

RURAL FRINGE

Journal of the Hall district



VOLUME 28 ISSUE 3

June 2021

Bee Friendly Hall Victoria Street Gardens

by Jonathan Palmer and Leigh Crocker



Gladstone Street corner, before work started.

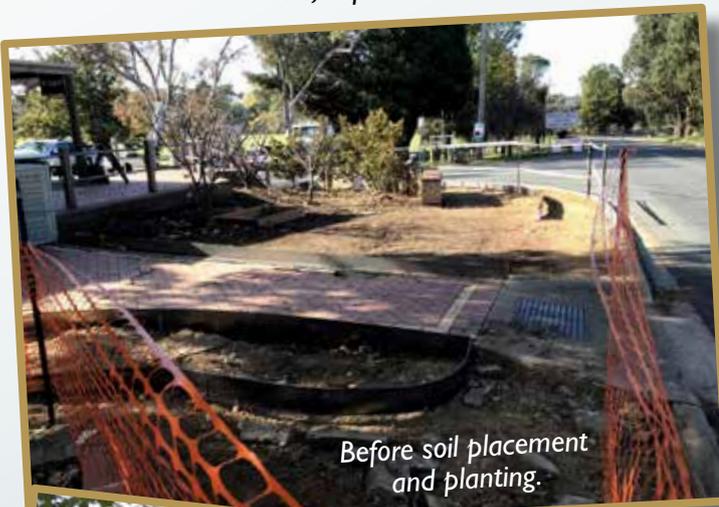
Stage one of the Victoria Street Gardens project started early on 13 April with garden beds being cleared. A few days of frantic work by many volunteers followed to get the edging set up, plants delivered and the soil and gravel in place. A community working bee on sunny Sunday 18 April saw a strong contingent of volunteers planting and mulching to complete stage one! All part of a grander plan to create Bee Friendly Hall.

See the full story on page 4.



Di in her safety boots!

We hope our Victoria Street gardening is as successful as hers!



Before soil placement and planting.



Work underway on 18 April.



Two of the five completed gardens – watch for the bulbs coming up in spring.

Art work for Hall Park

Graeme Bryce Convener Hall Park Upgrade Group

Everyone will have noticed the pink toilet block by now, it's hard to miss. This, along with the bus shelter and BBQs are the start of art work to be done by Kristie Peters, a local Wiradjuri artist.



The Hall Park Upgrade Group has been working to improve the look and facilities of the park and this is the first step in the process. We are also discussing the addition of play equipment and activities with Urban Parks and Places (UPP).

As part of our discussions with UPP staff, the idea of sprucing up the various structures in the park was suggested and from this UPP has engaged Kristie to do murals on these buildings and structures.



The designs have come about following comments and suggestions from community feedback and members of the Hall Upgrade Group.

We have also ensured the preschool children are involved in the process and will be going down to the park to watch and help paint the murals. Everyone is welcome to stop in and have a chat with the artist (Kristie) while she is here. An integral part of the murals are handprints, Kristie would welcome anyone who wants to go down and paint their hand on the walls while she is doing the initial layers.

The ABC has been out to talk to both Kristie and me. Kristie's explanation of her work and the idea behind her design is worth listening to.

The link to the interview is www.abc.net.au/radio/canberra/programs/afternoons/new-hall-mural/13330456



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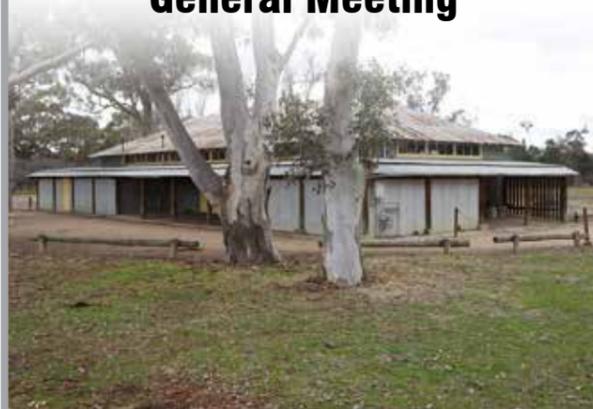
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Village of Hall and District Progress Association General Meeting



This is to notify members of the Village of Hall and District Progress Association that, subject to current advice from ACT Health, a General Meeting of the Village of Hall and District Progress Association will be held on **Wednesday 16 June 2021** at the Hall Pavilion. The meeting will start at **7:00pm**.

The purpose of this General Meeting is to review and vote on revised Rules of the Village of Hall and District Progress Association Incorporated.

A draft of revised Rules has been developed following advice of the independent reviewer of the VHDPA, Michael Sinclair. Incorporated Associations such as the VHDPA must lodge an Annual Statement and audited financial statements within six months of the end of a financial year. In preparing to undertake the required review, Michael identified particular areas where the Rules of the VHDPA should be amended including in the objects and purposes, in specifying activities and in a clear description of the Special Interest Groups and their relationship to the VHDPA.

The draft revisions to the Rules of the VHDPA are available at hall.act.au, and details emailed to members. You may also request a copy by sending an email to info@hall.act.au.

Please note that for those attending, COVID-19 distancing rules will be observed at the Pavilion and hand sanitiser will be available. Tea and coffee will not be available, however attendees are welcome to bring their own refreshments.

Hall Bushrangers Women's Team



On 1 May, the new Hall Bushrangers women's team played Jindabyne Rugby Union Club (Miss Piggies) on the Hall Oval. Despite a late surge of runaway tries, Miss Piggies went home with the points in the shortened clash. FT 17-12 Defeat. Great effort!



Photos: Straggler Media



Victoria Street Gardens

... continued from page 1

'The Hall Honeys', affectionately known as 'the Honeys' formed a few years ago when the amateur beekeepers of Hall got together to share experiences. Bees pollinate much of the food that makes our diet tasty and healthy, as well as the food for birds and small mammals. However, bees around the world are in serious trouble due to the loss of food and habitat, the use of toxic pesticides and modern agricultural practices. Other pollinators are similarly threatened. We can all help change this by creating bee friendly gardens and promoting alternatives to pesticides. The Honeys' aim is to raise awareness of these issues and encourage us to take action by making Hall Australia's first bee friendly community.

With help and support from Hall Rotary, the Honeys developed a bee friendly charter for Hall. The charter says the Hall 'Bee Friendly Community' will:

- establish and maintain plantings of pollinator safe habitat in public spaces and gardens;
- actively collaborate to promote bee and other pollinator health;
- promote awareness of the importance of bees (European and native) and encourage 'Bee Friendly' practices, including 'bee friendly' gardens and 'bee friendly' pest management.

The Charter was launched in March 2020. The Hall Men's Shed provided Hall residents with a bee hotel and Rotary donated bee friendly plants to each household. Ninety-two of the one hundred houses in Hall now have a native bee hotel and a sign signifying they have adopted the charter.

The Honeys are still working to make Hall bee friendly. We received a Federal Government Community Environment Program grant through the office of our local Federal MP, Andrew Leigh. The money was spent on designing an upgrade the Victoria Street gardens and implementing as much of that plan as the grant monies allowed. This initial work is stage one of the Victoria Street gardens project.

Phoebe Gordon of *Plot Design Group* prepared the landscape design. Extensive community consultation was undertaken on Phoebe's concept design. Feedback was incorporated into the final design followed by another round of consultation. The ACT Government also approved the final design.

Work started early on 13 April with garden beds being cleared. A few days of frantic work followed to get the edging set up (thanks Dennis, Danny and Bob), plants delivered and the soil and gravel in place. The latter was possible thanks to the skill of Craig, from CMC Excavations, on his digger.



Craig, of CMC Excavations, doing the heavy digging.

Sunday 18 April was a beautiful autumn day, made better by the strong contingent of volunteers who showed up for the planting and mulching working bee. By the end of the day, stage one of the project was complete and already looked great. A big thanks to all those who pitched in and to the Rotary team for feeding us.

bee friendly



More workers, and the Rotary BBQ warming up in the background.

The official opening of Victoria Street Gardens was on World Bee Day 2021 – see page 27.

But there's more ... the ACT Government has been very cooperative throughout the project and has just started building one of the walls in Phoebe's design of the intersection of Victoria Street and Loftus Street. The low walls here will match the walls at the intersection of Victoria Street and Gladstone Street. More mulch is coming plus some other interesting bee friendly installations.

Rotary has been a great supporter of the Bee Friendly Hall project from the start and provided additional funding to supplement the Federal Government grant. This has allowed us to complete works to date and will fund additional edging and planting at the Loftus Street intersection, upon completion of the new wall. Stage two has started.

As the garden grows we will see year-round flowering in Victoria Street. It will create a bee friendly garden that all residents and pollinators will enjoy.

Watch us on the Hall Facebook site, and email hallhoneys@gmail.com to get on the mailing list for upcoming events.

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Canberra Region Farmers Market

by **Yvonne Robson**

The Rotary Club of Hall (RCH) has been running the Canberra Region Farmers Market (CRFM) at EPIC every Saturday for 17 years. The RCH market committee is supported by a full time Market Manager and a part-time Assistant Market Manager. On average in excess of 90 stallholders, their employees and approximately 6,000 shoppers attend each Saturday. A large and varied amount of work goes into running the market. RCH is committed to the viability of the market as it provides livelihoods for hundreds of stallholders who are primary producers, their families and to folk from the regions where the stallholders live.

The market is not-for-profit so funds are allocated near and far. Hall Village has been the beneficiary of past donations and more recently for the Park Upgrade, Hall Honeys and the Victoria Street gardens.

The market committee conduct compliance checks on our stallholders to ensure the quality, quantity and health of the produce sold at the market. One such compliance check was recently carried out on Formichi Smallgoods. With their permission and respecting our business the following is the compliance report.

'An on-site inspection was carried out on the premises of Formichi Small Goods at 8 Kelly St, Wodonga, Vic on the 20.4.2021.



Formichi's is a third generation, fully family owned business started by Rob's father, that has been operating in the same location since 1957 (64 yrs). The family members, Rob, Rose and Steven Formichi, are the sole proprietors and do not employ any outside labour nor permit entry to the production factory by any unauthorised persons.



Their primary product is pork (locally grown) that is used for a wide range of small goods that are consistent with CRFM authorised product.

The business employs a strict hygiene regime, fastidious cleaning of all surfaces, floors and equipment. It includes 50 monthly random product samples of the production submitted to the Victorian Health Department for analysis.



rotary



All production processes are recorded and documented in accordance with Victorian legislation and AHACCP, as well as a physical inspection quarterly by the Victorian Health Department.

Over the years of operation the family has continually invested in the business by upgrading their premises and equipment ensuring a modern and efficient operation.

It was a pleasure to inspect such well managed business that takes their production processes very seriously that not only impacts their business but gives great comfort to CRFM as one of our stallholders. I commend them!



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President's page

Well, here we are in autumn finally getting some respite from the noisy multitude of Koels that took up residence through summer while crunching through and raking far too many leaves as their beautiful colours finally fall to the ground.

The Progress Association Committee has recently been focused on the financial governance of the VHDPA and its Special Interest Groups (which include the men's shed, Collector's Club and museum) following receipt of some preliminary advice from our new independent reviewer, Michael Sinclair. We are making some modest and sensible changes to the way our finances have been set up in the past, to ensure transparency and accountability. The funds of the VHDPA and Special Interest Groups belong to our members and it is very important that they are managed properly. We are also reviewing the objects and purposes of the VHDPA and Special Interest Groups to ensure that the activities we all do are included, as required by the ACT Associations Incorporation Act.

Once again, the Hall community contributed to a successful ACT and Region Heritage Festival. The Hall School Museum and Heritage Centre had three exhibitions on offer for visitors: *fooling Around in Flannels (Cricket on the Limestone Plains),*



Peter Toet President

Ten thousand years on Halls Creek and The Village Smithy Stands. The Hon Rebecca Vassarotti, MLA, Minister for Heritage, opened the crickering exhibition and several hundred patrons passed through the museum's COVID safe doors to enjoy the displays and learn a little more about the heritage of our district.

Thanks to Progress Association Committee member Robert Yallop for pursuing some much needed repairs to the pedestrian paving in Victoria Street. Due to Robert's persistence, repairs to the extremely unsafe brick paving on both sides of Victoria Street between Gladstone and Loftus Streets began on 7 May.

The serious safety hazard of raised and uneven paving was first reported through Access Canberra in October 2019, and subsequently followed up on numerous occasions without any action. On 16 April, Robert contacted Chris Steel, Minister for City Services, requesting urgent action. Correspondence to the Minister was copied to all five MLAs of Yerrabi electorate. The Minister's office responded immediately advising that the matter had been notified to the responsible area in the ACT Government. MLA Leanne Castley also responded to say that she would follow up with the Minister. Robert was contacted a couple of days later by the responsible ACT Government manager who then visited Hall on 21 April spending almost two hours inspecting the whole area and committing to action within a couple of weeks. Just over two weeks after the inspection, work began to repair broken pavers and level all raised pavers along Victoria Street and will be completed soon.

The replanting of Victoria Street gardens with bee friendly plants is looking good. These works are funded by the Australian Government through a grant to the VHDPA. The first stage of garden development is beds on the east and west corner of Gladstone Street and Victoria Street and on the east side of Victoria Street outside the Victoria Square offices opposite *Daughters@Hall*. Leigh Crocker and Jonathan Palmer have been managing the project, including the design by consultant, Phoebe Gordon, liaison with the ACT Government on garden development and the mammoth task of clearing and preparation of the garden beds ready for planting. Grants like this rely on in-kind contributions from the community and it was great to see the turnout for the working bee on 18 April. Thanks to Danny Clynk for arranging the purchase of materials at trade rates as well as his expert use of the gravel tamper and Aaron Whittaker who also arranged for the in-kind contribution of landscaping mulch for completion and maintenance of the garden beds.



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You will have seen the construction around the corner of Victoria Street and Loftus Street where, as part of the project, Jonathan and Leigh have arranged for the ACT Government to replace the rotted wooden retaining sleepers with a brick retaining wall matching those on the corner of Gladstone Street. Sharp eyes in the village may also notice the wire dogs have been re-located from Victoria Street to the Showground entrance – very appropriate for welcoming future Sheep Dog Trial events.



You might also be noticing the pink painted buildings in the park? This is the undercoat preparing for some beautiful murals created by Wiradjuri artist Kristie Peters. This work is being led by Transport and City Services, ACT Government, under their Aboriginal Reconciliation Strategy, with assistance of the Hall Park Upgrade Group. The aim is to revitalise the playground and surrounds to make it a fun and welcoming place. Inclusion of Kristie's Indigenous-themed murals is a great acknowledgement of the Aboriginal heritage significance of the area alongside Halls Creek, which was included on the ACT Heritage Register in 2001 as part of the Village of Hall precinct.

Great to see the Kuringa Drive upgrade is progressing well – it will provide a much safer entry to Belconnen suburbs for Hall residents, including access for cyclists. Construction works on the Barton Highway upgrade are also progressing.

Did you know there is a Canberra Snake Tracking Project? Search for [@canberraSnakeProject](#) on Facebook or email snakecatcher@iinet.net.au

The project is mapping the movement patterns of a sample of eastern brown snakes (*Pseudonaja textilis*) to understand how they move through and make use of the suburban environment. It is also collecting some basic biological data to better profile the genetic diversity and distribution of eastern brown snakes in Canberra. The project team will come to any location in Canberra to collect and relocate any eastern brown snake that is a metre or longer.



(Please note that other locally occurring snake species are **not** included in the tracking project e.g. Red-bellied black snake, Dwyers black headed snake, Tiger snake, etc. There's some great footage on the Facebook page!)

Please stay safe and connected.



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History on our doorstep

by **Kevin Stone**

Are you interested in local history and have you recently been to the Hall School Museum and Heritage Centre? For those who haven't been for a while, or not at all, then you're in for a special treat because it's well worth spending some time there.

The schoolroom museum display cabinets contain an extensive selection of books, teachers' programs, photos and documents, but due to limited space what's on display is only a portion of the overall collection. Nonetheless, they give an insight to the way teachers and students filled their days, from the school's establishment in 1911 to its closure in 2006.

The museum must be an eye-opener to the children who visit and then go away thinking how fortunate they are for the facilities they enjoy today. Walking or riding a horse over vast distances after doing early morning household chores and then sitting in a classroom without air-conditioning was not for the faint-hearted.



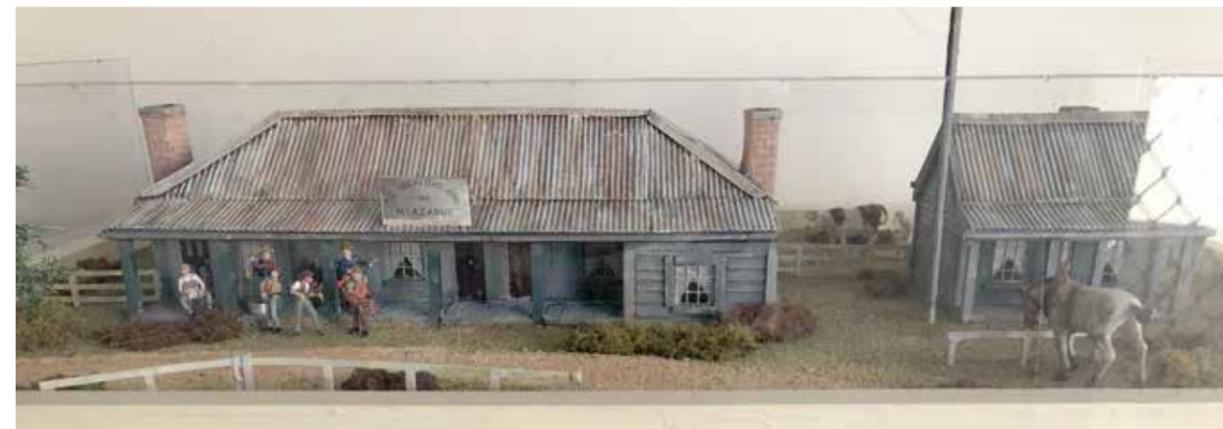
The visiting school groups get a hands-on experience by participating in a re-enactment of early school life. This could include sitting at a desk and even a visit from an inspector, who may check their fingernails, shoes and general appearance!



The excellent outreach resource *Heritage in a Suitcase*, which is linked to the Year 2 national curriculum, is for schools which are unable to visit the museum's campus. There are a number of old fashioned suitcases containing 'then and now' sporting equipment; photographs; artefacts such as fly spray, clothes iron, egg beater, mincer, typewriter, and the students have great delight in trying to find the modern day equivalent. To help them, there are cards showing each item and basic heritage information, but there would be some bemused faces and probably a few giggles when they come across such things as old fashioned toilet paper (recycled newspaper) and dial-up telephones. How do you phone a friend?!

The many other photographs spread throughout the museum are a wonderful representation of what people wore and the area's early farming history. One photo shows full horse drawn carts delivering the crop after harvesting; a very large stack with men working at the top; a threshing machine to separate the wheat from the chaff and two women bringing very much appreciated refreshments to the worksite. So much to look at in this one fascinating photo. At a guess they could be people from a few farms working together because it looks like a big operation. (I'm a 'city boy' so please excuse me if I've got things wrong, but hopefully you'll get the general idea!)

Several of the exhibits can generate discussion about early town and farm living and how things have changed over the years. It's such a great museum for parents and grandparents to bring children along and show them how things were in days gone by. After all, we are custodians of our history and if the stories aren't handed down to the younger generations, then history may be lost. And what better way to teach children and re-experience our youth than visiting a community museum?



1/45 scale model of the Cricketers' Arms Hotel, constructed by Peter McEvoy from the Canberra Model Railway Club.

The centre not only focusses on Australia's pioneer settlement but also Aboriginal people's history of the Hall-Ginninderra district. One of the sections is called *Stones that Speak* and it's a wonderful display of items such as stone hatchets, hammers and blades found along Halls Creek and provides a glimpse into people's lives over thousands of years. It's also a recognised training area for university students who would find it fascinating because it's so well set out with plenty of accompanying information.

Another section is called *Ten Thousand Years on Halls Creek*, which includes a wonderful painting of the Ginninderra Creek. This would have been an area where Aboriginal people went to shelter, camp, fish, hunt and prepare food.

The very friendly and informative volunteers are more than happy to show you around and share stories about the vast collection of photos and objects on display. In fact, there's so much to see, it's fairly hard to take it all in during one visit, because it's so easy to chat about many of the items or be captivated by the artwork and photos.

Overall it's much more than what you may have learnt at school when studying history, such as facts, dates and events, because the large variety of items on display that the volunteers have put together virtually brings our past to life.

When you've had your stroll through the campus and soaked in the displays, there's one more thing well worth visiting and that's the Peace Garden, which was created as a place of reflection. There you'll find the Peace Tree, with a commemoration panel describing why it was planted. Aptly named, the tree seems to give off feelings of peace. Thoroughly recommended.

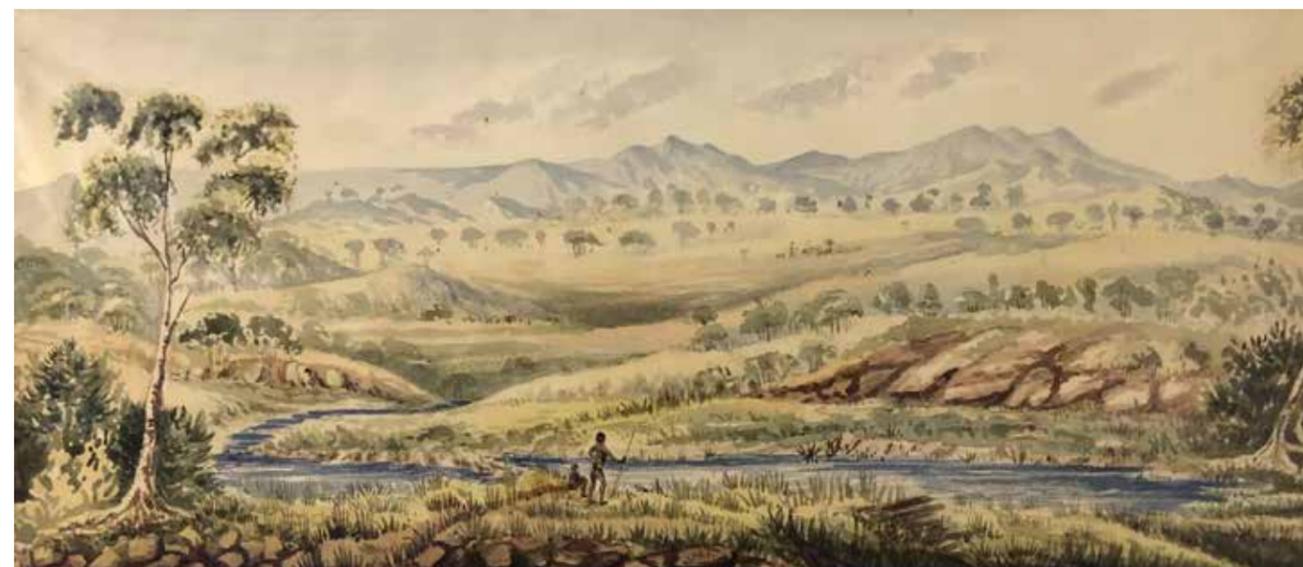
Opening hours:

Sunday 12 noon-4pm

Every Thursday 9am-12 noon

More information about the School Museum and Heritage Centre, including the *Heritage in a Suitcase* program, can be found at museum.hall.act.au

Painting of Ginninderra Creek.



Chief International Correspondent retiring to Hall

Philip Williams: a career to celebrate

by **Hugh Watson**

Hall district resident Philip Williams has retired from the ABC after 45 years as a journalist and 40 years with the ABC. An outstanding foreign correspondent, he grew up in the Canberra region and began work at the local ABC station in 1975. In due course he was appointed the ABC's Bureau Chief in Japan.

By 1992 he was getting beaten up in the midst of a riot in Seoul. In May 1998 he was in Jakarta when President Suharto lost power. In the subsequent riots he was confronted by heavily armed Indonesian soldiers and escaped by jumping over a wall. In 2001 he reported on the 9/11 terror attacks in New York, and in 2003 the invasion of Iraq. His reporting from the streets of Baghdad resounded to the sound of explosions and gunfire.

In 2004 he covered the Beslan school siege in Russia, in which hundreds of people including 186 children were killed by Chechen rebels. His work in the Beslan school siege is still used in ABC training as they break new ground on trauma education. Also in 2004 Philip covered the Boxing Day tsunami with first-hand reports from the devastated region.

In 2010 he covered the Haiti earthquake. In mid-2011 he was on his way to the Tour de France when he was diverted to Norway, where a right-wing extremist had perpetrated a car bomb attack in Oslo and a massacre on Utøya Island.

In 2014 he reported on Ukrainian riots and the shooting down of flight MH17 over Ukraine. Again he put himself at great personal risk between the Ukrainian forces and the Russian-backed rebels to report on both the sad loss of lives and the escalating conflict. He was on the scene following terrorist attacks in London, Spain, Paris and Russia.

He was London Bureau Chief before his appointment as Chief Foreign Correspondent in 2016, the year he reported on the Fiji earthquake. Since then he has covered the rise of Donald Trump, the Arab Spring and the subsequent Syrian crisis, Brexit, the bushfires in southeast Australia and the Black Lives Matter demonstrations, coronavirus and the Presidential election in the US often at great personal risk to himself.

Philip is an Ochberg Fellow, taking part in training programs in the US specialising in the issue of trauma in the media.

Philip and his wife Carol own and run the Wallaroo Winery and function centre on Brooklands Road. Residents of the Hall district for over 30 years, their children all went to Hall Primary School.



Philip in Ukraine.



Reporting on the bushfires.

Philip is a member of local country folk band Willie and the Correspondents which has helped raise over \$300,000 for bushfire relief, cancer treatment, farmers in the drought and other charities over the past 25 years.



Boris with Philip.



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Willie and the Correspondents at the National Folk Festival.

Hall Men's Shed update

by **Kevin Stone**

In the April *Rural Fringe* there was an article about Hall Men's Shed member Brian Charge and some of the toys he makes for two Canberra preschools.



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Recently the Hall Preschool was delighted to receive a mob of wooden emus, painstakingly made by Brian and assisted by his offsider and fellow shed member, Roger Smith.



When Brian took the emus to the preschool he was asked to give a talk to the students, which gave them an opportunity to thank him and ask questions about why he picked the animal shapes. They also reminded Brian about other things he'd made for them, such as ice creams on a stick, sandwiches and doughnuts, which the students had great delight in painting.

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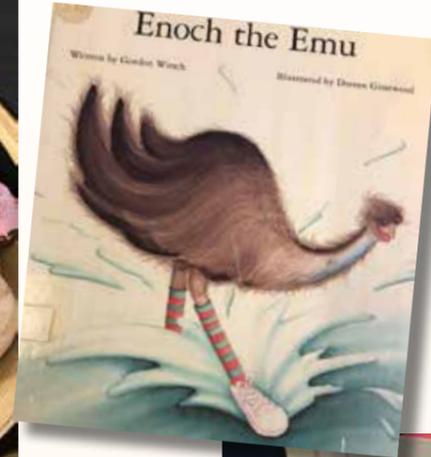
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In fact, they did such a good job, the doughnuts look real and good enough to eat!

When I spoke to Jane at the preschool she said although the students were a bit too young to read, it was important 'to join the dots' using oral language by reading a story to them about emus and physically seeing the ones Brian had produced.

As I was leaving I could see how enthusiastic the children were with their brushes painting in their individual styles, so there's sure to be some colourful emus on display!



Jane also said the committee was happy to contribute money for ongoing material costs, the students and parents love what Brian does, and he certainly enjoys making the toys, so it's a joyful win-win all around.




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Southern Tablelands Arts (STA) works tirelessly to support the extraordinary range of makers and creative communities throughout the Southern Highlands and Tablelands of NSW.

In February 2021 STA created a team of community based Media Associates, known as the STA Paparazzi. The wonderful group of enthusiastic volunteers were professionally trained by one of Australia's most experienced event photographers Hamish Ta-mé to capture great images. They are committed to capturing arts events and programs happening across our region.

For assistance in promoting your next arts and cultural event invite along one of the STA Paparazzi to capture some compelling pictures. The images and content produced can then be shared across STA networks ensuring people learn about the great achievements of the creative industries and practitioners in our own backyard.

Local author Rhiân Williams is one of the the STA paparazzi and was delighted to have three images selected for *The Captured Moment Exhibition* at the Mental Gallery in Bowral earlier this year. To invite Rhiân or one of the other STA Paparazzi to cover your events or to find out more please contact STA on:

ao@southerntablelandsarts.com.au
or call 0427 938 110



Robin Ezra Artist at SHAC 2021.



Grant Parker Artist at SHAC 2021.



Burton Box 2021.

Lerps and aphids

Whenever we have a big year – weather wise – something looms in behind it. Perfect weather conditions are often followed by some pest in overwhelming quantities. In the case of our western neighbours, they are dealing with rodents, mice and rats in plague proportions, eating everything in their path. We were mowing in long grass in Murrumbateman last week and mice were running all over us, even while we were mowing. Seems like the pesky rodents are finding their way east – set up your traps.

Those of you who travel the Barton Highway may have noticed many Eucalypts looking decidedly ill. Lerps are the culprits. Gums are prone to all kinds of insect attack but at the moment it's lerps. At close inspection, a lerp looks like a blister on the leaves; this is a sugary, waxy covering protecting the immature stage of psyllid insects. They produce a liquid secretion known as honey dew which is delicious to ants.



A severe infestation of lerps leads to the trees looking brown and can lead to excessive defoliation, which then leads to a decline in tree health and growth and will sometimes lead to death.



Birds, spiders and other insects are natural enemies of psyllid and will provide some control except when lerps are chronic as they are now. About five years ago, lerps swept through the Hall region and wiped out many of our beautiful old Eucalypts, they can be treated with a pesticide injected into the tree but it is a costly and laborious exercise.

Aphids are another pesky pest of this season; with perfect breeding conditions they are on everything and as the weather cools they look for places to tuck down for the winter. Milk thistles are ideal. Aphids can breed at breakneck speed, from juvenile to full reproduction in a few weeks. Breaking the rapid reproduction is critical as this pest causes problems. They are particularly voracious on your rose buds but they're most damaging by creating sticky honey dew.

I have had great success squashing them on the plant (gently between my fingers), it's apparent the aphids don't really like the smell of other aphids dead on the plant. However, this is not always possible and numbers can be huge and time probably will not allow. White oil is effective along with other pesticides. If spraying is your choice, it is a good way to stop the life cycle in its tracks. However, lady beetles are aphids' biggest enemies and a garden full of lady beetles is ideal – you do not want to be spraying if lady beetles are around.

Check out any milk thistles around your garden, chance are they are infested with aphids at the moment.



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Dementia prevention

Back in 2016 I wrote about new research which was showing promising results in treating Alzheimer's dementia using lifestyle strategies rather than drugs. Since then the studies have continued to be impressive. Hundreds of patients across the world are now undertaking tailored brain optimisation programs to prevent Alzheimer's dementia and to reverse early-stage dementia.

There is still no cure for Alzheimer's. The exciting news is that if treatment commences early enough it can be prevented. For those already experiencing symptoms, you may be able to halt progression and, in many cases, reverse symptoms to some extent! That can mean the difference between having to retire or continuing to work and being able to stay in your own home or needing to go into full-time care.

A case study report was published in 2018 of 100 patients with cognitive decline who underwent the treatment program. 72% of patients showed improvements in their cognitive function tests. That's impressive considering you expect to see decline in cognitive function not improvement, so they are not reporting just a halt in decline but reversal of symptoms. Further, clinical trial results just published (May 2021) showed 84% of 25 pre-Alzheimer's or early-stage dementia participants had improved cognitive testing results after nine months of personalised treatment.

This treatment program is based on Dr Dale Bredesen's research. The PreCODE program is for dementia prevention and the ReCODE program for those with existing dementia symptoms. Having completed the training, I am now an Apollo Health certified practitioner and am very pleased to offer these programs to the Canberra region for the first time. You can check out all the details on my website www.hallnaturaltherapies.com.au and through Dr Bredesen's website www.apollohealthco.com.

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health



So, what is this ground-breaking program? Sorry, there is no magic pill. This is all about improving your lifestyle (nutrition, exercise, stress management, sleep, etc.), you know, the stuff I always go on about. We also need to identify and treat the many health conditions that affect brain health (heart disease, blood glucose issues, nutrient deficiencies, inflammation, infections, etc.) and get your blood markers into the optimal range, not just the normal reference range.

There are a lot of initial assessments and blood tests, then comes the hard work of making changes to how you live your life. It requires serious commitment and full participation. You can't just pop a few supplements and expect to see results. Specific supplements do play a part in treatment, but they

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health

Anita Kilby naturopath



are just that – supplementary. If you already have symptoms you would expect to see improvements within three to six months. You need to stick with the lifestyle changes for as long as you want good brain health!

Research has found there are over 50 factors that contribute to the disease processes that lead to dementia. This is why drugs haven't been effective in treating dementia – they only treat one or two factors. For each individual there will usually be 10 to 25 of those factors which could be impacting their cognitive health. The aim is to find out what factors are relevant for each person and if you successfully treat enough factors, you reach a tipping point where the signalling in the brain flips from 'destruction' mode into 'reconstruction' mode. The sooner you turn off the destruction the better the recovery.

Prevention is much better than waiting to develop dementia and then taking action. It takes decades for dementia to develop. Your health in your 30s, 40s and 50s can increase your dementia risks in later life. You want to be proactive, find out what your risks actually are, effectively treat relevant health conditions early and then you should be able to reduce your odds of developing dementia. There are no guarantees. All any of us can currently do is reduce the risks.

Alzheimer's dementia affects about 9% of those over 65 years of age. A gene called ApoE is associated with dementia, if you have one copy of the ApoE4 gene your risk of developing Alzheimer's rises to 30% and if you have two copies its over 70%. But it's your lifestyle factors that actually determine if those genetics get to be realised. Having a gene does NOT mean you will get the disease.

You can take a free 15 minute Cq assessment (cognitive quotient) online on the Apollo Health website to see if you have any memory issues. If you do, it will recommend the ReCODE program, and if you don't have any memory problems it will recommend the PreCODE program.

If you are concerned that dementia might become an issue for you, NOW is the time to do something about it. It's too late once you are in a nursing home! Check out the websites for more information. Dr Bredesen has two books about his research and programs, *The End of Alzheimer's* and *The End of Alzheimer's Program*, and a third coming out in August, *The First Survivors of Alzheimer's*.

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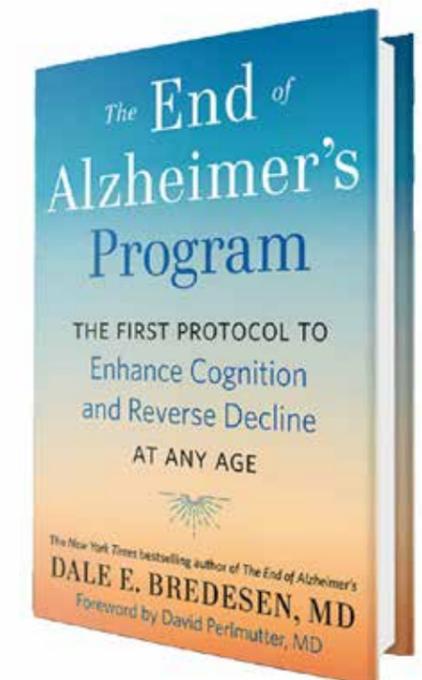
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Ginninderra Schoolhouse visit

At the invitation of owner Stan Waldron a sizeable group of our volunteers recently paid a visit to the historic Ginninderra Schoolhouse. Phil Robson, who researched the school for our first 'bush schools' exhibition, was our guide. The building is un-tenanted at present, and future options being explored. Ginninderra School was opened in 1884, a solid stone building with teacher's residence attached – a very fine asset in comparison to many of the rough timber one-teacher schools in the district. Why then was it shut down in 1910? The answer can be found at the museum ...

A similar visit is planned to the old Weetangera Cemetery.

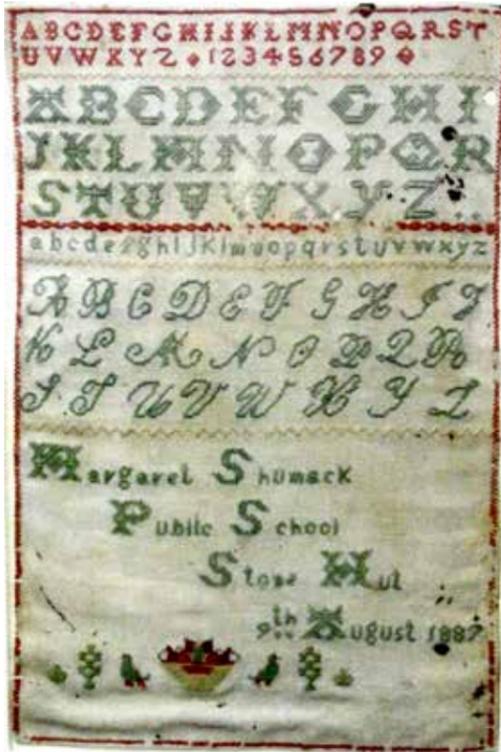
Grant applications

Over the last 10 years the centre has won some \$115,000 in competitive grants, from a number of different sources. Our mainstay has been the annual Heritage Grants program funded by the ACT Government, and we have again made applications. We are seeking funds to create interpretation for the 'Dellwood' tanning pit recently installed alongside the centre in Palmer Street. Our idea is to use the tanning pit as a starting point to tell stories about boot-making, about the Morris family – bootmakers for three generations – and about the Morris' home 'Dellwood', now a victim of the Barton Highway duplication.

A second application is for funds to enable us to complete the design and development of our collection management system, the aim being a complete and fully searchable digital catalogue of our collection, mounted on our own server. This will be a major achievement when it is finished.

Margaret's sampler

University of Canberra Intern Julia Sangster is doing really good work researching and writing up the background and contexts for our precious school sampler. The sampler was a needlework assignment carried out in 1887 at Stone Hut School (predecessor to Gungahleen School) by Margaret Shumack, whose family home was in the vicinity. Julia has been researching the school, the teachers, Margaret and her family, and will be designing a display based on this research. The sampler is currently undergoing professional restoration and preservation.



Margaret's sampler

We have another three UC Interns working with us at the moment, two of them working on IT projects.

Lyll Gillespie honoured

Son Neil Gillespie and eight or nine other family members were guests at the ACT Honour Walk ceremony presided over recently by the Chief Minister Andrew Barr, at which Lyall Gillespie was added to the ACT Honour Walk. The plaque can be found in Ainslie Place, Civic. Lyall lived in Hall as a youngster, and went to Hall School; a famous 'old boy'.

Our schools program

Our on-campus education program for school students has been operating for several years, with numbers gradually increasing as more teachers and schools become aware of the activities we offer. Last year with the arrival of the COVID-19 pandemic, schools were unable to participate in excursions so our team of volunteers set up an out-reach project: *Heritage in a Suitcase*. We have several suitcases packed with interesting artefacts and old-fashioned games

equipment that we offer on loan to schools. These resources have proven to be very popular, with teachers commenting that they enhance their students' engagement with, and understanding of, the National Curriculum unit 'Then and Now'.

School excursions have now resumed and we find ourselves booked up until July, the end of Term 2. However, our success has highlighted just how labour intensive this program is, with 6-8 volunteers needed for each visit. We would like to recruit new volunteers who would be interested in assisting with the implementation of the on-campus program. This would involve supervising

and assisting small groups of children (Year 2, 7-8 years of age) interact with our 'hands on' resources to investigate how our early settlers lived. Anyone interested can contact the centre through our email museum@hall.act.au or come to the centre on Thursday morning or Sunday afternoon and chat with one of our volunteers.

NEEDED

Volunteers to manage the Hall Pavilion and Cottage



The Progress Association Committee is seeking volunteers to undertake the management of the Hall Pavilion and the Headmaster's Cottage at the Hall School site, to allow the continued availability to local organisations and paying hirers.

To share the workload, tasks could be divided into three distinct areas of responsibility: Pavilion Booking and Access; Building Management and Maintenance; Cottage Management.

A condensed list of responsibilities, is as follows.

1. Pavilion Booking and Access

- Monitor the on-line booking system.
- Distribute and track all keys.
- Answer enquiries.
- Inspect after hiring for cleanliness, breakages etc.
- Refund Bond monies if all hire conditions are met.
- Arrange inspections of facility and equipment as requested.
- Re-book hire date and transfer deposit money manually as required.

2. Pavilion Building Management and Maintenance

- Liaise with paid cleaner for weekly service.
- Check hopper and phone for collection as required.
- Check toilets, floors, kitchen etc between hirings in the same week.
- Purchase consumables eg toilet paper, hand towel, liquid soap, sanitiser.
- Sweep verandahs, de-cobweb etc prior to major functions eg weddings.
- Arrange repair or replacement of broken equipment.
- Clean storerooms when needed.

3. Cottage Management

- Receive and record bookings.
- Check payment has been made prior to use.
- Arrange inspections and answer enquiries.
- Weekly cleaning of toilets, kitchen and floors.
- Purchase bin liners, cleaning agents etc. Wash tea-towels weekly.
- Re-stock consumables.
- Sweep verandahs, remove cobwebs regularly.
- Arrange commercial carpet cleaning annually.

The Pavilion and Cottage are not only essential facilities for Village and District activities, the revenue from hiring out these facilities is the primary income source for the Progress Association to cover costs such as facilities maintenance, insurances for the Association, Collectors' Club, Men's Shed and Museum, and other community activities.

Those interested in assisting should email info@hall.act.au or contact any member of the Progress Association Committee. Full orientation will be given to interested volunteers.

The Progress Association would like to express the deepest appreciation to Tony and Margaret Morris who have faithfully managed these facilities on behalf of the community for decades.

Saving the World One Brussels sprout at a time!

Improve your mental health – eat 30 plant-based foods every day!

Professor Felice Jacka who heads up the Food & Mood Centre at Deakin University was interviewed on ABC Canberra Radio a few weeks ago. The Centre is a world-leading, multi-disciplinary research centre that aims to understand the complex ways in which what we eat influences our brain, mood, and mental health. The centre's research initiatives aim to identify nutrition-based approaches to preventing and treating mental disorders that may improve brain and mental health both in Australia and globally.

Professor Jacka explained one of her team's most exciting research projects is a clinical trial which will explore the role of diet in treatment of Post-traumatic Stress Disorder (PTSD). PTSD involves inflammation, oxidative stress, brain chemical irregularities, gut microbiome dysbiosis and mitochondrial dysfunction. There is compelling scientific evidence to suggest that diets, such as the Mediterranean Diet, can have a positive influence on each of these mechanisms. Professor Jacka is hopeful that the team's research will lead to a specific diet treatment for PTSD.

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

Professor Jacka explained that antibiotics, that are almost ubiquitous in non-plant based foods, seem to be exacting a very heavy toll on gut health leading to an explosion in diseases that are now known to be linked to poor gut health including Parkinson's, Dementia and Alzheimer's, as well as anxiety and depression. She said a diet diverse in plant based foods seems to produce the healthiest



photo: Fermented Food, foodandmoodcentre.com.au

gut biome and that it was really important that people increase fruits, vegetables, legumes, wholegrains, nuts, and seeds in their diet. One of her key recommendations was that people should aim to consume 30 plant-based foods every day!

So not only is increasing your intake of plant based foods good for the planet and your waist line – it seems it is also great for your mental health as well.

For more information about the Food & Mood Centre at Deakin University visit: foodandmoodcentre.com.au

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The Hall kiosk is part of the **Be Connected** program, an initiative by the Federal Government's Department of e-safety to get all Older Australians online.

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For more information and bookings:
Rod on 0407008104 or hallkiosk@hotmail.com

Are your fears getting in the way?

by **Robyn Monteleone** hypnotherapist

Fear is a natural response to a perceived threat or danger. And the fear response is useful in situations where there is or may be, a threat or danger to ourselves and others. Fear triggers physiological responses such as increased heart rate, fast, shallow breathing and sweating. Our bodies prepare for fight or flight. This response is necessary in times of genuine danger or threat.

Sometimes, the fear response goes haywire and we prepare for fight or flight when our perception of a danger or threat is based on past experiences, not the current experience. A highly stressful event or several events in the past may compound to create unresourceful fears. Unresourceful fears are those fears that impact your life when there is no external danger or threat. It may be natural to startle if you see a spider or snake. If you find yourself shaking and hyperventilating at a toy spider or snake, perhaps it's time to consider the impact that fear is having in your life.

I have seen a whole household screaming and running for safety because a wasp entered the house. Whilst no one wants to receive a wasp bite, at the time, it hadn't gone near the humans, it was looking for a way out of the house. The mere presence of the wasp set off a highly emotive reaction in the household and had the children scuttling for safety. The children had learned to be afraid of the wasp because their parent was afraid of the wasp.

For some people, public speaking is something that has them shaking in their boots. Talking to a few people is one thing, presenting in front of a crowd is completely different. The normally competent, confident, knowledgeable person is so self-conscious in front of a crowd, the whole process is excruciating and avoided as much as possible.

What happens though, when we can't avoid what we fear? What if you need to make that speech? You need to make that flight or the mouse plague means you are going to come across mice? Sometimes we just learn to live with our fear. We call it 'just who we are' and don't even think about it.

If you are having a strong fear response to something you know 'shouldn't' be as scary as it is for you; there is an easy resolution. Releasing fears is a quick and easy process using hypnosis and doesn't involve exposing you to your fear in the hopes you'll overcome it. In hypnosis, I help you to release the highly charged emotions from past events, so future events are neutral. I don't aim for you to enjoy what you used to fear, simply that it's no longer a concern. In a short period of time, you can go from fear to a sense of calm. If you would like to know more about releasing an unresourceful fear, let's chat: robynm.com.au

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22 | Rural Fringe

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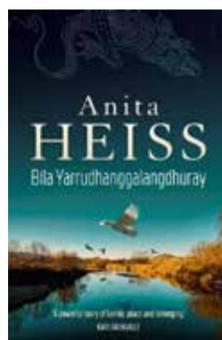
June 2021

Rural Fringe | 23

This month's recommended reads from the Book Cow Bookshop in Kingston.

As the winter cold starts, there can be few things nicer than to curl up in front of the fire with a good read. Here are some suggestions:

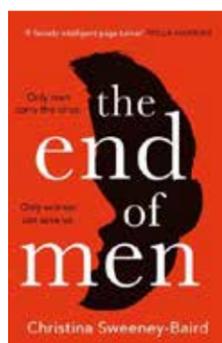
Fiction



Bila Yarrudhanggalangdhuray by Anita Heiss.

This novel is set literally in our own backyard. The powerful Murrumbidgee River surges through Gundagai leaving death, tragedy and destruction in its wake. A stark reminder that while the river's waters can give life, it can also take life.

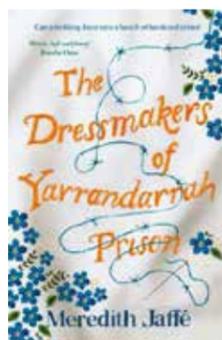
Anita Heiss sets this story in timeless Wirdayuri country and bases it on true events turning it into an epic story of love, loss and belonging. It also explores the devastating effects of colonisation and the unequal power relationships that continue to today.



The End of Men by Christina Sweeney-Baird.

Set a few years in the future, Dr Amanda Maclean comes upon a terrible new illness that is sweeping through Glasgow. All of the victims complain of a mild fever. Within hours they die. And all of the victims are men.

The illness spreads to all corners of the globe, threatening families, livelihoods, governments and the world order. Christina Sweeney-Baird creates a world where there are no men (or far fewer) and it is up to the women to develop a cure and rebuild a new society. A story about a pandemic – published during a pandemic.

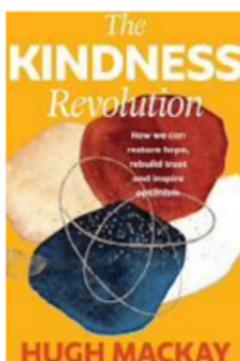


The Dressmakers of Yarrandarrah Prison by Meredith Jaffe

Derek's daughter Debbie is getting married. He's desperate to be there, but he's banged up in prison for embezzling funds from the golf club, and, thanks to his ex-wife, Lorraine, he hasn't spoken to Debbie in years. He wants to make a grand gesture - to show her how much he loves her. But what?

Inspiration strikes while he's embroidering a cushion at his weekly prison sewing circle - he'll make her a wedding dress. His fellow stitchers rally around and soon this motley gang of crims is immersed in a joyous whirl of silks, satins and covered buttons.

Non-Fiction

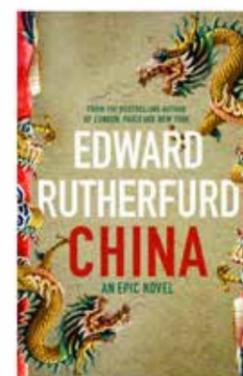


The Kindness Revolution by Hugh Mackay

Following the ravages of 2020's bushfires and pandemic on our mental and emotional health and on the economy, Hugh Mackay reflects on the challenges we faced during that year of upheaval and the questions many of us have asked. *What really matters to me? Am I living the kind of life I want? What sort of society do I want us to become?*

He urges us not to let those questions go, and pointing to our inspiring displays of kindness and consideration, our personal sacrifices for the common good and our heightened appreciation of the value of local neighbourhoods and communities, he asks in turn: "Could we become renowned as a loving country, rather than simply a "lucky" one?"

Non-Fiction



China by Edward Rutherford

An unforgettable tale told from both sides of the divide. The clash of world views, of culture and heritage, is shown in a kaleidoscope of jaw-dropping set pieces.

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Children and Young Adults



Eliza Vanda's Button Box by Emily Rodda

This latest novel by award winning children's author Emily Rodda will surely delight her fans. It is full of engaging, magical and mystical characters.

Life hasn't been much fun for Milly Dynes lately. There seem to be problems everywhere she looks. She's always loved her home in Tidgy Bay, but at the moment she wishes she was somewhere - anywhere - else. Then Eliza Vanda turns up and magic comes with her (as well as a little friend called Victor). Together they go on many magical, fantasy adventures...



Fly Free: Skydragon, Book 2 by Anh Do

Does Anh Do ever sleep? He is either writing or producing television programs. He is one of Australia's best-loved story tellers and his characters and plots are adored by millions of kids around Australia and the world.

His second book in the Sky Dragon series comes out in May and we get to find out what adventures and thrills await Amber.



Wednesday Weeks and the Tower of Shadows by Denis Knight and Cristy Burne. This is the first in a upper primary school aged series that will suit fans of *Nevermoor*, *Artemis Fowl* and *The Witching Hours*.

Wednesday Weeks never wanted to be a sorcerer's apprentice. She'd rather study science than magic. But when her cloak-wearing, staff-wielding grandpa is captured by a power-hungry goblin king, Wednesday must find a way to embrace her magical heritage and rescue him from the dreaded Tower of Shadows. Luckily, she's not alone. Her best friend Alfie is a prime-number fan and robotics expert who's all-in on Wednesday's epic plan involving parallel universes, swords of power, and a wise-cracking talking skull. But it's going to take more than science, magic, and the world's cutest robot to take down this bad guy. Because the goblin king is playing for the ultimate prize - and Wednesday and Alfie just walked into his trap...

It has been such a beautiful autumn this year, with a particularly fiery display of leaves on the crepe myrtles along Loftus Street. So much work going on in the village has also been a pleasure to witness as we gradually emerge from the long constraints of the pandemic. The new Victoria Street Gardens, the replenished paving, murals at the park, the list goes on unabated even as freezing temperatures arrived early and we head into winter.

I want to offer a huge vote of thanks to Margaret and Tony Morris who are stepping down from their work as managers of Hall Pavilion and the Cottage! It is astonishing to look at page 21 and the long list of responsibilities they have quietly been managing for many many years, alongside many other volunteering jobs they take on: marshalling at the Hall Markets, the naming of the back lanes, work at the museum, mowing of the Hall walk and many other things that make the village tick over smoothly. I stand in awe of their devotion to our community and tireless capacity for hard work. Thank you both!



Margaret and Tony Morris.

I also want to acknowledge another local celebrity Philip Williams as he steps down from his long career with the ABC (see page 12). We have watched our very own Phil bring us news from all over the world, often in terribly difficult circumstances. And entertaining us with Willie and the Correspondents (formerly West Texas Crude) in local events in Hall. Good luck Phil with your retirement!

Hooray for Hall and all it's amazing people.

Until next time,
Jo Hall



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

Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not. These deadlines ensure publication by the 10th of every second month.

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

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

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

Advertising rates (per issue)

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

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Andrew Leigh MP kindly visited Hall to officially open the Victoria Street Gardens on 20 May, World Bee Day. He spoke about the value of projects, like Bee Friendly Hall, that not only do good things for the environment but also engage communities and build social capital.




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Autumn in Hall



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