policing will occur to ensure that contaminated fill isn't hidden under the top layer?

This particular issue is one of the most extreme which we are grappling with and has become more and more a problem as Canberra has thrust north. Without clarity and shared understanding even around the tonnage limits on roads, the stringency of monitoring and compliance, or what does or doesn't constitute a 'depot', we can hardly be surprised that some seek to use the area in any way which they can to assist their own goals.

As I have said, we know there are both costs and benefits in living so close to our sprawling metropolitan neighbour. We believe that there are ways for these issues to be managed so all ratepayers and voters are heard and respected. We are not confident this is happening as best it can.

Other major issues for the Mt Spring Association are the state of the roads. There are thousands of vehicles using the Barton Highway and the feeder roads every day. We particularly discussed at the AGM the terrible state of Nanima Road which carried an enormous volume of traffic and YVC is forecasting that to increase dramatically. Several Mt Spring Association



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members are members of the RFS and we attend far too many accidents on Nanima. We are considering funding our own traffic count to get the facts to put to YVC and have established a sub-committee to work on this issue.

We have also established a sub-committee to examine the very large industrial solar array planned for a 350ha property off Tallagandra Lane to develop an Association position.



L to R: Geoff Gorrie – Vice President; Maxx Wei – Secretary; Wendy Craik – Treasurer; Ross Hampton – President

The poor quality of telecommunications in our area and the need for much better fire control measures such as fire-breaks alongside the Barton are also on our agenda.

We also plan to deepen our connections in coming months with other community associations in the Yass Valley area and of course the very active Hall Progress Association.

Please be in touch if you live in our area and would like to join with us as we work towards a stronger, better, more cohesive community. Joining fee is \$20 per family. Email me and I will send you the bank details.

All the best

Ross Hampton, President

rosshampt@gmail.com



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Springtime stroll around Hall

Springtime Stroll

Kevin Stone

I took the opportunity to take my Mini Schnauzer Phoebe for a stroll around the streets of Hall the other day. It's not our usual walk as I don't live in the village, but have always enjoyed the area and I've got to know several residents through the men's shed and working on the *Rural Fringe*.

In fact, my introduction to the *Fringe* was when my wife found it on the Internet years ago and enjoyed reading the articles. And one I recall was about someone doing exactly what I did – a simple but very pleasurable wander around Hall.

There's so much more to see while walking. In our busy lives these days of driving here and there we sometimes don't take the time to look around and maybe appreciate what's in our backyard. Easy for me to say, because I'm retired, but even a short walk can sometimes reveal some hidden or not so hidden treasures.

For example, at the Hall Recreation Reserve I came across the Village Well and Cairn, which was unveiled by the then Governor-



General Sir Ninian Stephen in April 1986. Looking around I got a real feeling of serenity and stood in the area for a few minutes to soak it all in. Not hard really. Warm sunshine, so much green grass, tall gum trees, sounds of birds chirping and the wondrous laughter of a kookaburra.

As we walked along the streets, I couldn't help but notice the number of



signs that signified the gardens were 'bee friendly'. The blossoms were out in all their glory and it was so good to see the variety of colours on display. I'm sure the bees appreciate the flowers and shrubs that are grown to help produce beautiful honey.

I also came across some 'bee motels', which I believe some of the guys in the men's shed made. Well done fellas. Maybe I should have counted the number of signs and motels that I'd come across. Next time!

And it wouldn't be me without having a chat to someone while out walking! Although it was fairly quiet around the streets apart from a couple of people walking their dogs, I had a brief conversation with a

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family while they were gardening. I asked permission to take photos of their spring blossoms and they happily agreed. Afterwards I walked away with a smile (and lovely pictures).



Heading back to where I parked my car, we came to the Hall Museum and I was pleasantly surprised by the variety of activities on offer. There are at least a dozen promoted, and judging by that, there's probably more if you make enquiries. The ones I recall are research, keyboard, gardening, photography and administration skills.

So yes, the three kilometre walk was well worthwhile. Nothing strenuous and I

avoided the main area where the cafes are. That's for another day, because I could see that everyone was enjoying themselves and I also like that scene.



But this walk was all about getting out in the sunshine. Exercise for me and my dog, and most of all enjoying the beautiful Hall Village and just some of the things it and the people have to offer.

Photos: Kevin Stone, Paul Porteous, Andrew Purdam





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Thinking of Losing Weight?

Robyn Monteleone

As spring comes into full bloom, many people are thinking of losing weight for summer. Perhaps it is thoughts of the beach or simply, that things seem easier to do once the weather starts to warm up. Or perhaps less clothing means less layers to hide under.

For women in particular, gaining weight often corresponds with having children. Life changes, we get caught up in caring for our little people, we eat on the fly. There's less time to think about ourselves and to exercise. A few years down the track and we find our weight has ballooned and despite bouts on diets and doing 'everything', we can't get the weight off.

From an intellectual perspective, most people know that eating well and exercising is paramount to good health. Putting those practises in place can be challenging for many people who have spent years gaining weight. Not only do we need to create new habits, but we're also working against our internal voice or perhaps the voice of our parents.

During our childhood, we may have been conditioned to eat everything on our plate because the starving children in Africa have no food. Or perhaps we've been taught to eat during times of both celebration and times of stress. There's nothing like a piece of cake to soothe our soul when we've had our heart broken, we didn't win that competition or we're simply feeling down. Not to mention the happy celebrations where birthdays, Christmas and everything in-between is again celebrated with a plethora of rich food finished off with dessert.

Of course, creating new food and exercise habits is all the more daunting if we have grown up in a family where being overweight is the norm. We find it difficult to create new habits, because our old habits are formed by many years of reinforcement. Change means forging new habits and new habits mean forging new neural pathways in our brain. The old pathways are so well forged, it can be difficult to create new ones.



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Growing Lemons in our harsh climate

gardening

Lisa Walmsley

Wouldn't it be amazing to have an unlimited supply of citrus fruits at your disposal and cost free? Everyone wants a citrus of some kind in their garden. Can you imagine popping outside to pick your blood orange for a juice for brekky, or a lime for your laksa or a lemon for your gin?

In this district, citrus growing is a challenge. First and foremost, no citrus are propagated in this part of the country, most are grown north of the NSW border.

That then means most citrus do not start their life with a propensity to survive our harsh winters. Have you ever bought a plant down at the coast and tried to grow it here, tricky to say the least. But hey, I wish you the best of British luck to have a crack at it.

Having said that, we humans will not be thwarted by the mere fact that citrus do not like wind or frost. Most gardeners have tried and often failed to get a citrus tree past a few years and more often than not produce no fruit.

So for those of you who are not disheartened by citrus growing failure and are determined to continue to try, here are a few tips that may just work.



1. There are a few varieties of citrus that tend to do better here. Meyer lemon, Eureka lemon, cumquat, Tahitian lime and Japanese mandarine are the safest to start with.
2. Citrus preferred location is against the house/wall on a north eastern aspect, protected from the wind. Citrus like lots of sun, but must be protected from the wind.
3. If you have a sunny spot that's windy create a wind break with a shade cloth wall (or some other permanent or temporary structure) that provides a spot that is out of the wind.
4. Grow tubes (plastic tree covers) work well when the tree is young and can be covered in the winter to protect from frost. Many citrus after a few years can then be uncovered, having acclimatised somewhat, and you will have more chance of success exposing them when they are a little older.
5. Alternatively, plant your citrus in a large pot, that can be placed out of the wind but in sun in the summer and under shelter in the winter. This works well if you have wheel base trolley for your pots and you can move them around as required without too much effort.
6. If you are lucky enough to have a green house or glass house, buy one of the dwarf citrus available at

your nursery and pot it up and leave in your glass house.

7. All production plants are nutrient needy, make sure you feed your citrus with a good fertiliser to maintain good health in order to produce fruit.
8. There is a great product on the market called Envy. This is a polymer that protects the foliage during extreme weather conditions. That been, frosty, or very hot. The polymer is a biodegradable product that prevents the leaves from transpiring

(breathing) but doesn't prevent photosynthesis, so the plant is less impacted by climatic extremes. I saturate the whole plant and reapply every two weeks when the weather is at its worst.

So find that perfect spot and give a citrus another try. One day you may just have a tree bulging in delicious fruit.

PS. You can enhance citrus health if a fella in your life wees on the tree every now and then!



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Museum Musings

The AGM of the Progress Association is upon us again, prompting reflections on the earlier years of this august body, now some 114 years old. The 1941 AGM (15 August) was reported in some detail in the *Canberra Times*, itself an infant then of only fifteen years. The meeting was presided over by Mr Ross H Brown (pictured), proprietor of the General Store, with Jim Rochford as Hon. Secretary.

The meeting was informed that the Department of the Interior proposed to inaugurate a bus service between Hall and Canberra, 'to meet the convenience of workers affected by petrol rationing'. The meeting considered the proposed weekly fare of 10/- and voted to have it reduced to 7/6d, at which figure, it was asserted, 'more than twenty men would travel daily'. Demands for a bus service seem to have emerged about once a decade ever since!

Representations for the construction of a 'causeway' in Gladstone Street to carry away storm water which was cutting a ditch across the (dirt) road did not get a favourable response. The department thought the cost unjustifiable and suggested a pedestrian footbridge instead. This suggestion was



scorned as 'ridiculous'. Community effort, principally by George Shumack, had kept the road trafficable after rain, but the fault was poor initial engineering. Mr Bolton's proposal that the department be asked to lay pipes under the road was passed. Another hardy perennial.

The major item of business was the vexed matter of a water supply to the village. Jim Rochford reported that the Department of the Interior was 'considering the association's recent request'. Mr Gudgeon said 'the need for a water supply was urgent and necessary for health reasons. There were people in Hall who did not have enough water in their tank to have a bath, despite the recent fall of 20 points of rain'. A serious matter indeed. It was resolved to appoint a deputation to call on the Minister.

It appears that the war got in the way. The next reference to be found on this matter is in the *Canberra Times* of 15 October 1945, four years later, under the bold heading: 'Water supply to be provided for Hall township'. The Minister for the Interior informed a deputation of Hall and Ginninderra residents that 'when labour and materials were available, a water supply would be provided for Hall'. The deputation,



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which comprised Ross Brown, Gordon Murphy, Henry Gudgeon of Hall, 'Babe' Curran and Ray O'Sullivan of Ginninderra (the Hall school teacher) was told that 'it was not a question of whether Hall should have a water supply but when'. This must have been heartening news.

What are we to make then of a lengthy letter from the association to the Hon. J.D. Anthony M.P., Minister for the Interior dated 5 April 1965? The Minister is reminded that 'negotiations for a reticulated water supply to Hall commenced over 25 years ago and our records disclose that the scheme received Ministerial approval'. Acknowledging the difficulties presented by the war years and the exigencies of post war reconstruction, the association writes 'we believe a priority has been established and that a moral obligation exists to the people within this village for implementation of this supply.....we urgently seek justice in this enlightened age and buoyant economy'. The association estimated that supply to the village's 102 blocks would cost £65,000, and half could be recovered through supply charges. The actual cost is not known, but it was the Hon Doug Anthony who finally inaugurated the new supply at a very well attended gathering in front of the Hall Pavilion on 1 April (sic!) 1967. When frustrated by slow responses from government we could perhaps reflect on the 26 years our forebears lobbied for water!

Other municipal services arrived without such labour pains. A breezy letter (undated) from the Secretary of the Department of the Interior, Mr R. ('Dick') Kingsland, addressed to 'Dear Householder' advised that a weekly garbage service to householders of Hall would commence on 10 June 1964. 'Householders should place their tins in front of their house on the Tuesday night. Regulation size garbage tins approximately 20 to 23 inches in height and 16 to 18 inches in diameter must be used. Each tin must have two handles and a tight fitting lid'. Reassuringly the letter goes on to advise that



'rubbish such as old tyres, builders debris, garden refuse etc... may be left at the public tip off Gladstone Street'. A good deal of it is still there!

Finally, bus services and storm water drainage are not the only problems that refuse to go away. The Hall school teacher Ray Harris wrote to the Department on 4 February 1937 (yes, getting on for a century ago) to report that 'the fast traffic past the school is a source of grave danger to the children. It is by no

means a rare occurrence for a car to coast down the hill past the gates

at a speed that makes it difficult for it to take the easy turn at the bridge safely'. Ever alert to danger confronting young kiddies, the Minister called on the public for cooperation, asked the Police Chief to increase attention to the route, and took steps to supplement road signs in the vicinity. The latter would not be plain sailing. The Assistant Secretary Civic Administration advised the Engineer for Roads and Bridges – 'the sign would cost £5. The provision of such sign would conflict with the recommendations of the Standard Code – see para 27 on back page 12. The case could be met by an ordinary black and white sign under the village name which now exists, with the word 'Please drive slowly'. The Minister, the Hon T. Paterson – were he not at rest in another place – might be distressed to know that speeding in Victoria Street remains an issue – although 'coasting' is not usually involved!



Multicultural village walk

We were pleased recently to be able to respond at short notice to a request from the Deputies Spouses Club (deputies' spouses of the Embassies and Missions in Canberra) for a walking tour of the village. Tony Morris has been leading such groups for many years, and was pleased to be able to share a few yarns about earlier days in Hall. The group finished their tour at the museum, where they spent another hour enjoying a guided tour. The old school room was of particular interest. Countries represented in the group were Indonesia, Saudi Arabia, Denmark and Malaysia.





Hall Cemetery Work Party

Friends of Grasslands (FOG) has held regular working bees at Hall Cemetery since 2009, so why not come along and see what we have been up to over the last few months? A handful of us have experimented with some potential solutions to the weedy spring we have faced. A spray contractor has done many hours of spot spraying Milk Thistle rosettes, paid for by the recent Chief Minister's grant. It is amazing to see how effective it is.

We would love more help, however. Join us and clobber a Capeweed, flatten a Flatweed, ergonomically cut and daub milk thistle or prickly lettuce (from a height of 18 or so inches!), or maybe take a bag, and pluck the flowers off exotic annual grasses. Or could you even bring along a line trimmer to help us with a blitz on some exotic Plantain that is just coming into flower, and ditto with some exotic grasses? After all, our aim is to prevent as much recruitment as possible this year.

This notice may be too late for the work party on Saturday 3 October, 9am-12noon. But a further work party is planned for **2 November**. Join us in October or November to learn about our efforts and to assist.

Register: john.fitzgerald@fog.org.au.

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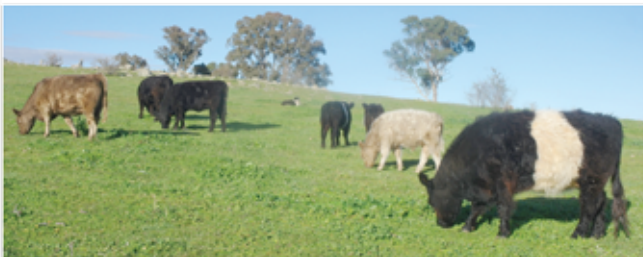
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Pain and fever in children

Anita Kilby Naturopath

Parents want to prevent their children's pain and discomfort and often turn to medications to achieve that. There are often some simple things parents can try instead of medications, reducing the risk of their side-effects.

Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen can cause intestinal permeability, which means they damage the lining of the intestines. This one cell thick lining is what keeps the outside world which we have swallowed (food, bacteria etc) from freely entering our body. Those substances should be regulated by the gut lining acting like a border patrol. If it's damaged, then 'foreign' substances can slip through and cause immune reactions which raise inflammation levels. So whilst they have an anti-inflammatory effect, indiscriminate use of NSAIDs can actually end up causing more inflammation.

Increased intestinal permeability can lead to a host of symptoms such as food sensitivities, digestive symptoms, skin conditions like eczema or dermatitis, mood disorders, hyperactivity, poor focus and concentration. The gut microbiome communicates with the brain and can influence mood and emotions. Over 90 percent of the body's 'happiness hormone' serotonin is produced by gut bacteria! Some medications including antibiotics and NSAIDs can alter the balance of bacteria in our gut.

Paracetamol (Panadol) is also commonly used to treat pain and fever in children. It is well known that high doses can cause serious side-effects particular relating to the liver, so always double check you are giving the right dose, but its less obvious side-effects are not so well known.

Paracetamol lowers the body's main antioxidant compound glutathione, which neutralises toxins and free radicals and supports immune function. Glutathione is used up to detoxify and eliminate paracetamol. A once-in-a-while dose shouldn't cause too much of a problem but repeated or long-term dosing certainly can lower glutathione, making you more vulnerable to bad drug side-effects as well as lowering immune function. Interestingly, glutathione deficiency has been suggested as a significant cause of poor outcomes in COVID-19 (not specifically related to paracetamol use).

Paracetamol is routinely recommended as a prophylactic medication before vaccination, to prevent fever reactions. There is some research showing that the immune response to vaccines is decreased if paracetamol is given prior to the vaccination. Its routine use with vaccinations use is no longer

recommended in some countries like New Zealand and Canada.

Despite concerns over fever causing febrile convulsions in children, fever is a normal immune reaction to kill off infections, so trying to prevent fever may be counterproductive. Studies have shown that paracetamol and ibuprofen do not reduce the occurrence of febrile convulsions. You should of course try to keep children comfortable by cooling them and providing comfort and cuddles as needed.

Sometimes the use of medications is necessary, but there are more benign things to try at the first signs of discomfort. Chamomile is a gentle but often effective treatment for anxiety, sleeplessness and digestive discomforts. It is anti-inflammatory, fever reducing, mildly sedative, relieves stomach cramps or colic,

as well as promoting wound/ulcer healing. It

can be taken as a cooled tea, doses starting at just a teaspoon of tea diluted in a glass of water for babies older than six months. For older kids the chemist, health food store or naturopath have chamomile products like Kiwi Herb Kid's Calm. For infants Brauer has a homeopathic liquid called Baby & Child Colic, or just give chamomile to the breastfeeding mum!



You can improve gut health with regular use of probiotic supplements, such as Inner Health Kids Gut Health, and by adding probiotic and prebiotic foods to the diet. Fresh fruit and vegetables provide fibre (prebiotics) that feed healthy gut bacteria. Fermented foods like probiotic yogurts, kefir, kimchi, sauerkraut and miso provide the actual healthy bacteria. Kombucha is a probiotic drink and a healthier alternative to soft drinks. To avoid digestive upset, always start with small quantities when introducing fermented foods.

Earaches are a common cold complication, often leading to a course of antibiotics which kills off healthy gut bacteria along with the bad guys (always take a probiotic alongside antibiotics, separating the doses by two hours). Try removing dairy products from the diet at the first signs of a cold to see if that helps. If that doesn't help some other foods may be involved.

Food sensitivities cause inflammation to the digestive tract and can cause a wide range of symptoms in children, not just digestive ones, so identifying them is a good starting point for many common childhood symptoms. A hair test for food sensitivities available from naturopaths avoids the need for blood or skin prick tests. An elimination diet is another option for identify food reactions. Removing reactive foods can provide fast, dramatic and wide-ranging health improvements for children.

From the Editor



Tiger Orchid
(*Diuris sulphurea*)

Living through a global pandemic is not so much fun. We are so lucky in the ACT to have no cases just now, but we are all affected one way or another. Financial and business concerns, worries about children, parents, family and friends, cancelled plans and the inability

to plan ahead. Worries about other countries, like the growing cases in India, and the madness of politics in the US. I'm sure the ever-present low-level sense of dread and insecurity is affecting us all, as it stretches over such a long period of time and we don't know for how much longer. That is on a bad day. On a good day I am so thankful that we couldn't



Waxlip Orchid
(*Glossodia major*)

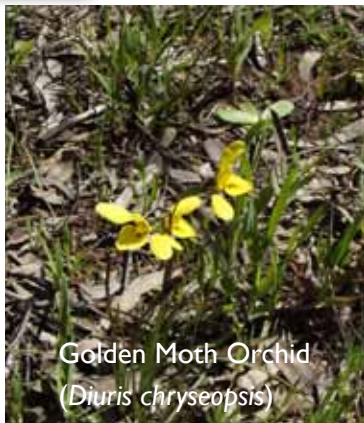
be in a more beautiful place than Hall to just get on with it and enjoy life to the full. And Spring has arrived in glorious style in Hall to help.

Our CBD is full of tulips, daffodils, pansies and daisies that can only make you smile. It is a lovely sight and



Pink Fingers
(*Caledunia carnea*)

a great feeling that we planted most of them ourselves. Over the last few weeks I took advantage of the glorious weather to follow Lisa Walmsley's advice to prepare and plant my veggie garden, pull out at least some of the capeweed that has arrived in abundance this year,



Golden Moth Orchid
(*Diuris chryseopsis*)

and enjoy watching the garden come to life.

And the Hall Walk is scattered with a selection of native flowers, brought on by the spring rains. In just 20 minutes I had found four different native orchids and a multitude of other flowers. I looked up the names of a few, I hope I have got them right.

These tiny orchids are a short-lived delight to see. Among the many other types of native flowers (opposite) that we are privileged to live among. Our thanks to Paul Porteous for some beautiful pictures of birds in Hall. The optimism of spring is glorious and can make living through a global pandemic a whole lot more fun.

Until next time
Jo Hall

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Early Nancy Orchid



Billy Buttons

Photos: Jo Hall

Photos: Andrew Purdam

Out and about . . . about

Birds: **Paul Porteous**
Flowers: **Andrew Purdam**



Austral Indigo



Golden Moth Orchid



Hibbertia Serrata





The setting Dark Emu/Milky Way as seen from the Polocrosse Fields

Photo by **Paul Porteous**