

# RURAL FRINGE

*Journal of the Hall district*



VOLUME 22 ISSUE 6

December 2015



## parties & shops Hall Street Party

Hall Karate Club pee wees: Eli and Jack Herbert, Kevin Shaw, Liam Stanton, Cam and Emily Lomas, Layla O'Connor and Zac Deasey about to perform the a Goju kata



Jade Barnes and family with their locally produced honey



Hall Pony Club members, now Hall's hold up gang, Jane Carder and daughter Tilly on their steeds



From being last month's Rural Fringe Local Hero, James AB now on Hall's most wanted



The Mansfield boys and James AB escaping with the spoils of the hold up



Remembrance Day in Hall



Phil Robson lays a wreath



Speaking at the ceremony is Brigadier Graeme Finney. At the rear (l to r): Guest Speaker Brigadier Peter Kilpatrick (ret'd), Bill Pearson and Dennis Greenwood from the Rotary Club of Hall



The Legacy Club of Canberra would like to thank all Hall residents and visitors who were instrumental in making this year's Legacy Fundraiser an overwhelming success. Particular mention to the numerous volunteers, ADFA cadets, The Federation Guard, the Hall Markets, corporate sponsors and many others who gave their time, effort and donations willingly to support this worthwhile cause. On behalf of all Canberra Legatees - Thank you for a job well done. With sincere thanks and appreciation Frank Wimmler Legacy Club of Canberra,



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**Pankhurst Wines**

**Catch up in the Park**

**Next Catch up 6 December!**

For those who would like to have a relaxed couple of hours in the beautiful surrounds of the Village Park!

On the first Sunday of the month, at 4pm (excluding January) bring your afternoon refreshments, picnic rug or chair to the Well in the park at Gladstone Street and enjoy the company of neighbours and friends. It is very casual and relaxed – come for a few minutes or stay as long as you like. Everyone very welcome.

enquiries:  
**Margaret Monahan 0419 251 512**



*Catching up in the Park on 1 November*

We had a great time at the Party at the Hall shops showing our wines and catching up with friends old and new. Loved all the country activities that make Hall special.

The Hills of Hall Spring Wine Festival was a great success recently; the wines, food and views a great combination for a day out. Spring has been magic this year in the vineyard; good rains resulting in healthy growth.



We will be open every day between Boxing Day and New Year's Day – see our website:

**www.pankhurstwines.com.au**  
**56 Woodgrove Close, Wallaroo**  
**6230 2592**

**Farmer Brown's Free Range Eggs in Hall**

Farmer Brown's Free Range Eggs is a locally owned family business producing free range 'pastured' eggs. The eggs are produced on a 20 hectare property in the Hall region of ACT, off Wallaroo Road.

The Brown family of Hall has a long history of traditional free range egg production. We are building upon those traditions by combining them with modern sustainable and humane farming techniques incorporating innovative ideas, such as pasture rotation and recycling of waste food, to create a more sustainable city.



In addition to this information we are in the process for creating a website **www.farmerbrownsegs.com** and our eggs are now available for sale at **Daughters at Hall** or direct - and we are Hall's own Free Range eggs.

If you would like to know more please contact me:

Greg Palethorpe **0402 840 834**  
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Christmas specials will be available at: **geraniumhouse.com.au** The new website is nearly finished and this will have an online shop. Vouchers can be emailed if required at short notice.

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(02) 6230 9220 | [www.geraniumhouse.com.au](http://www.geraniumhouse.com.au)

## Take a Walk

Our bushwalking track surrounding the village was built and is maintained by local volunteers.

The track has been mown to make its use safer and more pleasurable. Passing through public and leased land, the track provides a pleasant amble for walkers interested in local flora and fauna and those just exercising or relaxing.



Tony

Tony Morris mows the village walking trail. Tony has volunteered thousands of work hours and his machine to the betterment of our community.

Users are reminded that the horse paddocks on the village common are 'dogs on lead' areas, as are any areas where stock (sheep or cattle) are present. If you find stock in an area do not interfere or relocate them as they are usually placed there for a purpose.



photos: Bob Richardson



Several of the areas through which the track passes are grazed once or twice a year to reduce growth and lower the need for fire hazard reduction burns in preparation for the bushfire season. This practice has been recommended by both environmental and fire authorities.

A map showing the track is mounted at the corner of Gladstone and Victoria Streets near the wire dogs. Please enjoy the track and be aware during the bushfire season.

## HALL PONY CLUB REUNION

Past members of the Hall Pony Club are invited to get together at the HPC Christmas Party on Sunday the 13th December 2015. Come for the whole day or just drop in for lunch at 12-12.30. Lunch is \$10 per head. We dont have contact details for many of our past members so please spread the word.

RSVP to: Mick DeBritt 0428 233 303  
Bill Pearson 0419 489 606 or [billypearson@gmail.com](mailto:billypearson@gmail.com)

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## St Michael & All Angels Anglican Church

### Christmas Events

The lovely season of Advent throughout December is a time of preparation for the joy and celebration of Christmas. At St Michael's we have a busy calendar:

#### Sunday 6 December at 7pm

##### *Service of Lessons & Carols at St Michael's.*

All are invited to hear the true story of Christmas told through six short Bible readings and favourite carols in this simple candle-lit service, followed by a simple supper if the weather permits.

#### Wednesday 9 December at 7pm

##### *Children's Nativity play at Wattle Park Uniting Church.*

The children of St Michael's and Wattle Park Uniting will join together to present an outdoor Nativity Play – with a real baby playing Baby Jesus!! Everyone welcome.

#### Saturday 19 December at 2–5 pm

##### *Family Fun Day at St Barnabas, Charnwood.*

Come along to enjoy an afternoon of fun activities at our Charnwood church. We'll have crafts and activities for children; a biblical petting zoo; music from Victoria Street Brass, Salvation Army band and Johnny Huckle; a sausage sizzle and other good food; and our op shop Barney's Boutique will be open extended hours.

#### Sunday 20 December at 6pm

##### *Nativity play and service at St Barnabas, Charnwood.*

We're hoping many of the children who attend the Fun Day on Saturday will take a part in the Nativity service at Charnwood on the following day, but everyone is welcome to come along and celebrate the wonderful story of the birth of Jesus.

#### Thursday 24 December at 10pm

##### *Christmas Eve at St Michael's.*

A traditional service of Holy Communion to begin the celebration of Christ's birth.

#### Friday 25 December at 10am

##### *Our Christmas Day service will start at 10 am.*

Residents of Hall and surrounds, friends, family and visitors are warmly invited to share this celebration at St Michael & All Angels.

For more information please ring

Beryl on **0408 488 526** or email our parish office  
**stbarnabascharnwood@outlook.com**

## St Francis Xavier Catholic Church



### Christmas Eve at 7pm

Carol service  
in the church

followed by  
Mass

at **7.30pm**

The singing will be lead by the  
St. Francis Xavier Choir under  
the direction of Nikki Carson



## Springfield Rural Fire Brigade



### Christmas Party

Sunday 13 December, 4pm

Patemans Lane Fire Shed  
Murrumbateman

BYO drinks and salad or sweet to share.

The Brigade will supply steak and snags.

Santa will be there .

Email Santa's helper on **marcia@cobb.id.au**  
to let Santa know how many kids to expect.

Springfield Brigade invites all in Hall and  
District to come and celebrate.

Wishing all a fire safe and Merry Christmas!



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# Hall Street Party

by **John Carson**

Holy Moly – where did they all come from? I have never seen the streets so packed as they were on the Friday evening of the Hall Street Party. Jackos Pizza was pumping them out and people were devouring them as if the apocalypse was just around the corner. The *Daughters at Hall* were producing fare worthy of the finest restaurants in Mayfair and at a fraction of the cost. The ambience in the store was one of bustling excitement as the discerning customers selected from among the delicacies and sumptuous cakes and pastries on offer while the exuberant staff danced attendance on them.

The wine stalls were parading their finest chardonnays and cabernets and their sophisticated customers were sipping and breathing the bouquets and chattering their approval as they nodded their appreciation by tendering their glasses for refills.

The weather was perfect and there was an irrepressible feeling of joie de vivre in the air. As I overheard one bloke say you wouldn't be dead for quids on an evening like this.

Victoria Street had been cordoned off to traffic from the early afternoon and was now enjoying an enhanced status as it paraded itself as The Victoria Mall. Outdoor table settings with colourful umbrellas were dotted along the 'mall' and people milled hither and thither with a carefree abandon. What was especially good about the evening was the opportunity to catch up with local friends and acquaintances who you hadn't seen for what seemed like ages and also of course to make some new friends.



What contributed to the carnival atmosphere was the range of entertainments on offer. Centre stage was the wood chopping and sand shovelling competitions, while in various other locations up and down the mall were karate displays, marching girls, dancing and general mayhem. The band *West Texas Crude* was kicking up a firestorm on the forecourt of Tony Hazleton's garage and in the evening twilight I almost mistook a couple of the petrol bowsers for some of the backing group. (The chardonnay may have had something to do with this as well.)

Who do you reckon would win a race to cut a piece of timber the size of a massive great tree trunk between a bloke with a chainsaw and another group of three wielding a two handled crosscut saw? Would it influence your decision if I told you that one of the threesome was a good looking girl called Cheyenne who looked as if she had taken time out from the musical *Annie Get Your Gun*? By God I can tell you it was a close match and the supporters on both sides were screaming their heads off at the exciting

finish. If you really want to know the answer ask Shaun O'Connor; he will enjoy telling you all about it and maybe recruiting you into the sport.

Talking of stage shows, it was in fact a bit strange how the whole evening had a bit of a surreal feel to it as if we were all on some giant stage acting out our parts. No doubt this was due largely to the banqueting and socialising that was taking place in the middle of a street which is normally a busy thoroughfare. Maybe the face painting played a part as well. I know that I was very tempted to ask Mademoiselle Deb, who occupied the rather exotic and enticing face



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painting stall at one end of the mall and whose own decorated face gave her the look of a mischievous but benevolent sorceress, if she might conjure up a quick Dracula face for me so that I could go round and scare the living daylight out of the grandchildren. I know – it’s pathetic but it was Halloween the next day.

Alas, when you get to my age there is just so much excitement one can handle without running the risk of cardiac arrest so it was with great reluctance that I decided to pull stumps before the younger set moved

into overdrive.

Sated with pizza and vino and having bidden farewell to some new found friends, I wavered my way down Gladstone Street past the village green on the left, then across the highway and back down the Wallaroo Road. A grand night for an invigorating walk home and a little bit of reflection. Living in the Hall Village and environs is for most of us a privileged existence; the Hall Street Party reminds us of just how lucky we are.

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# Hall Wood Chop

by **Shaun O'Connor**

The street party was a huge success and one major draw card was the wood chop demonstration.



▲ *Mick Moore and Richard Fulton*

The wood chop was organised by a group of committed axemen and friends, the majority of axemen being the first year they have started to chop. The demonstration included 300mm Underhand, 275 Standing block, 450mm 2 man butchers block and 2 man sawing events.

The highlights were Cheyanne Girvan (our only female) cutting underhand sawing block and young Austin O'Connor (10) who has started the sport approximately 10 months ago. Both had great support from the crowd.



▲ *Cheyanne Girvan*

Thanks to Brian O'Connor and the Collectors Club for the setup and clean up. Many thanks also go to Allen Jenkins for his great commentary and marshalling skills on the day.

The Hall Wood Chop will now be an annual event and hopefully through sponsorship we can attract many other axemen from around Australia.

The following axemen were chopping at the street party:

- Shaun O'Connor
- Austin O'Connor
- Richard Fulton
- Mick Moore
- Luke O'Connor
- Alex Dyriv
- Glenn Rolleston
- Les Rolleston
- Josh Clark
- Cheyanne Girvan
- George Southwell
- Frank Morrison



▲ *Austin O'Connor*



▲ *Simpson children selling home-made biscuits in Victoria St*

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# Fire Ball at Poachers Pantry

by **Lyn Anderson**

On Friday 23 October over 120 guests enjoyed the hospitality of Poachers Pantry, a delicious three course meal, a stunning venue, the rocking music of *West Texas Crude* and an auction which raised over \$23,000.

The weather was perfect, the marquee looked outstanding – fairy lights adorned the ceiling, and centre pieces constructed by firefighter Trish decorated the tables.

All the guests were keen to support our wonderful local volunteer fire brigade. John Baird, the president, welcomed guests and the night began.

A delicious entrée followed by an equally splendid main course arrived promptly. The auction which followed was fun and spirited.

A special thank you to our friend and auctioneer John Cooper. The auction items were varied and impressive.

Lots of power tools, electric fence energiser, GoPro camera, microwave, WiFi game console, ladies and gents matching watches, printers, garden light package, hand made quilts, 50" TV, split system air conditioner, Yamaha pee wee 50 motor bike, cinema tickets, limo ride, wine and spirits, overnight accommodation, colour touch screen intercom, vouchers for conveyancing and will preparation, car washes, car servicing, high tea, lunch for four, photographic package, homemade cakes, plumbing services, pampered pooch treats, carpet cleaning, beauty and hair care products, full body massage, truck loads of water, trailer and wood and a six burner BBQ.

Then came lot 49... this was the supply and installation of Quantum Quartz kitchen bench tops and glass splashbacks donated by P&K Joinery, PDA Marble and Granite, Quantum Quartz and Toscan Glass. This much sought after item raised a huge \$5000 for the Brigade. **AMAZING!**

Every donation was greatly appreciated by the brigade.

A special thank you to the Federation Square traders for their continued support for all fund raising events at Poacher's each and every year.

Poachers donated \$6000 from ticket sales as well as a box of Wily Trout wine and a voucher to the Smoke House Café.



This is the eighth year Poachers Pantry has hosted fund raising events for our local community.



Wallaroo, Springfield and Hall volunteer firebrigades, the Hall Men's Shed, and Hall Pony Club have all benefited financially from the generosity of Sue and Robert Bruce.

This year I was lucky to have Katie, their very capable daughter helping organise this wonderful event.

Hall Pony Club conducted a raffle on the night which raised \$700 and was won by Sally and George, members of our club.

A big thank you to our beautiful grandchildren Amy and James along with their friend Hanna in her very high heels and Miles for parading the auction items during the evening.



The total raised on the night was very close to \$30,000.

An outstanding effort for an outstanding volunteer fire brigade.

Thank you to all who helped *Set the night on fire.*

## Hall Village Motors

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# Hall Men's Shed moves to metal

by **Kevin Stone**

Due to a most generous donation by Ian Haynes, a member of the Melba Shed, we are now in possession of a well maintained metal lathe. However, it only got there after some very good teamwork, because it took a bit of effort!

And of course what we could do 20 or more years ago takes just that little bit more these days! A lot more! So many thanks to our volunteers who did such a great job. And a special acknowledgement to non-shed members, Andy Fulton from Hall Metal Fabrications and Brian Gerstenberg, for their time, effort and expertise.

So a new phase can begin! And with our existing metalwork gear, including welding and other equipment, the lathe broadens our focus which in the past has mainly been on woodwork.

It's been a pleasure to see the early interest in the lathe taken by some of our guys, who have done a great job in bringing it back to its former glory.

There are already a couple of jobs lined up for the blokes who have previous lathe experience, so it can be put to immediate use. They're also keen to teach others willing to learn how to use it.



Metal lathe donated by Ian Haynes

Metalwork brings back high school memories for me, and it's been a long time since I've been let loose on one. But I'm always keen to try new things.

So if you've been thinking of joining our merry band, but not into woodwork, well now we have a new 'toy' to play with! It is in tip top condition and is sure to give many years of trouble-free service.

Having said that, we also have plenty of woodwork gear to keep people occupied if they want to work on their own project or help out with jobs for the community. There's always things to do for people who want to get involved.



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# shed

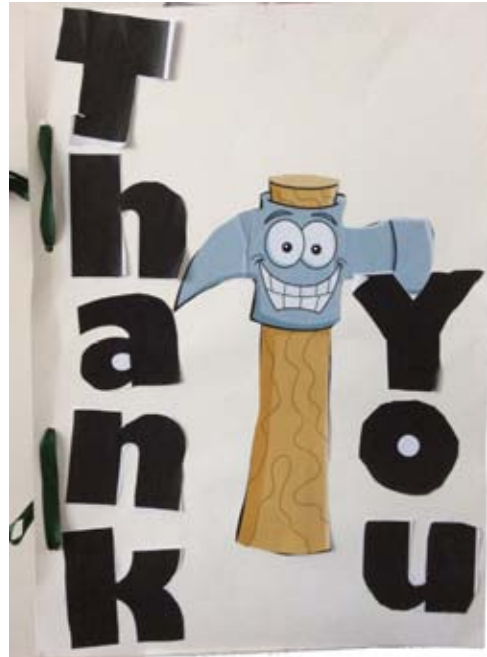
## School bag racks a hit with kids!

Our latest effort, made by our master craftsman, John Gerstenberg, and ably assisted by Peter Howard, who does a lot of the 'background' work and is always on hand with his ute, was a couple of school bag racks for the Mother Teresa School at Harrison. And of course John doesn't just 'knock things together', because he makes things the right way and the end result speaks for itself. They look great and from the positive feedback we've received, the mobile racks, with 14 hooks on each, are just what the class needed.



Peter Howard about to deliver the school bag racks

In fact, the Rainbow Fish Class at the school showed their appreciation by giving us a beautifully presented four-page poster, complete with photos and special 'thank you' message. This was a worthwhile project undertaken by the shed, especially when we saw the happy, delightful children's faces.



Front cover of a poster from the Rainbow Fish Class school children

Well done, John and Pete. Once again, the voluntary work you do on behalf of the men's shed is greatly appreciated.

Companionship is the shed's main purpose

It doesn't matter if men who come to the shed want to pick up a tool or not. In fact many have 'been there, done that' and are more than happy to enjoy the mateship they experience. And as with men's sheds in general, there is a great sense of camaraderie which has built up over time in our shed.

Our monthly barbecue (first Thursday of the month) is always a success, as is every morning tea 'coffee and chat'. We have quite a wide range age group, so it's not just for retired 'gentlemen'. Far from it, because we encourage younger ones to also join us.

So pop in on Tuesday, Thursday or Saturday morning if you want to have a yarn. It's surprising how many topics we can cover over a cuppa and a few bikkies!

If you're not sure where we are, look out for the sprightly chaps you may see at the old school shed on Palmer Street. Can't miss us!

We're closing down for a short break over the Christmas and New Year period, from 17 December and then back on 7 January. But in the meantime, on behalf of the shed, I wish you, your friends and loved ones all the very best for the holiday period and 2016.



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# Rosalie's 'Home' history

Ernie the Echidna's mate

On loan to the *When Hall Answered the Call*, ANZAC Exhibition is a cedar board painted with wild red poppies. A group of visitors asked if I knew the artist's name but the works were unsigned and I was unable to help. However, I remembered and related the painting's story.

Rosalie was a very special person, a devoted daughter, wife, mother and grandmother who loved all and spoke ill of no one. One day over a cup of tea Rosalie told me the painting's story.

The poppy painting, along with two framed lithographs, one of an elegant dance party and the other of a family of the era on a picnic rug, were wedding gifts to Rosalie's parents in 1904. Rosalie's dad, a mounted police trooper was appointed to Goodooga near the Queensland border, then Nyngan and Dubbo with two aboriginal assistants. Accompanying her new husband, Rosalie's mum was the only white woman for many miles and was assisted during childbirth by local aboriginal women.

The couple's meagre possessions, mainly clothing and the pictures were transported from posting to posting. The pictures always hung in the family quarters.



Later Dad left the police force and became a publican in the Riverina. Rosalie was born in Berrigan in 1914 in the nearest hospital to Savernac where her Dad ran the local hotel. The family bought and sold many hotels in the region moving every two or three years. The pictures always took pride of place in their hotel quarters.

Rosalie met her beloved Gordon at church and immediately fell in love when she heard him singing *The Old Rugged Cross* as a solo to the congregation. On marrying, the couple settled in Albury for a year until Gordon was called up for army service. Rosalie's family moved her and a new baby to northern NSW for the wars duration, then she returned to Albury. The couple spent the next 30 years living with and caring for her parents and the three pictures held pride of place in the lounge room.

Rosalie and Gordon and the pictures then had a few years to themselves moving twice in that period.

Time moved on and Rosalie slipped into a world of her own requiring care in a dementia specific unit staffed with loving, caring people who were concerned that she could not settle in the new environment. Remembering Rosalie's story I gathered the pictures and placed them on the walls of her room.

Rosalie immediately settled to a peaceful and happy time in her new home.

'Oh' the significance of the three artworks! Wherever the family moved Rosalie's Mum would gather the children together, hang the pictures and announce, 'Now we are home'. Rosalie's words when the pictures went into her room 'Oh, now I am home'.

Home sometimes is as simple as three pictures!



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# Museum Musings

museum

**Phil Robson**

Honorary Curator



It's the end of another successful year at the Hall School Museum and Heritage Centre.

Exciting happenings for 2015 have been:

- donation of the Lyall Gillespie Collection
- Annual Hall Museum Twilight Concert *Pack up your Troubles*
- Strategic Planning program for Museum volunteers
- *When Hall Answered the Call* exhibition to commemorate the centenary of Anzac
- *Dine with the Diggers* evening with members of the Rotary Club of Hall
- one of Joan Christie's hand crocheted poppies makes its way to Buckingham Palace
- an increasing number of visitors including schools, walking groups and seniors
- Peace Tree Garden underway
- the School Site Proposal submitted by the Hall Progress Association has been accepted by the ACT Government and a two year licence will be granted for community use of the site including the space occupied by the Museum.
- creation of a Hall Museum Facebook page
- renovations on the old school building have been completed
- Garage Sale Day and Street Party
- more 'Volunteer Friends' have joined the team during the year
- Funding Grants: ACT Heritage Grant to cover the listing, conservation and storage of the Lyall Gillespie Collection and a National Library of Australia. Community Heritage Grant to establish a Disaster Management Plan for the Museum

The year ahead:

- *Discovering Ginninderra* exhibition as part of the Canberra & Region Heritage Festival 2016 in April
- continued work on the Lyall Gillespie collection
- Annual 'Twilight Concert' on 20 March
- completion of the Peace Tree Garden
- additional school and group visits
- increased promotion of the Museum

I would like to thank all the Museum volunteer team, supporters and visitors for not only continuing to keep the Hall School Museum operating but also working hard fulfilling the long term vision of a Hall Heritage Centre in the Village.

I wish all the Museum volunteers, 'Friends of the Museum', supporters and visitors a very merry and safe Christmas and a happy new year.



New downpipe, drain, foundations, blocks, and weatherboards on the old school building

website: [museum.hall.act.au](http://museum.hall.act.au)  
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# The Village People

village people  
Ron and Betty Lees by John Carson

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

One of the memories I took away with me on that November afternoon was of a couple sitting in armchairs either side of a log fire content with their life and their niche in the grand scheme of things and enjoying their reminiscences about other times and places and friends past and present. Myself and Bob Richardson had been chatting with Ron and Betty Lees in their property Fairview which lies on Spring Range Road in an area of Wallaroo just north of Hall village and east of the highway.

Both Ron and Betty have lived at Fairview since the mid 1980s although their association with the wider area goes back much further than that, Betty being originally from Murrumbateman and Ron from Gundaroo. And if you trace their heritage back further going through parents and grandparents you will still find close ties to the area until you end up in England in Betty's ancestry and Germany in Ron's.

After leaving school and home in the mid fifties, Ron first worked as a general station hand on a 5000 acre property called Glenwood which raised cattle and sheep. It was here that he picked up many of the farming skills which would serve him in good stead for when he would manage his own properties. Foremost among these was his shearing ability and well into his married life Ron would still travel to the regional properties to ply his trade, coming home tired and exhausted of an evening to a welcoming dinner. Ron enjoys telling the story of being invited by a family

friend to give a shearing demonstration to some overseas visitors from Italy who happened to be in the area. At the end of the demo the family friend commented to his guests that Ron was what is called a 'pretty' shearer – to which was then added - 'which means he's pretty slow and pretty bloody rough'. Ron almost fell out of his chair laughing so fresh was the memory and so well did he tell the story.



Ron sharpens his tools

After Glenwood, Ron and Betty purchased a property in Spring Range which had, on a rough estimate, 5000 apple trees on it. As the trees were on their last legs and Ron didn't know much about apple growing the orchard had a short life. To help pay for the property Ron added fencing contractor to his CV and Betty started her own project of raising calves.

And stories there were in abundance. Occasionally Ron would throw his head back and stare at the ceiling

as he tried to recall various past events while Betty would assist with a name, correct maybe a location and generally add flesh to the narrative. The type of team effort that couples who have lived a long life together do so well. And as a story unfolded they would sometimes look at one another and laugh at some secret shared recollection unspoken to the listeners.

And of course to the all important question of where did Ron and Betty first meet. And it turns out that it was Betty's brother who played matchmaker in the great romance. He dragged a reluctant Betty along to a cricket match at Yass where he knew Ron was starring as a batsman in a local derby. You could say that flames were being ignited on that occasion. However, it was at another cricket match the following week at Murrumbateman that the forest caught fire so to speak. Needless to say it wasn't too long after that when they got married in the fair town of Yass. And it was only a few years later that the family doubled in size with the arrival of the first son Kerrin and not long after that the second son Barry. A bit further down the track but well worth the wait came their lovely daughter Cheryl. Incidentally, announces Betty, we have our sixtieth wedding anniversary coming up next month. We all cheered loudly.

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Much as living on a rural property can be a wondrous lifestyle, it wasn't until the children started going to school that some of the irritations of country living became apparent. The location of the then property they owned was a bit of a distance from the highway and there were five sets of farm gates to be opened and closed in getting them to the highway and then on to the Hall School and the same thing again in returning home and then doing a repeat of it all when school ended for the day. Still it kept you fit says Betty.

It was about this stage of the conversation that we all retired to the kitchen for tea and biscuits – a varied assortment to cater for the most fastidious. I selected a shortbread - a favourite of mine – and then went greedily scavenging for another. Just as I reached for it there was a loud 'cuckoo' behind me which almost sent me into cardiac arrest. I can't remember the last time I saw a real authentic cuckoo clock and after that scare I had my doubts as to whether I would be around long enough to see another.

After tea we retired outside to get a bit of a feel for the property and its surroundings. A couple of kookaburras on a nearby stringy bark provided a background chorus for our ramble making us feel doubly welcome. A first point of interest was a neat line of old cars, mainly Holdens, which had been retired to pasture at the bottom of a nearby paddock and although they had a distinctly rusty look about them and in some cases were up on blocks, Ron assured us that their engines were ready to fire up if and when the occasion demanded. Then it was on to inspect the treasure trove of items in the big shed. An old dusty Massey Ferguson from yesteryear occupied pride of place. Next to it were all the tools of the professional shearer including,

clippers, combs, electric sharpener and rotating table for spreading the fleeces. Ron lovingly ran his hands across each item as we passed it as if by way of saying thanks old friend you've earned your retirement.

Then it was back to the house for Bob and I to take our farewells – but not before I inspected one last item of interest that I had earlier noticed on a shelf in the sitting room. It was an old HMV gramophone with the trumpet style speaker – exactly as it appeared in the company motif of the time with the dog sitting



photo: Bob Richardson

next to it with that wonderful quizzical expression. On the turntable was a dusty 78. Ron had already anticipated my question. He rotated the wind-up handle and as the turntable gathered speed he set the old fashioned stylus on the outer groove and watched and listened as it crackled into life.

We waved our goodbyes to an old country and western melody from an era long gone. I had a sneaking suspicion that when the front door closed, Ron and Betty would be boogieing around the front parlour pretending that it was once again Saturday night at the Gundaroo dance hall.



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# Exercise

## – just 6 minutes a week can be enough!

# health

Anita Kilby Naturopath

You may have heard about high intensity interval training (of HIIT). The idea is that you do short bursts of high intensity exercise with a rest period between bursts. It could be cycling, sprinting, stair climbing, skipping... anything that increases your heart rate quickly.

We all know that exercise is an essential part of good health, together with a decent diet. But many find it hard to fit in the generally recommended 1.5 hours exercise per week. The beauty of HIIT is that you only need about 20 minutes of your time three times a week to see improvements.

The ABC Catalyst program (*Fit in 6 minutes a week* aired on 29 September 2015, still available on their website) recently investigated the benefits of interval training on fitness levels and weight loss. For 15 weeks, the reporter did three sessions a week of four 30-second flat-out sprints with 4.5 minutes of rest between sprints. That's three 20-minute sessions a week including the rest time, or just 6 minutes a week of actual exercise. After 15 weeks she had much improved stamina, fitness and lost 5cm around the waist. Not bad! The BBC also ran a story on HIIT a couple of years ago by Dr Michael Mosley called the *Truth about exercise* showing similar benefits.

Research is also showing that interval training, especially when using the leg muscles, is very beneficial in improving blood sugar regulation in those with type 2 diabetes or

weight gain around the middle. The skeletal muscles need a good supply of energy (from the sugars/glucose in your blood) and when you exercise they readily absorb glucose from the blood. This improves your overall sensitivity to insulin, the hormone released by the pancreas when blood glucose levels rise after eating to tell each cell to absorb more glucose. With increased exercise your response to insulin improves (your insulin sensitivity), so your blood sugar regulation and type 2 diabetes also improve. As the upper leg muscles are the largest group of muscles in the body, exercises involving them provide quicker improvements.

Interestingly, a small 2014 study showed these benefits can be obtained from lower intensity interval exercise, not just HIIT. A comparison of blood sugar regulation between those doing alternating intensity walking and continuous (unchanging intensity) walking, with the same overall energy expenditure, showed insulin sensitivity improvements only in those doing alternating intensity walking. So you can start to improve your type 2 diabetes just by going for a walk and picking up the pace for short bursts, enough to get you breathing harder.

Interval training improves cardiovascular and respiratory health, and energy levels (improving the function of mitochondria in every cell, the energy producing units). For those with heart health concerns it is considered to be safe and better tolerated than medium-intensity continuous exercise. The short duration of exercise means it is even well tolerated by those with rheumatoid arthritis, with no increases in disease activity or pain observed in a small recent study. Menopause symptoms can also improve, as outlined in the Catalyst program.

As always, if you have any health conditions check with your doctor before starting any new exercise program. Start slow and build up the intensity gradually to avoid injuries, and of course warm up those muscles first with some stretches and low intensity movement.



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# Growing the ultimate tomatoes

by **Lisa Walmsley**

If you haven't already planted your tomatoes, now is the time. There is no excuse, home grown tomatoes way out-taste the shop purchased numbers and are so good for you. Any that exceed your requirements can be cooked up and frozen for your lasagne or spag bog in the winter. Have you tried cooking them with onions, garlic, chilli and capsicum? Really delicious. Anyway, I digress.

Start by placing your tomatoes one metre apart, any closer and you risk reducing your productivity.

Dig a very big hole, much bigger than the pot as you need to add a number of 'things' into the hole below the plant.

I haven't tried it, only because I haven't been able to source them when I need them, but one thing that is great to add to the hole is fish heads. Aspirin tablets can be added if you desire as they are reputed to kick start the plants immune system, just crush two.

Three or four crushed egg shells to provide the much needed calcium the plant requires to prevent blossom end rot and that nasty brown patch on the bottom of the tomatoes.

Next, add half a cup of bone meal, this is a wonderful organic phosphorous source, helping to increase blossom production, more flowers more fruit. Bone meal also increases calcium availability to the plant.

I then like to add a few handfuls of manure and if you are lucky enough to have worm castings liquid add that as well. This is also wonderful to spray straight onto the foliage as a direct fertiliser and tonic for the plant.



The hole is now ready for the plant. Cut off the lower leaves and plant the tomato quite deep, that is above the existing potting mix level. If you so choose there is a wonderful probiotic product for plants that may be sprayed on the roots to aid in the protection of some soil born fungi and bacteria.

Back fill the plant, gently, do not stomp the soil around the tomato, its simply not necessary and will expel all the air out of the soil, plants need oxygen as much as they need nutrients and water. Make a small well around the base as a water catchment device.

The initial watering is critical, water a few times to ensure thorough water penetration, don't be stingy.

If you are busy and watering the veggie patch is a time consuming job, make sure you install a watering system on a timer, this will free you up, to sit and wait for the abundance of tomatoes in the summer.

So, there is no excuse, everyone has a little spot or pot to plant a tomato or two and while you are doing that plant a basil, they make the perfect combination.

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I'm delighted to be able to report that we have come to an agreement with the ACT Government on the future of Hall Primary School site. Following the Association's August AGM and public meeting, we put the Association's position outlined in October Fringe article to the ACT Property Group and then met with Daniel Bailey, the Group's Director.

Daniel agreed. In the first instance the Association will be granted a two licence to occupy the whole site (apart from the pre-school) on a cost neutral basis, balancing a contribution to costs with explicit recognition of the value to the community of the activities currently occurring on the site (in particular, the preservation and further development of the School Museum collection and ongoing activities of the Men's Shed).

Steps we will now explore to make the arrangements cost neutral include:

- fees for one-off or regular use of facilities and rent from permanent occupancy of part or all of buildings, paid to the Association
- discontinuing security patrols and rely on the back to base alarm and perhaps a CCTV system
- grounds maintenance (ie. mowing and trimming) and other minor maintenance will be carried out by the community with equipment supplied by the Progress Association and/or Hall Rotary (subject to discussion and agreement); and
- the Progress Association and Hall Rotary will meet our share of the utilities costs from income generated on the site and other sources. For the Progress Association this will draw on any surplus income from the operation of the Hall Pavilion.

During the period of the initial two year licence the Hall Primary School Masterplan prepared by Eric Martin and Associates (January 2011) is to be updated by the Government to reflect their own policies and stakeholder expectations. There will also be an opportunity for development of a long term plan for a Hall Heritage Centre incorporating the existing collections.

A fund raising strategy will be developed, including funding through ACT Government Budgets (2016-18), as well as from other sources. Implementation of the Masterplan will follow as funds become available through grants funds from Government and partnership with likeminded organisations such as Hall Rotary.

This is a major milestone for the community. I want to acknowledge the many, many community members who've played a part in getting us to it – from the original mobilisation of opposition to the school closure, to the productive and visionary use of the facilities over the subsequent years, and of course the persistent engaging of the Government to secure the deal we have. A huge thanks and well done to all involved.

We will now move to formalise the licence arrangements, and as usual I'll keep you updated in these pages.

While all of this has been very exciting, it would be remiss of me to not mention the awesome Street Party (see details elsewhere in this Fringe). Just an outstanding event celebrating all that's great about life in the Hall Village and District, and a credit to the organisers.

On behalf of the Association, best wishes for a wonderful Christmas, a safe and happy festive season, and a prosperous 2016.





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# Sleigh bells, not bells and whistles

With the sound of sleigh bells just around the corner and what looks to be a long hot summer ahead of us, the Christmas period also looks to be a time of heightened bushfire activity.

As rural firefighters we are taught that under the worst recorded conditions grass fires can travel up to 18–20 kilometres an hour. Fires more than 60 kilometres away may threaten the ACT within half a day.

It is possible for an area of more than 60,000 hectares to be burnt out in eight hours and if two or three fires break out at the same time, it is possible for them to burn out most of the ACT in just 48 hours.



photo: Bob Richardson

*Brenton Philip, VHDPA secretary and Community Fire Unit member, co-ordinates with rural fire officers to plan responses to the coming fire season*

## Melissa Riches

President, Hall Volunteer Rural Fire Brigade



In 2003, the Canberra region experienced major bushfires, described by many as the worst bushfires they had ever seen. The reality of the 2003 fires meant that for the Hall Brigade, it was 28 consecutive days of 24 hour a day active fire-fighting, and this will occur again. It also means that in a major bushfire event the Brigade will not be in the Village of Hall but away directly fighting the fire.

This means that your safety and emergency response is your responsibility. That is why it is so important to have a Bushfire Survival Plan, but it is equally important to share that Plan with your family, friends and neighbours but also with the local Community Fire Unit in Hall.

Effective emergency response relies on knowing just what an agency is responding to, so it is vital the CFU know what your plans are and for you to know what to expect in an emergency situation.

So please take the time to download a plan from the web - [cdn.esa.act.gov.au/wp-content/uploads/ACT-Bush-Fire-Survival-Plan-2013.pdf](http://cdn.esa.act.gov.au/wp-content/uploads/ACT-Bush-Fire-Survival-Plan-2013.pdf) - or if you are a bit smartphone savvy you can download the MyFirePlan app. Complete the plan and discuss your plan.

It will be the best Christmas present you can give yourself and your family.



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# Hall garage sale



The general consensus is that our inaugural 'Garage Sale', held on Saturday 24 October, was a success and raised in excess of \$700 that will be used to update the computer facilities at the Museum.

A big thank you to the stall holders and buyers who participated in this event.

During the day we also had about 70 visitors to the ANZAC Exhibition. Special thanks to Mardie Troth who was the dynamo behind the planning and preparation for this event.



"A gathering where one family clears their garage and another family puts it in their garage."

# St Michael's Fete



Forrest Gump has a word in Helen's ear



## The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 600 copies every second month by the Village of Hall and District Progress Association Inc (VHDPA) and distributed free to mailboxes of the 2618 postcode. It is also available online at [www.hall.act.au](http://www.hall.act.au) This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

### Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published. These deadlines ensure publication by the 10th of every second month. February issue deadline is 10 January.

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.

Send contributions to [ruralfringe@hotmail.com](mailto:ruralfringe@hotmail.com) or PO Box 43 Hall ACT 2618.

### Advertising rates (per issue)

large (quarter page): \$80 medium (eighth page): \$40 small (three sixteenth page): \$30

### Other information

Editor: Jo Hall Sub-editor: Bob Richardson

Enquiries to the Sub-editor on 0407 071 245 or [ruralfringe@hotmail.com](mailto:ruralfringe@hotmail.com)

The views expressed in this journal do not necessarily reflect those of the Editor, the Sub-editor or the VHDPA. Some of the material in this journal may be copyright. Please contact the author or the editor for permission before reproducing articles.

# Gastroscopy equine

by **Cassie Duddy**

Canberra Equine Hospital

What is gastroscopy?

It is a procedure that is carried out which enables a veterinarian to view the inside of a horse's stomach through a three metre long camera, called an endoscope. This tube is passed into the stomach via one of the nostrils and is the only accurate way to diagnose ulcers in the stomach of a horse. Gastroscopy can also help to identify tumours, stomach impactions and other abnormalities of the upper gastrointestinal tract.

Common signs to look out for

Signs of colic, weight loss, poor appetite, grinding teeth, crib-biting, windsucking, loss of competitiveness or poor performance, bad temperament or notable change in behaviour/demeanour, resentment when touched, girthy or cold-backed, preferring hay over hard feed or a dull appearance of the coat.

How do you get the camera/scope into the stomach?

This endoscope has been designed to reach the horse's stomach and the first part of the small intestine. In the same way that you would pass a tube for a colic patient, the endoscope with a smaller diameter is passed through the horse's nose to the back of the throat, where it is swallowed. It will then travel down along the oesophagus and into the stomach.

Does scoping hurt the horse?

No, scoping a horse is not a painful procedure. Once the scope has been passed into the nose, it is usual for the horse to find this action mildly uncomfortable, likely more of a 'ticklish' feeling. The endoscope is about 1cm in diameter and the horse can not feel it inside their stomach. However, whilst the procedure is painless, being surrounded by many people and strange equipment can be a little stressful for a horse and therefore sedation is usually used to combat this.



Scoping a horse

Do I have to fast/starve my horse before scoping?

It is very important that we are able to see the entire stomach during the procedure and therefore fasting your horse for at least 12 hours beforehand is absolutely necessary.

Isn't it cheaper just to give my horse ulcer medication and see how it responds?

This is not true. It is very important to know as much as possible about your horse's health to be able to medicate correctly. An accurate diagnosis is critical to be able to understand what, if any, treatments are even necessary for your horse. Gastric ulcers can differ significantly in regard to the clinical signs you may observe in each individual horse. There are many different types and grades of equine stomach ulcers which will require different periods of time for treatment, along with different types of treatment. Without gastroscopy, this may result in costly treatment of a horse that may not even actually have ulcers, or worse, delay treatment for a horse which may be suffering already.

Our gastroscopy will benefit both you and your horse for the best possible treatment plan and result.

If you have any further questions about gastroscopy or would like veterinary advice on other issues, please contact us by email [equine@canberravet.com.au](mailto:equine@canberravet.com.au) or call (02) 62418888.

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Geranium House would also like to welcome Amber Kalitzky as a senior therapist. Amber, formerly from Endless Beauty in Hall, will be expanding her skill base to include paramedical skin care including Cosmedix, Aspect, & Skin Medica treatments and peels. Amber has also recently undertaken training in Oxygen facials is keen to offer this hydrating treatment to clients with dry and sensitive skin types.

We look forward to seeing you soon.

Warmest regards, Sue.

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## From the editor

What an amazing Spring in Hall. It has all been happening. The Fire Ball, the fabulous fete at St Michael's, the Garage Sale for the Museum. And the spectacular Street Party at the end of October, where we all came together to enjoy the wood chopping, the karate, the sand shovelling, the dancing and the dulcet tones of our very own West Texas Crude. Shaun O'Connor, Jenny Berron and Trudy Mansfield all did us proud with their organising skills, just walking down to the event I could feel the buzz and everyone seemed to have a fabulous time as reported in these pages by John, our feature writer. Trick or treat for Halloween the next day and drinks at the Village Well the day after that, like I said it has all been happening. The Remembrance Day service in November, the activities of the Men's Shed, the Museum steaming ahead and the great news that we might soon have an arrangement with the ACT Government for leasing the old school site. Looking back over the year I know that some of us are dealing with tough times, losing a partner, coping with a family illness or other difficult life events. I like to think there is some comfort and support from the collective spirit of the Hall community. We are good at coming together in Hall, good at putting in lots of volunteer hours for the benefit of the community, good at helping each other out and good at having a good time. Coming together could never be more important when we look at global events and I am a great believer in 'think global, act local'. It makes me proud to be part of Hall.

Wishing you all a safe and peaceful festive season.

Until next time

Jo Hall



### Letter to the editor

Dear Editor

I recently had lunch with six friends from the Belconnen region, including Ian Haynes, who kindly donated a metal lathe to the Hall Men's Shed. Ian told us that after attending a barbecue at our shed, he dropped into the Gumnut Cafe for a cup of coffee. He happened to mention his donation when he was about to pay Fran for the coffee, but to his unexpected and pleasant surprise, was told it was complimentary, as his good deed benefits the wider Hall community. Only good can come from this generous and random gesture made by a business which has no direct involvement with the men's shed. It reflects well on the positive Hall village spirit. Ian also mentioned that he really enjoyed the coffee from the cafe, as I do, and I can recommend it!

Kevin Stone

# Springfield Rural Fire Brigade



Fire season is upon us and the steps you take today may save lives tomorrow.

In Hall and district many of us live close to grasslands or paddocks. Understanding grass fire behaviour is important.

What to expect:

- Grass fires can start easily and spread quickly, not only destroying homes but also crops and livelihoods.
- Grass fires are very hot and can produce huge amounts of heat which can kill anyone out in the open.
- As grass dries out or cures, it can catch fire more easily.
- Fires in tall grass will have tall flames that may burn across trails, roads or fire breaks.
- Grass fires can move much faster than a bush fire, catching people off guard.



Know your risk and prepare for your risk.

Five questions to help evaluate your fire preparedness:

1. Do you have a *Bushfire Survival Plan*, if so have you reviewed it for this summer?
2. Does everyone in your family understand the plan and what to do?
3. Do you understand the fire danger ratings and the alert system?
4. Do you know where your nearest Neighbourhood Safer Place is?
5. Does your local Brigade know where they can find water on your property?

For more information about answering these questions contact your local Bushfire Brigade or visit [rfs.gov.au](http://rfs.gov.au)

# Fantastic Flora by Damian DeMarco

Billy buttons

*Craspedia variabilis*



Spring is wildflower season and the Southern Tablelands has a rich assortment of wildflowers of which many do well in garden environments. *Craspedia variabilis* is common on land that has not been overgrazed or converted to exotic grasses. Bright yellow globular flower heads up to 50cm tall sway gently in the wind and if they are planted en masse they make a spectacular effect and return year after year. Plus they need no watering, no fertiliser and no mowing.



## Season's Greetings from the Rural Fringe

Thank you to all our readers and advertisers for supporting the Rural Fringe in 2015.

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

- Jo (editor and accounts)
- Bob (sub-editor and roving reporter)
- Gail (layout artist)
- Andrew (layout artist)
- Kevin (proof-reader)
- John (feature writer)



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# Daughters At HALL

SINCE 1882



Thanks to everyone for coming along and supporting Party at the Shops; it was a very entertaining and successful evening. We hope to be hosting another one soon.

At Daughters at Hall, every weekday morning, scrumptious house made muffins to have here or take away with our fresh roasted coffee. Make sure to come in to try our new summer menu; it's fresh and delicious.

We have been busy making Cakes - remember we bake fresh, make to order. Catering available

We are now stocking Farmer Brown's eggs. Also local grown fruit and veg. Homeleigh Grove Oils and Olives and Local Raw Honey. We have also added to the range of local wines, Murrora Estate wine.

### Christmas is approaching fast.

It's time to get your orders in for Christmas !

Daughters Christmas cake, Jenny's Shortbread and Christmas Bark, orders in by 20th December.

Jess and Jenny along with the staff at Daughters at Hall would like to wish everyone a happy and safe Christmas and best wishes for the new year!

### Daughters at Hall will be closed:

- Christmas Eve after 2pm • Christmas Day • Boxing Day •
- Sunday 27th • Monday 28th •
- New Year's Eve after 2 pm • New Year's Day • Australia Day •



### Daughters Christmas Cake:

has lashings of brandy to preserve them - there is no other preservative or artificial colouring.

<b>Round</b>	approx 2300g	<b>\$55</b>
<b>Square</b>	approx 2300g	<b>\$55</b>
<b>Rectangle</b>	approx 1000g	<b>\$27</b>

**Jenny's Shortbread - Gift Bags \$5**

**Christmas Bark** - fresh cranberries and pistachio with a smooth, creamy white chocolate - Gift Bags **\$7.50**

**Christmas Cheesecake**  
- delicious rich velvety dessert with fresh berries - **\$36**

phone  
**6230 2457**  
to order

