# RURAL FRINGE Journal of the Hall district

VOLUME 32 ISSUE 3

June 2025

Just when you thought you were doing your best recycling you find out you could do a whole lot more! It's now possible to recycle corks, blister packs from tablets, metal screws and fasteners, rubber



bands, small electrical E-waste

items, metal ring pulls, metal twist-ties and wire, plastic bread tags, yoghurt pouch lids and plastic bottle lids (milk, soft-drink and water bottles). As a general rule anything smaller than a credit card is too small to be handled at a recycling facility and goes to landfill. To be a better recycler all you need is a Waste Warrior Tub from Lids for Kids – you'll be surprised at how quickly it fills up, how much is saved from landfill *AND* you'll be in the company of some big Australians.

The Lids for Kids initiative was started by Tim Miller from his home in Aranda. Tim had seen a child's prosthetic hand made from recycled container lids and, thinking that he could do his bit to help, started collecting lids to be kept out of landfill and be taken to a recycling centre to be repurposed



Some of the items for sale, all made from recycled lids.

## LIDS4KIDS

by Jenny Whittaker



Buddy benches and tables made on site from recycled lids, and for sale to the public.

into something useful. Being a bit of a self confessed 'petrol head' Tim posted on a car social media site what he was doing and asked for people to drop lids into his place. This was reposted 800,000 times resulting in a quarter of a million lids (think 20 big wheelie bins) being dropped into Tim's house within the first three weeks. Tim now knows how the 'share' button works in social media!

. . . continues on page 23



Skateboard prototypes.









# **Tuesday afternoon craft group**

by Jenny Whittaker

Although we haven't come up with an exciting name for our group, or in fact any name at all, we have come up with some lovely creations, inspiring ideas, great conversation, companionship and inclusion in a friendly atmosphere. And we usually have slices and cakes!



We'd like to welcome anyone who would like to join us on **Tuesday** afternoons between **1pm** and **4.30pm**, or part thereof if you can't make the whole session. We meet at the 'Cottage' next to the tennis courts on the old primary school site, entry off Palmer St. Bring your craft projects, UFO's (unfinished objects), items that you need help with, or just yourself as we have some small cross stitch kits that you could sit and sew. If you're destashing Maree Kondo style, bring those items along as others may be able to use them.

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# **Next steps for stormwater improvements in Hall Village**

by Tim Norton



Drainage issue at Hall shops. photo: Paul Porteous

Preliminary design work for stormwater improvements in Hall Village is nearly complete. The ACT Government will share details of the preliminary design with the local Hall community in mid-2025.

Once design work is complete, a pop-up will be organised at the Hall Village. This will be an opportunity for the local community to meet with the project team and ask any questions about the proposed design. At this time, further information will also be available about the tree assessments, heritage considerations and any proposed changes to streetscapes within the Hall Village.

Timing for the community pop-up will be confirmed by the end of June 2025.

To learn more about Canberra's stormwater network and to stay up to date on this project go to: www.cityservices.act.gov.au.



**2** Rural Fringe June 2025 June 2025 Rural Fringe

Corner Victoria



Hall Cemetery. photo: Canberra Memorial Parks

Community meeting

about the future of

**Hall Cemetery** 

7pm Wednesday 25 June 2025

Canberra Memorial Parks is a Statutory Authority responsible for the management of the three cemeteries in the ACT. These are located in Gungahlin, Woden and Hall. The Board of the Authority has started discussions

about the future of Hall Cemetery, which is of critical importance to the Hall and district community.

Hall cemetery, which recorded its first burial in 1907, has reached capacity for burials. There are no burial plots available, and 32 ash interment plots available. The authority is considering two options for Hall Cemetery.

**POACHERS** 

Firstly, an application can be lodged for the closure of Hall Cemetery. This means that the cemetery has reached its interment capacity. The closure of the cemetery would have no impact on its maintenance or conducting

interments for those who have pre-purchased plots.

The second option is to look at options to expand the cemetery onto adjoining land, which is appropriately zoned. This option would provide interment options for the Hall and adjoining communities into the future.

Hall Pavilion, Gladstone St, Hall

Any propos

Any proposal to expand Hall Cemetery would need extensive community input. Representatives of the authority met with the Hall Progress Association Committee on Wednesday 19 March 2025 to start this engagement. This was an opportunity to discuss the best way to engage with the community on this important issue.

The authority is now working with the Progress Association to hold a community meeting on Wednesday 25 June 2025 at 7pm at the Hall Pavilion, opposite 21 Gladstone Street, Hall.

We look forward to meeting you and hearing your views and ideas on this proposal, which will shape the future of Hall Cemetery.

# - creating delicious stories - Representatives of the Hall Progress on Wednesday 19

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### St Michael & All Angels Anglican Church

Corner Victoria and Loftus Streets, Hall

What exciting times our parish is experiencing!

At the beginning of 2025, after a lot of prayer, discussion, planning and paperwork, all the formalities were completed for the merger of the Parish of Charnwood and the Parish of Spence, to become Hope Ginninderra Anglican Parish.

Our church buildings retain their old names – St Michael & All Angels in Hall and St Barnabas in Charnwood – but the blending of two congregations has breathed new life into parish activities.

At St Michael's we now have two services each **Sunday**, at **8am** and **11am**. Hall residents might have noticed ringing of the bell for the 8am service and the rowdy crowd enjoying morning tea at *Daughters at Hall* after the early service. After the 11am service morning tea is an al fresco affair under the oak tree in our garden.



As a new parish with a new name, we have also developed a new logo, depicting a tree which actually stands in the grounds of St Michael's. It's a tree which has two trunks, a pine and a gum tree which are growing so closely together that they appear to have become one. Parishioners felt that



### Hope Ginninderra Anglican

this tree could be a visual image of the blending of our two communities. The logo also includes a representation of Ginninderra Creek which flows through the village of Hall and all the suburbs which Hope Ginninderra now encompasses.

All are invited to join us at St Michael's on any Sunday at 8am or 11am, or to join the 11am service via Zoom using Meeting ID and password **9551044551**. For more information call **Beryl** on **0408 488 526**.

#### **Bumper Craft and Cake Stall**

We have two craft groups within Hope Ginninderra – a Thursday afternoon group which meets 12 pm to 3pm every Thursday and another group which meets at 2pm on the 2nd and 4th Saturday afternoon each month. The members of both groups have been hard at work and will present a Bumper Craft and Cake Stall at St Barnabas on Saturday 21 June, 10am till 1pm. We will be offering morning teas as well, and Barney's Boutique op shop will also be open. Sounds like a good reason to venture across the highway to Charnwood!





Rural Fringe June 2025 June 2025 Rural Fringe 5

# President's page

Once again, we owe our thanks to Dennis Greenwood and the Rotary Club of Hall for organising the ANZAC Day Commemoration at the War Memorial in Hall. I find that the Commemoration in Hall is a very poignant reminder of how war devastates the lives of villages and communities just like ours. I was away at the time, and on my travels I met a 90-year-old woman whose mother was killed when she stepped on a landmine laid by the German Army in a village in Occupied France. The life of this woman who was nine years old at the time of her mother's death, and her six brothers and sisters, was changed forever in those seconds of the explosion, much as the lives of innocent civilians are being changed forever in Gaza, Myanmar, Ukraine and other conflicts today. I was very moved visiting the memorial to this woman's mother, Jeanne Francois, who died on 20 October 1944.



While travelling, I also missed enjoying a 'democracy sausage' provided at the Hall Pavilion on Polling Day by the Hall Men's Shed. Many in Hall Village and District are pleased that the Australian Electoral Commission continues to have a Polling Place at the Hall Pavilion for Federal elections although the ACT did not have a Polling Place in Hall for the Territory election last year.

#### Robert Yallop President



#### **Hall Cemetery**

Earlier this year, the Progress Association Committee was contacted by Kerry McMurray, CEO of Canberra Memorial Parks, to discuss the future of Hall Cemetery. As Hall Cemetery no longer has any burial plots available, Canberra Memorial Parks is determining the future of Hall Cemetery. As the cemetery is of great interest to Hall Village and District residents and others with links to Hall, the Progress Association Committee recommended that Canberra Memorial Parks hold a community meeting for residents and stakeholders to be informed of the situation and to share their views on the future of Hall Cemetery. More information is in a separate item submitted by Canberra Memorial Parks to this edition of the Rural Fringe.

The community meeting with Canberra Memorial Parks is scheduled for Wednesday 25 June at 7:00pm at the Hall Pavilion. All residents of Hall Village and District (Wallaroo, Spring Range and Nanima) and others with links to Hall are welcome to discuss the future of Hall Cemetery.

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#### Storm water drainage infrastructure

Transport Canberra and City Services are responsible for the initial assessment and subsequent detailed design work on storm water drainage infrastructure in Hall Village. The detailed design work has been funded by a Commonwealth Disaster Ready grant to the ACT Government and has cost approximately \$270,000. The Progress Association Committee will seek to schedule a community meeting with the ACT Government representatives as soon as the detailed design is available.

In our ACT Government Budget submission, the Progress Association Committee has already requested that the required funding for the agreed design for storm water drainage infrastructure so

that works can be implemented without delay.

A separate item submitted by Transport Canberra and City Services is included in this edition of the Rural Fringe.





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#### Paved path between Hall Village and Clarrie **Hermes Drive**

The Progress Association Committee is awaiting further information about the safe cycle and pedestrian path between Hall Village and Clarrie Hermes Drive following the announcement by the ACT Government in March of joint funding with the Commonwealth of what the ACT Government has named the 'Hall Village Main Route'. When information is available, the Progress Association Committee will arrange for the ACT Government to present proposals for the path to Hall residents, businesses and stakeholders for feedback.

#### **Wallaroo Solar Installation**

The proposed Wallaroo Solar Installation involves the development of a 100-megawatt solar installation and 45 MW/90 MW-hour battery energy storage system, located approximately one kilometre South of Wallaroo. On 11 September 2024 the NSW Independent Planning Commission granted development consent to the Wallaroo Solar Installation and in November 2024 an appeal was filed in the Land and Environment Court against the Independent Planning Commission's grant of development consent.

The Land and Environment Court has listed the appeal for hearing from 1–4 September 2025. The hearing will commence at Wallaroo NSW at 10:30am (the 'on-site component'), the precise location of which will be advised by the court at a later date. The court typically provides an opportunity for some members of the public to be heard during the hearing. If you wish to apply to be heard during the hearing, please send an expression of interest email to legalservices@ planning.nsw.gov.au with the title 'Wallaroo Solar Farm – Hearing – EOI' in the subject heading by **5pm** on 1 August 2025.

The Progress Association Committee generally meets each month. If you have any ideas or concerns for our Hall Village and District community, please talk to me or any member of your Progress Association Committee or email info@hall.act.au.



### Honouring culture: Ngunawal cultural walk at Hall Ring Trees site

As part of Canberra's 2025 Heritage Week, community members gathered at Hall on Sunday 27 April for a special cultural walk led by Ngunawal Traditional Custodian Uncle Wally Bell. The event took place on a Travelling Stock Reserve (TSR) that holds deep cultural significance for the Ngunawal/ Ngunnawal community, featuring several ring trees – living markers of cultural connection. Uncle Wally opened the walk by sharing the meaning of 'Acknowledgement of Country' from his own perspective, offering valuable insight into its ongoing importance. As the group walked through the TSR, he highlighted the ring trees and explained their cultural relevance, alongside other traditional practices and connections to Country.



Attendees learnt about the natural boundaries of Ngunawal Country, the diverse uses of native trees and bark - including cooleman crafting, canoe making, and the creation of ring trees – and the broader cultural landscape that this special site forms part of. Thanks are extended to Uncle Wally Bell and Aunty Karen Denny for generously sharing their knowledge, and to ACT Government Parks and Conservation Service staff for assisting with safe access to the site on the day.



#### Kathryn McGilp

**Catchment Coordinator** Ginninderra Catchment Group

The event was a meaningful opportunity for participants to learn from Traditional Custodians, celebrate the region's living cultural heritage, and reflect on how Country continues to connect people across generations. The site will soon feature interpretive signage highlighting the cultural importance of ring trees and the stories of the Ngunawal community.

This project was made possible with assistance from the ACT Government under the 2023-2024 ACT Environmental Grants Program and the ACT Heritage Council.

#### About ring trees

Ring trees are rare and culturally significant trees shaped by Ngunnawal ancestors as living signposts. Their branches were carefully bent and tied while young to form loops or rings — a process requiring deep ecological knowledge and generations of care. These trees were used to mark important places such as water sources, ceremonial sites, travel routes, or meeting areas. The two ring trees at Hall are a rare surviving example and reflect the longstanding connection between Ngunnawal people and this landscape.



### Understanding counselling: a local perspective

by **Cheyanne Girvan** Registered Counsellor (ACA Level 2)

Whether it's anxiety that doesn't let up, feeling stuck in a rut, or navigating a big life change, it's easy to think you have to figure it out on your own. But the truth is, you don't.

Hi, I'm Cheyanne – a local Hall resident involved in the community, and the founder of a new counselling practice based right here in Hall. I help teens and adults find space, clarity and momentum again. Whether you're navigating stress, burnout, past trauma, or just feel like 'something's not quite right,' counselling can offer a calm, supportive place to unpack it all.



Cheyanne Girvan

#### What is counselling?

Counselling is a safe, confidential conversation with someone trained to listen, guide, and support change. It's not advice-giving or venting to a friend. It's a focused space, free of judgment and without pressure, to explore thoughts, feelings, or behaviours that might be causing distress or keeping you stuck, .

You don't need a diagnosis or a referral to come to counselling. You don't need to be in crisis. You might just want help navigating something tough or figuring out what's next. I walk beside you while helping you explore what matters most, what's getting in the way, and what steps might help you move forward.

#### How I work

My approach is grounded in evidence-based methods like ACT (Acceptance and Commitment Therapy) and a strong foundation in trauma-informed care. That means I work at your pace and always prioritise emotional safety and empowerment. From a person-centred lens, I respect that you are the expert of your own lived experience.

Sometimes we talk. Sometimes we pause. Sometimes we use practical strategies to shift patterns or explore difficult emotions. There's no one-size-fits-all. You get to bring your full self – messy, raw, curious, whatever – and I bring skills, compassion, and structure to support your journey.

#### Who I support

I see young people from age 12 up, adults of all ages, and folks who might not feel like they 'fit' in a box. You don't need a diagnosis, a referral, or to hit rock bottom before reaching out.

I've worked with people navigating trauma, grief, performance pressure, health challenges, and everything in between. You're welcome whether your world feels loud, quiet, fast, or frozen.

I also offer mental health talks and workshops for local sporting clubs, drawing on my background in highperformance sport and experience supporting mental health and wellbeing in real-world settings.

Need help? Or know someone who does?

I offer in-person sessions in Hall on Thursdays and Fridays, as well as Telehealth options. You can book directly

If you're not sure where to start, that's okay. A first session is just that – a starting point, and there's no pressure to continue if we're not the right fit.

Reaching out for support takes courage. Whether you've been considering counselling for a while or today's the first time it crossed your mind, know this: you're not alone, and help is close by.

I'm proud to be part of the Hall community, and I'm here to support the wellbeing of those who have connections here.

Find out more or book online at: www.phoenixtherapy.com.au



June 2025 June 2025 Rural Fringe Rural Fringe

men's shed

The Hall Men's Shed put on a very successful Federal Election Democracy sausage sizzle at the Hall Pavilion on Saturday 3 May. Aaron Whittaker and Eric Detheridge led a number of helpers on the day, including Bruce Wallace, Ian McLaurie, Roger Smith and others who stepped in to lend a hand. It was certainly a good day for the shed as a large number of sausage sandwiches were sold and eaten, and we finished the day with some well

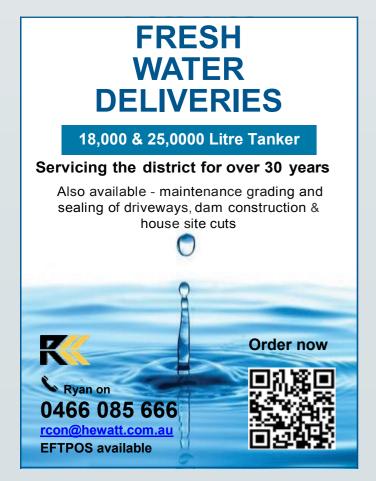
earned money for the shed and several well received compliments for not only the food, but our contribution to the community. Eric put in a fantastic amount of work, buying all the sausages, bread, onions and drinks. He also did a lot of the cooking and provided the equipment to allow people to pay by card (courtesy of the Giralang Kaleen Men's Shed).

We are so fortunate to have members like Eric and others who often and willingly put their hand up to make our shed such a great place. So yes, a big and sincere thank you Eric, plus everyone else involved, and also to Hall Rotary for providing the barbecue to cook on.

We recently had some special guests attend the shed, including Peter and Kent from the Yass Valley Men's Shed, Kara and Ana (a Phd student) from the ANU, plus Leonie and Sally from the World Wildlife Fund. This was something different from our usual Tuesday



Aaron, Doug, Kara from ANU, Kent and Peter from Yass.





morning because Kara brought along a few of the Greater Glider nesting boxes that were made last year. The boxes were used as props for Leonie and Sally to include in their video of the two sheds dismantling and reassembling them.

There was also an interview made with Peter, Leonie and our Foreman, Doug Anstess, which gave us an opportunity to tell Leonie about the two sheds and how the 100 boxes were constructed. Many of them have been placed in the forests and when they're all in position we'll get a copy of the completed video.

Kara and Ana also gave an interesting talk about the results of their research; the design of the nesting boxes; the installation in the forests and the effectiveness of the boxes to help the Greater Gliders maintain their population.

The shed seems to regularly attract new members, so we must be doing something right as there's plenty of chatting going on every Thursday morning. And even more every month when the barby gets fired up! But sometimes it's a bit hard to talk a lot while enjoying a snag, onions, bread and the different types of sauce, but they manage! Many thanks again go to Eric and Roger for feeding us and the ones who chipped in to clean up afterwards.

And; it's always great to see a growing number of men working away on Tuesday mornings. That's when more work get done, so it's all go, go, go in the main workshop area. And that's where everything is proceeding well with the installation of our new dust extraction system, with the electrical machinery hooked up through ductwork so we have a cleaner environment for everyone. Several guys have been busily working on the system and a special mention goes to our in-house electrician, Dennis Greenwood, who has moved power points, added some extra ones and generally made sure the electrical part of the work is efficient and safe.

When I called in recently it was a hive of activity, with men going in different directions and equipment being installed. I was assured it's all going to a very good plan, and it'll be great when the area is fully operational again. A hive it was indeed, but I noticed one of our keen wood workers quietly and diligently doing his intricate scroll work in the corner. Well done Brian Charge!

What a pleasure it is to go to the shed. And what a positive difference it makes to some who may have little to do now they're retired.

I can thoroughly recommend it!







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IO Rural Fringe June 2025 June 2025 Rural Fringe II

# Wallaroo Rural Fire Brigade Volunteering for the Community

by Shona Boyle

Despite the continuing warmth, we are pleased to report that this year has been reasonably quiet so far - and we hope this will continue! Please remember that even though the fire season has now ended, warm temperatures are drying out the landscape which has ample fuel due to the rain over the last few years. Please be vigilant when conducting pile burns or other property maintenance. If you are conducting any burns at your property, please notify NSW RFS 24 hours in advance. This can be done online at www.rfs.nsw.gov.au/notify. Please check the conditions - fire danger rating, wind and temperature - before lighting.

Wallaroo RFS continues to respond to structure fires, motor vehicle accidents, and other incidents throughout the year. Particularly as we are continuing to build our Compressed Air Breathing Apparatus (CABA) capability, which has already made a valuable contribution to the Southern Tablelands Zone.

Now the fire season is over, we are focussed on maintaining and building our skills and qualifications. We train every second Wednesday and on the last Sunday of every month. If you would like some support with assessing your property for fire hazards and access, or for any questions about fire safety, preparedness, RFS membership or brigade activities, please feel free to drop in.





Alternatively, please reach out to our Brigade Executive or the Southern Tablelands Zone.



#### **Brigade contacts**

If you have any questions about fire safety, preparedness, RFS membership or Wallaroo Brigade activities, please feel free to reach out to our Brigade Executive or the Southern Tablelands Zone.

Captain: Neil Shepherd	0418 628 095	nshepherd@shepelectrical.com.au
Senior Deputy Captain: Chris Ellison	0432 942 088	geoffmor@hotmail.com
President: Amy Goldstraw	0410 763 936	amy.goldstraw@gmail.com
Secretary: Shona Jenkin	0400 902 408	twa43887@bigpond.net.au
Treasurer: <b>Peter Vincent</b>	0415 630 560	tyndarah@bigpond.net.au
Yass Fire Control Centre:	02 6266 3100	southerntablelandszone@rfs.nsw.go

fire safety

We are continuing our fundraising efforts to make transformational safety upgrades to our station. This involves the creation of clean and dirty areas to prevent toxins from contaminating our trucks, our workspace and our homes. We would love to see you at Bunnings on 15 September. If you wish to make a donation, please contact our Treasurer, Peter Vincent (0415 630 560; tyndarah@bigpond.net.au).

Our Facebook page is a great place to keep upto-date with incidents, events and community announcements! More information on both the Wallaroo Community Dinner, scheduled for Saturday 25 October, and the Santa run, scheduled for Saturday 20 December, will be posted closer to the time. You can find us at facebook.com/ WallarooRuralFireBrigade







June 2025 June 2025 Rural Fringe Rural Fringe

# Lyall L Gillespie, Historian and Gatherer

The Hall Heritage Centre is custodian of the Lyall Gillespie Collection. Lyall died in 2006 and in 2015 the family passed his collection to the centre, as it was Lyall's wish that the collection be kept together and made accessible.

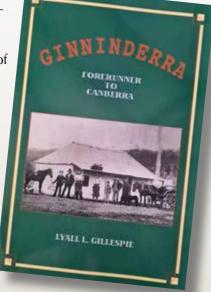
Lyall Leslie Gillespie was born in Queanbeyan to William and Lilian (nee Reid) Gillespie in 1919, and was brought home to his parent's rented cottage 'Cooee' in Hall Village. William Gillespie was a shearer and station manager and the family moved away shortly after Lyall was born, returning in 1926. They built 'Fairy Bower' on the corner of Gibbes and Loftus Streets and Lyall attended the Hall Primary School from 1926 until he graduated.

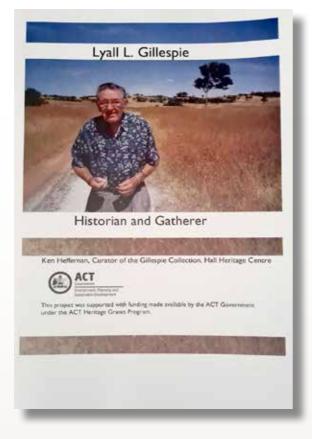
Lyall was the grandson of James Gillespie, who wrote articles for local newspapers under the pseudonym 'The Wizard'. He was the great-grandson of John and Mary Gillespie, bounty migrants who arrived in Australia in 1811 and later settled in Ginninderra at Horse Park and Elm Grove.

Lyall was an acknowledged expert in local history and was the author of a number of books on the region.

One of his most significant books was Ginninderra -Forerunner to Canberra, which was published in 1992 and has been out of print for many years.

Thanks to the ACT Government's Heritage Grants Program, the centre has been able to reprint this book. After a very successful launch on 4 May, it is now available for purchase at the Hall Heritage Centre for \$35.





The launch featured a cameo appearance by Dr Jill Waterhouse, who wrote the original foreword to the book in 1992, and a launch oration by Dr Peter Dowling OAM who, with Carol Cosgrove, interviewed Lyall for an oral history project.

Copies of the Ginninderra facsimile and biography have been donated by the centre to six high schools located in the Gungahlin area.

To recognise Lyall's life and his significant contribution to the history of this district, Ken Heffernan has just prepared a booklet, Lyall L Gillespie – Historian and Gatherer.

This is a biography of Lyall, illustrated with many objects from the Gillespie exhibition.



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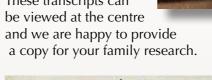
# heritage happenings

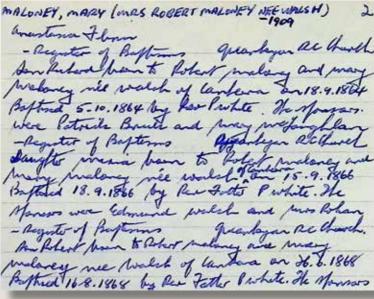
Thanks to the ACT Heritage Grant the centre has also been able to print this book and it is available for purchase at the Hall Heritage Centre for \$15.

Much of this information was drawn from Lyall's research notes, which he recorded on approximately 40,000 small cards stored in old Public Service registry drawers.

These cards were largely transcribed some years ago in a major project headed by Ann Gugler, but a number of significant gaps were later identified. The missing cards were transcribed in 2024 by Peter Browning, adding an additional 350 pages to the collection.

These transcripts can





For people interested in the history of this district, the Hall Heritage Centre has a Research Library, including many interesting local books, plus some unpublished family histories, available to visitors during opening hours. We also have a photograph collection of many of the early families and places.

Our website heritage.hall.act.au includes a Local History section which covers several hundred of the early Ginninderra families and their farms. There is also a section on Early Schools of the district, covering many of the early teachers.

The centre has an excellent exhibition of items from Lyall's collection put together by the Gillespie Team and other centre volunteers. It is well worth a visit on any Sunday from 12 - 4pm and Thursday from **9am** – **12pm**.



Opening hours:

**Monday – Friday** 6.30am - 3pm

Saturday – Sunday 8am - 3pm



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## Is your teen struggling?

Growing up is hard for both kids and parents. As tweens turn into teens, brain and body development increases to create a human who may find their body changing overnight, their emotions unwieldy and their brain fine tuning its processes. From a parents' perspective, this may mean their offspring are locked in their room refusing to leave for much of the time and occasionally seeking reassurance and contact with others. Perhaps emotions run hot and cold, depending on seemingly small interactions and whatever you do as a parent is likely to be unappreciated!

As they navigate their world and social experiences become more and more important, many teens are deeply insecure as they endeavour to find their way in the hierarchy of their social world. One way to navigate this time is to ensure your teen has at least one activity, outside of school, that is important to them. For some teens, that's sport. For others, it may be Scouts, art, music, rock climbing, debating etc. It doesn't matter what it is, as long as they enjoy doing it. Ideally, the activity would include:

- socialising with other people
- supervision with caring adults and
- organised activity on a regular basis, perhaps

As teens begin to decide who they are as a person, mentors aside from mum and dad or the immediate adults in their world, become more and more important. If the activity they enjoy include caring, approachable adults, they can become a steadying, positive influence, modelling how to deal with stressors and work towards goals.

If you are finding your teen hard to live with, assess what activities your teen is doing outside of school. If your teen is spending more and more time online and has no other outlet, it may be worth considering adding in an activity that will get them more active and provide opportunities for social interaction.

Teens seek a sense of belonging (as we all do). They will find one for themselves if left to their

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own devices, though we may not agree with their choices if they do. If you can help facilitate that sense of belonging early on, in a supportive environment, it is more likely to continue as they get older.



And then, no matter how much support you offer, teens are subject to shut off and withdraw without warning. If and when their behaviour and their attitude becomes too much, endeavour to look beyond it. A poor attitude and bad behaviour are signs that something is going on in their world that they're finding hard to deal with. Seek connection with your teen, find out what's going on in their world and you'll find it easier to navigate and mitigate their attitude and behaviour.

A little while ago I worked with Casey (a pseudonym). Casey refused to attend school, rarely left the house and was struggling with distance schooling. Upon further investigation, Casey was a teen at home on her own, logging into distance schooling, whilst mum and dad went to work. Casey was home schooling because she had been the victim of a nasty bullying incident that had landed her in hospital. By the end of our first session together, Mum and Casey went into town for a lovely lunch out. By the time we finished working together, Casey's life had turned around, she was participating in family activities, considering going back to school and talking about getting a part time job in an industry she was interested in pursuing.

If your teen is struggling with their world, sometimes they need extra support and hypnotherapy can help. Hypnotherapy aims to help them empower themselves, to help them process their emotions so they can engage their thinking brain again and provide a safe space where they can vent their worries, without judgement. Robyn has both an ACT WWVP card and a NSW Working with Children Check and is a Youth Mental Health First Aider. You can find out more here: www.robynm.com.au



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June 2025 June 2025 Rural Fringe Rural Fringe Volunteering with the RFS isn't just about fires. It's about people. At Springfield RFS, we're proud to be part of a community that looks out for one another, steps up when needed, and shares a laugh over the BBQ once the work is done.

Our brigade includes people from all walks of life. Some are on the trucks, some help with admin, logistics or fundraising, and others simply lend a hand when they can. Every contribution makes a difference. If you've ever thought about joining, now is a great time to find out more.

#### Come along to training

We train every second Wednesday evening from 6.30pm at our Paternans Lane shed. It's a great way to get to know the team, see what we do and have a relaxed chat about how you might get involved. You're welcome to come along and say hello there's no pressure and no expectation.

#### Planning a burn?

If you're planning a burn on your property this winter, please remember to notify the RFS. It only takes a minute and helps avoid unnecessary emergency responses.



Scan the QR code or visit: nswrfsprod.service-now.com/guardian\_csp



#### **Bonfire night**

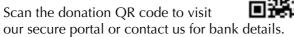
Save the date. Our Community Bonfire Night is on **Friday 5 July** from 5pm at the Spring Range



Fire Shed. It's always a great night with good food, a big fire and a welcoming community atmosphere. Everyone is invited. You don't need to be a volunteer to attend – just come along and enjoy the evening.

#### **Supporting the brigade**

We gratefully accept donations from those who want to support our work.



#### **Springfield RFS 2025 Executive Committee**

At our recent AGM, we elected the Executive Committee for the year ahead. We'll include their names in the next issue. In the meantime, thank you to all our volunteers, past and present, who give their time so generously to keep the brigade running strong.

Captain	Rod Tarlinton	
Senior Deputy Captain	Tom Morrison	
Deputy Captains	Jason Burgess	
	Simon Connor	
President	Rebecca Morrison	
Vice President	George Southwell	
Secretary	Louise Burgess	
Treasurer	Wendy Craik	
Training Officer	Ian Davies	
Equipment Officer	Jason Burgess	
WHS Officer	Kieran Shaw	
Community Engagement Officer Anne Ehsman		
Communications Officer	Louise Burgess	
Fundraising Officer	Marion Robinson	

If you'd like to know more, come along to training or get in touch. There's always room for one more and we'd love to welcome you to the team.

#### springfieldrfb@hotmail.com



NSW RFS - Springfield Brigade

A couple of weeks ago I had the pleasurable and enjoyable company of our dear and long term friends from South Australia who visited and stayed at my place.

**Hometown tourism** 

They've been here a couple of times over the years, but on this trip we took the opportunity to 'play tourists' and go to some of Canberra's many

attractions. And one of the many advantages of Canberra is there's so much to see and do without driving long distances or putting up with heavy traffic.

As their host, I drove around and we went to a number of places which typically, because I live here, I haven't been to for ages. So it was a win-win for



The waterfall in the Rock Garden, Australian National Botanic Gardens photo: anbg.gov.au

us, because it reminded me of how very

First off, we drove past Old Parliament House (Museum of Australian Democracy) which was lit up in all it's splendour. No time to go in, but as it was Federal election eve, that was probably a good idea given the number of volunteers from various political parties and last minute voters.

fortunate we are living in this part of the world.

Next stop, Parliament House, which once again is a must-see institution. But we didn't take the opportunity to go inside because we were fortunate enough last time our friends came here when we had a personally conducted tour of the building. Well, parts of it because of security, but were shown a few areas that the general public may not particularly see.

The following day we drove to Black Mountain and

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had a panoramic view of Canberra and surrounding mountains. A bit of a walk to the actual top, but what a splendid sight!

Unfortunately Telstra Tower is not currently open to the public due to a major renovation and upgrade. But it can be another reason to make a trip from South Aussie!

> Once again, Black Mountain Peninsula is certainly worth a visit because there are great places for families and friends to enjoy a picnic or the kids to burn off some energy in the great outdoors. Oh, and there's a very nice cafe close by! Well, it was 'coffee time'!

Another fantastic place we went to was the Australian National Botanic

Gardens. Here we had a 45-minute guided tour on an electric bus. This was definitely a highlight of the gardens, because our guide was so friendly and knowledgeable, plus we got to see the many and varied native Australian plants which the guide provided interesting commentary on. Well worth a visit!

But the fun didn't stop there, because who would not want to go to the top of Mount Ainslie?! What a view, overlooking the Parliamentary Triangle, Australian War Memorial, Anzac Parade, and the beautiful mountains in the background. There were so many tourists from around the world and ones like us, locals who visit and delight in showing off our national capital.

And naturally we went to the fringes of Canberra, including Hall, where we spent time walking and driving around to see the men's shed, school museum, sports ground and reserve.

Strangely, we've lived here on and off for many, many years, but it's only fairly recently I've come to really appreciate what we have in Canberra. Maybe it's because I'm retired and have more time on my hands, but it really is a fabulous place and I was so pleased to see people taking advantage of what's on offer in and around our fair city.

But of course it wasn't always sightseeing, because we had a few stops during the days and evenings to go wining and dining. Even with all the walking, I think I managed to gain a bit of weight. So yes, we did enjoy ourselves!

# **Capital Country Woodchopping**

We are just about at the end of the local Woodchopping Competition circuit and looking forward to a well-earned break to focus on training and promoting our sport (and buying more axes.)

The last two months have seen more CCW members competing at more wood chopping and sawing competitions than ever before, and we are extremely proud to be getting our new uniforms and distinctive pink and black colours out into the woodchopping community and being recognised.

We had two very successful days at Canberra Show, with spectator numbers at the Woodchop Arena reaching over 200 people at our busiest times, which is fabulous to see that watching woodchopping at agricultural shows is still very much a crowd favourite.

So far this year, CWW cutters have competed at Albion Park, Candelo, Kiama, Penrith, Berry, Nowra, Cobargo, Crookwell, Kangaroo Valley, Gundagai, Gunning, Canberra, Tumut, Dalgety, Major's Creek, Goulburn, Cooma, Milton, Bombala, Yass, Moss Vale, Camden, Royal Sydney, Bathurst, and Hawkesbury, with Orange and Dubbo coming up shortly to round off the first half of the local 2025 season.



We are extremely proud of our efforts and the feedback we have received from running three of the above competitions by ourselves. These have been our first time at being solely responsible for the entire planning, entries, ordering, setting up, equipment, handicapping, judging, MC'ing, prize money, record keeping, and all the liaison and hard work that goes on to make for a smooth, safe and professional event. It was a huge learning curve for our members and all the CCW crew pitched in and did a great job. The three shows where we ran the competitions were



#### by **Steph Radovanovic**

Gundagai, Gunning and Tumut. We are especially proud of being able to facilitate the Gundagai Comp, as it was the first woodchop competition at

the Gundagai Show since 1986, and not only did the competition itself sell out a week beforehand, with huge support from cutters near and far, but the crowds on the day also showed tremendous interest.

The biggest wood chopping competition in the world, Sydney Royal Easter Show, aka 'The Wimbledon of Woodchopping' has once again come and gone for another year. We had three women and four men from CCW cut and saw this year, with two of our axemen Evan (3rd place) and Frank (1st place) making it to the podium, which is a huge result. Congratulations also to Austin O'Connor on being selected to be on the Sydney Royal Under 21's Team. It was also fantastic to see one of our members, Kylie, representing her Irish heritage by wearing an Ireland singlet whilst competing at Sydney. According to officials, it is the first time that Ireland has been represented at this international event. Nice one Kylie!



In less exciting news, we had the (*brand new!*) tyres stolen from our trailer that resides at our training facility last month which was very disappointing. We would urge the Hall community to keep an eye out for any anti-social behaviour and report any suspicious behaviour promptly. Setbacks like this cost our small non-for-profit club greatly, both financially and in our ability to move wood and equipment for training and shows.

Club contacts:

General enquiries/ Treasurer: Kylie Gillam info@capitalchopping.com.au

President: Chey Girvan

president@capitalchopping.com.au

Vice President: Shaun O'Connor

info@capitalchopping.com.au 0427 363 747

Secretary: Megan Keogh

secretary@capitalchopping.com.au





Capital Country Woodchopping

@capitalcountrywoodchopping

We still have *CCW Supporters Packs* available for purchase as well as single, family and junior memberships within our club. Please feel free to reach out for more details if you're interested. The *Supporters Pack* is proving popular for those who wish to support the club but do not wish to chop/train/compete.

We also now have our own merchandise available for purchase. There is a huge selection of singlets, training shirts, tee's, polo's, hoodies, jackets and much much more. Check out the O'Neills Club Hub:

www.oneills.com/au\_en/shop-by-team/other/capital-country-woodchopping.html

We still have a sizeable pile of cut wood available for self-collection. We do ask that you please make a donation if you wish to take some. There is a sign



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with a QR code and bank payment details beside the wood pile.

We are always keen to welcome in new faces of all ages and one of most recent newbies is Charlie! He was mad keen to try wood chopping, and it just turned out that one of the teachers at his school is one of our members,

so we arranged for him to come along and have try, and he just loves it. He has been at training every week and is quickly getting the feel for it. Great work Charlie, and great work Mrs K!





If you would like to know more about membership options, supporter packs, sponsorship packs, or think you might like to come along and have a try, please reach out to the contacts above.

We are still a very small club with some very big plans and would love to hear from you if you or your business may like to jump on board with us for 2025. We still have a very busy second half of the year to prepare for. Please contact Shaun for information on our sponsorship packs.

20Rural FringeJune 2025June 2025Rural Fringe2







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The Rural Fringe acknowledges the Ngunnawal, Ngunawal and Ngambri peoples who are the traditional custodians of the land of Hall Village and District and acknowledges their continuing relation to their ancestral lands. We pay our respect to the Elders of the First Nations past, present and future.

#### 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 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 Septembe December issue deadline is 10 November It is the policy of the VHDPA that articles which are dominantly about the profit making activity of any group or individual can only be accepted for publication if the same issue carrying the article has a paying advertisement of similar size.

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

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

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After being told that the lids cannot be recycled in Canberra, Tim drove them all the way to Melbourne to be processed. When he had received five million lids in three months, ten million lids in a year and twenty million lids from 14 collection centres around Australia he knew that using his house as a drop off point and making trips to Melbourne wasn't sustainable. And so Lids for Kids was born.

Lids for Kids, now in its sixth year, leases premises in Fyshwick (the hub) which receives all the items to be recycled - there are 50,000 lids alone received a day. These recyclables come into the hub from household Waste Warrior Tubs or commercial versions of this. Tim says that there are many, many organisations and workplaces collecting millions of small recyclables every year. The items are all sorted on site, suitable plastics are shredded and then processed into goods to be sold, rubber bands are reused on site and E waste items are stripped for the copper, Tim has arrangements in place for the other items to be shipped out for recycling off site. All the sorting and manufacturing of products for sale is done by volunteers. This is the second string to the Lids for Kids bow - the mental health benefits and feeling of inclusion for the volunteers. Tim says that there is no 'busywork' done, it's all important, productive work that is very useful for the recycling initiative. New volunteers are always welcome and it is the ultimate Work from Home opportunity - take a tub and sort it in your own time.

By having customers sign up for a Waste Warrior Tub (WWT) at \$29 a year, Tim says that the charity can remain sustainable. While all workers are volunteers, hiring of the premises and running costs have to be paid. The charity also purchases crush machines to process the recycled plastic. Some of the shredded plastic is also sent offsite to groups around Australia to be made into saleable items to assist those charities.

Once a household tub is full it can be taken to any of 30 drop off centres throughout



Canberra and just swapped for a clean tub. Interesting fact - the tubs are the gelato ice cream containers from the Boost Juice company. Lids for Kids take all that Boost Juice can provide. The cardboard boxes into which the lids are sorted are sourced from The Canberra Hospital.

We are very lucky here in Hall as the Rotary Club of Hall has sponsored the Waste Warrior

Tubs for the past year for anyone living in the 2618 postcode. Rotary is to continue this sponsorship for another 12 months. The 2618 resident ONLY tubs can be swapped at the Hall Post Office which is so convenient.

The ACT Government took notice of the success of the Rotary Club of Hall Lids for Kids initiative and it has inspired two more suburbs to take it on with tubs in Strathnairn and Whitlam being sponsored by the Land Development Agency.

Tim spreads the word on recycling by holding information sessions for schools and other groups and operates tours of the facility. Some large organisations have heard his message. The RAAF sent lids from Afghanistan to Darwin in one of their planes, no rubbish is left behind on base! The Navy rang Tim and discussed lids being recycled from submarines, every submarine! Qantas also sends all their lids for recycling. At one point the Alexander Maconochie

Centre was washing, drying and colour sorting the plastics. It seems that Lids for Kids is filling a much needed gap in the recycling arena.

Tim's next hope is that he can secure premises at the proposed ACT Government operated recycling centre at Hume. He is also setting up another business 'Endless' making products such as surfboards (still at prototype stage) to increase the profitability and sustainability of the charity. I know one thing, if anyone can do it, it's Tim. I haven't met a more enthusiastic, can do person.

Rural Fringe



