

RURAL FRINGE

Journal of the Hall district

VOLUME 27 ISSUE 6

December 2020



12th annual free concert **Brass in the Grass**

On 29 November, a hot and blustery Sunday afternoon, Hall was delighted by the performances of Victoria Street Brass (conductor Adam Powers) and Canberra Brass (conductor and musical director Veronica Boulton). The event, now in its twelfth year, began as a way of preserving the relationship between the Band - which began life as Hall Village Brass Band - and the village community. Canberra Brass has gone on to become one of Canberra's best brass bands, but the annual concert for the benefit of the museum is an enduring tie to the village.



David Kilby's shoes

Musical treats ranged from popular music, such as selections from *Happy Feet*; amazing train effects in *Ticket to Ride*, including David Kilby's solo performance on the train whistle; through jazz and Celtic music to more classical numbers like Shostakovich's *Festive Overture* and a breathtaking rendition of *Amazing Grace*.

Amongst the appreciative audience were many 'hardy perennials', young and old, who have been coming back year after year. It seems to have something

... continues on page 3





Remembrance Day in Hall

A moving, COVID-safe service was well attended by the Hall community on 11 November. Our thanks go to Bill Pearson and Dennis Greenwood from Rotary for their careful organisation. Prayers were led by Pastor Bernie Rodgers from Wattle Park Uniting Church, Marg Rule from St Francis Xavier's Catholic Church and the Reverend (Flt. Lt.) Emma Street from St Michael and All Angels Church (pictured).

The haunting sounds of a common koel provided a fitting backdrop, along with the traditional bagpipes played by Jim Davey.

Andrew Purdam demonstrated that the Last Post can be played as poignantly on the accordion as a bugle.



A wreath being laid by Bill Henderson from the Hall Volunteer Rural Fire brigade.



Brass in the Grass

... continued from page 1

to do with the special atmosphere of being outside, on the grass with big trees all around. Our thanks to all the local business sponsors, especially major sponsors Barnett Lilley and Associates, who have just offered to sign up for the next ten years!

Honorary Curator of the museum, Alastair Crombie, thanked the Bands, the audience, and another hardy perennial - MC David Kilby - who again contributed his inimitable musical enthusiasm and knowledge. And did not disappoint us with his choice of shoes. The audience, estimated to be a bit over 200, bought raffle tickets, dropped cash into buckets, and patronised the refreshments table to contribute an excellent total of \$1507.75 to the museum's funds.



David Kilby with train whistle



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Christmas events at St Michael & All Angels, Hall



In a year like no other, the hope and joy of Christmas will be more important than ever. Family, friends and visitors are welcome to Christmas events at St Michael's and/or our sister church, St Barnabas in Charnwood. With COVID restrictions in place, our carol services will both be outdoor events - and after years of never having the risk of rain, both of those occasions will rely on fine weather. Also, we ask people to RSVP to the email address below if you plan to attend either Christmas Eve and Christmas Day services at Hall, to assist planning and our COVID attendance records.

Service of Lessons and Carols

Sunday 6 December 7pm

at St Michael & All Angels, Hall

Join us on the lawns at St Michael & All Angels, Hall to hear the real story of Christmas told simply through six short Bible readings and favourite carols.

Bring a picnic to enjoy before, or join us for a cuppa afterwards; weather permitting!

Carols in the Carpark

Friday 11 December 7pm at St Barnabas, Charnwood

Everyone is invited to sing along to well loved carols with Victoria Street Brass in the carpark at St Barnabas, Charnwood - the eastern end of Charnwood shops. Weather permitting!

Christmas Eve 10:30pm

at St Michael & All Angels, Hall

Please RSVP to help us manage numbers
office@mikeandbarneys.org.au

Christmas Day

9am at St Barnabas, Charnwood
10am at St Michael & All Angels, Hall

Please RSVP to help us manage numbers
office@mikeandbarneys.org.au



For more details on any of these events please phone Beryl on 0408 488 526

President's page



Dare we show some optimism concerning the current COVID-19 pandemic as we draw very close to 2021? As I write this, Victoria has done a tremendous job on behalf of all of us in achieving no new COVID-19 cases for two weeks. I hope that as you read this, they have been able to maintain that situation. It also seems that we will be able to welcome our friends and relatives from Victoria soon, as we will also be free to travel again around the country. The COVID-19 measures in the ACT have recently been changed and these are available on the ACT Health website.

Hall School Precinct refurbishment



Throughout this year, the ACT Government Property Group has undertaken major upgrade and refurbishment of the buildings in the Hall School Precinct. Currently, work is being undertaken on the second phase of these upgrades, including roofing repairs and other essential maintenance.

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Peter Toet President

As a result of the effects of the La Nina weather pattern and unusual amount of rain, this work is taking longer than originally anticipated.

Fire risk fuel reduction

Volunteers from the Hall Men's Shed and the Friends of the Museum have been very busy clearing shrubbery and debris from around the Headmaster's Cottage and mMuseum buildings. An inspection by the ACT Government Property Group was scheduled for October and we are awaiting the results.

Pavilion tennis court

Over the last few months, volunteers from the Hall Men's Shed and the wider Progress Association have done a tremendous amount of work to clean out the tennis courts adjacent to the Pavilion, make the area safe, and restore them to a condition where those who are inclined to do so can have a friendly hit. The carpentry skills of the Hall Men's Shed have also refurbished the court shelter. It appears that these efforts are much appreciated as there is lots of scuffing on the court, indicating its use. Jan and Michael Sinclair were recently observed having a friendly practice on the clay court.



In the last *Rural Fringe*, I mentioned that many people have expressed concerns to the Progress Association over speeding in Victoria Street. The association has been in touch with the ACT Government and the response is detailed in this edition of the *Rural Fringe*. If you have remaining concerns about speeding and safety on Victoria Street, you should contact Access Canberra on **13 22 81** and request compliance action by the ACT Government.

committee



L to R: Olga Minion, Tony Morris, Marg Monahan, Robert Yallop, Peter Toet, Jan Klaver, Aaron Whittaker, Peter Howard, John Starr

2020-2021 Progress Association Committee

At the Village of Hall and District Progress Association meeting on Wednesday 21 October, the positions of Office Bearers and Committee were vacated and the Office Bearers and Committee were elected for 2020-2021.

I would like to sincerely thank departing Committee Members Yvonne Robson, Ralph Southwell and Heather Wilford for their valuable contribution to the VHDPA as members of the committee and look forward to their continued engagement in the Hall village and district community.

The 2020 - 2021 VHDPA Committee is:

President: **Peter Toet**

Vice President: **Olga Minion**

Secretary: **Jan Klaver**

Treasurer: **Phil Robson**



Committee members:

- Ross Hampton
- Peter Howard
- Margaret Monahan
- Tony Morris
- John Starr
- Aaron Whittaker
- Robert Yallop

Please send any questions or suggestions to: info@hall.act.au

Stay safe for Christmas and let's hope that 2021 is much brighter for all of us and the world in general.



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Hall Men's Shed

men's shed

by **Kevin Stone**

It's been about four years since my last visit to the Hall Men's Shed and it's had some positive changes over that time. And to find out what's been happening I sat down and had a good chat with Foreman Doug Anstess and Assistant Foreman Aaron Whittaker.

But first a bit of background about men's sheds.

There are now over 1000 community-based, non-commercial men's sheds throughout Australia, including around 12 in Canberra. They provide a place where men can go to meet in a safe environment, share activities and enjoy the company of other men, which is important, especially after life-events such as retirement or for other reasons that can bring on feelings of loneliness.

Surveys have shown there are also direct and indirect health benefits of joining or belonging to a shed, because they can provide information often men don't have access to. In addition, supporting each other by discussing similar health issues and symptoms can encourage some to seek medical advice or health checks. One of the surveys found that men's shed members had significantly better scores than non-shed members for physical functioning, general health, vitality and mental health.

So how does this fit into the Hall Men's Shed vision?

Well, Doug told me that it's idea was to 'create an environment supportive of the general wellbeing of males of all ages within the Canberra region'. And the shed has been providing this and more since it began with a few men to now where it has about 60 fully paid up members.

A small annual fee is charged to cover insurance, and that's to be expected as there is a wide selection of power and hand woodwork tools available. But for safety reasons, no member is permitted to use equipment by themselves or without first undergoing appropriate training. And even though some members have first-aid knowledge, including the use of a defibrillator and safety equipment, no one wants to see accidents occurring.

Some of the jobs Doug mentioned that have been completed and benefitted the Hall community include several wonderful wooden toys for the Hall Preschool, plus a lot of tidying up around the old tennis courts next to the Hall Pavilion and cottage. Work is also underway clearing debris and undergrowth west of the cottage, with a barbeque and pizza oven, a small stage or bandstand and garden plantings underway or planned. The shed may give the monthly barbecue there early in the new year, but there's a bit more work to be done before that happens.

The shed is open on Tuesday, Thursday and Saturday from 10am till around 12.30pm at the Hall Primary School site on Palmer Street.



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Doug also said that the shed was recently approached by the Zonta Club, who sell high-end second-hand clothes and donate monies to charity, to make a better rack than they had to conveniently store coat hangers when sorting the clothes.



↑ Coat hanger rack

Doug said the club ladies were very happy with the final design and product and the shed was delighted to receive a framed Certificate of Appreciation, which is proudly displayed.



Aaron told me that some of the men working on these projects have commented on how positive it's made them feel, with a 'sense of belonging', of value, even if they don't live in the Hall Village. He said there's a range of activities they can get involved in beside working on the (mainly) woodworking projects. These include gardening, providing help on computers and assisting with catering, making the Thursday meetings, when the majority of members come along, more enjoyable.

The shed is open in Palmer Street on Tuesday, Thursday and Saturday mornings, and it has become a 'drop-in' centre with several fellas regularly turning up for a cuppa, chat and cake or to work on a community-based or individual project. And they come out of the woodwork (pardon the pun) on the first Thursday of the month when a barby is held!



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Memories of a Hall lad

The Brown family has been an important part of Hall Village for well over a century. In particular, for the majority of that time the family has been involved in the ownership and management of the Hall general store, initially in partnership with members of the Southwell family. A new publication by the Hall School Museum and Heritage Centre (HSMHC) tells of the earliest years of the Brown family in Hall, through the life and times of Claude Brown [1898-1990], a young lad growing up in the village.

Claude's life work was spent as a teacher for the NSW Education Department (1917-1963), teaching for many years in small, one-teacher bush schools (Burra Creek and Bongongolong; Junee Reefs, Broken Dam Estate; Wallendbeen; and then larger schools, starting with West Wyalong). Claude and Mabel met when Claude was a lodger with Mabel's family whilst undertaking his first teaching appointment, at the part time schools of Burra and Bongongolong.



Southwell and Brown store c1913

The book, MY EARLY HALL DAYS, is edited extracts of the memoirs of Claude and his wife Mabel. Claude was the great-grandson of the family patriarch 'Old Thomas Brown' who arrived from England in 1838 and settled near Dalton. Thomas was a champion of Methodism who devoted his life to preaching the word. Claude's father Ebenezer, a grandson of Thomas, married Elizabeth Southwell, one of five siblings who married into the Southwell family!

Claude was born at Wisemans Creek (near Oberon), where his parents ran the general store in partnership with Charles and Annie Southwell. When the gold rush that drew them to Wisemans Creek faltered, they took the opportunity to buy the Hall general store and post office from Arthur Flower in 1901.

Ebenezer and Elizabeth built, then lived at 'Winarlia' for more than 50 years. Having worked in the shop, Claude's younger brother Ross took over the general store in 1934 and ran it for the next 40 years. Ross married Grace Kilby and they lived at 'Choiseul', built for them by Syd Burton. Ross's three sons followed him into local businesses. Ross's sister, Dorothea (1900-1930), died young after an operation for appendicitis.



Claude and Mabel's wedding

MY EARLY HALL DAYS is the story of Claude's life before marriage. It is the story of a young lad growing up in the small village of Hall, where his parents were partners in the general store, in the early years of the 20th Century. In a lucid, entertaining and informative style Claude tells us about his extended family, about the business of the shop, his



Claude and Mabel, 1982

delinquent adventures with other young lads (often involving explosions), long sulky trips to Dalton and Queanbeyan – and the first cars to appear, going to school at Ginninderra and Hall, his first job at the Cricketer's Arms, Sunday School at Wattle Park Methodist Church, and more.

It is especially interesting for the numerous anecdotes concerning Claude and his young mates, and other village residents. Amongst the children he mixed with were the Hollingsworths (Clyde and Bill), Jones (Rockleigh and Leo), Kilbys (Keith and Athol), Shumacks (Silas, Percy, Peter, Fred), Currans ('Chappie' and 'Babe'), and Gribbles (Ernie and Jack). Amongst those at work in the village were Aubrey McClung (saddler), Billy Morris (bootmaker), Charlie Thompson (teacher), Augustus Hellmund (blacksmith), George Kinlyside (coach-builder), Syd Burton (builder) and Ted Gifford (shop assistant).



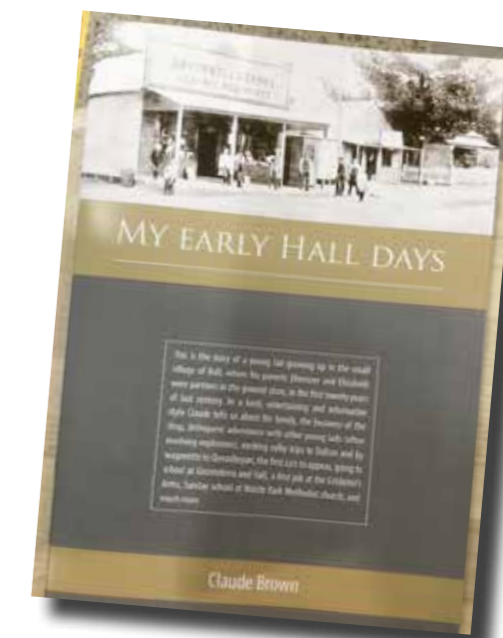
Brothers Ross and Claude Brown

MY EARLY HALL DAYS includes many Brown family photographs made available by family members Bevis Brown, Janette Graham, and Garry Reynolds, and other photos of Hall people and places from the extensive collection of the HSMHC. Janette made the venture possible by digitising the typed manuscript,

the original of which is held by Claude's grandson Garry Reynolds. The association of the Brown family with Hall village is long and rich, involving five generations over more than a century. It is a great pleasure to recognize, and recount parts of that association in this publication.

'My father for several winters bought rabbits and carted them to Queanbeyan, where they were sold to an agent. For father it must have been a trying business, as often he had to get up at 4am, feed his horses and set off for several pick-up areas, before setting out for town seventeen miles away. I can still see Dan Hall and others sitting alongside the road behind a log fire with their catches strung in pairs on a pole waiting for father to collect them'.

'Mr. Davidson, a dentist from Queanbeyan visited the Hotel once a month for dental work. On my first visit there I had two teeth extracted. Dentist Davidson threw all the extracted teeth out near a mile peg close to the hotel. Coming home from school we often made a bee line for the post to sort and inspect the extractions'.



'The first car that I can remember was a motor buggy, built by Mr. Williamson of Yass. The buggy was chain driven. Two heavy chains were run on sprockets attached to the rear wheels. However, the motor broke down at Ginninderra and the occupants had to find another way home.'

MY EARLY HALL DAYS by Claude Brown, published by Hall School Museum and Heritage Centre.

Buy your copy at Hall Post Office for \$10.00 (32 pages; 43 photos)

Many thanks to Trudy at the Post Office.

Canberra Craft Show in Hall

by the **Show Reporters**

The Hall Pavilion sprang to familiar good use in October when it hosted the Royal National Capital Agricultural Society Spring Craft Challenge. The event covered a wide range of crafts, inviting entrants to show off their lockdown creations!

Section Head of Craft for the RNCAS, Ann Toet, said 'the idea for an online Spring Craft Challenge was suggested by Emma McDonald (then member of the RNCAS office staff) as a way to keep the Show Society enlivened during lockdown'.

'I was also hearing all about the craft activities people were doing during lockdown and getting lots of enquiries about whether the Canberra Show would be going ahead in February 2021. We decided to go ahead.'

'The next challenge was to find a suitable location to receive and judge the entries. I remembered that Hall had hosted the Canberra Show for nearly 35 years up to 1964 and approached the Hall Progress Association.'

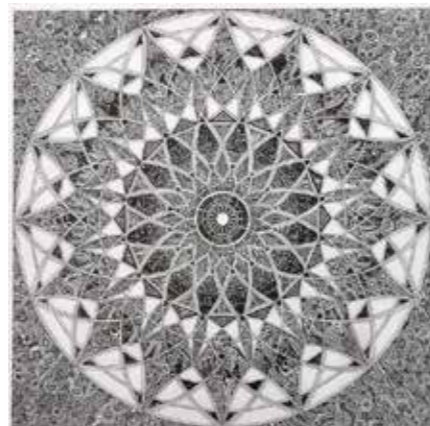
With the help of a dedicated volunteer crew the event swung into action. The Hall Progress Association agreed to the use of the Hall Pavilion for such a community event and gave guidance on running a COVID-safe event. The event was posted to the RNCAS website, local craft organisations

such as the Knitters Guild NSW Queanbeyan Branch, Canberra Lacemakers Association, Canberra Region Feltmakers, and The Embroiderers' Guild ACT, spread the word through their own channels and many Canberra businesses generously offered fantastic prizes and promoted the event – then the entries flooded in.

Most exhibitors came to Hall to drop their entries to the Pavilion and picked them up afterwards, many enjoying the delights of the village as part of their excursion. Many local businesses were visited by exhibitors and volunteers for meals and recreation.

'I wondered how people would respond to the different drop off point, as they usually come to Exhibition Park. But they just told me how much they enjoyed the drive, feeling they rediscovered how lovely Hall is, and had plans to come back!' Ann said.

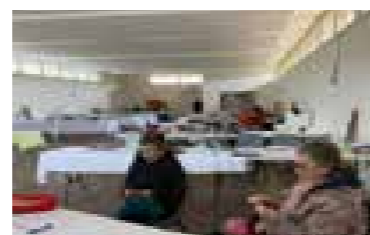
'People also remarked on the lovely Floriade distributed plantings.'



Overall Champion of Champions for the RNCAS Spring Craft Challenge was awarded to Kate Heffernan who entered her magnificent detailed drawing in the Decorative & Folk Art Section.



Kathy Dearnley won 1st place in the Spring Challenge Class with her pottery sculpture.



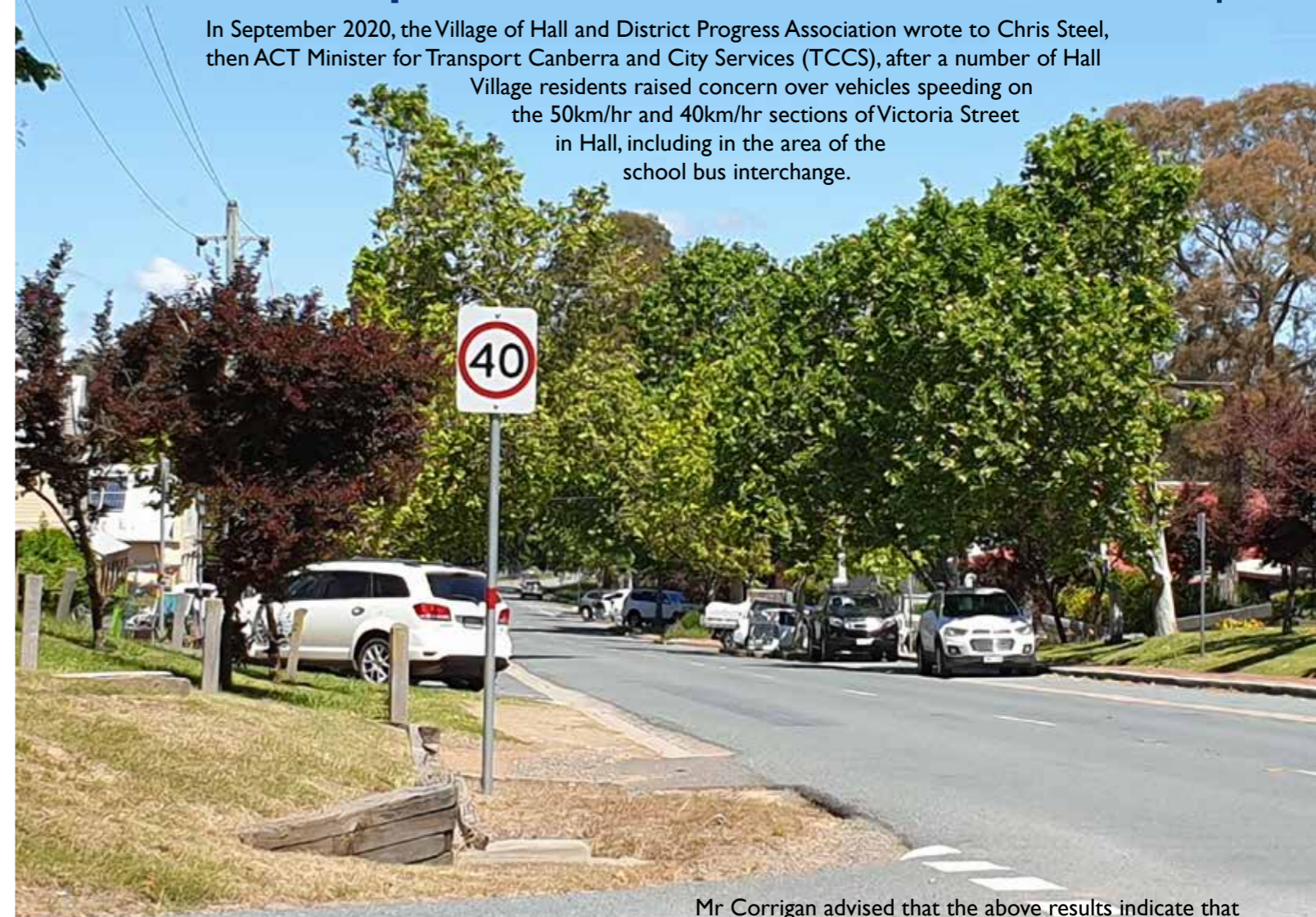
Hall Pavilion on receiving day – Jenny Fowler and Val Walker busy knitting while waiting for more exhibitors to arrive.

Full details of the entries and sponsors are available on the RNCAS website:
www.rncas.org.au/rncas-spring-craft-challenge.html

Victoria Street speed concerns

Robert Yallop

In September 2020, the Village of Hall and District Progress Association wrote to Chris Steel, then ACT Minister for Transport Canberra and City Services (TCCS), after a number of Hall Village residents raised concern over vehicles speeding on the 50km/hr and 40km/hr sections of Victoria Street in Hall, including in the area of the school bus interchange.



The Progress Association requested appropriate technical assessment by the relevant staff from TCCS to determine the optimal solution to address this serious safety issue.

On 6 October 2020, Jim Corrigan, Deputy Director-General TCCS, replied to the Progress Association and advised that TCCS had undertaken traffic surveys along Victoria Street in 2019.

In the 50 km/h speed zone between Hoskins Street and Gladstone Street, the surveys revealed that on weekdays this section carries around 800 vehicles per day travelling at an average speed of 41.3 km/hour. Compared to a weekend, this section carries around 830 vehicles per day at an average speed of 40.9 km/hour.

In the 60km/h speed zone between Barton Highway (North) and Hoskins Street, the survey revealed that on a weekday this section carries around 340 vehicles per day travelling at an average speed around the posted speed limit of 60km/hour. This is similar on a weekend.

Mr Corrigan advised that the above results indicate that this street is performing as expected, and that TCCS has no immediate plans to implement additional traffic calming measures however, will continue to monitor the traffic movement along this street.

The full text of the response from Mr Corrigan is available on the Hall website at:

www.hall.act.au/get/6167.pdf

Those concerned about continued safety of Victoria Street should request compliance action by the ACT government by contacting Access Canberra.



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Things to do around your house and garden:

- keep lawns short and gardens well maintained
- cut back trees and shrubs overhanging buildings
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- have hoses long enough to reach around your house
- if you have a pool, tank or dam, put a Static Water Supply (SWS) sign on your property entrance
- check that your insurance is adequate and up to date
- complete your Bush Fire Survival Plan available at www.rfs.nsw.gov.au

In a bush fire many houses are destroyed through ember attack, when burning twigs and leaves carried by the wind land on or around the house. Even houses away from the direct path of the fire can be affected.

Look for the places embers could start fires - on the roof, under the floor and around windows and doors - and take action to prevent them.

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Quite a few large shallow-rooted trees coming down in the horse paddocks. Victims of the prolonged drought?
Hugh Watson

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Christmas

Not a piece of cake for everyone

Robyn Monteleone hypnotherapist

As the holiday season approaches, many people are expecting to catch-up with family and friends. In the midst of a pandemic, this may be the first time in many months for get-togethers. For some this is a joyful time, for others, the socialising and expectations to socialise can be too much.

Inevitably, there is someone or something that makes you cringe. That relative who gets on your nerves for whatever reason. Perhaps they are all about themselves. Or perhaps you feel judged about certain things in your life that may or may not be within your control. Life has its ups and downs after all.

These situations can often lead to automatic emotional reactions when faced with particular people or particular conversation topics. You may feel a sudden rise in blood pressure as you work to control an outburst. On the surface, you do your best to be nonchalant.



Underneath, perhaps your breathing has quickened, a negative feeling fills you and you just want to left alone.

What is happening, is not necessarily a reaction to the current situation, but a reaction to experiences that have occurred over time. Each time a similar situation occurs, your reaction gets reinforced that much more. And even the thought of being with that person or in that situation can bring the whole emotion back. It's at best unpleasant. And at worst, hard to control and may stop you from attending certain functions or socialising with certain people.

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Springfield Rural Fire Brigade

The wet spring has provided ideal growing conditions for crops, grasses and unfortunately, weeds. Just look at the verges on the roads and along fencelines. And due to the last drought, stock numbers are low in the area, and fuel loads are high.

Grass fires are going to be our biggest threat this summer due to these fuel loads, they start easily and move at frightening speeds.

What can be done to help mitigate the threat?

- Now is the time to commence slashing fire breaks along fence lines and making sure that the areas around our property are kept well maintained.
- Use the cooler weather to get on top of excess grasses and weeds around your house or outbuildings.
- If you are on a property, create a buffer zone between your paddocks and the house paddock/yard by slashing or grazing.
- Have a fire plan and make backup plans. Due to their fast-moving nature, grass fires are very unpredictable and can be on top of you before you know it.
- Don't leave it until the last minute to prepare your property, in grass fires minutes matter.
- Download the **Fires Near Me App** onto your smartphones.



- Get to know your neighbours.
Do you have their phone numbers?
Do they have yours?



Rebecca Morrison
President

There are other things you can do around your property to make sure that if the RFS does need to attend your property they can access water sources easily. Can our trucks access your tanks or dams? Do you have proper fittings for fire hoses? Do you have Static Water Supply (SWS) signage to let us know what we can use in an emergency?



photo: 'Splash Magazine'



All these things will go towards preparing your family and home for the fire season.

You can stay in touch with Springfield RFS news by following our Facebook page. Keep an eye out for a date to join us for our annual Christmas catch up in December – all COVID-19 compliant!

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

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Ten Little Figs – a very local book!

Ten Little Figs is the first book of Hall district local, Rhiân Williams. It is published by Walker Books and is beautifully illustrated by the very talented Nathaniel Eckstrom. It tells the story of a little child who adores figs but so do all the Australian animals in the garden.

One by one, as the bouncy, rhyming text unfolds the figs disappear. But Daddy saves the day along with the last little fig. It has been described as a joyous ode to the Australian landscape that is a sheer delight to read out loud.

But we thought we'd ask some young readers what they think of it. Marcus and Josh Reynolds aged six and three give us their review.

- Q. *What makes Ten Little Figs a fun book to read?*
- A. **The counting numbers and the pictures of the animals.**
- Q. *Do you have a favourite illustration? Which one?*
- A. **Yes, the flying fox and the leaf curling spider.**
- Q. *What animals do you think might like to eat figs?*
- A. **A flying fox.**
- Q. *Do you think Ten Little Figs would be a good Christmas present?*
- A. **Yes, we would give it to our friends from school.**
- Q. *What would you like the author to write another book about?*
- A. **100 little Sheep! I love sheep.**
(Marcus Reynolds, 6yo)



Marcus 6, and Josh 3.

Ten Little Figs is available at good bookshops everywhere and you can also purchase a signed copy at the Hall Post Office. A perfect present for curious and enquiring minds.

PS The Rural Fringe has contacted the author and she tells us she is hard at work thinking up a book all about 100 sheep and she says her sheepdog Gidi wants to be in it too!



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

A Solstice Feast

Whole Roast Cauliflower

This dish is super easy but looks so impressive!



Instructions

1. Preheat your oven to 190C.
2. Remove the leaves of the cauliflower, trim off the bottom stem, and wash thoroughly. Pat dry. Then rub the cauliflower all over generously with the olive oil.
3. Place cauliflower stem side down on lightly oiled baking dish – place in a hot oven.
4. Roast for 45-50 minutes until cauliflower is fork-tender and lightly browned.

While the cauliflower is roasting make your tahini sauce

1. Place a saute pan over medium-high heat with a light coating of olive oil.
2. Add your crushed garlic and cook until soft and fragrant.
3. Remove the pan from heat and add the tahini, warm water, garlic, lemon juice, salt. Whisk until well combined.
4. Brush half of the tahini sauce all over the cauliflower.
5. Cut cauliflower into six to eight wedges and place on individual plates.
6. Drizzle the remaining tahini sauce over the individual cauliflower servings.
7. Sprinkle the chopped herbs and pepitas over the top and serve immediately.

Ingredients

- 1 medium head cauliflower
- 2 tbsp. olive oil
- 2 cloves garlic (crushed, minced)
- ½ cup tahini paste
- ¼ cup warm water
- ¼ cup fresh lemon juice
- ½ tsp. salt
- ½ cup raw or toasted pepitas
- Fresh basil (about 2 tablespoons finely chopped)
- Fresh dill (about 2 tablespoons finely chopped)
- Fresh parsley (about 2 tablespoons finely chopped)

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

For more info on the Planetary Diet visit
www.thelancet.com/commissions/EAT

Gluten-Free Vegan Pecan Pie

A little more work but worth it all!



Instructions

for the pastry:

1. Preheat the oven to 180C .
2. Combine all ingredients in a large bowl until it forms a firm dough – add the water a few tablespoons at a time so that you don't add too much!
3. Pastry dough can be kept in the fridge for up to a day but there is no need to chill it before using.
4. Place the pastry dough into a greased pie dish and carefully press it across the bottom and up the sides of the dish – will fit a 22.5cm pie dish.

for the filling:

5. Drain the dates and place in a food processor or blender with the almond butter, almond milk, vanilla, salt (and brandy if using).
6. Blend until completely smooth, mixing it around a couple of times if necessary.
7. Transfer the filling into the pie crust.
8. Press the roughly chopped pecan nuts firmly into the filling until you have pressed them all the way to the bottom and the surface of the filling is completely covered with pecan nuts.
9. Bake in the oven for around 30 minutes, until the pastry crust is firm to the touch and golden brown.
10. Leave to cool completely before cutting, keeping in the fridge for at least a couple of hours, to allow the filling to set properly.
11. Tastes best when fresh, but keeps covered in the fridge for up to a few days.

Ingredients

for the pastry:

- 30g (1/8 cup) coconut oil
- 75g (2/3 cup) gluten-free flour blend (or sub rice flour, or plain all-purpose flour if not gluten-free)
- 75g (2/3 cup) ground almonds (almond meal)
- 7 tablespoons water

for the filling:

- 260g (1½ cup) pitted dates soaked overnight in cold water or 10 minutes in boiling water
- 170g (2/3 cup) smooth almond butter (or sub pecan butter or sunflower seed butter)
- 4 tablespoons unsweetened almond milk (or sub any other plant-based milk)
- 1 teaspoon vanilla extract
- pinch of salt
- splash br andy (optional but festive)
- 250g (2 cups) pecan nuts, roughly chopped

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Growing Australian native flowers

by Lisa Walmsley

Any of you who have explored any of our wonderful walks around the district will know that this year, nature is turning it on.

Native plants this year are particularly glorious, all the extra precipitation seems to have enhanced their performance tenfold.

The textured leaves and bold blooms of natives are lovely in the garden and in a vase. Some of the best native flowers for cutting are banksias, gum blossoms, kangaroo paw and Christmas bush.

No matter what your soil is like, you will be able to find the right selection for your garden. Not forgetting that natives really don't like phosphorous so use a native specific fertiliser annually. Many folk think native plants are 'set and forget' and to an extent that is true but these plants thrive with trimming. Cut them back several times a year, especially after flowering.



photo: Australian National Botanic Gardens: www.anbg.gov.au/photo

Hakea

Hakeas and grevilleas are closely related and both come from a very diverse group of plants. Most of these plants prune into a hedge very nicely or provide great screening.

NSW Christmas Bush

This is a small bush but will sometimes grow into a small tree, depending on the variety and its location. It makes a very showy screen or hedge, and its flowers which are really bracts appear in summer after the small white flowers in spring. This plant does prefer moist soil or regular watering and organically enriched soil in full sun or part shade. When in flower, pick lots as this prunes the plant, making them thicker and bushier which then means more flowers next year.

Grevilleas

These flowers are known as spider flowers and the range of plants in this group is extraordinarily diverse. These plants range in size from small ground covers to huge trees. Like many native plants the ones that grow in the tropics tend to be the best, especially for cut flowers. But many of them are still glorious and absolutely worth having in your garden both on the shrub and in a vase.

Kangaroo Paw

These plants have a lovely grassy form and range in size from 30cm to one metre in height. The blooms of kangaroo paw sit above the grass and come in a wide range of colours from red to pink and yellow and all shades of these along with some nearly black and some white. Good drainage is essential and they do particularly well in pots. Once the flowers are finished cut off old stems.

Gums

Lots of our local eucalypts flower and although many in this district are not 'show ponies', their flowers are still lovely and many have foliage that is gorgeous to have in a vase. If you coppice eucalypts, they keep their juvenile foliage which is often more interesting than the adult foliage and really lovely in your garden and in a vase.

Banksias

Most of us are familiar with banksia forests on the south coast. They are stunning, a little less adaptable to growing in our sometimes freezing climate but a few grow well here. There are all sizes, from trees to ground covers. Totally worth growing for their flowers that look like candles.

The obvious flowers that I have not mentioned: waratah, protea and leucadendron are stunning plants and flowers but really moody to grow here.



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Yass Community Nursery,
1428 Yass Valley Way

Come along to this free and informal get-together to chat about propagating and growing native plants. Everyone is welcome – whether you are a beginner who wants to learn, or someone with experience who would like to share your knowledge (or anywhere in between). Depending on the interest of the attendees, we can chat about/demonstrate:

- seed collecting
- how to remove seed from seed capsules
- drying, storing, packaging and labeling seed
- treating different seeds to encourage germination
- propagating from cuttings
- grafting
- details on planting
- selecting plants of different sizes that are appropriate in our region
- fire resistant plants
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From the Editor

It seems fitting that the Brass Band concert kicked off the Christmas Season on the first Advent Sunday of the Christian calendar. The Christmas message of hope seems much needed this year.

One way or another the pandemic continues to touch us all. From job losses or business worries, our inability to plan an interstate trip, to worry about friends and relatives, health concerns, home schooling frustrations, postponed weddings, holidays or events, the list goes on. The inability to plan for absolutely anything has been something of a characteristic of the year.

Our *Smiling Kangaroo* sees this as a year to celebrate tiny joys and certainly the sight of a bird or a flower has caused me to pause in wonder many times. I think also a year of gratitude. I am grateful that Australia has managed this pandemic so well. I am more grateful than ever before for the love of family and friends. And grateful for our home in this peaceful and beautiful place.

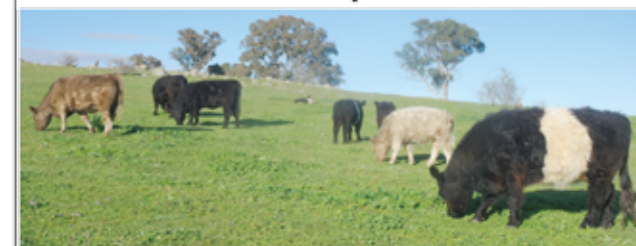
It feels like it might be a different kind of Christmas this year. Difficult for many perhaps, but one that can bring us hope, rejoicing in the tiny things and grateful for the wonder of life.

All of us at the *Rural Fringe* wish everyone in Hall Village and the district our best greetings of the season and a safe and happy 2021.

Until next time,
Jo Hall

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Experiments in Happiness

An occasional column by the Smiling Kangaroo

The Triumph of Tiny Joys

We have grown dull toward this world in which we live; we have forgotten that it is not normal or scientific in any sense of the word. It is fantastic. It is a fairy tale through and through. Elephants? Caterpillars? Snow? At what point did you lose your wonder of it all? *John Eldredge*



Oh my what a year! What have been the things that have most sustained you throughout what has been a most tumultuous and unprecedented year? For the Smiling Kangaroo, who has been on a rather extended hiatus, one thing has been the triumph of tiny joys.

This year the roses have flowered in such abundance that after rain they have left a magic carpet of petals covering the grass like snow. For the first time a pink callistemon has survived and come into flower. And the spring rains have brought so many turtles out that helping them to cross the road has transported the Smiling Kangaroo back to childhood singing the road safety songs of Hector the Cat – ‘then if the road is free of traffic walk straight across don’t run’. All these things mean something only to me but these tiny joys have sustained me and I suspect you have many tiny joys of your own.

Choices have been circumscribed for many this year. In particular it has meant for those whose families are spread out around the country or indeed the world that we have had to change the way we spend time with them. And although we could not physically visit, thanks to technology we can still be part of each other’s lives on a daily basis. We can read a picture book over Zoom to children half a world away, we can be carried into gardens and shown the cubby house just built that afternoon and we can have a cup of tea and chat with that dearly beloved person in those sweet spots when, despite the time difference, it’s the perfect time, in both places, for a cuppa. These too are joys – big and small.

Another tiny joy has been that the Smiling Kangaroo’s favourite dog has become very adept at finding turtles caught against fences. She scents them out and then I carry them to the dam and as a bonus she gets a swim. We all need a helping hand now and then. And helping these carapaced survivors



from the time of the dinosaurs is a lovely reminder that by making a difference for others we can make a difference for ourselves as well.

Tiny joys rekindle anew our sense of wonder at the world around us, our connection to the ones we love and weave the fabric of a life well lived. So as you reflect on this year – which has no doubt had so many losses and hardships – perhaps take some time to also catalogue your tiny joys and remember them too for they are the things that make life worth living.

Be brave! Life is joyous!

PS And to my friends for all their extraordinary kindness and generosity to me throughout this year – thank you! You are priceless beyond compare.

In the sweetness of friendship let there be laughter, for in the dew of little things the heart finds its morning and is refreshed.
Khalil Gibran

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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

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August issue deadline is 10 July

October issue deadline is 10 September

December issue deadline is 10 November

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

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

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

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around Hall



photos: Paul Porteous



Did you notice small groups of people gazing into a tree on the Hall Reserve in November? Curiosity got the better of me and I had to ask what they were doing. It turns out they were searching for a hidden geocache. In this global ‘treasure’ hunt, you search for hidden objects using coordinates, clues and the GPS on your phone; log your name and return the object. Apparently there are several hidden around Hall. Hope they found it! *photo: Jo Hall*

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