

# RURAL FRINGE

*Journal of the Hall district*

VOLUME 28 ISSUE 6

December 2021



## Hall Community Oven by Leigh Crocker

Bill Pearson and Dennis Greenwood have built a traditional wood fired oven for the Hall community. They spent their winter lockdown exercise hours building an asset they hope will be the focus of many a community or family gathering.



*Dennis and Bill at the test firing.*



*Tools for operating the oven – on site now.*

After eight weeks of hard work the oven is finished and ready for use. The oven is located in the community space near the old Headmaster's Cottage. It is free to use and available to the whole community.

*... details on page 4*

## HALL VILLAGE CHRISTMAS FAIR

**Saturday Dec. 11th  
10am - 3pm**

**Hall Village School & Museum  
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MEN'S SHED OUTDOOR PIZZA OVEN  
HALL VILLAGE MUSEUM



Hall Village Community Christmas Fair featuring artisan markets with over 50 stalls, food and beverages, live entertainment, Hall Axemen wood chopping competition and demonstrations, Hall Collectors Classic Cars display, a special visit from Santa, strolling carollers, Hall Men's Shed outdoor pizza oven, sausage sizzle, Hall Heritage Museum and local village attractions. Pet friendly. Entry by gold coin donation.

Free tickets to the fair are available at:  
[www.eventbrite.com.au/e/211043896977](http://www.eventbrite.com.au/e/211043896977)

### Hall Markets are back!

After having to cancel the Hall markets every month since June due to Covid-19, **Sunday 5 December** will see a special Hall Christmas Market.

Due to COVID-19 requirements, this market will be ticketed, with crowd capacity limits.

Go to [www.hartley.org.au/markets](http://www.hartley.org.au/markets) to purchase tickets. Ticket packages are:

- Solo (1 person) - \$2
- Crew (3 people) - \$3
- Family (6 people) - \$5

All proceeds go towards Hartley Lifecare's *One Million Harts Campaign* and helping give people with a disability the opportunity to live their best life.



### Christmas and Sunday services **St Michael & All Angels Anglican Church**

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**Christmas Eve service**  
10.30pm, 24 December at St Michael's

**Christmas Day service**  
10am, 25 December at St Michael's

Maximum seating capacity applies but you may also join us at [zoom.us/join](https://zoom.us/join) using this meeting ID:

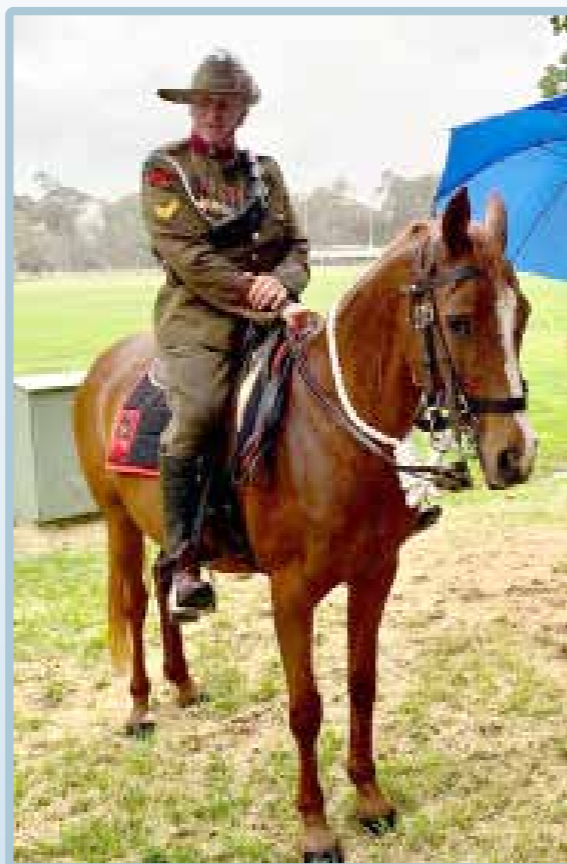
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For more information call Revd. Peter on **0429 350 207** or email [peter@mikeandbarneys.org.au](mailto:peter@mikeandbarneys.org.au)

*It has been decided to cancel the Christmas Carol event previously advertised for **Sunday 12 December**. Instead we will focus on fully supporting the wonderful Hall Christmas Fair on **Saturday 11 December**, where we will have a stall. Hope to see you all there.*

Lighthouse member Buff Britten.



### Remembrance Day in Hall

Undeterred by the pouring rain, there was a large turnout for a moving 11 November Remembrance Day service. The President of the Rotary Club of Hall provided the opening address, and prayers were led by representatives from our local churches.

Andrew Purdam gave us his piano accordion rendition of the Last Post and Edward Jenkins did a fine job of raising the flag. It is always a poignant and reflective time. With thanks to Dennis Greenwood and Bill Pearson for impeccable organising of the event.



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## Hall community oven ... continued from page 1

The oven is a masonry oven, more commonly called a pizza oven. It is a wood burning oven made from bricks in this case, but other materials can be used. A fire is lit inside the oven which heats up the internal brick/concrete skin. This brick/concrete skin is very well insulated, so the oven stays hot enough for baking long after the fire has gone out.

The oven design was selected from a website [www.traditionaloven.com](http://www.traditionaloven.com) operated by Australian Rado Hand. Rado's designs and building instructions are excellent and used all around the world. Rado says that for him 'this is all about eating wonderful foods prepared by ourselves and cooked using a little fire in a wood burning pizza-bread traditional oven. It's visually very pleasing, interesting, as well as efficient and economical'.



Dennis doing a test fit of the chimney top.

While pizza may be the first dish that comes to mind when thinking of the oven, Bill is keen for users to embrace the many other possibilities the oven provides. They range from any type of roast to slow cooked dishes as the oven cools and even dehydrating your summer tomato crop or cooking cakes.

The oven will produce some fantastic food, but Bill and Dennis were more motivated by the social outcomes the oven will deliver. They hope it will become a place for community groups to gather. Sharing an oven was common in Europe for centuries. Masonry ovens were a focal point for the community, and they weren't limited to baking bread. Greek bakehouses still cook Easter lamb dishes for villagers. Community ovens were once quite common in England and other countries with meat, pies, cakes and other dishes cooked for festivals and holy days. Community ovens are still widespread in the Middle East and North Africa but died out in most of western Europe in the 20th Century. But now the tradition is alive again in Hall!

To kick off the oven's role as a community focal point, the 'Hall Community Oven Club' has been launched! The club has its own Facebook page, *Hall Community Oven Club*, so join in and we'll all learn how to use our new oven. How best to light the oven, understanding how quickly it heats and cools, its maximum temperature and when to cook what, will

all be part of the learning curve over the next little while. There are no membership requirements, the club is simply a way to share information about the oven.

Anyone can use the oven, just check availability first by emailing [Halcottage2618@gmail.com](mailto:Halcottage2618@gmail.com) Bill and Dennis have provided the tools necessary to cook in the oven, but you will need to BYO wood. A set of instructions that can be found by scanning this QR code using your smartphone camera (i.e. not the COVID check-in app). The QR code and tools are also in place next to the oven.



Dennis next to the internal brick/concrete skin of the oven, prior to more insulation and the outer skin being added.

Bill and Dennis are members of the Hall Men's Shed, which funded the project. In addition, there were donations of materials from Shaun O'Connor, Peter Toet, Ken Spencer, Graham Smith, Adam Greenwood, Julie Higginbotham and Brent Newbery. Special thanks also to soon to be Hall residents Fiona and Paul D'Amdrosio for providing building blocks and the crowning glory of the chimney top.

So, join the club and lets get baking!





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# President's page



Hello residents and friends of Hall postcode 2618. Perhaps we can now visualise some light at the end of the COVID pandemic tunnel as the ACT has achieved 95% double vaccinated and we are being permitted to socialise more. There are still a number of ACT Health requirements during the path out of this pandemic, and we must still be mindful that the vaccinated remain at risk of infection and retransmission of the virus. Hopefully by Christmas we may be able to travel more freely interstate to visit relatives and friends. We must learn to live with this COVID virus as we do with other pathogens. I am confident that a booster shot shall provide additional protection against the worst effects of COVID and you should talk to your GP about this. The COVID-19 measures in the ACT have recently been changed and these are available on the ACT Health website.

## Hall Village security reminder

Many would have noticed the recent reports on the Hall website and community Facebook concerning the vehicle break-ins around Hall a few weeks ago. Please be vigilant and aware not to leave any valuables in your vehicle, particularly in plain view. The miscreants are generally not out to 'harm' you and are usually looking for items which may be readily sold and converted to cash for drug use.

## Hall School Precinct refurbishment

The ACT Government Property Group has completed the major upgrade and refurbishment of the buildings in the Hall School Precinct. We recently had difficulty with a roof leak in the MURA Dojo double demountable and this turned out to be pooling of the water on the roof due to pine needles. The VHDPA is responsible for ensuring that the gutters are cleaned regularly. We continue to receive better than average rainfall, which is great for the gardens, but it gives the local lawnmowers and whipper snippers a real workout. At least the additional exercise should keep us fitter.

## Hall Community Oven

The Hall Men's Shed, especially Bill Pearson and Dennis Greenwood, have crafted and constructed a very attractive, safe (the only hot surface is inside the oven), and usable Hall community oven behind the Headmaster's Cottage. It was constructed according to proven plans and there is an adjacent QR code which when scanned and opened gives some very good hints on the use of the Hall community asset. It sets out some basic common-sense parameters, such as what not to burn (plastics, treated timbers, etc), oven characteristics and cooking temperature requirements and should be read before using the

**Peter Toet** President

oven. Well done to Bill and Dennis, materials donors, advisers (good and bad) who assisted with this project. I understand that the Hall Men's Shed new mantra may be that 'no slab in Hall Village shall be left unused'.

## Hall Village to Clarrie Hermes cycle/walking path

Representations have been made by the VHDPA to the responsible ACT Minister and all Yerrabi MLAs to repair and upgrade the pedestrian/bike path along Victoria Street to Clarrie Hermes Drive. After a very short life of less than a couple of years, the pedestrian/bike path has already deteriorated significantly. I recently observed someone in a Hi-Viz taking notes, so I am hoping that we may get some positive result soon.

## Fire risk fuel reduction

The 2021-2022 bushfire season is upon us and with the good rain comes good grass, good shrub and good tree growth, together with an increased fire risk. The VHDPA has recently submitted what used to be an Annual Bushfire Inspection Report. It is now a Quarterly Bushfire Inspection Report on the Hall School Precinct and the Pavilion. The volunteers from the Hall Men's Shed and the Friends of the Museum did a sterling job in 2019/20, clearing shrubbery and debris from around the Headmaster's Cottage and museum buildings, but it is a continuing maintenance issue. Please be aware of fire hazards on your own property and prepare a Survival Plan to ensure that January 2003 is not repeated. Stick your prunings into the green bin and utilise some of your rates' payments.

## Hall Park upgrade

It is very pleasing to see that there have been a number of additions to the playground and adjacent areas in the past few weeks. Lovely tactile musical instruments followed by some stand on/ roll on/ whatever logs to keep the kids amused. They look great and are all showing signs of usage. Many thanks to Sonny, Jonathan, Dennis, Graeme, Bill and others for their efforts on

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the playground facilities. Let's hope that the murals on the bus shelter, toilet block and barbeques will be able to proceed soon now that the COVID-19 health restrictions have been eased.

## Hall Men's Shed Greater Glider nesting boxes project

The Hall Men's Shed has recently signed a contract with the ANU for the construction of up to 120 nesting boxes for Greater Gliders.

Apparently Greater Gliders are adversely impacted by heat, and with the destruction of their habitats in the Black Summer fires of 2020, plus the increasing temperatures and pressures from climate change, construction of these nest-boxes is critical to attempt to ensure the survival of the species.

The project is being done in collaboration with the Yass Valley Men's Shed and should keep the Shedders busy for the next month or two, provided the materials can be obtained. I am certain that the Shedders shall provide an article for the *Rural Fringe*.



I stepped down as president at the recent Annual General Meeting. I am honoured to have had the opportunity to serve the Hall Village and District community over the past three years in the role of President and look forward to working with the incoming Progress Association office bearers and committee as we join together our efforts to further the interest and welfare of Hall Village and District and protect and progress the amenity and heritage character of the Village of Hall.

Please stay safe into 2022; sincere condolences for anyone suffering a loss due to the pandemic. Let's hope that 2022 is much brighter for us all than the past two years of pandemic.

Stay safe, vaccinated and connected.

- President:** Robert Yallop
- Vice-President:** Olga Minion
- Secretary:** Jan Klaver
- Treasurer:** Phil Robson
- Committee:** Margaret Monahan  
Tony Morris  
Paul Newall  
John Starr  
Peter Toet  
Aaron Whittaker  
Heather Wilford



L to R: Tony Morris, Phil Robson, Aaron Whitakker, Marg Monahan, Peter Toet, Robert Yallop, Heather Milford, Paul Newall, Olga Minion, John Starr.

**Cataloguing project completed**

Our most recent grant from ACT Heritage was for 'Building the digital catalogue'. We were able to employ archivist / cataloguer Maren Innes, a University of Canberra graduate, to catalogue five previously un-catalogued large elements of our collection. Our collection management system now has nearly 11,000 fully searchable items, a tribute to our volunteer developer Graham Wilson. While not so sexy as beautiful old objects or photographs, the collection management system is the engine room of the centre, telling us what we have got, where it came from, where it is, and what condition it is in. This project was supported with funding made available by the ACT Government under the ACT Heritage Grants Program.

**Wattle Park church visit**

Volunteers from the centre visited historic Wattle Park Church on 18 November. Kingsley Southwell, long term member of the congregation, was our guide. The church was a very lively centre of activity for Methodists of the district, including of course members of the Southwell, Brown and Kilby families.



**Hall cemetery project**

The project to document all burials in the Hall cemetery has been getting a good response, but will need more help from the general public to get near the goal of full coverage. If you know of living relatives in the district who may be willing to supply stories please contact Robin Astbury: [robin.astbury@gmail.com](mailto:robin.astbury@gmail.com). Eulogies and obituaries are very valuable. Contributions of one or two pages are very welcome.



**Brooklands – a celebration**

As a special feature of the 2022 Canberra and Region Heritage Festival next year the museum will mount an exhibition of interesting and 'curious' items from 'Brooklands' homestead – one of the oldest farms in the Hall area, that has been in the Southwell family since its establishment 145 years ago. It is now being sold.

It was originally selected by Richard and Amelia Southwell, then his son Cedric with wife Beryl took over. Kingsley and Cynthia Southwell are the present owners. The property provided the sites for the old Wallaroo and Brooklands bush schools.

Most of the equipment, furniture and artefacts will have been sold by the time of our special exhibition in 2022 (a clearing sale is scheduled for 27 March 2022). However, a number of the more interesting items that have a strong connection to the property and to the Southwell family will be retained and some of these will be on display as well as images of the property and family.



Richard and Amelia Southwell in their sulky at 'Brooklands' on their way to Wattle Park church.

**Multiple car burglaries in Hall Village**

On Tuesday 26 and Wednesday 27 October, a number of vehicles in different streets in Hall were broken into during the night and items stolen from the vehicles.

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

Over the last 18 months, there has been a number of break-ins and burglaries in businesses, community facilities and houses in Hall Village. At least two vehicles have been 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.

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# Surviving and thriving around irritating people

by **Robyn Monteleone** hypnotherapist



With Christmas and the holidays arriving soon, it's likely you'll be catching up with people you haven't seen in a while. The last 18 months have seen us in lockdowns and with travel limitations, limiting catch-ups with friends and family to mostly online, if you do that sort of thing. For some people, this has been hard. For others, perhaps it's given a little respite from the obligations of catching up with people who may grate on you.

Chances are, there is someone in the crowd of people you need to catch-up with, who rubs you the wrong way. Perhaps they are too loud and overbearing, they never allow you to get a word in, they drink too much or they simply have some behaviour that irritates you. If you feel yourself resonating with this scenario; there are strategies you can implement to minimise your frustration!

Firstly, acknowledge that there is a particular person who irritates you. That's okay. It might be enlightening to think about why they irritate you, although it's not necessary to know if you don't. Some believe people who irritate us are highlighting parts of ourselves that we don't like or don't want to acknowledge. Another thought is the person's behaviour goes against your values system. As an example, if you value respect and courtesy and you deem this particular person's behaviour as disrespectful, you may find it very grating to be around them!

Once you've identified that someone irritates you (with or without the why), here are some strategies to help take away that irritation:

- Imagine the person as a cartoon character or someone inane that wouldn't phase you – Elmer Fudd from Bugs Bunny, Road Runner, Coyote, Donald Duck, Tweety Bird etc. and see if that helps.

- Change the person's voice to that of a cartoon character, or an opera singer or a squeaky mouse. Does the change in their voice reduce their irritation?
- And for added oomph, imagine you have a bubble of protection around yourself or some sort of armour – be creative with whatever works for you. Imagine, that whatever that person says or does, it doesn't penetrate your bubble/armour or whatever you have imagined. Nothing comes near you, nothing bothers you.

We represent people, places and things via our senses; what we see, hear, feel, taste and smell. If we understand the representation in our head, we can change it. Change the pictures, sounds and smells and you can change the way you feel about something.

Sometimes this is easy, sometimes you need more help. And if there are circumstances beyond mild irritation, you may need more support. You don't need to be the victim of other people's behaviour; if talking hasn't helped and you'd like to move on once and for all, perhaps hypnotherapy can help. You can find out more here: [robynm.com.au](http://robynm.com.au)

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# Hall and District Axemen's Club

DECEMBER 2021

Like most local community clubs, we've been affected by the recent lockdowns and restrictions, but we're excited to be back!

## TRAINING

### Come and Try

Training takes place at the Hall Showground every Tuesday from 4pm. If you'd like to give it a try, get in touch and come on down!

We also run a tailored women's session Saturday's from 2pm.



## UPCOMING EVENTS

### Come support us

We'll be doing a demonstration at the Hall Village Christmas Fair on 11 December. Come support the local community and check out the action.

We're also available for hire if you need entertainment at your event!



## GET IN TOUCH

### Contact us for more info

If you have questions, please get in touch with us via email: [hallaxemen@gmail.com](mailto:hallaxemen@gmail.com) or 0427 365 747

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## Bee swarms in Hall

by **Paul Porteous**

This season has seen an unusual number of bee swarms in Hall. Swarms occur for many reasons but often it is a sign of a healthy hive and a natural way in which bees reproduce hives. A new queen will take up to half an existing hive with it – including most of the honey to help get the new hive established. In a frenzy of activity the new group swarms to a nearby tree (in our case Palmer Street)



while scouts wander around for a few days finding a position for a new hive. Full of honey, the bees are quite docile during this period. Once a new location is found, they seem to make a collective decision to move on. Attached are some photos from our bees swarming to a nearby tree (spread out along the branch) then making a more traditional structure for three days before founding a new hive.



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## Sensory walk in Hall

by **Chris Edwards**

Each school day, hundreds of children transit through Hall Village, congregating in the park as they wait for their bus or a parent.

An upgrade of the playground facilities has been actively sought by community members for many years.

This year the Rotary Club of Hall funded the purchase of a range of sculptural musical instruments that will provide hours of fun and stimulation for our young visitors.



Club members Bill and Dennis with another local, Graeme Bryce installing the Musical Instruments in the Hall Village Park.

More work was done on the park this week. Large logs were positioned to provide seating and climbing structures.



Great to see this project that was so long in gestation now progressing.

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## Lockdown 2021 food relief

The Delta strain of COVID-19 hit Canberra in August and ACT Health sent the territory into lockdown on 13 August 2021. This meant that everyone needed to stay home, initially for two weeks, and get tested if they felt like they had any of the symptoms.



This situation, coupled with financial difficulties, left a growing number in the community struggling for essentials. Many community conscious organisations sprung into action to provide meals and food delivery services.

Two weeks later, on 2 September, District Governor Leo Farrelly sent an email that started a chain of activity throughout ACT Rotary clubs. He proposed, 'consideration of either personal support by individuals or financial support from clubs, for feeding ACT families who have run out of resources to put food on their table'.

Many Rotary Clubs sprung into action with support, including the Rotary Club of Hall.

After some discussion, the club decided to support several organisations providing food to those in need, electing to split a donation of \$4,000 between four organisations providing pre-made meals and allocated a further \$2,000 to be used to purchase fresh produce from the club's Capital Region Farmers' Market. This meant that we could immediately provide some financial relief to the organisations making pre-made meals, and we could also support our stallholder family.



Member for Fenner Andrew Leigh, HelpingACT President Mohammed Ali, Rotary Club of Hall's Mainul Haque and ACT Minister for Multicultural Affairs Tara Cheyne. photo: Megan Doherty

Club members purchased fresh produce from our market weekly for distribution to needy in the community by HelpingACT.

On Saturday 2 September, our Rotarian shopping team was joined by Nazmul Hassan who created a free Halal hot meal service to feed Afghan evacuees who recently arrived in Canberra. Sixty food hampers were packed and delivered to newly arrived Afghan evacuees in Canberra, thanks to the local charity HelpingACT.

Community Committee Chair, Jonathan and club member Mainul purchased food at the Farmers Market for HelpingACT (and to a lesser extent for Nazmul Hassan) over five weeks. The club also collected generous donations of meat from Chris and Greg Stuart and many of the stallholders have been generous with their pricing.

'Of the original \$7,000 the club allocated to help stock community larders, we have \$240 remaining. We will have a chat to Mohammed Ali (HelpingACT) about future needs,' stated Jonathan, the Rotary Club of Hall's Community Committee Chair.

Restrictions eased on 15 October. On the 28th, further restrictions meant no masks outside and retail stores in the capital could reopen.

by **Chris Edwards**

## Bay Leaf tree - *laurus nobilis* gardening by **Lisa Walmsley**

One of my all time favourite plants is the Bay Leaf tree.

Bay Leaf is a gorgeous evergreen small tree (although I have seen them get quite big) for your garden and containers and a must have plant to add to your herb collection.

The Romans considered this plant as a holy tree and has long been used for cooking.

Bay trees trim really well into topiary shapes such as pyramids, balls and lolly pops (standards). They are a versatile plant and easy to maintain, with their large foliage they are perfect for formal planting, make great screen planting or a feature tree.

Bay trees get creamy white flowers in spring followed by black berries that you cannot eat but the local currawong family love, love them.

Bay leaves have an aromatic flavour that is used to finish off soups, curries, gravy, fish and meat dishes. It is also an ingredient perfect for pickling cucumbers and onions.

You use the whole leaf when cooking and remove it before serving (you don't actually eat it, it's just for flavouring during cooking). You can use it dried or fresh.



A much loved Bay tree in Hall Village.

The Bay tree is of Mediterranean origin, likes well drained soils and is best planted in a location where it is not exposed to cold, drying winds.

Bays can tolerate up to -10 degrees for short periods of time and full sun or part shade is ideal.

Bay trees successfully grow in pots for years. Allow the young plants to grow and develop a little maturity before you start pruning or shaping them, otherwise the plant will become stunted and grow very slowly.

Bay trees are once established very drought tolerant but don't let them be completely dry for long periods of time, once the leaves have withered the plant will die. They also dislike prolonged periods of 'wet feet', so make sure the drainage is good around them.

You can harvest the leaves any time you need them, although some folk claim the dried leaves have a better flavour. The best time to collect loads of leaves is when you trim and prune them. You can tie a few branches together and hang them in a cool dry spot until they are crunchy dry then store them in an airtight container.

Bay trees can get a few pests, such as white fly or scale. Both can be treated with white oil relatively successfully, I also like to use

initiator tablets; you bury them in the soil and the plants take the chemical up through the roots and into the rest of the plant.

To develop strong roots and healthy foliage fertilise in autumn and spring.

The plant has recently been hybridised and a dwarf variety has been developed Baby Bay, wonderful for a small space, balcony garden or tight spot.

So whether you are a keen cook, need a green hedge, love topiary or want to add a formal element to your garden you can't go wrong with this fantastic plant.

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# Springfield Rural Fire Service

## Summer Fire Facts

We're well into the Bush Fire Danger Period, although with some of the interesting weather patterns we've had recently you may not have remembered!

Fire Danger Ratings (FDR) give you an indication of the consequences of a fire, if one was to start. The higher the fire danger, the more dangerous the conditions. In other words, the higher the FDR, the more unpredictable a fire can be, the more difficult it can be to control and contain, and the impact on the community can be significantly greater.



**Rebecca Morrison**  
President



You should use the Fire Danger Ratings as a trigger to take action:

- **Low-Moderate/High/Very High** – Review your bush fire survival plan. Keep informed and monitor conditions. Be ready to act if necessary.
- **Severe** – Leaving early is your safest option for survival. If you and your home is not well prepared, leave early in the day.
- **Extreme** – If you are not prepared to the highest level, leave early in the day.
- **Catastrophic** – For your survival, leaving early is the only option. Homes are not designed to withstand fires in catastrophic conditions. Know when you will go, where you will go, how you will get there and when you will return.

## Fire permits

During the fire season you need a permit to light a fire. Not getting one is an offence. In order to get your permit, one of our Permit Officers must visit your location to make an assessment. This means we need at least 10 days notice so we can schedule this in – remember we are volunteers and not available at all times.

Permits are easy to obtain, so there is no excuse not to apply for one. Just follow these easy steps:

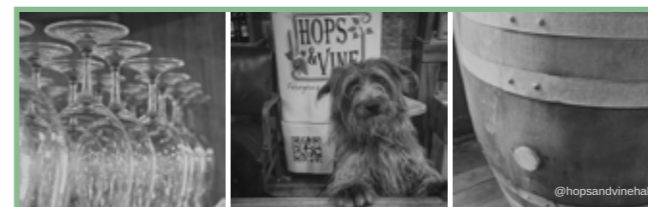
- **Before your burn** – contact the Springfield Fire Permit Officers at least 10 days prior to your burn. This gives us time to come to your property and do a proper assessment.
- **Day before** – notify your neighbours (and not just on Facebook!).
- **On the day** – check weather conditions and follow any conditions on your permit. If the fire gets out of control call **000** immediately.
- **After** – extinguish the fire and monitor it.

Don't be the fire risk to your community. Know the rules on safe burning and check: [www.rfs.nsw.gov.au/BFDP](http://www.rfs.nsw.gov.au/BFDP)

Contact Springfield Fire Permit Officers

- Rod Tarlinton **0418 444 325**
- Mark Thornthwaite **0428 487 179**
- Simon Connor **0429 782 083**

Or contact Yass Fire Control during business hours on **02 6226 3100**



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## Community news

We were saddened to hear of the passing of one of Springfield's most dedicated members in November. Rex Connor, Springfield Brigade Captain from 1992 to 2005 and lifetime resident of the area, was greatly respected by those who served with him. We are especially thankful to Rex for his generous donation of land, on which our Patemans Lane fire shed stands. His knowledge and friendship will be greatly missed.

In more seasonal news, we welcome all residents of Springfield to our annual Christmas Party on **Sunday 12 December** from **4pm** at the Patemans Lane. Santa says he will drop by – he heard there is usually a great feed for those who come along! Just tell Kaye Tarlinton you are coming – [ted.kaye@hotmail.com](mailto:ted.kaye@hotmail.com) or call on **0407 067 157**. BYO drinks and glasses.

I hope to see you there, but in the meantime, get your bush fire plan ready and stay safe.

Rebecca Morrison  
**0407 943 813**  
[tomandbecmorrison@hotmail.com](mailto:tomandbecmorrison@hotmail.com)



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## Love your liver

The liver is our main organ for detoxification, but it has a lot of other jobs too, over 500 vital functions! We don't tend to pay much attention to our liver until something goes wrong, but the choices we make every day can support or hinder our liver function and health.

Aside from the essential job of removing toxins from the blood, some of the livers main functions are to:

- filter and extract nutrients from the blood coming directly from the digestive tract
- filter and breakdown worn out blood cells, hormones, drugs, and bacteria
- store fat soluble vitamins (A, D, E and K), vitamin B12, iron and copper
- store glucose and release it as needed to help regulate blood glucose levels
- produce essential proteins like albumin which help maintain fluid balance in the bloodstream, and carry hormones, vitamins and enzymes in the blood
- regulate amino acid levels in the blood to ensure sufficient amounts are available for protein production throughout the body to build and repair body tissues, make enzymes and hormones,

# health

Anita Kilby naturopath



and to be used in blood clotting and immune responses

- produce bile which contains bile salts that breakdown fats in the digestive tract and also contains waste products for elimination in the stools
- make cholesterol and its blood carrier (lipoproteins) which distribute cholesterol around the body to help make cell membranes, hormones, vitamin D.

As you can see liver function impacts the entire body so when function is hindered, a wide variety of symptoms can arise including: joint and muscles aches, mood disturbances (depression, anger, anxiety), memory or cognitive function problems, hyperactivity, headaches, fatigue, skin rashes, eczema, acne, digestive symptoms, nausea, water retention, increased sensitivity to odours, bad breath, increased urination, increased susceptibility to infections, eye irritation/ blurred vision, dark circles or bags under the eyes, and weight gain. Jaundice, dark coloured urine and pale stools are some of the clearer signs of an unhappy liver.

Thankfully, the liver is able to repair and regenerate despite our regular disregard and abuse of its health.

# health

However, too much abuse does take its toll and can eventually lead to a fatty liver, hepatitis, or scarring (cirrhosis). Fatty liver can occur from excesses of alcohol or food intake (excess glucose is stored as fat in the liver). Hepatitis can occur from infections, chemicals, alcohol, some drugs, and viruses like Hepatitis B and C. Cirrhosis occurs from an accumulation of scar tissue from those types of ongoing liver injuries and leads to loss of liver function which can become life threatening.

You can take supplements and herbs to support your liver, improve clearance of wastes from the body and help protect the liver cells from the effects of toxins. But I'm not a great fan of liver detox programs, preferring instead the approach of supporting liver health everyday by minimising toxin exposures and following a healthy lifestyle, ideally about 80 per cent or more of the time. That still gives you scope to let your hair down and indulge in some alcohol etc – I certainly don't want to be a party pooper!

Having several alcohol-free days every week, or a week every month etc, gives the liver a breather and allows it to clear out less toxic substances that may have accumulated whilst it had to prioritise processing more toxic things. You can also lower the workload by reducing 'hidden' toxins in everyday products, replacing them with cleaner products.

Reducing your environmental toxin exposure is an educational process – it takes time and commitment to raise your awareness of the many sources of toxins which we all encounter every day, to find ways to reduce exposure and replace toxin containing products with cleaner alternatives.

Food is the source of the nutrients we need to support our detoxification processes but can also be a source of toxins. Pesticides can contaminate our food in varying degrees. Dirty Dozen and Clean 15 are EWG's guides to the most and least contaminated fruit and veg. If you can, buy organic Dirty Dozen fruit and veg to reduce toxin exposure.

Some foods that support liver function include the brassica family (cabbage, broccoli, Brussels sprouts, cauliflower, kale, bok choy), the onion family (onions, garlic, leeks, chives) and the citrus family. Fresh fruits and vegetables are excellent sources of antioxidants to help counter the effects of toxins. Berries and dark chocolate are particularly good sources. Fibre from plant foods also helps escort toxins out with the stools.

You want all your elimination pathways working well to support liver health, reducing its workload and helping clear accumulated toxins. This is particularly important before trying to lose weight as toxins can be stored in our fat, so when you lose weight those toxins get released along with the fat. Good water intake helps flush things out through the kidneys, lungs and perspiration. Movement/exercise helps pump the lymphatic fluids which receive cellular wastes, and also promotes perspiration. And of course, the digestive system needs to be healthy and functioning well to effectively excrete the toxins the liver dumps into the stools.

Even if you've abused your liver, it will always try to keep working hard to clean up the mess. Get your blood liver markers checked regularly. With a bit of consideration, you can support your liver to help it keep you healthy.



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# Ginninderra Farmer's Union and the School of Arts

by **Alastair Crombie**

Few of the original old Ginninderra village buildings survive – the school, St Francis Catholic church, 'Deasland' (slated for demolition), the police station and the blacksmiths workshop. Amongst those no longer standing is a once thriving community hall, home of the Ginninderra Farmers Union and the School of Arts, between 'Deasland' and the smithy – marked today by three stern concrete posts.

## The Mechanics Institutes movement

'Schools of Art' were a social innovation that originated in Scotland, the first being established in Edinburgh in 1821. As the principal target was mechanics – industrial workers – the movement that subsequently diffused throughout the Empire became known as the Mechanics Institute movement. Although titles proliferated – Literary Institute, School of Arts, Mechanics Institute – the core purpose was 'betterment' of working men [sic] through education.



Diffusion was rapid and world-wide. The Hobart Mechanics' Institute was founded in 1827 and Sydney Mechanics School of Arts followed in 1833. Amongst the NSW examples were many in the local region – Goulburn (1854), Yass (1857), Braidwood (1858), Gunning (1876), Queanbeyan (1887), Bungendore (1888), and Gundaroo (1894). Ginninderra (1899), was a relative latecomer.



## Ginninderra School of Arts – the beginning

Established at a community meeting on 20 May 1899, within that year a reading room was being furnished, books purchased for the library and the intention stated to add chess, draughts and other amusements, as well as to form a Dramatic Club. A concert and social in aid of the library fund featured 'several leading vocalists of Queanbeyan and Gundaroo' followed by dancing 'to music provided by Messrs Lake and Williams, with Henry Oldfield as MC'.

This first effort faded away in 1902 however, lasting a mere three and a half years. '... it is impossible to keep it going in a community so sparsely populated as is Ginninderra'. The old store building used by the School was damaged beyond redemption by the destructive January 1905 bushfire.

## A second coming

In the following year however the Ginninderra Farmers' Union was formed, with Everard Crace of 'Gungahleen' as President and Charles W. Thompson, the Ginninderra schoolmaster, Secretary. The union was conceived as an 'agricultural extension' agency – improving farming by bringing district farmers and graziers together in an organisation that would provide lectures from agricultural experts, conduct field trials, make veterinary and farming equipment available for loan, arrange cooperative purchasing of seed, and so on. Crace hosted early meetings at his Palmerville homestead, and made plots available for field trials. In 1909 it also became organiser of the inaugural Ginninderra Show, the seed from which today's Canberra Show has grown

Crace and Thompson had been prime movers for the establishment of a School of Arts and now had a way of reviving that project. The union set about raising funds to build a hall. One of the first activities (June 1906) was a sports meeting and associated ball at the Ginninderra woolshed which raised £50. Nearly a decade after their first attempt the community again voted to establish a School of Arts, but this time with a promise of a suitable 'home'.

## The building

The hall was a substantial weatherboard structure facing the Yass road with one end partitioned off as a ladies room and library. It stood between 'Deasland' (then the home of Mrs Millicent Harcourt) and the Ginninderra blacksmith's workshop – the domain of Henry 'Harry' Curran. Kate Marion Crace, the President's mother, opened the hall on 8 September 1906 'in the presence of a large crowd'. A sports meeting held in the afternoon followed by a dance in the evening marked the occasion.

The hall was soon constantly in use – with a gymnasium, library, entertainment centre and lecture room. It was the venue for sports club meetings, political gatherings, lectures, balls, concerts, and more. After extensions in 1910 it was reported that '... The building is now 40 feet x 18 feet with an excellent stage 18 feet x 11 feet and two ante rooms 15 feet x 11 feet'. A piano was installed.



Ginninderra Farmers Union Hall.

The Farmers Union was an innovative and very successful community organisation, strongly supported by the district farmers. Its close cooperation with the School of Arts was a distinctive feature. The two organisations were closely linked by shared purposes, people, and property. They were both mutual benefit organisations – the School of Arts leaning towards the educational and recreational, the union to the technical and vocational. The fact that leading community figures such as Everard Crace,

Charles Thompson, James McCarthy, 'Harry' Curran and others were committed members of both organisations ensured cooperative relations. Their prime asset, the hall, became a lively community hub for the activities of both organisations and the wider community. The hall was the centre of community life in Ginninderra in its heyday – which soon became its twilight years.

## A victim of resumption

The Ginninderra School of Arts and the Farmers' Union were established in the wrong place at the wrong time. In 1914 the new Federal authorities began resuming the lands of Ginninderra farmers, including 'Gungahleen'. The £250 'valuation for resumption' of their hall was accepted and remaining funds of the two bodies was disbursed to local hospitals and the Crippled Soldiers Relief Fund.

In the blink of an eye the vibrant centre of community life in Ginninderra was gone, and a good many of those who had breathed life into the Farmers Union Hall were gone with it, to places where they could still rule their own domain. For a decade the union and the School of Arts contributed greatly to the Ginninderra community and should be remembered as bold and successful community endeavours.

In 1930 their hall was removed in half sections to Hall Showground on a jinker pulled by Gribble's traction engine, where it became a show pavilion.



### From the Editor



It has been lovely to witness such good vaccination rates in Canberra enabling us to come out of lockdown sooner than expected. Events are recommencing in Hall, with the markets finally returning in December as well as our very first Christmas Fair on 11 December on the school site.

Vaccination rates are alarmingly lower among our first nation communities across Australia and we hope the efforts underway to protect everyone will soon succeed. This applies of course to the rest of the world, as the pandemic will not be over until it is over everywhere. The emergency of the new strain in South Africa underscores this concern. But for now we have some welcome freedom to travel and mix with friends and family.

The wettest November in memory has seen Hall greener than ever, including the weeds flourishing in my garden at least. What a welcome change from the tinder-dry summer of two years ago. I hope it clears up enough that we can try out the Hall Community Oven this summer after all the hard work Bill and Dennis put into constructing it!

Wishing everyone a safe and peaceful Christmas from all of us at the *Rural Fringe*.

Until next time,  
Jo Hall

#### The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 660 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](http://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](mailto: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

#### Other information

Editor: Jo Hall 0417 693 545

Email: [ruralfringe@hotmail.com](mailto:ruralfringe@hotmail.com)

Proofreader: Kevin Stone

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### Santa Claus [Comes to Camp]

by Andrew Barton 'Banjo' Paterson

"Halt! Who goes there?" the sentry's call  
Rose on the midnight air  
Above the noises of the camp,  
The roll of wheels, the horses' tramp.  
The challenge echoed over all—  
"Halt! Who goes there?"

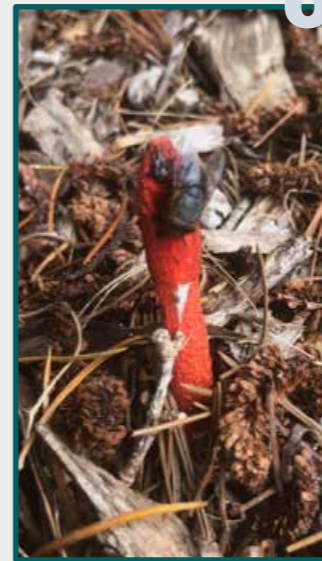
A quaint old figure clothed in white,  
He bore a staff of pine,  
And ivy-wreath was on his head.  
"Advance, O friend," the sentry said,  
"Advance, for this is Christmas Night,  
And give the countersign."

"No sign or countersign have I.  
Through many lands I roam  
The whole world over far and wide.  
To exiles all at Christmastide  
From those who love them tenderly  
I bring a thought of home.

"From English brook and Scottish burn,  
From cold Canadian snows,  
From those far lands ye hold most dear  
I bring you all a greeting here,  
A frond of a New Zealand fern,  
A bloom of English rose.

"From faithful wife and loving lass  
I bring a wish divine,  
For Christmas blessings on your head."  
"I wish you well," the sentry said,  
"But here, alas! you may not pass  
Without the countersign."

He vanished— and the sentry's tramp  
Re-echoed down the line.  
It was not till the morning light  
The soldiers knew that in the night  
Old Santa Claus had come to camp  
Without the countersign.



### Fungal Ode (Odour?)

A fine red fungus, named *Phallus rubicundus*, treated a Hall-dweller's eyes.

The smell was foul, from its very bright cowl, but it is truly attractive to flies.

Alexandra Street Bard

Christmas Greetings from the Rural Fringe

Thank you to all our readers and advertisers for supporting the *Rural Fringe* in 2021.

Wishing you all a very merry Christmas and happy new year from your Fringe team of volunteers:

Jo	(editor and accounts)
Gail	(layout artist)
Andrew	(layout artist)
Kevin	(proofreader)

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Hall locals Robert Yallop and Neil Manson received their Order of Australia (AM) medals at Government House.

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# Out and about ... Halloween



Luke Brasnett



left to right: Charlie Mason of Hall, Harry Siebert of Ngunnawal, Luke Brasnett of Melba, Valentino Isson, Oliver Mason, and Cooper Minion of Hall.



Oliver Mason



photo: Paul Porteous



Hall Heritage Trail Horse Paddock  
photo: Paul Porteous