

RURAL FRINGE

Journal of the Hall district



VOLUME 22 ISSUE 3

June 2015

When Hall Answered the Call Anzac commemorative exhibition



The Hall Museum's latest exhibition has been an outstanding success. Opened on 11 April by Andrew Leigh, Member for Fraser, the constant stream of appreciative visitors has included a number of relatives of WWI volunteers from our district. One of the big challenges however has been to persuade visitors to partake in the soldiers rations of 'hard tack and bully beef' provided by exhibition curator Allen Mawer. Full story on page 13.



MLA Meegan Fitzharris and family with John Kenworthy and Phil Robson at the Hall Peace Tree before viewing the Hall Museum Anzac commemorative exhibition



The Anzac exhibition is open each Thursday from 10am-12 noon and the first Sunday of the month from 12 noon -3pm or by appointment. For further stories and photographs taken at the exhibition please visit www.hall.act.au

Out and about ... about

Thanks to Peter Howard, Men's Shed member, who has donated money to the newly formed Hall Axemen Club. Peter has had a long association with the Aussie tradition of wood chopping. His home town in Tasmania helped begin wood chopping as a sport in Australia. Peter wants to support and encourage young novice axemen to compete and stay in the sport. To this end Peter has put up the money to offer prizes to novice axemen.

Photo: John Wiseman



Stout-hearted walkers



Walkers about to set off from the Hall School for the 4.5 km walk to One Tree Hill

A hardy bunch of walkers celebrated 20 years of Heart Foundation Walking in the ACT with a Mothers' Day walk to the lookout on top of One Tree Hill. While the rain held off until after lunch the wind was cold and gusting, making it a memorable walk.

After a couple of hours or so on the trail the walkers were pleased to find a warm welcome at the Hall Museum, where they enjoyed a pre-arranged lunch and viewed the 'ANZAC's' exhibition.

Phil Robson welcomed the group to the museum and participants were encouraged to let other walking groups know about the opportunity to visit the museum after a walk on the Centenary Trail.

Hall Vespa owner receives trophy at Auto Italia

Local scooter rider Dennis Greenwood has picked up the Trophy for best Vespa PX series at this years Auto Italia held late March.

Well done Dennis.





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Out and about ... about



Six of the 13 buses that need to park safely, all at the same time.

Safety foremost at school bus interchange

by **John Howard**

For some time the Village of Hall and District Progress Association has been discussing with Roads ACT (part of TAMS Directorate) ways of making the Gladstone Street Bus Interchange safer for users. Roads ACT has conducted investigations monitoring traffic speed and volume and has identified the following improvements:

- Installation of traffic islands in Gladstone Street at its intersection with Victoria Street to improve pedestrian accessibility and to slow traffic speed.
- Removal of redundant and non-compliant signs and improvements to the existing speed and warning signs along Victoria and Gladstone Streets. Roads ACT will also undertake some improvements to the shoulder pavement on the western side of Victoria Street adjacent to the Gladstone Street intersection, which will continue to be used as a bus layby area.

It is expected this work will commence after 30 June 2015.

The VHDPA sub committee has been working through the options with affected residents, businesses, the bus company and Roads ACT and has agreed, in the interests of passenger and pedestrian safety that the above works should proceed without further delay.

A letter from Roads ACT setting out the proposed improvements and asking for comments by 22 May was recently displayed in local businesses and on the village notice board.

The majority of our community supported the proposals and this essential work will help to improve the safety of the situation for the children involved.



WALLAROO / HALL LANDCARE GROUP

invites you to a public meeting to discuss

ILLEGAL DUMPING

Monday 29 June 6.30pm
Walleroo Fire Shed

Illegal dumping, particularly of ACT building waste, is a major concern for many rural residents in the Wallaroo, Hall and Spring Range areas.

- For a number of years residents in the Wallaroo, Hall and Spring Range area have been reporting illegal dumping of builders' waste to both Yass Valley Council and the Environment Protection Authority, yet the trucks are still coming.
- Residents are worried about the potential for loose fill from 'Mr Fluffy' houses to be dumped in the area.
- Residents are also increasingly being run off local roads by trucks carrying what some believe to be illegal fill.

In response to these concerns, members of the Wallaroo/Hall Landcare Group have arranged a public meeting focussed on illegal dumping.

Representatives from Yass Valley Council and the Environmental Protection Authority will provide short presentations and answer questions. All welcome!

For further information contact:

*Karissa Preuss, Ginninderra Catchment Group, (02) 6278 3309
landcare@ginninderralandcare.org.au*

Good Friday in Hall Village: the Stations of the Cross

by **John Carson**

If only St Francis of Assisi could have been there!

The occasion was the annual ecumenical Stations of the Cross service held as it is every year outdoors in Victoria Street, Hall. Coloured ribbons tied to trees and lamp posts marked the various stations (stopping points) for the procession of pilgrims along the village's own Via Dolorosa. Pastor Bernie from Hall Uniting Church, Father Joseph from St Francis Xavier Church and Reverend Mark from All Saints Anglican Church took it in turn to lead the reflection ceremonies at each of the designated stations. The choir of St Francis Xavier under the direction of Nikki Carson provided the musical accompaniment.



The weather was perfect for the occasion with the overcast conditions preventing the early autumn sun from causing any distress to the participants and a gentle breeze keeping the temperature in check. The crowd attending was numbered at about 100, somewhat similar to previous years, and again consisted of a fairly representative mix of the residents of the village and nearby Canberra suburbs.

It is the rural atmosphere of the village that helps to make the occasion so special and gives the pastoral aspect of the religious ceremony a wider significance. It didn't take long for other aspects of the country ambience to manifest itself. At the first station, following the conclusion of prayers and reflective comment, the choir provided a short musical refrain

which ended with the plea 'Answer me; Answer me.' And the choir was answered in a most unexpected way when a flock of sulphur crested cockatoos who had taken up one of the better vantage points in a tall gumtree above the place where the procession

had paused felt obliged to take up the choir's challenge and responded on cue with a screeching cacophony of squawking. It all added to the special atmosphere of the occasion even though most of the cockies were well off key.

In fact the first few stations for the procession had a backdrop of spacious paddocks, some inhabited by horses and others by cattle. And as the procession



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halted at each one the various animals made their way nearer to the fences to inspect the proceedings at closer quarters. The look of interest in their faces made one wonder whether it was just born out of boredom or whether there was some deeper understanding of what was happening that commanded their attention and respect. Who's to know?

Each of the three religious celebrants took it in turn to identify the historical events that defined each station and then through prayer and reflection asked what significance these events had for not only those processing but for the wider community. The blend of readings, reflections on the readings and choral accompaniments contributed, each in their own special way, to the religious essence of the procession which in turn provided a spiritual lead-in to the rest of the Easter celebrations. It is always heartening to see the warmth and camaraderie with which the participants greet each other and the sharing of the various duties that go hand in hand with the organisation. Age and gender are no barriers in this and the symbolic carrying of the cross was shared by children as young as five or six to people well into their retirement years.

It is evident that the Good Friday Stations of the Cross procession has a special place in the life of the village judging by the good attendance and the reverence and respect shown to it by those who are not directly involved. It is foremost a family event and even though it is a solemn occasion marking as it does for Christians the crucifixion of Christ on the hill at Calvary the inclusiveness of the occasion with people of all ages and religious persuasions processing, including the family pets, makes it something special.

St Francis of Assisi is the patron saint of birds and animals. He would have loved every moment of it.

Post-script

Father Joseph, who has been the Catholic celebrant in the Good Friday ceremony for the last two years, has sadly announced that he is leaving the Gungahlin Parish, of which Hall Village is a part, to take up a religious posting back in India. Father Joseph, who comes from Kerala in southern India, will be taking up a senior position at a religious seminary not too distant from the area in which he grew up.



Since coming to Gungahlin, he has been celebrating the fortnightly Sunday mass at St Francis Xavier Church, joining the congregation afterwards for coffee and cakes and making firm friends with all and sundry. In the relatively short space of time that he has been part of the parish he has made a warm and lasting impression on all those whose lives he has touched. He will be sorely missed.

In recognition of his contribution to the parish and general community, a farewell dinner was held for him at the cottage in the grounds of the Hall preschool on Friday the first of May.

At the dinner he was presented with several gifts, including mementoes of his time spent in the service of the parishioners of St Francis Xavier Church.

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Canberra Legacy
Legacy Badge Week coming in September

Legacy is dedicated to caring for the families of deceased and incapacitated veterans. Today Legacy's caring and compassionate service assists around 90,000 widows and 1900 children and dependants with a disability. Legacy is a voluntary organisation supported by veterans, servicemen and women, and volunteers drawn from all walks of life. Our support and services now extend to include the dependants of members of today's Australian Defence Force who lose their lives as a result of their military service.

Legacy is dedicated to enhancing the lives and opportunities of our families through innovative and practical programs aimed at:

- the protection of individuals and families basic needs
- advocating for their entitlements, rights and benefits
- assisting families through bereavement and
- helping people thrive, despite their adversity and loss.

Hall Men's Shed given a boost

by **Kevin Stone**

Thanks to a recent ACT Government grant and the negotiating skills of the shed foreman, the Hall Men's Shed has been able to buy a defibrillator, dust extraction machines for the workshops and power tools to replace existing old ones. In addition, the garage insulated to make life much more comfortable for the 'workers'. The acquisitions are a vast improvement to the shed from a health and safety point of view.

The shed was fortunate to have Len Fiori of St John's Ambulance give a talk and demonstration on the use of the defibrillator. Hopefully, there won't be an occasion to put the training into practice but at least we are prepared!

Helping in the community

Contributing to the community has given the guys a feeling of being productive at the same time as learning new skills.



Repairing the children's work bench for the pre-school.



Clearly, Peter Howard needs some safety instructions!

For example, some of the shed members have been busy lately replacing and painting a balustrade for a local resident. Actually, for one of the men, more paint seemed to go on his clothes than on the woodwork, but that's another story!

The pre-school children's work bench was repaired thanks to the guys and various other jobs have been undertaken.

So why do men's sheds work?

Men's sheds replace the social world that often exists when men are in employment. Sheds are more than places where work is done. In fact, the one at Hall has become a bit more of a social centre, although there are a number of men who steadily work away at their projects. And for those who want to make, repair or learn new skills, the shed is extremely well set up to cater for most needs.

Although the focus is on woodworking, some members bring along their own projects to work on. Anything from repairing a wheelbarrow to showing off their flash ute. Well, maybe that one's not a project, but it did create a topic of conversation and plenty of well-meaning wise cracks!



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*Assembling a dust extractor.
If all else fails ... read the instructions!*

Opening times

Whether you've recently retired, but don't particularly want to get your hands too dirty, an existing member who hasn't been for a while, or just want to come along for a cuppa and chat, you'll be made most welcome.

The shed's open on Tuesday, Thursday and Saturday mornings from around 9.30am at the old Hall primary school. And there's a barby on the first Thursday of the month.

President's page

by **David Hazlehurst**



Twelve months ago in these pages I provided a detailed report on engagement with the ACT Government on the future of the Hall Primary School site. Following the public meeting in March 2014 we wrote again to the Chief Minister confirming the community's wishes to:

- maintain the facilities for community use, and in particular for ongoing use by the Gold Creek Pre-school, the School Museum and the Men's Shed
- protect the heritage value of the site
- achieve security of tenure for the community
- treat the school site as a whole – for landscaping and heritage purposes and for balancing the overall costs and revenues from the various activities on the site.



We had hoped to have things resolved by the end of 2014. It was not to be!

The main hold up was the transfer of responsibility for community facilities from the Community Services Directorate to the ACT Property Group in the Economic Development Directorate. The ACT Property Group has taken a few months to review the facilities and tenancy arrangements.

Following media attention around the opening of the School Museum's fabulous Centenary of ANZAC exhibition 'When Hall Heard the Call' and further correspondence with the Chief Minister, we've had further discussions with senior staff from the ACT Property Group, including its Director, Mr Daniel Bailey, who came to visit the site.

ACT Property Group has confirmed the Chief Minister's position that the Government would like to reach a long term arrangement for the occupancy of the site involving the Association paying rent and making a contribution to outgoings. Their argument is the Government's property portfolio must be run on a cost-recovery basis and all community groups are being asked to pay rent and meet outgoings.

However, early discussions suggest some flexibility. We have been invited to put a further position to ACT

Property Group and we plan to work together (the Progress Association itself, the Friends of the Museum, the Men's Shed and Hall Rotary) on a plan that stays true to the community's aspirations.

This may involve making some of the currently occupied space available to other community organisations, seeking funding to meet the operational costs of the Museum and the Men's Shed, and development of longer term proposals for the building of other facilities on the site. We will do this over the next couple of months and then have a further community meeting held concurrently with the Association's AGM in mid-August. If you'd like to be involved or have views you'd like taken into account please get in contact (info@hall.act.au).

In other developments, you may have seen on our website www.hall.act.au or the notices outside the Hall Premier Store, at the Post Office and at Hall Stockfeeds, the proposal from ACT Roads for safety improvements for the school bus interchange on Gladstone Street. Following consultation with Gladstone Street residents the Association supports these proposals but we've advised ACT Roads (see page 3) that we regard them as a 'band-aid' solution.

Our strong view is the interchange should stay in Hall. It benefits Hall residents who would otherwise be left without a school bus service for their children. It also benefits the Hall businesses.



However, growth of the population serviced by the interchange (between Hall and Yass and surrounds) has led to the current and expected volume of buses and children making the Gladstone Street site unsafe. We don't believe the safety issues can be adequately addressed at this site. We've offered to work with ACT Roads on options for an alternative permanent solution which could be the subject of further consultation with the community.

The Village People

Bill and Bev Nicol

by **John Carson**

Another in a series of interviews with local people who live in Hall Village and its immediate environs.

'This is my gym' said Bill as he swept his arms around in an expansive arc to take in the surrounding pastures. And I think I knew pretty well what he meant. When you live on 40 acres you have two avenues for exercise. One is the wide open space that gives you the freedom to spread your wings so to speak and walk, ride or run or the equally demanding role of maintaining the property and trying to fire proof it as best you can.


We are standing on the front verandah of *Wanamara*, the home of Bill and Bev Nicol and inhaling the scents and smells of the surrounding countryside. It is but another one of these small plots of Eden that are dotted along the Wallaroo Road and almost within a stone's throw of the village itself. This has been their home now for 26 years since leaving the more ordered lifestyle of the Canberra suburb of Spence. The only loud noises you will hear around here are the occasional raucous screeches of the cockies.

Both Bill and Bev were originally from Sydney – they didn't know each other then – and made their ways separately to Canberra to study at the ANU where they first met. Bill had enrolled in an economics course and Bev in Asian Studies. After a long courtship which saw the seasons come and go they eventually married. I almost said settled down - which would be as far from the truth as you can get for Bill is not a settling down type of person if settling down means containing your adventurous streak and treading less exciting

paths. And Bev wouldn't have it any other way, being an adventurous spirit herself.

It can be daunting trying to encapsulate in a short article the exploits and achievements of someone like Bill – a man who has an international reputation as a writer, speaker, consultant and coach and has been engaged at the most senior levels by governments at home and abroad and by large corporations to implement plans and projects and steer them to successful conclusions. Probably the largest of these and the most time consuming – four years of Bill's time – was working on the reconstruction of Aceh (Indonesia) following the disastrous tsunami which almost completely destroyed the province and led to the deaths of over a quarter of a million people in the Asia – Pacific region. Bill





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was the senior adviser to Dr. Kuntoro Mangkusubroto, who was the man selected to lead Indonesia's response in the recovery process. Bill's work in Aceh over this period and his dealings with the international agencies such as the World Bank that had responded to the crisis gave Bill some remarkable insights into the workings, both good and bad, of these agencies in crisis management and formed the basis for his 2013 book *Tsunami Chronicles: Adventures in Disaster Management*. When you are required to take a leadership role in crisis situations which involve loss of life and human despair on a large scale a certain amount of personal detachment is necessary so that you don't succumb to the horrors and become a victim yourself. In a perhaps cathartic response to the tragedy Bill also wrote and published a companion book *Tsunami: A Poet's Journey* which is a more emotional response to those events.

It is as a writer that Bill identifies with most and says that even in his most formative years he remembers having this creative leaning. Being Bill he decided to do something about it. After the ANU he did a professional writing course at the University of Canberra and also managed to secure himself a newspaper cadetship with *The Canberra Times*. He also worked for a time as a news reporter for commercial television and became an investigative reporter for the ABC in one of its early flagship television programs 'Nationwide'. His first book *Timor: A Nation Reborn* had also established his credentials as both writer and investigative journalist. However, it was really a later publication *McBride: Behind The Myth* – a book that traced the fall from grace of Dr William McBride, the man who exposed the link between thalidomide and deformities in newly born babies - that tested his investigative skills.



Due to the legal sensitivities involved, especially in regard to defamation laws, the book had a somewhat tortuous path to publication.

Bev meanwhile had been pursuing a career of her own in the Federal Government Department of Trade and Industry. Now, how about this for a change of career – from public servant to nursing sister? I suppose for a number of us it takes a while to find out what line of work it is that gives us the satisfaction that comes from a hard day's yakka, where you feel that at the end of the day you have made a real contribution to the well-being of the universe or more specifically to people who are ailing and in need of medical treatment. As Bev herself muses 'it was a career change that involved less money, more work, more responsibility and I wouldn't change it for the world'. However, this had its interruptions as the new

members of the growing family arrived. They have three grown up boys – Daniel, Jay and Bradley. The eldest, Daniel, resides and works overseas in Germany – but the other two lads thankfully live much closer and work in Canberra. Bev has also some visionary ideas on how she would like to see certain developments take place in the Wallaroo area which acknowledges on the one hand the need to preserve the rural character of the area but on the other also recognises the aging demographic of many of the residents. I won't go

into detail here but I am sure we will all hear more about this in the future.

I almost forgot about Max. He studiously sat there throughout our lively discussions looking from one speaker to the other and occasionally nodding his head in apparent agreement especially when someone had made a telling point. His only other distraction was a tennis ball which, when there was a lull in the conversation, he rolled back and forth and at times studied intently. Although he didn't say much – in fact I don't think he said anything – you could tell that he enjoyed the company and the discourse.

As always the time passed too quickly and it was soon time for me to take my leave. Bev was already preparing to depart for her shift at Calvary Hospital and Bill was anxious to complete some strands of work prior to heading off to Sydney. Last time I saw Max he was wandering off down the paddock, no doubt to water a few trees and check up on any itinerant wildlife that happened to be passing through.

[Authors note: For a complete listing of Bill's published works and more background on the man himself, just google Bill Nicol, Hall or go to www.nicolnotes.com]



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Rotary Club of Hall at work

Rotarian Brian Goldstraw has been collecting items of medical and educational equipment for many years for Rotary Australia World Community Services (RAWCS). Brian then packs a tandem trailer usually borrowed from Rotarian Ken Spencer and drives the donated supplies to Sydney on a quarterly basis. The supplies are unloaded at the Donations-In-Kind Warehouse at Minchinbury Sydney, then packed into containers for delivery to support Rotary projects in many countries. Brian has been doing RAWCS work for many years as a 'quiet achiever', however this week he was assisted by fellow Hall Rotarians Vicki Coleman and Yvonne Robson. Yvonne had coordinated the collection of donated clothes and toys for delivery to Vanuatu following their recent cyclone. The photos show Brian, Vicki and Yvonne packing the donations in readiness for them to drive Rotarian Dennis Greenwood's trailer to the warehouse for delivery by shipping container.





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Local Heritage Grants open

The Yass Valley Local Heritage Grants are now open for 2015-16.

In association with the NSW Heritage Branch, Yass Valley Council provides grants to assist owners to undertake conservation works to heritage buildings or places within the Local Government Area. Generally, grants are in the \$500 to \$2,000 range – up to a maximum of 50% of the proposed cost of works. Each year, one annual grant to a maximum of \$2,000 may be offered to a project undertaken by a Senior (over 65) on the aged pension; no co-contribution will be required to match Council's funding for the Seniors Heritage Grant.

'The aim of Council's Local Heritage Program is to encourage as much positive work on heritage items in the area as possible, and engender greater interest and concern for conservation for all other heritage items within the Council's area' said Chris Berry, Director of Planning.

Download the program guideline and application form from Council's website (www.yassvalley.nsw.gov.au/Planning/Heritage/Local_Heritage_Grant) or pick up a copy from the Council Administrative Building (209 Comur Street, Yass).

Applications close **Friday 26 June 2015**.

For more information please contact Council's Strategic Planning Team, on **6226 1477**.



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What's in your dog's treat?

canine

Ben Feo Hall Veterinary Surgery

With so many different types of dog treats on the market, it is sometimes difficult to know which treats are best for your pet.

The Australian pet food industry is largely unregulated, often leading to confusion and concern over the origins of pet food and treats.

Of particular concern are dog treats sourced from Asian countries such as China. In recent years, veterinarians throughout Australia and other parts of the world such as the United States have noted an increase in a disease known as Fanconi Syndrome, associated with the feeding of treats from Asia and other parts of the world.

Fanconi syndrome affects a part of the kidneys called tubules, which are responsible for reabsorbing vitamins, minerals, sugars and other solutes back into the body. In dogs with Fanconi syndrome, the tubules are unable to reabsorb these solutes and they are excreted in the urine. This can lead to dehydration and electrolyte imbalances and can be fatal in extreme cases. Despite the apparent link between the disease and the consumption of treats manufactured in places such as Asia, a specific toxin has not yet been found.



Ben Feo

Ben grew up in Adelaide. His interest in becoming a veterinarian started at age 6, when his parents brought a kitten home. He started his veterinary studies at the University of Sydney in 2011. He came to Hall to undertake a university placement after hearing great things about the clinic and surrounding area.

What should I look out for?

Symptoms of Fanconi syndrome are non-specific and may include lethargy, vomiting, increased water consumption, increased urination, diarrhoea, decreased appetite and weight loss. Some dogs may experience seizures.

What treats should I avoid?

Products often implicated in the disease include treats of pig origin such as pig ears and poultry products such as chicken jerky. The problem is not confined to these products or products from Asian countries.

What can I feed?

In order to avoid the potential risk, it is recommended that treats manufactured overseas be avoided. Alternatives include treats manufactured in Australia, small amounts of commercially prepared dog food or human food. Properly prepared home-made treats can also be a good alternative. Reducing the amount of treats fed may also help to reduce the risk.

If you suspect your dog is unwell after consuming treats of unknown origin, prompt veterinary care is recommended.



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How to get your face on a firetruck

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Angus McDonald Deputy Captain Hall Volunteer Rural Fire Brigade

Have you ever watched a firetruck go whizzing past with its lights and sirens screaming while you're stuck in traffic and thought, 'I'd love to do that! If only there wasn't, you know, the danger?'

And businesses, have you ever wanted to be part of a community group that is well regarded, well organised and quite literally commands everyone's attention with blazing flashing lights and blaring sirens wherever they go?

Well here's your chance... and you don't even have to raise a single drop of sweat by pulling on a pair of fire overalls.

Hall Volunteer Rural Fire Brigade is fundraising to build a Fastfill Firetruck – essentially a four-wheel drive with an enormous pump to fill the other firetrucks. Used strategically during bushfires, this unit can help halve the water refill times for other firetrucks, meaning they'll spend more time actually putting the fire out and the community will be far safer from bushfires.

We believe in this firetruck so much, we're embarking on a crowdfunding adventure. Our target is to raise \$50,000 to purchase and build this new unit. We know that's a lot of money, but we also know how generous our fellow Hall residents and the Canberra community can be when a worthy cause is happening.

However, we also know that a little generosity sweetener never goes astray. So we've decided that



whoever provides the largest donation towards the project will have their face or business logo on the new firetruck.

Of course we realise that not everyone can be topping the scales with big financial donations, so we will also be writing the names of everyone who donates \$50 (or more) to our cause somewhere on the new firetruck as well. This

will allow the world to see how charitable you are, even if you don't have the biggest cheque book.

And of course, in addition to everyone knowing what a generous person or organisation you are, for any \$2 and over donation to the project, Hall Brigade can provide a tax deductible receipt. So this means your generous act will also reduce your tax bill. And who doesn't like the idea of helping a worthy cause, paying less tax and keeping more money in your pocket?

So if you'd like to help Hall Brigade achieve its mission and have the chance of getting your face or business logo on that brand spanking new firetruck, simply:

1. donate at Hall Brigade's fundraising page www.givenow.com.au/hallruralfirebrigade (remember donations of \$2 and over are tax deductible, but we'd love you to donate at least \$50 so we can put your name on the new truck to show the world how much you care about your community), and
2. share our project with your friends and family.

Thanks in advance for your help, it is greatly appreciated.



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To find us, take the Wallaroo Road, turn left at Southwell Road, then right at Brooklands Road then left into Woodgrove Close. We are at the end of Woodgrove Close.

Composting

by **Lisa Walmsley**

This is something we should all be doing, yes it is a little time consuming, but like all good things it's worth the effort. What many of us consider garbage is actually a wonderful potential compost, a beneficial product for the garden. There are a number of ways to compost and you are bound to find a way that fits in with your time and space limitations.

As much as 30 per cent of our waste may be composted. It can save you money by reducing the need to fertilise and lowering your garbage fees.

Composting can also be your small contribution to reducing greenhouse gases as kitchen scraps produce methane gas when left in landfill. Composting stops pollutants going into our streams and lakes and it binds to heavy metals and breaks down other dangerous contaminants.

There is a whole science behind composting, hot versus cold, vermicomposting, leaf mould, grub composting, humanure composting, municipal composting and the list goes on. Some methods require more time and space than others and some require fairly gross practices, but I guarantee you will find one that suits you.

Some of our local councils provide decomposable bags to put your kitchen waste in. This is an awesome initiative and should be encouraged in every household.

The two I will focus on are hot and cold and these are practices easily adapted to your home garden.

Hot composting

This involves raising the temperatures within the compost pile, creating a perfect environment for microbes to process the waste. Hot compost is completely free but does require a little more work.

You will need 25 parts of 'brown waste' autumn leaves, cardboard, newspaper etc to one part 'green waste' such as kitchen scraps, lawn clippings etc.

To keep the compost decomposing you must turn it every 2-3 weeks. With regular care your compost can be ready within a few months. Some folk like compost tumblers, but I have found they end up being too heavy to turn, defeating the tumble!

Hot composting can become so hot you can create a nature water heater by running water pipes through the middle of the pile.



Cold composting

This is much more relaxed. You add whatever you have on hand and temperatures rarely vary. Cold composting can take up to a year. This form of composting is great for someone who doesn't create much waste. As temperatures don't alter much, pathogens are not killed off, which means

you should not add meat, potentially dangerous products or noxious weeds to your compost.

Crumbled newspaper can improve the success of cold composting as the paper increases the aeration of the pile. Remove finished soil from the bottom of the pile first.

Some folk feel that cold composting lets more beneficial microorganisms survive.

Really there is no excuse; we all eat, so we all have access to decomposing material to compost. No matter how small or big your garden patch is, it will always benefit from compost.

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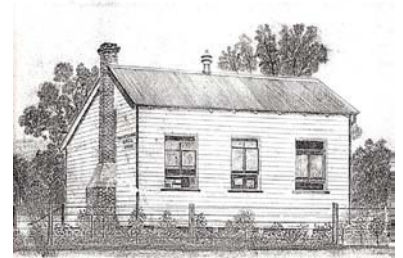
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Museum Musings

museum

Phil Robson

Honorary Curator



ANZAC Commemoration in April 2015

The Anzac Commemorative Exhibition has been an outstanding success. From the opening on 11 April by Andrew Leigh there has been a constant stream of visitors. The positive feedback has been overwhelming and due to this response it has been decided to keep the exhibition going for the foreseeable future. A number of group visits have already been booked for June and July.

The exhibition came together after many long months of research and creative activity on the part of the museum volunteers. The variety of displays include storyboards, the Hall Schoolroom where children could prepare comfort packages, artefacts, the audiovisual presentation and of course the 'Welcome Home' display which has been such a huge hit with the visitors. We also acknowledge the wonderful 'Lest We Forget' and Flanders Field display



Museum volunteers: Heather Wilford, Jan Peelgane, Joan Christie and Yvonne Robson

incorporating hundreds of hand crocheted poppies by Joan Christie. One of these poppies was taken to Gallipoli and attached to the Lone Pine memorial as a tribute to Stephen Eugardie, the great uncle of Hall resident Ken Heffernan. On Anzac Day a commemorative plaque was unveiled by Meegan Fitzharris MLA recognising those men not previously acknowledged on an Honour Board after WWI. It was also a good opportunity to show Ms. Fitzharris around the school site and show her the amount of community work being done by volunteers from the Museum, the Hall Mens Shed and the Rotary Club of Hall.

If you haven't visited the exhibition it is open every Thursday morning from 10am till 12 noon and on Hall Market Days from 12 noon till 3pm. More details are on the Museum website.

'Peace Tree' Garden

The Hall Museum has received another grant under the Centenary of Anzac Commemorative Grants Program and used to focus on the garden area around the Peace Tree. A variety of shrubs will be planted in the commemorative garden and benches will be placed near the tree to provide a place for reflection and a new larger commemorative plaque will be installed.

Repairs to the old school

The ceiling space has been cleaned and insulating material installed. It was necessary to replace some of the electrical wiring running in the roof space as it was old and dangerous. It is planned for a replica roof vent to be manufactured and installed as it was in the original building. Work to re-fix the walls and the floor and re-secure the sub-floor supports has commenced after sourcing the original type of Cyprus wood to replace the old weatherboards.

School site proposal

For the latest developments, see the VHDPA President's Page on page 7, or visit the website.

website: museum.hall.act.au

email: museum@hall.act.au

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Snowy the Sheep

by Blake Leishman (aged 11)

Did you know that sheep could be movie stars? Well, I definitely didn't. Not until I met Snowy. Snowy the Sheep.

It all started when I was staying with my uncle on his farm. I was milking the cows when I noticed a lamb doing ballet in the next paddock. I could not believe my eyes so I went closer to investigate. It was amazing. I had never seen it before. All the other sheep were just eating but this one could have won an Oscar!

I had to get him off the farm and get him to the dancing contest.

The next day I went over to talk to him to see if he had some super powers or something but all he could say was 'baaaa'.

I sneaked him out of the paddock and placed him on my bike. The bike was big enough for two people so he could easily fit on it. I rode him into town and signed him up for the dancing contest.

There was a sign out the front saying no animals allowed so I dressed him up to look like a human and named him Snowy.

When we went into the hall, there were heaps and heaps of people. Luckily there were only 15 competitors.

Snowy did his act and made it into the finals. If he won, he could make it into the big league.

We waited two long weeks for the finals. It was time to win.

We went into town again and I dressed Snowy up as a human again and fooled everyone.

Snowy danced his fluffy tail off! Unfortunately, he didn't win.

When we were about to leave, a judge ran backstage and up to us and asked if we would like to try out for the movies. Of course, I said yes. He told us that we had to fly to Sydney to try out.

We went back to the farm, all excited well, until I saw my parents standing there looking unhappy. I was sprung - I wasn't allowed to ride into town on my own and now I was also in deep trouble for stealing my uncle's lamb.

I tried to explain but they didn't believe me. They started laughing because they thought it was nonsense.

We went home in our old rusty ute. On the way home, I convinced my parents to take me to Sydney with my new friend Snowy by using my secret weapon - a neck massage.

A few weeks later we were at the Sydney Opera House and it was enormous! Snowy and I tried out for the new action movie called *Iron Man*. Unfortunately I got stage fright but Snowy was a natural. Soon after, word spread around about how good Snowy was at acting and was offered many acting jobs from some big Hollywood directors and off he went.

Snowy and I lost contact but hopefully he still remembers me and how it all started.



Do any of our readers have stories or artwork that their children have created, that they would like to share with the Hall community?

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Mobile 0409 038 850 Email: strachan3@bigpond.com

Her office is located at
"Rivendell" 49 Oakey Creek Road,
Wallaroo via Hall NSW 2618 (off Wallaroo Rd).

Hormone hell? health

Anita Kilby Naturopath

Did you know that women's monthly cycles are supposed to be symptom free? Symptoms indicate that something is out of balance. They are a warning sign that, if heeded, can prevent the progression to worsening of symptoms or developing more serious reproductive concerns, including cancer. If you are symptom free then you can be fairly confident that your overall health is pretty good.

Many women suffer with annoying or debilitating symptoms every month. Bloating, digestive changes, food cravings, acne, headaches, fatigue, mood swings, anxiety, depression, insomnia, joint pains, backache or cramps are common in the days surrounding the onset of the period. Some women experience one to two symptoms, others endure many. We commonly refer to these symptoms as premenstrual syndrome (PMS), which affects about 40 per cent of women. Severe forms of PMS are called premenstrual dysphoric disorder, which thankfully affects fewer women (3–8%).

There are many factors that may contribute to PMS. Hormone and neurotransmitter imbalances often play a part, as can stress, nutrient deficiencies, a poor diet, and even cultural factors. There are many theories about the causes but so far a definitive cause hasn't been identified. Perhaps this reflects the diversity of factors than can combine in an individual to produce the symptoms, pointing towards the need for a multi-pronged approach to treating PMS.

The medical approach is to treat with the contraceptive pill, pain relievers, antidepressants, diuretics, or even to resort to surgery. Unfortunately these medications can have quite a list of possible adverse side effects, including life-threatening blood clots. Diet and lifestyle changes may also be recommended, especially to encourage weight loss.

Other hormonal/reproductive conditions may also develop, such as endometriosis, fibroids, irregular periods, PCOS (polycystic ovarian syndrome), abnormal bleeding and infertility. Again medications or surgery are often prescribed to treat these conditions.

The naturopathic approach to treating hormone related conditions is to identify and treat any of the following factors that may be contributing to the symptoms: hormone imbalances, neurotransmitter imbalances, lifestyle and exercise, digestive and diet issues, nutrient deficiencies, stress; emotional/cultural factors, environmental toxins and any other individual factors impacting on general health.

Naturopathic treatments include a range of medicinal herbs, which have a long history of success in treating hormonal issues with few, if any, side effects. Treatment for three to six months with the appropriate herbs will usually produce significant symptom improvement. When combined with a clean up of the diet, reduction of toxin exposure, stress reduction, etc, long term improvements are to be expected.

An excellent and really affordable book, *Period Repair Manual* by Sydney naturopath Lara Briden, was released early this year (available in paperback or on Kindle). Lara views menstruation symptoms as a monthly report card on a woman's overall health. I highly recommend this book as a guide to understanding your symptoms and finding the best natural treatment for specific conditions. You can get a taste of Lara's approach from her blog at www.larabriden.com. Another of my favourite authors is Dr Aviva Romm, an integrative doctor in the US. She has a wealth of information on women's and children's health on her blog at www.avivaromm.com.



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Taking care of senior horses in winter

by **Sasha Migus** Veterinary Student
and **Dr. Natasha Hovanessian**

equine

Horses have an expected lifespan of over 30 years and are considered 'senior' when they reach about 18 years of age. Senior horses have unique healthcare requirements, especially as the colder months approach. There are several ways we can help prepare them for winter including joint protection, appropriate nutrition and good dental health. Other important considerations for care of senior horses in any season are deworming and vaccination, protection from the elements and awareness of the increased risk of hormonal diseases with age.



Severely worn incisors in a senior horse

Many horses will develop arthritis due to natural wear and tear of joints over time. Arthritis is a common source of pain in senior horses but there are a range of products available that can modify the disease process and help protect the joints. It is best to start your horse on joint protectives *before* the cold weather sets in and signs of pain are seen as it can take several weeks for the medications to reach therapeutic levels in the body. Products such as Hyaluron, Pentosan, and 4CYTE are available in oral or injectable forms and your veterinarian can help tailor a plan specific to your horse's needs.

As horses age, they have difficulty maintaining body condition. The most suitable senior diet is one high in protein and fat (as long as there are no underlying liver problems), with an excellent source of roughage. All feed given should be easy to chew and digest, and any diet changes should be made gradually over two to three weeks.

Maintaining dental health is important in the senior horse as their teeth can become worn out over time, putting them at increased risk of problems such as choke and gut impactions. Senior horses may require more frequent dental exams to minimise discomfort in the mouth and preserve the ability to chew and hence hold ideal body condition. In horses with very poor dentition, it can be helpful to moisten food to a thick soup consistency and ensure fibre length is kept short.

Senior horses are at increased risk of hormonal diseases such as Equine Cushing's, which arises due to a non-invasive tumour of the pituitary gland, which is located below the brain. Signs may include a long and curly hair coat that fails to shed in spring, abnormal sweating, weight loss and lethargy. Your veterinarian can diagnose Cushing's Disease from clinical signs and screening tests, but the good news is it can often be easily treated with medication.



Long curly hair coat in a horse with Cushing's disease

Older horses tend to have reduced immune function and may be more susceptible to parasites and infectious disease, so keeping up to date with deworming and vaccination is also important. Senior horses are also more sensitive to the cold as they are less efficient at regulating their body temperature. Consider the use of cosy rugs, shed or stable access and plenty of comfortable bedding during winter.

Keeping your horse in good health in their younger years will give them the greatest chance of a long, healthy life. When aged, horses will benefit from annual or twice yearly health checks to ensure the best quality of life.

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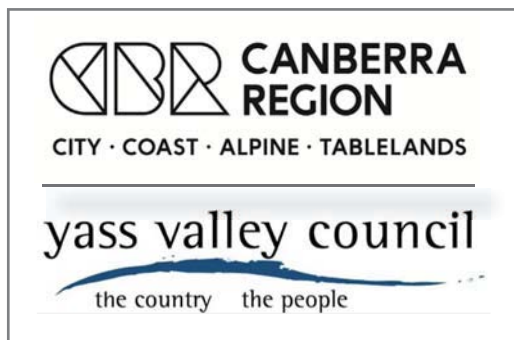
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NSW south-east councils unite under Canberra Region banner

Yass Valley Council, along with other councils across south east NSW announced their official partnership with the ACT Government during the launch of the Canberra Region brand at the Q Foyer in Queanbeyan held on Monday 11 May. The new partnership will greatly benefit all regional councils and the ACT.



'There are few other places in Australia, or indeed the world, where you can spend the morning skiing in the mountains and dine on oysters by the ocean in the evening'.

Clr Rowena Abbey, Mayor of Yass Valley said the announcement will create a range of brilliant possibilities for all communities in our region.

The region's richness in rural villages, wineries and agriculture means it has much to offer in supporting lifestyle choices and innovative small businesses across the Canberra Region.



The ACT Chief Minister Andrew Barr, the Minister for Regional Development, Minister for Small Business and Member for Monaro John Barilaro, and Clr John Shaw, Chair of the newly-formed Canberra Region joint organisation reiterated the importance and value of cross border collaboration and how collectively they could drive regional prosperity.

'The greater Canberra Region offers a dynamic and diverse range of industries running from the Alpine, through the Tablelands and down to the Coast, contributing to an increasingly influential regional economy,' Chief Minister Barr said.

'The development of a single brand for the region will provide a strong platform upon which we can promote our competitive strengths to potential visitors, investors, students, residents and businesses. United, we are confident, bold and ready,' Clr Abbey said.

The strength of the regional economy in terms of its size, population base, diversity and capacity for innovation is increasingly being recognised as a competitive advantage, which can be leveraged by this new partnership.


NSW Councils uniting under the Canberra Region brand include Bombala, Boorowa, Cooma-Monaro, Eurobodalla, Goulburn-Mulwaree, Harden, Palerang, Queanbeyan, Snowy River, Upper Lachlan, Yass Valley and Young. Collectively with the ACT Government, they form the Canberra Region Joint Organisation (CBRJO). The CBRJO will work with stakeholders to enhance economic development opportunities with the Canberra Region brand.



The Canberra Region brand will adopt the use of the CBR logo, which will be integrated into the existing logos already used by local councils.

Yass Valley Council contact:
Sean Haylan, Economic Development & Tourism Manager

P: 6226 2557 E: council@yass.nsw.gov.au



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Three local wineries turn surplus grapes into funds for Canberra's asylum seekers and refugees

Four Winds Vineyard, Collector Wines and Eden Road Wines have taken four tonnes of surplus Shiraz grapes and will turn them into wine to raise funds for Canberra's Companion House. Companion House provides support to asylum seekers and refugees living in Canberra.

Four Winds Vineyard's business manager Sarah Collingwood said they are pleased that the grapes would go to such a good cause.

'We have had a great season and fulfilled all our needs, but there were still grapes in the vineyard,' she said.

Four Winds Vineyard was not able to fit another berry into their winery, but discussions with neighbours Alex McKay from Collector Wines and Nick Spencer and Hamish Young from Eden Road will see the wineries collaborate to produce a finished product.

There will be approximately 200 cases of wine that is available to purchase now for \$200 a case, \$174 from each case will go to Companion House. The wineries will donate the grapes, winemaking and bottling machinery needed for the project while \$26 a case will go to covering costs such as bottles, labels, cartons and postage. The wine will be completed and sent to supporters by November this year.

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Companion House Director, Kathy Ragless, said that this initiative was like being given a gift.

'We have recently lost some of our government funding and to hear about this was really heartening,' she said. 'The funds will go toward activities such as helping the children of asylum seekers become involved in some extra curricular activities and emergency funding for those in financial distress.'

The grapes were picked on 26 March and were processed before being aged in oak.

More details can be found and the wine can be purchased online at www.fourwindsvineyard.com.au/the-4-tonne-project/

For more information contact:

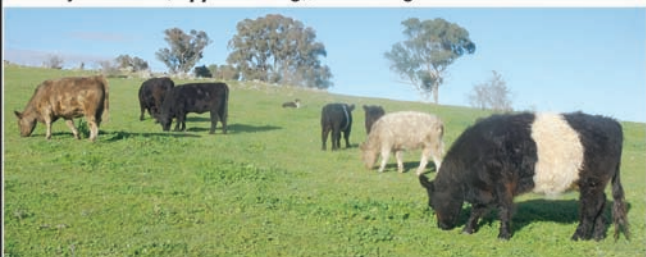
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Village of Hall and District Progress Association Inc

A friendly reminder that subscriptions are due for this year. Your \$10 subscription will bring you up-to-date until 1 July 2016.

The Association uses the funds to support important community facilities such as the Bushfire Brigades in Hall and Wallaroo, the Hall Museum, Mens Shed and a range of activities which can be seen on the website (www.hall.act.au) including traffic improvements and consultations.

Any questions, please contact Bob Richardson
Secretary VHDPA, 0407 071 245

Membership forms are available to download from the Hall website:
www.hall.act.au/Documents

Annual General Meeting Thursday 20 August 2015

An opportunity to raise issues of interest or concern
– and meet the neighbours!

Hall Bushrangers upcoming matches



Saturday 13 June Hall Bushrangers v ADFA

Round 8 of the season.

Reserve Grade kick-off: 1330 1st Grade kick-off: 1500

Location: The Hideout (Hall Oval)

Saturday 20 June Hall Bushrangers v RMC

Round 9 of the season.

Reserve Grade kick-off: 1330 1st Grade kick-off: 1500

Location: The Hideout (Hall Oval)

Saturday 4 July Hall Bushrangers v Yass

Round 11 of the season.

Reserve Grade kick-off: 1330 1st Grade kick-off: 1500

Location: The Hideout (Hall Oval)

Saturday 25 July Hall Bushrangers v RMC

Rescheduled game from earlier in season.

Round 3 Double Points Game

Reserve Grade kick-off: 1330 1st Grade kick-off: 1500

Location: The Hideout (Hall Oval)

Please tell me, asked the Walrus
as he ate another shrimp,
what we had for breakfast
and why it was so limp.

We had oysters said the Carpenter,
and they were firm and fat.
You remarked as much your very self,
before you chased the cat.

Oh dear replied the Walrus,
eager to sound chaste.
What's the point of eating oysters
if you can't recall the taste?

Precisely said the Carpenter
with a weary smile,
to eat your share was wasteful,
to eat mine as well was vile.

Then they slowly rambled home
more in want than need,
reflecting on the way things are
in a Wonderland of Greed.

(apologies to Lewis Carroll)

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Fox baiting – a regional approach

Many people who travel the rural roads of our districts may have noticed signs adjacent to landholder's driveways promoting a program initiated called *Feral Fox Fighters*. This program has morphed into a regional program called *Feral Fighters*.



Don't leave it until you see a fox carrying your lambs away before contemplating baiting – the horse has bolted. There is also plenty of evidence to show that simply baiting once a year just before lambing is no longer going to cut it. This is shown in the graph.

Throughout 2015 South East Local Land Services intends to run *Feral Fighters* as an initiative to strategically target feral animals at a regional and state scale through coordinated group baiting and control programs throughout autumn and spring.

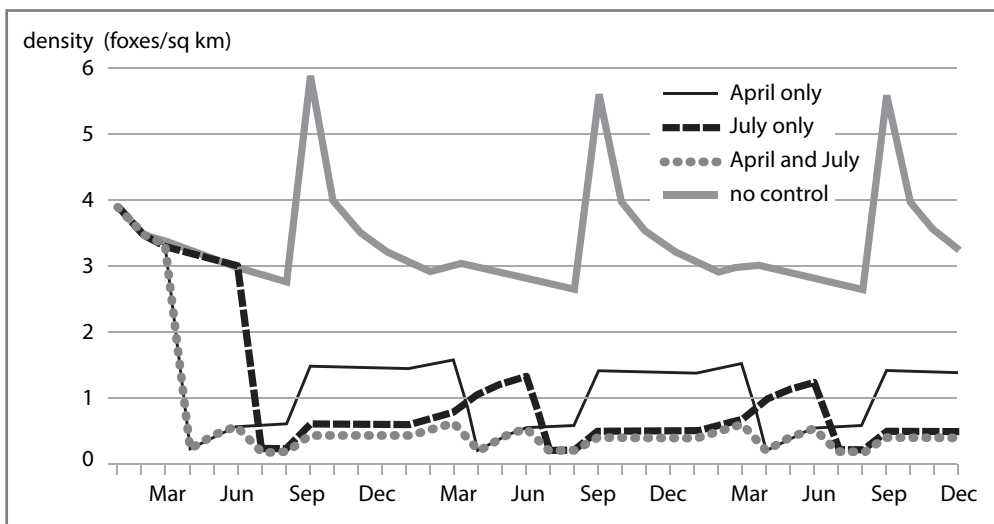
There have been in excess of 350 landholders in the Boorowa, Yass and Upper Lachlan local government areas register for *Feral Fighters*.

Repetition

Because of dispersal and reinvasion we need to continue to do bait year in and year out. Fox dispersal distances have shown to vary from 2–40+ km. *Saunders et.al 2002* observed a straight line dispersal distance of 300km. Another individual was shot 260km from site of capture only one month after being released. Foxes are here to stay.

Group baiting

Many landholders are aware of the advantages of group baiting, in fact over 20 fox/wild dog group baits have already occurred so far this year. All the scientific information that has been published in recent times suggests the bigger the group the more successful the program. Organising a group bait does however require a fair amount of effort.



Projection of a fox population subject to varying 1080 baiting control campaigns (bait density set at 10 baits/km²) Saunders and McLeod 2007

Timing of Baiting

Studies of energy demands and reserves indicate that the most ideal time for fox baiting is the point where energy depletion turns to energy gain.

Other studies suggest the optimum time for baiting is when a fox's diet is depleted or when there are changes in their behavioural patterns (when foxes are breeding from June to August).

What many large scale programs have done in recent times is to use these recommendations and tailor them to the group's production systems. By this I mean organising around other tasks that are on the schedule i.e., lambing and mustering for husbandry.

The 'outfox the fox' control programme in NSW recommends baiting twice a year:

- once in autumn when dispersal is greatest, and
- once in spring when females are breeding and under the greatest food stress.

These times can be juggled into our calendar; it just needs to be planned.

There is no silver bullet. So for better fox control, talk to your neighbours about forming a fox baiting group.

Please contact the Yass office of the South East local Land Service on 61 18 7700 for advice.

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Dear Editor

We would like to take this opportunity to thank all the people who expressed condolences and offers of help after our recent fire that destroyed our function centre in the early hours of Easter Sunday.

To the ACT Police, ACT emergency services, Hall volunteer rural fire-brigade, we thank you for the prompt and efficient attendance in extinguishing the fire and securing the site.

We would like to especially thank Allyson from the Wood Duck for hosting a tour group from England at very short notice and Sue and Robert from Poachers Pantry for the loan of equipment to continue with functions at the Hall Pavilion. Bill, Denis and Brent made a sterling effort to convert our tractor shed into a temporary function room so that we could continue to meet our commitments with prior bookings.

We thank Pierre for his advice on the plans that are under way to rebuild on the same site. The new building will be a similar structure reflecting the heritage of the local area; unfortunately material sourced from the original Gold Creek homestead site has been lost and replacement material is proving difficult to locate. Once again, all our thanks to the people of our wonderful Village and District.

Craig, Beverley, and John Starr



Letters to the editor

Dear Editor

I express my support to your very important messages in the past two editorials relating to domestic violence.

Domestic violence or family abuse is not only a real issue, but often a hidden crime which can lead to significant trauma, especially for children who are directly or indirectly involved.

We should make violence prevention and bullying top priorities to protect women, children and men in our communities. And as adults, remember that we are role models for the young, who learn from what they see and hear.

Well done to various media outlets, including the Rural Fringe - read not only locally, but nationally and internationally by way of the Internet - for highlighting such a relevant social issue which can affect so many families.

Kevin Stone

Dear Editor

I think my dear neighbour John Burns is thoroughly misguided about Islam, multiculturalism and peace in his letter in the April 2015 issue of Rural Fringe. I am deeply proud to have a number of Muslim friends whose cultural ideas of humility, brotherhood and sisterhood and hospitality, has touched my heart as a Hindu (do not forget that Hindus and Muslims have plenty to stand by my Christian friends in tough times. Yes, we live in one of those difficult times where bigotry and hatred are highly visible. In this setting, the measure of us as individual human beings, communities and nations will be not in how we exclude and highlight our divisions but in how we reach out, make connections, celebrate the fact of our difference, engage in difficult conversations where necessary and find the common ground of our human spirit. This has nothing to do with left and right wing politics but a common decency, goodness and understanding that, in my experience, transcends cultural barriers. May God bless beautiful Hall.

In peace, Mahesh Radhakrishnan



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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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Fantastic Flora

by **Damian DeMarco**

Fairy aprons

Utricularia dichotoma
 also called Purple bladderwort



Fairy's aprons are a small local carnivorous plant only 10 cm tall with underground stems and almost no leaves. Flowers are mauve to purple held on tall, erect black stalks which make them almost invisible giving the flowers the effect of floating in mid air. They are rarely seen these days due to stock damage as they always grow in boggy ground which is susceptible to deep trampling from heavy hooved animals. Another reason that the fencing of waterways like they do in Switzerland will give us cleaner water and greater biodiversity. One paddock in the region that has not been grazed for 10 years had the largest patch I have ever seen with hundreds of flowers. A stunning display. Flowers October to January.

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Daughters At HALL

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What a warm and friendly welcome to Hall Village we have received!

We are loving our new venture, *Daughters at Hall* is open from 6.30am to 5.30pm Monday to Friday and Saturday, Sunday 8am to 4.30pm over the winter months.

Please continue to join us for our fresh roast Wagonga coffee, breakfast all day, free range eggs with GF bacon on fresh damper rolls all day. We also offer baked on the premises secret family recipes cakes, slices and biscuits. Lunchtime delicious beef burgers, hot chips, cheesy dogs, hot soup and lots more.

Remember all day everyday milk, fresh bread, newspapers and alcohol sold here.

