

RURAL FRINGE

Journal of the Hall district

VOLUME 32 ISSUE 5

October 2025



Hall Rugby, a family tradition

by Shaun O'Connor

2001 was a special year for the Hall Bushrangers, as it marked the first grand final win for our team! We had quite the adventure travelling to Cooma to face Yass. It's a little unexpected to see two northern teams heading south, but it all depended on the rankings of the teams in the competition.

Fast forward to August 15, 2025, and I couldn't be prouder – my son Austin is playing in his very first grand final with the Bushrangers! Not only did they win the grand final, but they also clinched the minor premiership, and they also got the chance to play the grand final right here in Hall for the very first time. What an exciting moment for our family and the club!



Shaun and Austin.

Being involved in rugby has truly been a blessing. There's something magical about this sport – it welcomes everyone, and once you're part of it, it gets into your blood. I've had the privilege of playing first grade and representative rugby, but what I cherish most are the friendships I've made around the globe. No matter where you are, if you find someone who loves rugby, there's an immediate connection. I started my journey with the Bushrangers a bit later than most, having played in the *John I Dent Cup* in Canberra, where I was lucky enough to play alongside and against Wallabies. It was Hall Rugby, just a year old at the time, that captured my interest. My dad, Brian, was the first sponsor of the club, and ever since then, I've made lifelong memories filled with mates, bus rides, and even the occasional trip to the hospital! I was honoured to receive life membership status in 2011.

My family has always been a big part of Hall Rugby. To date, we've had 10 family members play for the Bushrangers, and my parents have even run the canteen on game days. My sisters have been involved too, with their sons playing, and Jenny often hosts the Bushrangers for delicious early morning egg and bacon rolls at *Daughters in Hall* before our tour matches.

A couple of family fun facts: Austin and I are the only father-son duo to have won a grand final, and we're the only family with a son (Austin), a daughter (Layla), and a father to have played for the Bushrangers!

Congratulations Bushrangers! I'm so proud of all your achievements! *Ra Ra Bushranger*



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 Enjoy coffee and cake while you swap!

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Vice-President: **Geoff Gorrie**

Meetings Secretary: **Maxx Wei**

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St Michael & All Angels Anglican Church

Corner Victoria and Loftus Streets, Hall



It might seem a long way to Christmas, but such an important celebration in the Church calendar needs plenty of preparation. Here are the details of the events and special services happening right through Advent as well as on Christmas Eve and Christmas Day. In amongst the festivities and busy-ness, take the time to draw breath, and reflect on the value of Christmas – not just the birth of Jesus as a cornerstone of our Christian churches, but also this special time of family and friendship.

Hall Village Christmas Fair/Street Party

Friday 21 November 4.30-8.30 pm

Plans are well underway for the Hall Village Christmas Fair, under the capable and steady hand of Zina Richardson. Our parishioners will be running our usual stall offering cakes, craft and other handmade goodies, as well as kids' activities in the grounds of St Michael's.

- Nativity photo station – get involved in your own Nativity play. Costumes will be available, and you can capture the scene on your phone or on our instant camera.
- Christmas crafts – materials will be available to make or decorate Christmas decorations or ornaments.
- Story time – an opportunity for a quiet moment to hear the Christmas story.



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- Maypole dancing – what would a quintessential village fair be without Maypole dancing? We have a Maypole at St Michael's and would like to invite young and old to try it out at the fair.

CALLING KEEN DANCERS . . .

*We'd like to teach a few keen dancers the basics of Maypole and then perform at the Fair, maybe inviting others to come and try on the night. If you're interested in learning Maypole, please ring Beryl Pedvin on **0408 488 526** and we'll organise a time to practise. No prior skill needed, just a basic ability to skip. All ages welcome.*



Maypole dancing, Schoolhouse Museum, North Ryde.

Service of lessons and carols

Sunday 7 December at St Michael & All Angels Anglican Church, starting at **7pm**.

The story of Christmas is told through six short Bible readings and some well-loved Christmas carols in this traditional, candle-lit service. Join us for a cuppa in the garden afterwards as well – weather permitting.

Christmas services

Residents of Hall and surrounds as well as visitors will be warmly welcomed at the Christmas services at St Michael & All Angels this year:

- Christmas Eve @ 10.30 pm
- Christmas Day – service time/s to be confirmed

In the meantime, all are welcome to join us at our regular St Michael's services each Sunday at 8am or 11am, or to join the 11am service via Zoom using Meeting ID and password **9551044551**.

For more information about parish activities, please call Rector Rev Peter Malone on **0429 350 207** or church warden Beryl on **0408 488 526**.

Plant swap fundraiser

Saturday 25 October

2pm - 5pm

Location: **Daughters at Hall, Victoria St, Hall**



Bring your plants, cuttings, seeds, or seedlings to share and swap with fellow plant lovers!

Whether you have too many of one plant or are looking for something new to grow, come join us for a fun, friendly, community event.

If you are wanting to participate in the plant swap, all you need to do is make a donation to the 'Friends of Leadbeater's Possum' through our crowd raiser; as little or as much as you like.

All ages and green thumbs welcome!

Feel free to bring friends, family and enjoy a coffee or cake as the *Daughters at Hall* will be staying open later for the swap.

Let's grow together, share the love of plants and save some fairy possums while we are at it.

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Plantswaphall@gmail.com

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The Hall Crafty Crew

The Tuesday craft group who meet at the cottage now have a name, the Hall Crafty Crew! We focus on friendships formed through shared creative pursuits, with an emphasis on creativity and building relationships through crafting activities and chatting. There is a sense of tradition and skill with a lot of sharing of ideas, knowledge and equipment.



The group is open to anyone who would like to come along, with or without a project, and join us between 1.00-4.30pm every Tuesday afternoon. We have spare supplies and patterns if you don't have something on the go, but you could also join us just to chat, catch up with old friends, or to make new ones.

We recently farewelled one of our early members who is moving to Newcastle, so out came the drinks and nibbles as seen in the accompanying photo. There are also plans afoot for a Christmas get together.



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President's page

The wattles around Hall and the district dazzling their green and gold, flowers blooming and the growing grass demanding our attention announce that spring is truly with us.

With the arrival of spring, the Annual General Meeting of the Village of Hall and District Progress Association was held on Thursday 18 September. The AGM received the Annual Financial Statement of the Association, including the Independent Review, the report from the President and reports from the Heritage Centre, Men's Shed, Pavilion and Cottage, and from the *Rural Fringe*. The members elected the office bearers and the Committee of the Association for the coming year.

I would like to thank the office bearers and the Committee for their work over the past year to enhance the welfare, amenity and heritage character of Hall Village and District.



Top row: Phil Robson, Jack McGrath, Peter Toet, Tony Morris, Aaron Whittaker, Robert Yallop
Front row: Mardie Troth, Toni Makkai, Margaret Monahan, Lee-Ann Brodrick

Stormwater infrastructure

This edition of the *Rural Fringe* has a separate item about the stormwater infrastructure in Hall Village with a report of the community consultation 'pop-up' held with TCCS and the project design consultants on 13 August at the Hall Pavilion.



At the stormwater consultation 'pop-up'.



Forty Hall Village residents attended the 'pop-up' and provided comments and observations to the project team on the Preliminary Landscape Master Plan for storm water drainage infrastructure.

Although funding is yet to be budgeted by the ACT Government for these works, the Village of Hall and District Progress Association will continue to advocate with the ACT Government until the work is completed.

NBN Fibre to the Premises in Hall Village

In mid-September, you may have seen staff from infrastructure services provider Ventia investigating the existing telecommunications cabling and infrastructure around Hall Village. These investigations are linked to the extension of NBN Fibre to the Premises in Hall Village.

Following the Australian Government announcement in mid-January that they will fund the upgrade of Australia's as yet to be connected fibre-to-the premises network, the Progress Association Committee contacted Senator Gallagher and Fenner MP Leigh to confirm that Hall District will be included in the upgrade. Senator Gallagher and Fenner MP Leigh both confirmed to the Progress Association Committee that Hall Village is included in the fibre-to-the-premises network upgrade, but that Nanima, Spring Range and Wallaroo will not be included because they are currently served by other internet services.

Robert Yallop President

It is positive to see the first steps being taken to provide improved NBN connectivity in Hall Village.



Hall Reserve

On Sunday 21 September the Progress Association arranged another community working bee on the Hall Reserve. Twenty Hall residents enjoyed the opportunity to come together planting a fifth bed of shrubs nearer to Loftus Street as well as weeding the existing beds as needed and mulching plantings before the summer.

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.

Community working bee on the Hall Reserve. More photos page 23.



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War Graves Commemorative Rose

Brenton Philp COO DVA planted the 'In Perpetuity' Commemorative Rose in his hometown of Hall, marking the 50th anniversary of the Office of Australian War Graves (OAWG). Local members of Rotary and his family were in attendance to recognise the work of the program and draw attention to the recognition of war dead and post war dead Australian veterans.

Commemorative roses in a military context are often red and they have been produced in the community since World War One. OAWG sought out a rose that would stand out as both different and fitting, settling on this deep orange rose. During its flowering the rose extends from light to dark but has a dominant 'sun-burnt' orange presentation reminiscent of an Australian, and sunset alluding to the famous stanza of the Ode of Remembrance, "At the going down of the sun and in the morning, we will remember them". The name 'in-perpetuity' reinforces both the ongoing nature of remembrance but also the work of OAWG in the perpetual maintenance of war cemeteries, graves and places of individual commemoration of our fallen.

by **Allison Hourigan**
A/g Director Operations
Office of Australian War Graves
Department of Veterans' Affairs

The Department of Veterans' Affairs is inviting expressions of interest from Ex-Service Organisations, cultural institutions, and state, territory and local government organisations who may be interested in partnering on the sale of the rose to the public, with proceeds donated in support of current and former ADF members and their families. The Office of Australian War Graves can be contacted at wargraves@dva.gov.au or 1800 VETERAN (1800 838 732) for those organisations wishing to apply for the Commemorative Rose.

Applications are limited to representatives from Ex-Service Organisations, cultural institutions, and state, territory and local government organisations who can apply to the Office of Australian War Graves to receive the Commemorative Rose.

Applicants must demonstrate they intend to plant the rose in a commemorative setting, for example, a commemorative garden or state, territory or local government war memorial.

Each Commemorative Rose will be delivered with growing instructions dependent on how and where it will be planted.



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Commemorative Rose



In late September Brenton Philp, COO Department of Veterans' Affairs planted a rose and installed a plaque, in the Hall Memorial Grove to commemorate 50 years of the The Office of Australian War Graves (OAWG).



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Who ran our 'Old McDonald's farm' in North Lyneham?

Mary Mathieson was born in 1835 in Aberdeenshire, but life became difficult as tenant land was taken for larger farms. Mary's brother William emigrated in 1860, acquired land in Weetangera and sent home for her in 1861 to become his housekeeper.

Peter Shumack selected 100 acres on the Queanbeyan-Yass Road, North Lyneham, and built Hawthorn Cottage, a dairy and orchard.

Samuel Shumack: 'Our houses were three miles apart. Peter and Mary were married and although no children blessed the union, were a happy couple'. Mary, 27, married Peter Shumack, 58, in 1862.

Mary encouraged Peter to build a Wesleyan Church on their farm in 1869, but it was relocated to Weetangera in 1872.



Wesleyan Church



St. Ninian's Church

Mary then became a major contributor to St Ninian's Presbyterian Church for the remainder of her life. She presided at tea meetings and Annual Tea Meetings. These were not confined to Presbyterians, as all locals came to share in the social activities. A gigantic tea was served on two rows of tables, extending the length of the church and then there would be a lecture, often with magic lantern pictures, and a singers for extra entertainment.

In 1869 William's mother-in-law, Mrs Jane Pearce, drowned while they were crossing a swollen river and Mary adopted her youngest child, Annie Maria, and William adopted the older Sarah.

Witness in Stone: 'Mary is warmly and widely remembered. Besides assistance at church tea meetings and social functions, she made her life's work the care of orphans and neglected children'. Some of these were wards of the State for whom she cared until they reached maturity; others were local children left homeless for some reason.

There is a memorial to Mary in St. Ninian's, but her services were not unrecognised during her lifetime. In 1911 a purse of sovereigns was presented to Mary by the minister on behalf of the congregation 'for her interest and labour of love in connection with the Church'.

Mary gave consent, as guardian, for Annie Maria to marry teacher John Scannell in 1885. John abandoned Annie and she returned with her three children to live with Mary, until she moved in with Edward Thompson of Queanbeyan and had five more children. Edward died in 1902, but Annie lived to 95.

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heritage happenings

Peter Browning Hall Heritage Centre

Mary and her children did the hard manual work in the dairy as Peter was aging and, in 1875, they were involved in an accident driving into town. 'Their horse fell going down a hill, causing the shafts of the gig to break and Peter to fall down at the horse's heels. He received a severe kick on the shoulder blade from the horse and lay unconscious for about 20 minutes, but was able to go home that evening.'

In 1881, they were fined 10/- with 2/6 costs at Queanbeyan Court for keeping an unregistered dog.

Mary's brother William died unexpectedly in 1882. Mary nursed Peter, who was in a feeble state of health for some years, until he died in 1883, in his seventies. Mary also nursed her elderly brother-in-law David Anderson at her home until his death in 1899.

Mary worked the dairy with her adopted children, and re-married in 1886 at St Stephen's, Queanbeyan to Findlay McDonald. However, Samuel Shumack suggested that 'Findlay was well educated and spent all his money on drink. He paid little attention to the home. In 1895 they sent stock away to the property of Thomas Franklin. When Findlay returned with the herd, their best cow was missing and he said that Franklin promised to send her back if found. Mary later met Thomas who said, "I gave Findlay £7 for that cow". Mary gave Findlay a piece of her mind, much to the enjoyment of the crowd.'

In 1896 Mary's niece, Kate Donnelly, 21, had been staying with her and was to travel, but failed to appear in Sydney. Some belongings were found at Queanbeyan Station, but a search by some 50 residents could not locate her. Twenty three days later she was found 10 miles away, 'lying under a log exhausted, starved, helpless and unable to speak, still wearing her gloves and clutching the handle of her otherwise absent handbag'. She was unable to articulate what had befallen her. Sadly, the mystery was never solved, as four months later Kate's nightdress caught alight and she was badly burned and succumbed to her injuries.

Mary arranged supper at a ball in aid of the Queanbeyan Hospital Fund in 1896.

Findlay died in 1906 and Mary then traded as Mrs McDonald's Dairy, with her adopted son George Potter, who had been adopted with his brother and sister from the Sydney Benevolent Asylum around 1897.

In 1905 Minnie Mary was born to Ellen Jane Potter, with Mary listed as foster parent. George built an ant-bed cricket pitch on Hawthorn Cottage for the Ainslie Cricket Club in 1914.

Mary was cared for by her adopted children in her last years, until she died in October 1915, aged 82, and was buried with Peter Shumack at St Johns. Sadly, she was unable to pass Hawthorn Cottage on to George as it had been resumed by the Federal Capital Territory in March 1915; 100 acres for £823-18-0. Sadly, George settled Mary's affairs, enlisted in the AIF and died in France in 1918.

Mary had a very demanding, but fulfilling life, raising a number of homeless children, operating a dairy, overcoming family tragedies and still being a significant contributor to the local church and community.



Mary McDonald.

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New sign celebrates Hall's cultural trees

by Ginninderra Catchment Group



Honouring Ngunawal/Ngunnawal culture: the new Canberra Tracks sign interprets ring and scar trees near the ACT-NSW border. Photos provided by Ginninderra Catchment Group.



Locals and visitors to Hall can now discover the cultural significance of Ngunawal/Ngunnawal ring trees and scar trees, thanks to a new Canberra Tracks sign near the Hall Travelling Stock Reserve on Victoria Street.

Developed by Ginninderra Catchment Group with Buru Ngunawal Aboriginal Corporation, the sign shares the stories of these special trees while keeping their exact locations protected. The site was safeguarded from a proposed expansion of the Barton Highway thanks to strong community advocacy, allowing the nearby culturally significant trees to remain for future generations.

Earlier this year, the trees' importance was celebrated during the 2025 Canberra & Region Heritage Festival, when Ngunawal Custodians Wally Bell and Karen Denny led a guided walk, sharing stories and perspectives on Country with 16 community members.

You can find the new sign next to the parking area at the northern end of Victoria Street, Hall. This project was supported with funding made available by the ACT Government under the ACT Heritage Grants Program.

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Preliminary Landscape Master Plan for Hall Village stormwater drainage infrastructure

by Robert Yallop

In the June edition of the *Rural Fringe*, the Hall Progress Association shared information on the history of stormwater drainage infrastructure in Hall Village. This included information on the efforts by the Progress Association since 2022 for the ACT Government to establish appropriate stormwater drainage infrastructure in Hall Village that addresses current and future needs with the increasing frequency and severity of storm events resulting from global climate change.

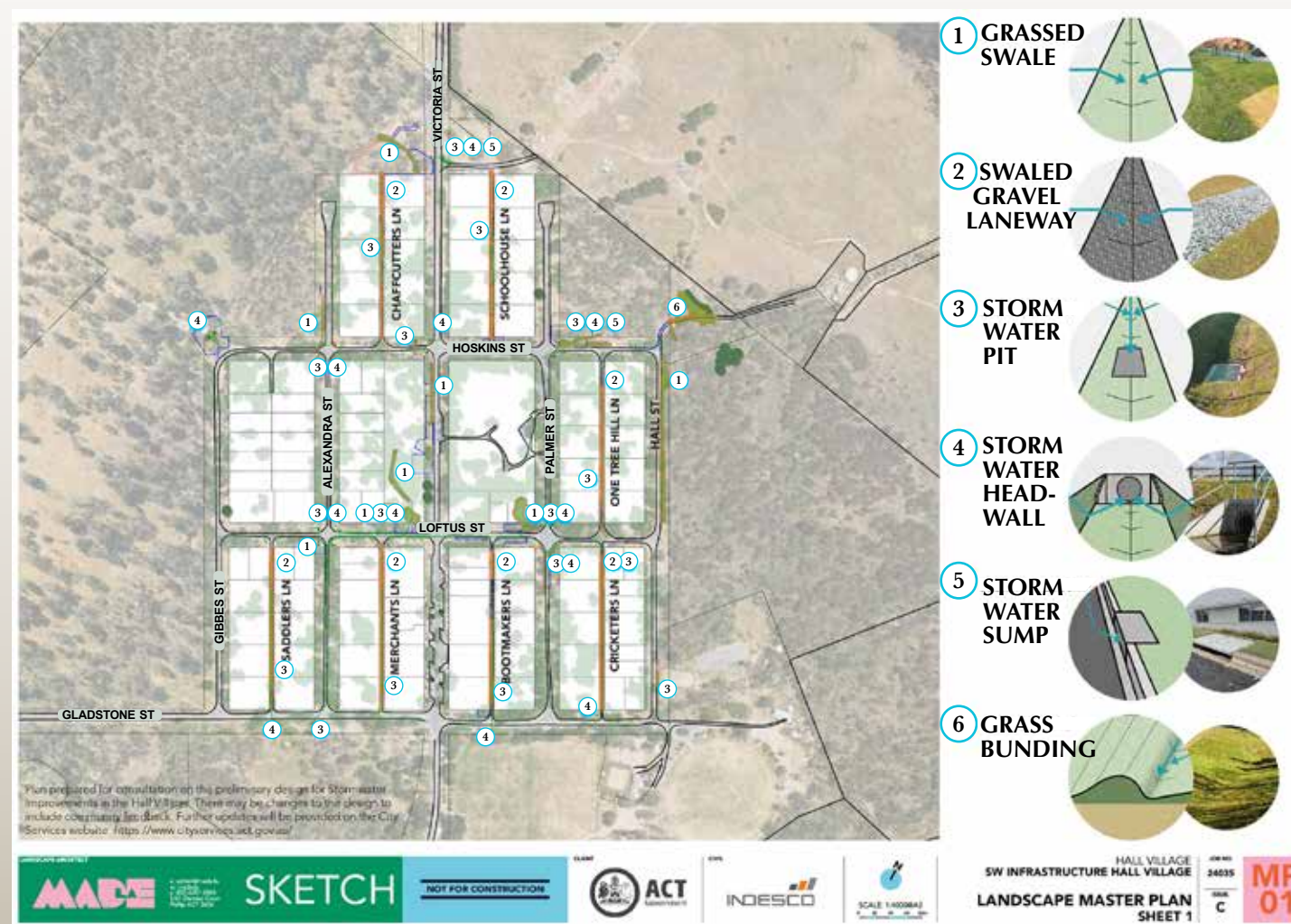
On Wednesday 13 August, the Progress Association organised a community 'pop-up' at the Hall Pavilion with Transport Canberra and City Services (TCCS) to meet with and ask any questions of the project team working on the preliminary design of stormwater infrastructure for Hall Village.

Some 40 Hall Village residents attended the 'pop-up' consultation with TCCS staff and the project team. Those attending commented that the project team provided excellent explanation of the outcome of their assessments and the Preliminary Landscape Master Plan for stormwater drainage infrastructure. The project team was eager to hear

comments and feedback from those present. A subsequent on-line survey by TCCS received a further 15 comments and an additional seven comments were provided by residents to the Progress Association and forwarded to TCCS.

The preliminary proposed design of stormwater infrastructure that was shared at the 'pop-up' indicates where existing, new and upgraded infrastructure is proposed to meet current and future storm water requirements. The proposed design seeks to address factors that contribute to the stormwater challenges of Hall Village, including the increasing severity of storm events, flow from the watershed of Baldy Hill and the horse paddocks to Halls Creek, and the stormwater outflow from the changing nature of residential properties with some larger roof areas and more hard and non-porous surfaces.

Although funding is yet to be budgeted by the ACT Government for these works, the Village of Hall and District Progress Association will continue to advocate with the ACT Government until the work is completed.



Nesting boxes for Greater Glider Possums

Overall we have made at least 100 boxes and we have done this alongside the Yass Valley Men's Shed who have made an equal number. We both have worked to produce these nesting boxes for the ANU who have a program of research sponsored by the World Wildlife Fund to provide suitable replacements for tree hollows following the devastating fires in 2020 in NSW and Victoria. Habitat was destroyed and the nesting boxes give the endangered Greater Gliders somewhere to nest and escape the summer heat.

The boxes are painted many coats of fireproofing and brilliant white paint and are erected on trees in the Tallaganda forests in NSW and in forests in Gippsland in Victoria. Our last 15 boxes were completed in August.



Inside of the box showing the insulation.





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Damage to St Xavier's Catholic Church

Some of you will know that significant damage was done to the 100 year old Hall Catholic Church when it was broken into a few weeks ago. Luckily nothing was taken and there was no inside damage. However, the external door to the vestry and the two external toilet doors were badly damaged. A church representative contacted the shed and asked if we could help. We had a look and worked out that we could help but we would need to take at least the vestry door down to the shed in order to make repairs. This meant we would have to make a replacement, temporary door-like structure to put in place while we took the damaged door away. We found some flooring boards that did the trick and once the temporary structure was made into the shape of the vestry door, it was installed and we took the damaged door away for repair. Two talented shed members cut away the damaged part of the door and fixed in place a new section with timber that matched the original.





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They also made a new section to allow the lock to one of the toilet doors to be reinstalled. The other toilet door was able to be fixed on site.

On Saturday 13 September, we reinstalled the doors and made sure all the locks worked correctly. It was a job that the Hall Men's Shed was happy to do. Hopefully we won't have to do that again as it is a lovely old church.







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Capital Country Woodchopping



by Steph Radovanovic

Welcome to the October edition of all the latest news from Capital Country Woodchopping!

Spring has sprung and so has our club, with an increase in new members as well as some returning ones, which is fantastic!

Recently we had a spring clean of our club grounds and gave our gear and trailer a good once over, in preparation for the first of many upcoming woodchopping demonstrations and competitions that our club will be facilitating.

Wood chopping demonstrations that we are providing:

Saturday	13/9/25	Hay Show
Sunday	5/10/25	Boorowa Irish Woolfest
Saturday	19/10/25	Cootamundra Show
Sunday	26/10/25	Bungendore Show



More photos on the back page . . .



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Woodchopping competitions that we will be running:

Sunday	9/11/25	Queanbeyan Show
Saturday	15/11/25	Harden Show
Saturday	22/11/25	Geogery Hotel Woodchop *Jill & Jill State UH Combination Title!

Some of these events will be the first official chopping competitions for three of our newer members – Nellie, Charlie and Jimmy, which is very exciting. We all wish them a fabulous and fun time.

Two of our members, Shaun and Austin will be heading off to compete at the 2025 Perth Royal Show from 26/9 – 4/10/25, and we also wish them good luck and safe travels.

Another of our members, Evan, recently returned from a trip through Europe, where he competed at the 2025 Royal Welsh Show. Evan had a very successful time, placing:

- 2nd – Two-man combo and Two-man sawing
- 3rd – UH Handicap
- 4th – big block UH, Jack & Jill Sawing, UH Handicap, SB Handicap and Three Board Tree Handicap

Congratulations Evan! What an amazing experience and what excellent results!

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

Closer to home, several of our members kicked off their spring/summer chopping Competition Calendar last weekend with events at Berowra and Woodstock.

Berowra Results:

Two-man Combination: 3rd place Shaun & Austin

Woodstock Results: 7/9/25

300mm UH Handicap: 1st place Austin

250mm SB Handicap: 1st place Austin

275mm UH Handicap: 1st place Sam

275mm Two Board Tree: 2nd place Evan,
3rd place Evan

300mm Ladies UH Handicap: 2nd place Megan P,
3rd place Phoebe, 4th place Kylie

Double Handed Sawing handicap: 2nd place
Shaun & Austin

Junior Under 18 UH Handicap: 1st place Robert

Austin also won the Brian Ludeke Perpetual Trophy for the most successful axeman on the day. Shaun has also been a previous recipient, making Shaun and Austin the first father and son duo to both have their names on it. Congratulations Team O'Connor!

The club still has bags of dry kindling wood for sale at Canberra Stockfeed at 1 Victoria St Hall. They are \$15 a bag and are another great way for us to recycle and re-purpose our chopped wood, and support our local community.

We also have our usual wood pile at our club grounds where you can, for a monetary donation, help yourself. Simply scan the QR code that is on the large sign beside the wood pile to access bank details to make a transfer. We are a non-for-profit organisation and any money we make goes directly back to the maintenance and upkeep of our equipment and grounds, so is greatly appreciated.

Capital Country Woodchopping is still keen to negotiate sponsorship packages. We have many

options available and given that we are preparing for the largest and most widespread circuit of woodchopping competitions and woodchopping demonstrations that we have ever done,

there has never been a more lucrative time to get on board! This coming season will provide excellent exposure and extensive geographical output to any potential sponsors that may be tempted to get on board for the 2025/2026 spring/summer CCW Competition and Demonstrations Woodchopping Calendar. Please contact Shaun O'Connor for further details.

Our CCW Supporter's Packs are 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 Supporter's Pack is proving popular for those who wish to support the club but do not wish to chop/train/compete, especially the partners and parents' (and grandparents) of our existing members.

Our line of CCW merchandise is available for purchase for our members, supporters and the general public. There is a huge selection of singlets, long sleeve and short sleeve training shirts, polo's, hoodies, jackets, beanies and more. Check out the O'Neills Club Hub:

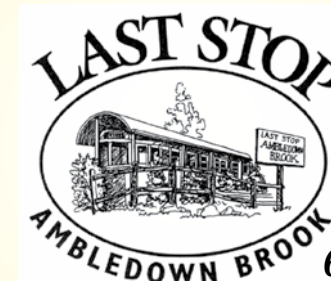
www.oneills.com/au_en/shop-by-team/other/capital-country-woodchopping.html

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

We are still a small club with some very big plans and appreciate all the support that the local Hall community gives us. We would love to hear from you if you, or your business may like to jump on board with us for the 2025/2026 season.

Be sure to come and say *Hi* if you're out and about at any of the above listed shows and come and see why we love this sport so much!

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Sedentary behaviour

by Kevin Stone

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Sedentary behaviour is something everyone does on a daily basis, but what is it and is too much bad for us?

In broad terms sedentary behaviour is defined as time spent doing minimal movement and generally in a seated or supine (lying down on your back) position. Basically, it can be defined as asking very little of your body in metabolic demand or energy output.

Many things are done in these positions and are part of everyday life, such as working from a desk, reading, meditating, sleeping, resting or recovering from an illness or injury. And everyone may have their reasons and conditions for why they need to spend more time sedentary, such as work or simply their body will not tolerate more time standing or doing activities.

However, it's important to note that without moderation and done to excess it can be detrimental to our overall health. In addition, television viewing in long bouts appears to be even more harmful, compared to reading a book or studying. The reasons for this are unknown, but we can speculate it could be associated with low cognitive demand or 'zoning out' while watching a show or movie.

Detrimental to our health how though? There's evidence that regularly spending six or more hours of the day straight watching TV increases our risk of Type 2 diabetes, cardiovascular disease and general poor mental health.

So yes, excessive sitting without interruptions is probably something we should try to avoid, but we can combat those effects if we perform a minimum volume of physical activity daily. For example, by doing around 150 minutes of light exercise such as walking and 75 minutes of moderate/vigorous exercise per week there can be great benefits to our mental and physical health.



A couple of people working out and using the steps made and contributed by the Hall Men's Shed.

Some of these benefits include improved glucose regulation (blood sugar regulation), autonomic stability, hormone regulation (insulin), improved vascular function with blood vessels becoming more compliant and less pressure on the heart as well as improved cognitive functions such as attention, memory and productiveness. This list is not exhaustive, but it does give a glimpse into the way physical activity is important.

And finally, what are some of the take aways?

Physical physical activity definitely has an important role in mitigating the negative effects of sedentary behaviour which is necessary for life, but we need to be conscious of doing it excessively. Especially TV viewing!

So there you are, after you've read the Fringe, do your body a big favour and go for a walk around Hall. Spring is a great time to get out and enjoy everything the wonderful village has to offer.

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Walking on eggshells

by Lisa Walmsley

I was lucky enough to grow up in a family that understands the rich benefits of working hard and growing your own food. One of life's little treasures is having an awesome veggie garden and learning a few tricks along the way that make that easier.

A few months ago, I was chatting about coffee grounds in the garden. It just makes sense to use materials from your household 'rubbish' to enhance the health of your garden.

Years ago, someone came up with the idea that eggshells and fishbones were the ultimate additive to add to planting a tomato plant. I did actually give it a crack and the jury is still out as to whether it improved the health and production of my tomatoes as it was an extremely wet year and tomatoes much prefer hot and dry.



However, I am going to try mixing eggshells and coffee grounds this year. Eggshells are primarily calcium. Ground eggshells (alkaline) mixed with warm coffee (which is acidic – pH between 4 and 5) has the possibility of adding a shot of balanced nutrients for plants from a wide range of pH needs.

Recent research has indicated that eggshell powder, used as a dietary supplement increases the formation of cartilage and bone in folk with osteoporosis and may strengthen the density of bones in post menopausal women.

Eggshells in the garden are amazing for our soils – moderating acidity while adding nutrients to the plants. The calcium in eggshells can be used as a lime like product balancing the pH in your soil. The theory is that you need a squillion eggs to provide enough calcium to make a difference, however I'm of the opinion that something is better than nothing.

You may have heard that eggshells deter slugs and snails; this is simply not true. It's perhaps a little uncomfortable for them to cross over eggshells, but that doesn't stop them inhaling your entire lettuce planting in one evening!

gardening

My worms love eggshells and coffee grounds, so it just makes sense that they would do the same in the soil.

Eggshells are great for making a homemade fertiliser. Steep eggshells in water for a few days, then water your plants, including your house plants, with the strained water. Plants that you need to repot but haven't got to yet, love this little tonic and will perk up when given a good drench of eggshell water.

Eggs have the reputation of carrying salmonella. To minimise any risk, wash them and let them dry completely in a sunny spot. This also makes them more brittle and easier to crush.

Eggshells are not only calcium rich – other nutrients include phosphorus and magnesium along with other plant useful minerals.

Plants that benefit most from eggshells are tomatoes, capsicum, broccoli, spinach, lettuce, chard, strawberries, pumpkin and flowering plants as a few examples.

No matter whether you have been gardening for years or just starting out, I would encourage you to incorporate eggshells, even if only for your own little trial.

Give it a crack (pun intended).
You literally have nothing to lose.



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Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not.

These deadlines ensure publication by the 10th of every second month.

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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.

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or: PO Box 43 Hall ACT 2618.

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Community working bee on the Hall Reserve

A very successful working bee on the Hall Village reserve in September. The Hall Progress Association worked in conjunction with Ginninderra Catchment Group to plant trees, spread mulch, weed, water with fertiliser and generally tidy up the reserve. Many hands made light work and many sandwiches and cakes afterwards made for happy volunteers!



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Capital Country Woodchopping



For Capital Country Woodchopping latest news, see page 18.



Hall Pony Club gymkhana

The annual Hall Pony Club gymkhana was held in September with around 50 riders and their families attending. The competition included show-jumping, dressage, ring events, sporting and archery. Hall riders did very well throughout the day with many smiles and ribbons across the board.

Many thanks go to the businesses who donated to our raffle:

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