

RURAL FRINGE

Journal of the Hall district



VOLUME 28 ISSUE 1

February 2021

Vale Joseph David William (Bill) Burge

6.4.1934 to 11.11.2020

Bill Burge was born in Llandeilo – a small, Welsh market town – in 1934. He was the middle child and brother to Rose and Reg and at three he would run away to go and live with his adored grandmother. In the year Bill was born, Dylan Thomas would publish his first collection of poetry.



Like the famed Welsh poet, Bill would spend his life journeying far from the place of his birth but wherever he went the warm, Welsh lilt to his voice would travel with him as well.

In the early 1950s Bill – an electrician by trade – moved to Loughborough in England for work. Loughborough was the birthplace of the Loughborough machine invented in the early 1800s, which made the famed 'English lace' or bobbinet tulle. Prior to this lace was made by hand – a tedious, time consuming and eye destroying process. Although that early machine was destroyed by the Luddites, textile manufacturing remained an important industry in the area. His daughter Denise says Bill greatly enjoyed the challenging work with the factory sewing machines.

... continues
on page 6



Bill and Janet were married in Loughborough in 1955.



Bill, Janet and Diane.



Bill in his army days.



Bill with his children Darren and Diane in his lizard catching days.



78th National Sheep Dog Trial Championships 2021



**Tuesday 9 March – Sunday 14 March
10am - 3pm**

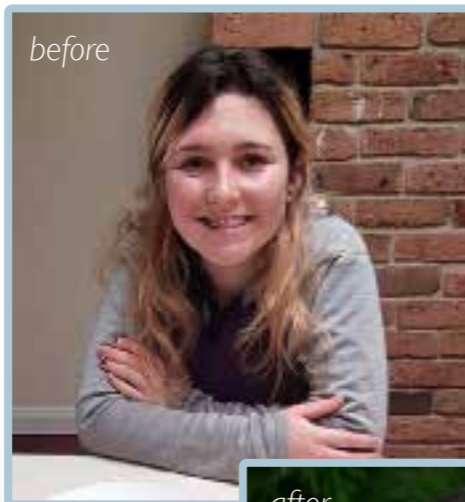
at the Hall Showground,
Gladstone Street, Hall

All welcome, *FREE* entry during the week.

This is a fabulous event to pop into during the week – you can bring along your brown paper bag of sandwiches and spend your lunch hour admiring the skills of the dogs and the owners and enjoying the atmosphere.

We are so lucky to host Australia's most prestigious sheepdog trials here in Hall!

nationalsheepdogtrials.org



Congratulations to Sophie Porteous who shaved her hair this month to raise funds for the Leukemia Foundation.



National Trust listing



Allwood

We are pleased to announce that the restored slab cottage at 'Allwood' has recently been listed by the National Trust (NSW). The cottage was built in the mid to late 1880's by district pioneers Agnes and David Rule. We thank the many friends and family members who assisted with this project.

We are hoping this recognition will help to safeguard its survival and preserve the history for generations to come.

The cottage is open to the public for limited numbers.

Enquiries and bookings can be made on **6230 2436** or email allwood3@hotmail.com

Rod and Judy Roberts

Hall-elujia

Street Stories Videos - Hall Village



Joe has challenged himself to ride every residential street in the ACT and along the way he is recording it. The videos are Joe, his friends and others talking about what they see, what has changed and, maybe, what the future might hold.

In Hall, Joe's guide is Tony Hazelton. The video record of the journey and conversation is:

www.youtube.com/watch?v=RBewLM_kVJO



Museum Musings

Open again!

Our volunteers decided to open to the public again from **Thursday 21 January**, initially on Thursday mornings, then Sunday afternoons as well from **11 February**.

Opening time details can be found on our website.

Save the (Concert!) date

Our next Brass Band Concert with Canberra Brass will be on **Sunday 28 March**. Further information about the starting time and program will be on our website in coming weeks.

Fooling around in flannels

Our latest exhibition – about the history of cricket on the Limestone Plains – will be formally launched on **Sunday 11 April**, in the first week of the Canberra and Regional Heritage Festival (6 – 26 April 2021).

10,000 years on Halls Creek – an updated display on the ancient history of our creek and its indigenous history – will also be open.

Tanning pit

We recently added a century-old tanning pit to our 'outdoor' collection. Built by the Morris family at 'Dellwood' to support their boot-making business, this is reputedly one of only two intact 'above ground' tanning pits in Australia. 'Dellwood' – just over the border on the left – is being demolished to make way for the Barton Highway duplication. We are very grateful to Transport NSW and their contractors for safe delivery of the pit!

Interns from University of Canberra

We are expecting to have at least three UC students working with us in the first semester this year on Internships – work placements designed to help students gain some real life experience.

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Wood chopping in Hall saws!

2020 has created grief for much of our community and woodchopping has not been omitted. The bushfires early last year, then followed by COVID-19 has caused the closure of many city and country shows including the Royal Sydney Easter Show and our own Royal Canberra Show for this year. Unfortunately, woodchopping doesn't gain much momentum when there are no other attractions around it. Having said that we have continued to train every Tuesday and held two come and try days which have increased our membership.



The first 'Come and Try Day' in December was well received with over 25 people attending who have never chopped before or have limited experience. Unfortunately, only one female turned up, so we decided to have a specific Women's Come and Try Day in early January, aptly named WOW (Women of Woodchopping). Eight women turned up to learn how to chop, crosscut saw and use a chainsaw. This was a great event with the majority wanting to come back again.

Our club continues to grow to over 30 members with three people reaching open competition status. Our forward plan with continual growth will be to start our own ACT association, manufacture a trimming machine for milling chopping blocks and purchase a truck for equipment and log transport.



Already 2021 show societies have cancelled the complete show or the wood chopping component at Cooma, Candelo, Pambula, Canberra, Albion Park, Kangaroo Valley, Nowra and Bega. At the time of writing this article Kiama and Berry are going ahead.

I would encourage anyone, young or old, who is interested in woodchopping to contact me. A great opportunity to learn different lifelong skills, keep fit, be part of an exclusive Australian sport and meet loads of interesting people. *Chop to it!*

Shaun O'Connor
Hall and District Axemen's Club



Burglaries in Hall Village

On 11 January, there were burglaries reported in Palmer Street and One Tree Lane in Hall. This is the second burglary in less than a month following the burglary of five houses in Hall Street, Palmer Street and Alexandra Street on 15 December by two men of olive complexion wearing masks and driving a stolen vehicle.

If you have any information that may assist police and your Hall neighbours, call ACT Police on **131 444** or Crime Stoppers on **1800 333 000**.

In March 2020, there was a number of break-ins and burglaries in businesses, community facilities and houses in Hall Village. At least two vehicles were stolen and number plates also stolen from a number of vehicles.

ACT Police advise that most home break-ins happen during the day. Burglars usually look for doors that are unlocked and windows left open so they can grab what they can and make a quick getaway. If a burglar can't see an easy way in, they often won't try.

Secure your home

Lock your doors and windows even when you are at home. For a cheap quick fix, a piece of dowel in a window or sliding door runner can be just as effective as a lock. Most homes that are broken into do not have a security alarm. An alarm system could help protect your home and they come with a range of features to suit different budgets. Place stickers and signs around your home to warn burglars of an alarm system, dog or Neighbourhood Watch. Install


sensor lights that turn on with movement. Check your outside lights, windows and door locks regularly to ensure they are operating correctly. Pack away garden tools and always keep them in a locked shed or garage so they can't be used to break into your home. Maintain your lawn and keep hedges and bushes cut back so your front and backyard can be easily seen and there is nowhere for an offender to hide.

Hide your valuables


Don't leave your keys or wallet near the door or where burglars could see them or smash a glass panel and reach them. Wallets and cards are a quick win for burglars and more offenders are breaking into homes to grab car keys so they can steal your car. Keep valuables somewhere hard to find. Burglars often target jewellery in jewellery boxes on bedroom dressers and other valuables in bedside drawers and cupboards. Never leave keys hidden outside your home. Leave them with a trusted neighbour or friend or invest in a good quality lock box/key safe. Mark your property using an engraver, ultraviolet (UV) pen or microdots.

When you go away


House break-ins often increase over holiday periods, because offenders know an empty house can be an easy target. Keep a light on inside. Get someone to water your plants and/or generally check on your house. Let your neighbours know you're going away so they can keep an eye on your home and raise the alarm if they see anything suspicious. Watch out for each other's homes and alert police to unusual activity.



Triple Zero
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www.police.act.gov.au/safety-and-security/property-crime-prevention/keep-out-break

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Vale Joseph David William (Bill) Burge ... continued from page 1

Loughborough was also to be the place Bill met his wife Janet (née Wardell) who he married in November 1955. Bill was a boarder in the Wardell house and his daughter Denise says he would always joke, 'Never trust a boarder. I was a boarder and I stole their daughter.'

Bill took up boxing in Loughborough and fought as a lightweight. He was very proud of how fit he was from his days as a boxer. His daughter, Denise and his friend and neighbour, Diana Aston both recall that Bill would often say that his fitness had seen him through the many health issues he faced, including Crohn's disease. Denise also recalls that in the early days of his boxing career her Mum would be his sparring partner. She laughs and says she thinks that might have stopped after the practice in which her Mum knocked Bill out cold.



Bill's grandmother, with whom he grew up.

Bill and Janet's five children – Diane, David, Denise, Dennis and Darren – were all to be born in Loughborough. Their eldest daughter Diane was born on 26 January 1959 – Australia Day – in what was to become a rather delightful coincidence some 11 years later when in 1970 Bill and Janet decided to move their young family to Australia. In another delightful coincidence Bill and Janet's daughter Denise was to meet and marry her Welsh husband many years later in Canberra. She says Bill loved to tease her about coming half way around the world and still marrying a Welshman.

It was the promise of a life of sun and fun for experienced tradies and their families – made by the Australian Government desperate for skilled workers – that led Bill and Janet to pack up their young family and move. They landed in Canberra where they lived in O'Connor and Bill worked wiring houses in the

new suburbs that were springing up all over Canberra. He also specialised in repairing neon lights. Over the years he would manage a cleaning business, drive the collection trucks for Koomarri and he finished his working life as the handyman at Kankinya Nursing Home.

Bill's daughters Denise and Diane remember a very happy childhood. His daughter Diane says, 'he was the best Dad in the world'. There were lots of family camping trips to the beach, with Eden being a particular family favourite. Denise explains they had an uncle who was the lighthouse keeper, first at the Cape Green, and then Byron Bay lighthouse and they would have marvellous holidays exploring the coast and staying in the lighthouse cottages. She laughs as she says, 'we would sometimes

wake up to find a group of tourists taking a tour and peeking in at us'.

His daughters also remember Bill's love of animals, which he shared with all his children and his joyous and infectious good humour. Denise says Bill loved to laugh and he loved to make other people smile as well. She says even when he was in a lot of pain and



Bill with his dog Mitzi beside him.

discomfort towards the end of his life he still liked to have a laugh and a joke with the nurses.

In 1996 Bill and Janet moved to the newly built Mullingari Gardens at Hall. They loved Hall and it was a handy spot to both the Jamison Trash and Treasure and Hall Markets where Bill and Janet had a stall selling carpet pieces.

In 2001 Janet would pass away after a long battle with ongoing health issues. When she first fell ill her daughters say she said, 'I'm not going anywhere. I'm waiting for my grandchildren'. She and Bill were to have 14 grandchildren – Janet, Millie, Sarah, Ian, Andrew, Megan, Matthew, Mark, Savannah, Casey, Cassandra, Wayne, Shawn and Michael. Bill was known as Poppy to his grandkids and Bamfy (Welsh for great grandfather) to his nine great grandkids.

Sadly Bill and Janet's first three grandchildren would also pass away. And tragically Bill would lose two of his sons, with Dennis passing away in July 2019 after David had passed away some years earlier.



Denise, Mitzi and Bill's neighbour and good friend, Diana.

Bill was featured in the *Rural Fringe* on a number of occasions and one thing he was very pleased with was an interview with his old dog Charlie – who like Mitzi after him – went everywhere with Bill.

Diana Aston, recalls Bill was a doting dad and granddad and a very kind and generous neighbour who would do anything to help anyone he could. She says, 'we were mates and we looked out for one another'. Both Diana and Bill shared a love of dogs and would often take their respective dogs Gypsy and Mitzi for walk together. Diana says even when Bill wasn't able to walk he would still take Mitzi out alongside his red, motorised scooter. She smiles as she shares how he used to call it his little, red, hot rod.



Bill fishing at Clare Holland House, a few days before he passed away.

It is said that measure of a man lies in the lives that he has touched. Long time Hall resident, Bill Burge was dearly loved by his family and friends, greatly treasured by his neighbours and simply adored by his dog Mitzi. His life touched many and he is greatly mourned and missed.

Vale Joseph David William (Bill) Burge.

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President's page



Peter Toet President

Hello fellow lucky Hall and District residents, hard to believe that we are already about 10% through 2021. Let's hope that it is a brighter year than 2020. The COVID pandemic continues to worry almost all of us as we look at the grim death toll overseas and see the emergence of clusters in Australia. As new strains of the virus continue to appear, you have to wonder how effective the current vaccines will be given that they are based on earlier strains. Methinks that it is surely going to develop into an annual jab to cover the most virulent strains, as occurs with the seasonal flu virus mutations. The current COVID-19 precautions have recently been changed and these are available on the ACT Health website. Please stay safe and please do not put yourself or others at risk by being complacent. This pandemic has changed our lives forever, good for the vaccine companies, but especially bad for COVID-19 victims of course, but financially devastating for tourism, cafes, restaurants and other dependent businesses.

Hall School Precinct refurbishment

The school precinct buildings are looking very dapper with new paint, roofing, guttering, air conditioning units and eaves. There are still a few minor tweaks to the refurbishment but it is looking very shipshape.



Fire risk fuel reduction around Hall

As previously reported the Hall Men's Shed and museum volunteers have been very busy clearing shrubbery and debris from around the Headmaster's Cottage and museum buildings. The ACT Property Group inspected the site on 4 December 2020 and the report was very satisfactory. The report has been placed on the Hall website. The VHDPA is still very concerned with the fuel loads in the paddocks adjacent to Hall (east of Hall Street is quite dense). Residents of 2618 are urged to revisit their Fire Action Plan and prepare their home in case a fire does come to our area.

Brass on the Grass and the Mowing

As was front page news in the last *Rural Fringe*, Brass on the Grass took place on a lovely 26 degree spring Sunday, 29 November 2020. A few hundred lucky people attended in person and many who domiciled around the school precinct could enjoy a glass of red on the veranda, whilst the music flowed around Hall. The VHDPA copped a few 'brickbats' concerning the tangled grass but rest assured – as they say in the Blues Brothers – 'It wasn't our fault!'. The 193mm of rain in Hall during October and up to 26 November caused the grass around the school to supersaturate and made it almost impossible to mow (some pony horse hooves left 125 mm holes). Without Darrell Minion and Tony Morris there would have been no mowing before the concert and we owe them a big vote of thanks. Unfortunately, it was only after the concert that Barry Huckstep loaned his golf course mowing machine to mow the whole area. Mind you it took a car trailer and considerable effort to get Barry's mower on site and a mighty volunteer effort to sort out the grass and we apologise for the state of the grass during the Brass on the Grass concert. I suppose much more rain and it would have been a 'Brass IN the Grass' event.

There are always quite a number of items happening in Hall Village and these are generally covered in the *Rural Fringe* and the Hall website. It is always exciting to see how people are contributing to our community.

Hall has a vulnerability insofar as there are only 100 blocks and 85 or so houses in an area that would include 250 houses elsewhere in Canberra. Hall has had a few nasty people through breaking into residences in December and January so remain vigilant and put a few security cameras in around the house. Excellent CCTV footage with good facial recognition has been supplied to the AFP regarding the latest burglaries. The Progress Association has been considering how we may be able to improve security in the village. Your thoughts and suggestions are very welcome. In our house, we have a wonderful Standard Poodle who prefers 'human' food but, sadly, he is not very vigilant as a security system.

Stay safe for the rest of summer 2021 and remember the old saying 'smile, be happy, things could be worse' ... and, sure enough, things got worse.

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Pussycat, pussycat where have you been?

Andrew Purdam

2020, with its lockdowns and encouragement to stay at home more, saw many humans acquiring more pets including cats. Cats are great companions at home, as they tend to be more happy with humans being away through the day than dogs are, and most are simply less demanding of human attention than most dogs. However, as the ACT Government mandates, 'it is your responsibility to ensure your cat is happy and healthy and is not negatively impacting the community in any way.' Microchipping and desexing are both required by law in both the ACT and NSW. ACT Government also requires cats to wear identification such as collar and tag.



Whilst many cats, especially if they have never known anything else are happy as 100% indoor cats. Many cats prefer some outdoor time, but with that comes some risk to the cat and even more risk to other creatures. Cats are both a prey species (think dogs chasing cats), and a predator species (think cats hunting anything smaller than a cat).

A 2011 survey of 1277 households in the ACT found:

- About 1/4 of Canberra households own cats.
- Over 1/4 of cat owners indicate that their cat comes home injured at least once per year (needing vet care over 2/3 of the time).
- Moderate to high level community support for dusk-to-dawn containment, for mandatory cat containment in new suburbs and for cat containment to extend across the whole ACT.
- Residents of cat-containment suburbs reported only a 5% problem-rate with unknown cats compared to 25% in non-contained suburbs.
- 47% of ACT cat owners reported containing their cat at night and a further 48% reported containing their cats at all times.
- In cat-containment suburbs, over 33% of cat owners use purpose-built cat runs. In other suburbs, of all contained cats only 7% use cat-runs for containment, and 92% contain their cats simply by keeping them indoors.

CSIRO research (Legge et al, April 2020) found that because of the higher density of pet cats around residential areas, even though they take fewer animals than feral cats, their overall impact is higher, killing an estimated 230 million native Australian birds, reptiles and mammals every year (plus about 150 million introduced animals, mostly rodents). There are documented cases of single house cats decimating local populations of feathertail gliders (similar to the sugar gliders more easily found in the ACT), legless lizards (we have those too), skinks, and disturbing whole breeding seasons of fairy terns. Whilst cats also hunt introduced species as well (eg rats and mice), that hasn't been shown to reduce overall population size of rodents.

Legge et al estimate that 'On average, a roaming and hunting pet cat kills 186 mammals, birds and reptiles each year (including 115 native animals)'.

The Cat Tracker South Australia project found:

- About half of pet cats with outdoor access range over one hectare (that's five half-acre blocks – like the larger corner blocks in the village), some cats ranging up to 30 hectares (roughly the size of the whole village).
- Night time ranges were significantly larger than day-time ranges.
- 40% of cats that owners thought stayed in at night had in fact been out at night.

Even a well-fed cat will hunt to satisfy that instinct. And they don't bring all their kills back to your doorstep for your admiration.

Cat containment . . .

- stops the cat hunting wildlife. This is very important in bush margins like Hall Village and the surrounding district.
- greatly reduces transmission of diseases like Feline Aids and the spreading of Toxoplasma, a protozoan that can lead to toxoplasmosis in humans and some wild mammals and birds.
- removes the risk of being hit by a car.
- removes other risks of misadventure, like access to poisons like snail bait or rat bait.
- correlates with longer life for your cat.

Whilst night-time containment will likely lessen predation of mammals, it doesn't reduce it for birds or reptiles (in fact it can increase daytime predation because the window for hunting by the cat is compressed into that time).

The RSPCA suggests that cats that have experienced living outdoors will need a gradual reduction in time spent beyond the property to allow them to adjust to containment.

Hall Veterinary Surgery

Containment needn't be just indoors, in fact a cat's life will be enriched if it can be outdoors but suitably restrained so as not to harm wildlife. This can be by specialised backyard fencing that prevents that cat from jumping the fence, having a fully enclosed cat-run or even just training your cat to walk on a harness.

If you are interested in cat enclosures, searching for 'cat enclosure Canberra' will yield some good results.



Access from house to cat enclosure.

Also mrpetman.com/planning has a good page to help you decide how to best plan this aspect of your little buddy's life.

And at hallvet.com.au if you search for 'cat enclosure' you'll be led to a page showing plenty of inventive cat enclosure ideas.

This way we can enjoy our feline friends, they can enjoy their safety and a richer life than just an indoor one, and we can all enjoy the lizards, frogs and beautiful birdlife that has come flooding back into the region this season.



Cat enclosure extends into a back yard.

Sources:

ACT Government, *Your Responsibilities* (ACT Government) cityservices.act.gov.au

Micromex Research (July 2011), *Responsible Cat Ownership*. environment.act.gov.au

C Dickman (2009), *House cats as predators in the Australian environment: impacts and management* (University of Sydney)

RSPCA (August 2020), *Is it okay to keep my cat at home all of the time?* (RSPCA) Search kb.rspca.org.au

S Legge, J Woinarski, C Dickman, B Murphy, L Woolley & M Calver (April 2020), *We need to worry about Bella and Charlie: the impacts of pet cats on Australian wildlife* (Wildlife Research) publish.csiro.au/wr/WRI19174

Roetman, P., Tindle, H., Litchfield, C., Chiera, B., Quinton, G., Kikillus, H., Bruce, D., and Kays, R. (2017). *Cat Tracker South Australia: Understanding Pet Cats through Citizen Science*. (Discovery Circle initiative, University of South Australia)

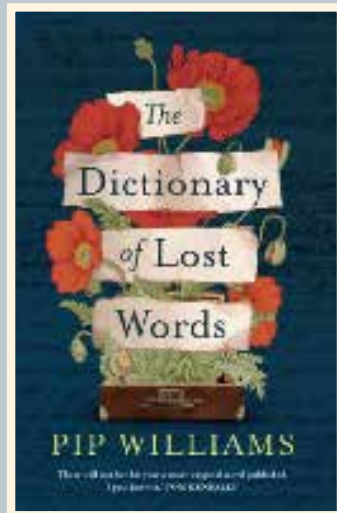


Summer reads

Looking for some interesting reading to catch up over the summer? *The Book Cow* is owned by local Hall residents. After years of planning they have finally opened Canberra's newest independent book store at 47 Jardine Street, Kingston (opposite Green Square).

Here are some of their book recommendations:

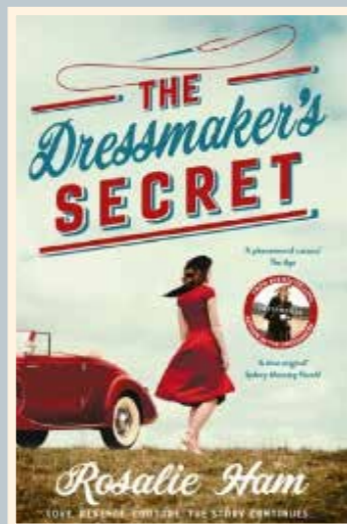
Fiction:



The Dictionary of Lost Words

by Pip Williams - In 1901, the word 'Bondmaid' was discovered missing from the Oxford English Dictionary. This is the story of the girl who stole it.

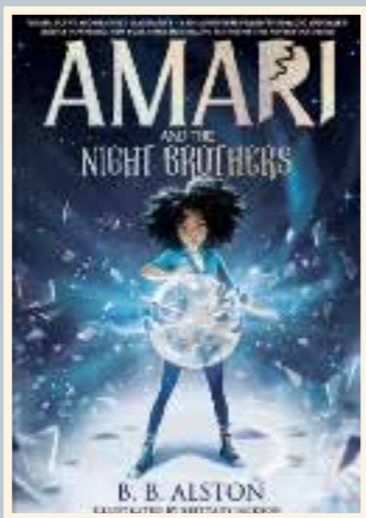
Set when the women's suffrage movement was at its height and the Great War loomed, Pip Williams' story reveals a lost narrative, hidden between the lines of a history written by men.



The Dressmaker's Secret by Rosalie Ham – the sequel to Ham's debut novel *The Dressmaker*. It's Melbourne 1953 and the world is focused on the crowning of Princess Elizabeth.

Tilly Dunnage has left her home Dungatar and trying to conceal her past from her present. But Sergeant Farrat and the McSwiney clan have been searching for their resident dressmaker ever since she left Dungatar in flames.

Younger readers:



Amari and the Night Brothers

by B B Alston - 12-year-old Amari from the housing projects discovers her brother was more than he seemed ... and so is she. A gripping, fun and magical fantasy story for an upper primary audience.

If you loved Harry Potter or Nevermoor this is definitely the next book to read.



The Yield by Tara June Winch - Winner of the 2020 Miles Franklin Literary Award. August Gondiwindi has been living on the other side of the world and returns home for her grandfather's funeral. Her homecoming is bittersweet as she confronts the love of her kin and news that their home is to be repossessed by a mining company.

A moving story about a people and their culture at risk of dispossession.

Non fiction:

Olive, Mabel and Me

by Andrew Cotter – when BBC sports commentator Andrew Cotter turned his brilliant sports commentary skills from big events to the life during lockdown and the contests of his two labradors he became an instant internet and social media sensation.

In this book Andrew reveals the truth about his two best friends and their heart warming relationship. A loving, touching and funny tale that is perfect for any dog lover.



The Contented Bee

by Organic Gardener Magazine. An informative and comprehensive book setting out all the facts about bees and how to keep them healthy and happy. Practical advice by a range of experts on getting started, caring for your bees, harvesting your honey and wax (with recipes), troubleshooting and what to plant to help bees.

The Book Cow

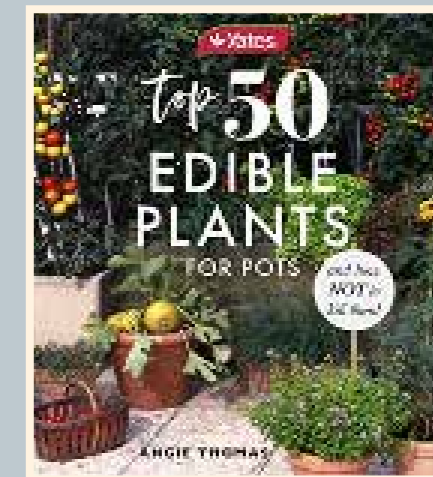
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The Most Magnificent Pumpkin Sandwich

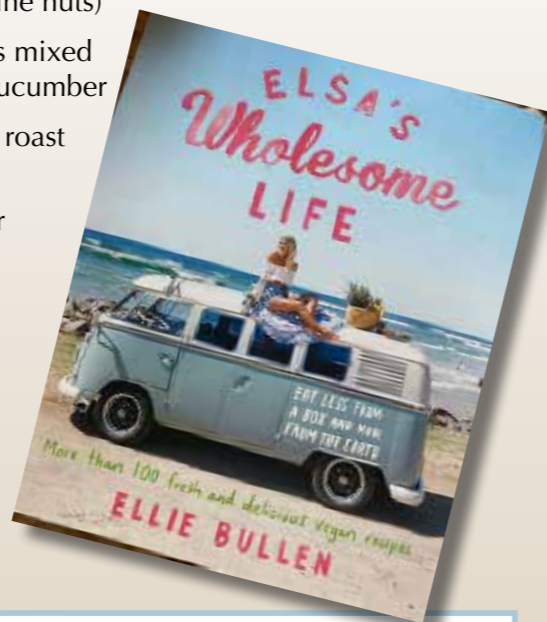


Toast two slices of your favourite bread and add the following layers:

- semi or sundried tomato pesto (make your own by blitzing in the food processor semi or sundried tomatoes, a handful of your favourite fresh herbs and some toasted pine nuts)
- baby spinach leaves mixed with thin slices of cucumber
- a generous serve of roast pumpkin
- and top with a layer of your favourite hummus

Competition:

Send the *Rural Fringe* by 10 March the recipe for your favourite completely plant based sandwich. The best sandwich as judged by the column will win a copy of *Elsa's Wholesome Life* by Ellie Bullen. The winner will be announced in the April edition of the *Fringe*.



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

Who gives a fig?

Figs are delicious and the trees are very easy to grow. Here are a few tips to get you closer to having your own harvest.

Fig trees like lots of sun; you can grow them in part shade but they produce lots more fruit if in full sun.

Fig trees like to stay dry, don't plant them in an area prone to flooding in the winter and autumn. Although they do like plenty of water during the growing season. The soil should be moist, not saturated. If you decide to plant your tree in a pot, don't forget pots dry out really quickly, so keep an eye on them.

Like all fruit trees, fig trees respond well to fertiliser, but don't overdo it. A good slow release fertiliser, worm tea or organic advance are ideal.

Pruning your fig tree while it is dormant in the winter will greatly increase the amount



photo: Andrew Purdam

of fruit it yields. Clean and sterilise your secateurs, remove any dead or broken branches, clear away branches from the centre of the tree, then remove vertical branches. This allows more sunlight and air into the tree. Fruiting branches grow laterally.

Suckers should be removed from the base of the tree, pull them by hand if you can, as they are less likely to grow back than if they are cut.

Figs are generally self pollinating, so you only need one tree to get a crop.

You will need to protect your tree from birds, they love them as much as we do, this is easily done with a net.

Your will soon be on your way to eating baked figs and making fig jam. Yum.

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George Kendall Kinlyside, 1877-1945



Alastair Crombie
Honorary Curator

Kinlyside Hall, better known today as 'Hops and Vine', and 'Kenmyra' cottage in Palmer Street, are Hall's most tangible links to prominent Hall citizen George Kendall Kinlyside. Built in 1900 as a paint shop for the coaches and buggies that he made or repaired, he gave the hall to the community in 1907, the occasion being marked by a celebratory ball. 'Kenmyra' was built in 1909 as a home for he and his new bride, Ada Hollingsworth. So what do we know about George Kinlyside?



Kinlyside Hall.

Of Scottish presbyterian heritage, he was born at Nanima where his father (George senior) was a blacksmith and wheelwright amongst the free settlers of that district. Not only his father George, but grandfather Thomas, uncle John, and older brother Thomas were all blacksmiths, wheelwrights and coachbuilders. Descendants surmise that he returned to Nanima as a youth to learn the trade where his father had lived and worked.

He must also have earned a living as he had the resources in 1900 to buy two blocks of land in Hall from local farmer Joseph Bolton of 'Rockwood', who was the Cricketer's Arms licensee during the 1880's. One block was for his future residence, the other for the establishment of a wheelwright, coach-building and blacksmith works. George was only 21 when he established his Hall business.

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The business got off to an impressive start. A 1901 visitor 'was greatly astonished at the excellent workmanship put into the various vehicles by that competent and persevering tradesman Mr George Kinlyside. Amongst about a dozen articles in the manufactured line I noticed a very pretty sulky built to order of Mr Mark Southwell'. A top class artisan, he was also an inventor. In 1903 he was granted a NSW Patent for the invention of 'Improvements in machines for distributing pollard dough and the like' – the Kinlyside patent poison distributor for rabbit control.

George was also getting involved with the local community. Musically talented, he played at parties and dances in the district. In 1901 he was on the committee of the Ginninderra School of Arts. In 1902 he joined the committee of the Ginninderra Race Club, and in 1903 he played for the Hall tennis team in a match against Murrumbateman, having become secretary of the club the previous year, and again in 1919 when the club was revived. When the Progress Association was established in 1906 George and Aubrey McClung (village saddler) were elected joint secretaries. They were evidently good mates, venturing into cattle dealing together at one stage, and reportedly landed 'ten codfish' from the Murrumbidgee in 1911.



George and Ada.

In 1909 George married 'the girl next door', Ada Myra Hollingsworth (1889-1951), the daughter of Malachi Hollingsworth (a publican from Yass), and wife Susan (née Curran). Ada was born at Murrumbateman, the seventh of their 11 children. Malachi died in 1898, whilst licensee of the Cricketer's Arms. Susan bravely ran the hotel for the next seven years. After that she lived on the corner of Victoria and Gladstone Streets

– right next to the Kinlyside works – and for a while 'Granny Hollingsworth' ran a boarding house there.

Ada and George had four children, the first of whom, Keith Kendall (1910-1914), tragically died in Queanbeyan hospital after contracting whooping cough at the age of three and a half. He is buried in the Hall cemetery. Keith was followed by Iris (1912-1979), Colin (1914-1986) and Joyce (1920-1984). Their cousin Molly Buckmaster was raised with the Kinlyside family after her mother died in 1909.



George and family picnic.

The life of the Kinlyside works coincided closely with the transition from the horse to the motor vehicle. The first Model T Ford came to Australia in 1908, though the number of horses in NSW (saddle, light harness and draught) was still growing at that time. By 1938 however, when George sold his business to Jim Rochford and retired, the motor vehicle was dominant. The business he sold was a 'motor garage'. Coach builders had learned to make and fit panels for motor vehicles; blacksmiths morphed into mechanics; petrol, not fodder, was the fuel required. This transition was not inevitable however. Witness nearby Harry Curran at the Ginninderra blacksmith shop, still servicing working horses when he closed up in 1949.

As early as 1924 Kinlyside was promoting the 'Hall Motor Garage' as district agent for Gray Cars. He purchased a Model T Ford (a 1922 model that features in a number of family photos) which he operated for

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a while as a taxi and as an 'ambulance' for emergency trips to hospital. Not only immensely skilful and inventive in his handiwork, he built a thriving business and guided it through the technological revolution that triggered the ascendancy of the internal combustion engine.

As citizen and businessman he served his community for 40 years in multiple capacities – blacksmith, wheelwright, coach-builder, painter, carpenter, tank-builder, inventor of the 'poison cart', taxi proprietor, undertaker, film projectionist, and more. At times he had half a dozen or more men working for him. He was a prominent Freemason.

George retired from his business in 1938 at the age of 61. He sold the business to Jim Rochford of Hall, and moved into 'town' – setting up home in Braddon. He worked until 1944 with the government transport department, maintaining buses, and died the following year, aged 68. Ada died in 1951. They are buried together at St John's Church, Canberra.

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Modern western diets tend to be far too low in fibre. In Australia it's estimated that more than 50% of children and 70% of adults consume less than adequate amounts of fibre. Males tend to consume more fibre than females, and those who have breakfast cereal have higher fibre intakes than those who don't. Adult women would ideally have at least 25g daily and men 38g. As the health benefits of adequate fibre are extensive, it is an easy and cost-effective way to improve the health of most people.

We can't digest fibre, so it stays in the digestive tract and provides bulk to the stools.



Fibre improves your bowel movements, bulks and softens the stools, reducing loose stools, constipation, haemorrhoids and diverticular disease. A high fibre diet lowers the risk of colorectal cancer.

Fibre improves blood glucose regulation which can help you lose weight, plus it also helps you feel full after meals so reduces your appetite. Fibre helps reduce cholesterol levels by binding to it and escorting it out. Similarly, it can help bind toxins, reducing your toxin load. Many of its benefits combine to help reduce cardiovascular disease and coronary artery disease risks.

There are two types of fibre – soluble and insoluble. Soluble fibre forms a gel and insoluble fibre provides bulk and attracts water. An important function of soluble fibre is that it is fermented by gut bacteria to form short-chain-fatty-acids (SCFAs) which are a

major energy source for the cells lining the gut. SCFAs therefore help fuel the cells and support repair and function of the gut lining and reduce inflammation, helping to reduce inflammatory bowel conditions and systemic inflammation.

SCFAs have also been shown to improve blood glucose regulation in Type 2 Diabetes, hyperglycaemia and insulin resistance. Adding 5g of fibre to each meal slows digestion of the meal, slowing the release of glucose into the bloodstream and reducing glucose and insulin spikes after meals.

SCFAs are thought to have a major role in regulating brain, immune and endocrine (hormone) function. It is well established that the health of the gut directly effects brain health, so consuming adequate fibre to feed the gut bacteria can have a powerful effect on

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The best way to increase fibre intake (and SCFAs) is by adding a diverse range of vegetables, fruits and whole grains to the diet. Leave the skin on fruit and veg whenever possible, it's usually the main source of fibre. Swap juicing for smoothies so you get the fibre and not just the juice. Swap out refined flour bakery items as refined flours have had the fibre removed, opt for wholegrain versions instead. Experiment with replacing half the flour in recipes with coconut flour, wholegrain/meal flour or some oatmeal.

Beans and legumes are the fibre kings but start off with small amounts and build up gradually to avoid discomfort. Apples, pears and berries are high fibre fruits. You get 5g of fibre from half an avocado or 1 tablespoon of chia seeds. Linseeds, hemp and sesame seeds and other nuts and seeds are good sources too. Artichokes have about 7g in each. And of course, prunes are a great source often used to reduce constipation.

A pleasant high fibre food is stewed apples (but please, no added sugar). Apples are a great source of pectin which is a soluble fibre. Peel, core and cut up six green apples into small pieces, maybe add two teaspoons of cinnamon, and gently cook with

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health **Anita Kilby** naturopath



a ½ cup of water in a saucepan until they breakdown and lose their shape. Divide into serving sizes, store in the fridge or freezer. Have this daily as a snack, dessert or for breakfast.



Fibre supplements are an option however the body tends to be able to handle fibre from foods better than from supplements. Be careful of some well-known brands which contain artificial sweeteners, flavours and colours – there are much better options available with no nasty unnecessary ingredients. Always read the ingredients label. Start with just 1g of fibre per meal.

Regardless of how you choose to increase fibre, do it gradually over a few weeks to allow the gut bacteria to adjust and so avoid bloating or cramping. Also increase your water intake to avoid dehydration as fibre draws water into the bowels from the body when water intake isn't adequate. Try to get your fibre from a wide range of sources, helping to increase the diversity of your gut bacteria for even greater health benefits.

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Original Hall tennis court looks up

by the **Pavilion reporter**

It is a pleasure to see historic facilities getting a new lease of life, like Hall's tennis courts that are part of the Hall Pavilion precinct. Recently, volunteers from the Village of Hall and District Progress Association and Hall Men's Shed have been repairing the poles and nets, and Peter Toet has made the weeds there a thing of the past. This has attracted new users who are bringing the court back to its historic purpose of very healthy fun.

At the end of the 1800s and early 1900s, tennis was a growing sport in the Hall region, with clubs and courts popping up at nearby properties and settlements, including Gungahleen Homestead, Mulligans Flat, Ginninderra, Glenrock, Jeir, Fern Hill, Sutton, Wallaroo and Weetangera. Despite the stresses of the intervening war, a Federal Territory Tennis Association emerged in 1923, and a 1926 survey found tennis to be the most preferred sport among those then moving to the new capital.



Lyll Gillespie tells us that Hall Village had a tennis club from 1898, first playing on a court behind Francis Brown's blacksmith's shop, and around 1903 at a court in the Hall recreation ground. Thus, the court that has survived so long beside the Pavilion, built in 1919 with an 'ant bed' surface, was actually Hall's third court. The district had some strong players, both women and men. Amy Reid (later

Mrs Curran) got a special mention in the July 1919 competition at Ginninderra. According to Leon Smith, a most memorable match at Hall courts was between 'Babe' Curran of Ginninderra and Mr Rockleigh Buckmaster of 'Fairlight' in May 1929, who played splendid tennis for a very large audience. Perhaps they too played on a refurbished court, as the court had had its first refurbishment in 1929. The story of this activity was important enough to be told in verse by W.E. Gillespie. Here is the start of that poem, with my apologies for omitting the last 12 stanzas of the original that can be found in Lyll Gillespie's Ginninderra (1992):

Tennis it was booming
In the district everywhere,
So the Hallites decided
Their courts to repair.

They had a big meeting
In Kinleyside's Hall,
And the members rolled up
Both the short and the tall.

The business was urgent,
The young people thought
For you cannot play tennis
Without a good court.

So, thanks to the present Hall-ites and volunteers who are keeping the tradition of caring for our centenarian 'ant bed' court.

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Tips and strategies to calm your thoughts

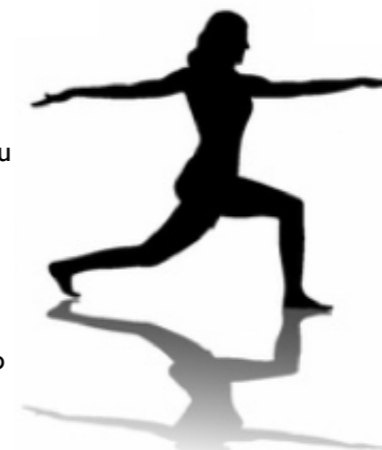
On average, one in four people in Australia will suffer from anxiety in their lifetime and the last 15 months or so have been particularly hard on many people.

by **Robyn Montealeone**
hypnotherapist



Three tips to help calm your thoughts immediately:

- Change your breathing – if you are feeling anxious, the tendency is to take shallow breaths. Change your breathing – take a breath in and double the length of your breath out. Some people may prefer to breathe in for a count of four and breathe out for a count of eight.
- Widen your focus – start by focussing on one spot, then as you continue to keep focus, broaden your perspective to become aware of the space around you. Practise 'seeing' as much space as you can, even getting a sense of the space behind you. It may help to use your hands to help widen your focus.
- Get both sides of your brain working together. Something as simple as passing a ball from side to side, ensuring you cross your midline, will get both sides of your



brain working together and get you out of your head. If you don't have a ball, use whatever you have available to you at the time. Or go old school, march in place, do star jumps or trace full body figure 8's with your hands.

Longer term strategies include:

- Remember what lights you up – life demands often mean we put off doing things we love. Make time for those activities that you do for fun; whether you like to go horseriding or reading a book, it's important to take time out for yourself.
- Healthy habits – eating healthy meals and exercising regularly provide a good baseline for your body to deal with stress.

If you are looking for strategies that help you to calm your thoughts at a deeper level, hypnotherapy can help – www.robym.com.au

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From the Editor

Summer in Hall - the season of deafening cicadas, getting caught by surprise walking through spider webs and too many grass seeds in your socks. A season to enjoy the beauty of Hall, send off the old year and look forward to the new. And what a year it has been with the pandemic arriving so quickly on the back of last year's nightmare summer and bush fires. I am so grateful that Australia has managed COVID-19 so well, but the ongoing stress of constantly changing plans and restrictions is having an effect on us all. It feels like we just need to accept this new normal for 2021 and hope that the vaccines can help.

I'm happy to see regular activities returning in Hall, kicked off by the Brass on the Grass concert at the end of last year. The Hall School Museum and Heritage Centre is open again for the first time since COVID-19 lockdown began last year. Our local cafes, Daughters - Kynefin - 1882, all seem to be pleasingly busy as people explore Hall Village and the Centenary Trail. It was good to see Kynefin highlighted on 12 January in the Riot ACT. The Hall Bushrangers' training is beginning, including a women's team! Wood chopping is ramping up. We are honoured to pay tribute to Bill Burge who sadly passed away last year.

Until next time,
Jo Hall

The Rural Fringe - ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 730 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 ruralfringe@hotmail.com or PO Box 43 Hall ACT 2618.

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Letters to the editor

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

email: RuralFringe@hotmail.com

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Women's 10's Rugby team for 2021



For the first time the Hall Bushrangers will be fielding a Women's Rugby 10s team this season. This is an exciting step for the Bushrangers and we are all looking forward to seeing the Women's Rugby 10's team take the field this season. For all inaugural women's players the Bushrangers are offering free registration, free kit and a fun, friendly and welcoming rugby club. Whether you have never played a minute of rugby or have a rugby career on par with Rio Olympics Rugby 7's gold medallist Sharni Williams, all are welcome.

The Bushrangers have their men's and women's coaching team finalised and will be announced soon.

The Bushrangers are currently seeking expressions of interest for men's and women's players and other support staff (manager, strapping, physio etc).

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Sunset from Centenary Trail

around Hall

photos: Paul Porteous



Hall horse paddock