

RURAL FRINGE

Journal of the Hall district



VOLUME 24 ISSUE 2

April 2017

2017 National Sheep Dog Trials

by **Victoria Karabin**

Trainers and their dogs once again rolled into the Hall Showgrounds to compete in the 74th National Sheep Dog Trial Championships from Tuesday 14 – Sunday 19 March.



The Championships saw competitors and their dogs coming from across the country competing to win trophies, sashes and prize money with one competitor traveling all the way from Western Australia. Competitors are made up of rural and city residents, and competition is open to both men and women of all ages.

Charlie Cover, the president and trial manager, believes the reason the trials have been so successful for so many years is due to its rich history. 'It's just one of those things that brings people together. It's a really close community,' said Mr Cover of the atmosphere at the trials.

This year there were around 48 competitors and 200 dogs who competed in three different categories: Maiden Championships – open to dogs that have never won a sheep dog trial, Improver Championships – open to dogs that have won a maiden class trial, improver dogs may enter the open championships and Open Championships – for dogs that have won both maiden and improver trials.

Each competitor starts with 100 points and is given 15 minutes to complete the course, the worker can only assist the dog through signal, whistle or voice commands. Points are deducted for errors made by the worker and dog and for obstacles that are not negotiated. The course is laid out with gate,

race, bridge and pen to represent obstacles the dogs would encounter during their daily work and the dog has to work three sheep through the course. Each sheep is only used once during the week meaning a huge number of sheep are needed;



the Starr family supplies the sheep.

On the Thursday night there was a Dog's dinner that competitors and locals were welcome to attend at the Hall Pavilion. During the week there was a scone, jam and cream morning that was very popular amongst competitors. 'Some will come into Canberra for the scones!' Mr Cover said.



Out and about . . . about . . . at the 'Sheepdogs'



Hall pre-schoolers enjoy their morning tea at the Pavilion



Hall pre-schoolers meet the sheepdogs. Tony Elliot introduces sheepdog Indy.

Dog's Dinner

There was a good turnout for the annual Dog's Dinner this year, when the village formally welcomes the dog triallers to Hall. *Capital Wines* let us relabel some of their wine 'Dog's Breakfast' with descriptions from Bob Richardson, for example, *It is a wine to be enjoyed before, during and after the trials are over.*



Volunteer commentators and time keepers, Sarah and Barbara. We were fortunate this year to have Nancy Halsall judging.

Helen, Margret and Marion prepare for 100 hungry guests at the Dogs' dinner.



Ken Spence prepares the damper.

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2017 National Sheep Dog Trial Championships

Main results

Maiden Championships

- 1st Laurie Slater – Zee Free Troy 178
- 2nd Karen Edwards – Windyer Mystic Merk 174
- 3rd Mick Ryan – Cooks Kel 171

Improver Championships

- 1st Charlie Cover – Windeyer Adios 181
- 2nd Peter Oxley – Rayans Dye 176
- 3rd Laurie Slater – Zee Free Troy 156

Open Championships

- 1st Greg Prince – Princes Timmy 194
- 2nd John Perry – Boco Raffa 192
- 3rd Greg Prince – Delrio Whisky 191



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Historic "Allwood"



Open Day

Sunday 23 April 2017

10.00 - 2.00

Take a guided tour of this heritage listed slab cottage built in the late 1800's by district pioneers David and Agnes Rule. Enjoy the ambience and experience a little of what life was like in the early days of settlement in the Wallaroo area.

633 Wallaroo Road, Wallaroo

6.3 kms from Barton Highway
(follow the signs)

Further info: Rod and Judy Roberts, phone: 6230 2436



Find us on facebook at *Historic Allwood Cottage*

Pankhurst Wines



We at Pankhurst Wines are involved in Canberra Wine Week 1- 9 April and we are also celebrating our 29th vintage. Events include:

Saturday 1 - Sunday 2 April *Taste the History of our Vines* – a special vertical tasting of some of our wines accompanied by cheese platters at the cellar door.

Saturday 8 - Sunday 9 April *Harvest Festival* – celebrating our 29th vintage with live music and lunch 12-3pm at the cellar door

Wine dinners during the week

Wednesday 5 April at Benchmark Wine Bar featuring wines from the Hills of Hall, and also a Pinot and Duck dinner.

Thursday 6 April at the Wild Duck, Kingston.

See our website for details:
www.pankhurstwines.com.au

CANBERRA AND REGION
HERITAGE FESTIVAL
 QUESTIONS & CHANGE
 18 APRIL - 7 MAY 2017

Hall School Museum & Heritage Centre invites you to attend their
HERITAGE FESTIVAL WEEKEND
 Hall Primary School, Victoria Street, Hall
 Saturday 29 and Sunday 30 April 10am – 4pm

The 2017 Canberra and Region Heritage Festival marks the 50th anniversary of the 1967 constitutional referendum that saw Indigenous Australians finally included in the census, and thus as Australian citizens.

‘Stones that Speak’

This will be the first large public showing of the Lyall Gillespie collection of local Aboriginal artefacts, assembled over many years by the former City Manager and renowned local historian. The stone tools he collected can answer many questions about the old way of life of Canberra’s original inhabitants. Lyall, who valued and respected Aboriginal heritage, would have welcomed the contribution that local Aboriginal people are making to the conservation and presentation of these artefacts, and their use in teaching future generations about the skills of Canberra’s first artisans.



‘Old Days & Old Ways’

A series of activities that highlight the ways things were done during early post European settlement of the region. Apart from the static displays of early tools and machinery and early photographs of farming in the area there will be a display of early blacksmithing techniques and wood working by the Hall Men’s Shed.

Antiques and Collectables

Appraisal opportunity - Saturday 29 April only. Commencing at 11am.

We invite you to bring your art, antiques, heritage items and Asian objects for an appraisal by Andrew Whitehead, Specialist in Antiques and Fine Art.

Gold coin donation for a maximum of three items (valuations not available on the day)

Project supported with funding from ACT Government’s Heritage Grants Program



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Training can include how to use a personal computer (PC), a laptop, an android tablet (Samsung), iPad or smartphone.

Learn how to send an email, attach photos and how to surf the internet. All training is on a 1:1 basis.

The Hall Kiosk is situated at the Hall school site, for further information and how to book a tutor contact **Rod Roberts** on **6230 2436**.

Broadband for Seniors is a Government funded initiative.



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Parkwood Chapel Open Days

During the ACT Heritage Festival the *Southwell Family Society* will open the Parkwood Chapel to the public on Sunday 23 April from 10am to 2pm, and again on Monday 24 April from 10am to 2pm.

Each year the Society opens the Chapel as a part of the Festival. All welcome. Free tea and biscuits. You may like to bring your lunch and linger longer. Take the Parkwood Road westwards from McGregor.

**St Michael & All Angels
Anglican Church**



Good Friday

14 April at 11.00am

All the churches of Hall combine for a **Stations of the Cross** walk through Hall. The walk will start at the carpark at the intersection of Barton Highway and Victoria Street at 11am, then proceed along Victoria Street to the Remembrance Garden on the corner of Victoria and Gladstone Streets. Everyone is welcome to join in – for the whole walk or at any point along the way.

There will also be a service of Holy Communion at 9.00am at our parish church St Barnabas, Charnwood.

Easter Day

16 April at 11.00am

Everyone is invited to a service of Holy Communion at St Michael & All Angels at our regular service time of 11.00am.

For more information please call **0408 488 526**

New website for Canberra district wines

www.canberrawines.com.au

There is a new website for information on the 48 wineries and attractions in the Canberra Wine District, packed full of all the information visitors need to visit the regions' vineyards, restaurants and events.

The new site is the initiative of the Canberra District Wine Industry Association and showcases their members and partners. The site targets visitors to the region from Canberra and further afield and aims to educate, inspire and provide information in a user-friendly format.

'The Canberra Wine District covers a huge area, from Yass and Murrumbateman, Bungendore, Wamboin, Bywong, Collector and Lake George to Hall, and one vineyard within the boundaries of the ACT. With this sort of variety, we needed to make sure we showed the depth and distance of the area, the range of award winning wines being made and which vineyards are open for visitors and when.' said CDWA President John Leyshon.

Special features of the website include:

- **Event calendar** – with dates for Canberra Wine Week and the Harvest Festival 2017 (31 March–9 April), as well as individual vineyard events throughout the year
- **An interactive map** – which shows all the wineries in the region, restaurants and accommodation
- **A tour planner** – helping visitors decide where to go and what to see if which part of the district
- **A search function** which allows you to search by wine variety, district, feature, or winery – catering to a variety of different users and their planning needs

- **Opening times** for cellar doors and places to eat
- **Wine tours** and accommodation in the area

Winemakers and vineyards owners are also spotlighted, giving visitors some of the background to their bottle of wine, and how the district has developed over the years.



'The Canberra district is overflowing with vineyards making excellent wines, and we were conscious of the need for anyone thinking of visiting to have as much information at their fingertips as possible before making the trip.' said Mr Leyshon.

'We know that people can have different reasons for coming to visit. They may be looking specifically for shiraz, or they are curious to know which vineyards are doing new varietals. This website has been tailored to provide as much information as possible.' he continued. The website also shows where to eat in the district, and shows everything from where vegetarian or gluten free meals are offered to if there are facilities for children.

'It really is a one stop website for everything you need to plan your day out in the Canberra wine district.' said Mr Leyshon.

CAPITAL WINES CELLAR DOOR

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Local winery wins International Wine Design Challenge

The Canberra District's Four Winds Vineyard has been named Overall Supreme Champion at the 2017 Drinks International Wine Design Challenge for their new range of wine labels. Released mid-2016 the range is a wind-themed photography series.

The Wine Design Challenge rewards companies that distinguish their wines through eye-catching design. Each entry was judged against its execution of the objectives, initial impact, originality, creativity, innovation and relevance to target market.



Four Winds Vineyard owner, Sarah Collingwood, said they were thrilled with this award.

'As a family business there was some discussion about whether the labels needed changing, but the feedback that we have received since releasing the new labels has affirmed it was the right decision,' she said. 'The new packaging captures the vibe of the business and, most importantly, looks good on your table surrounded by friends and family.'

'We were lucky to work with the experienced design team at Denomination on this re-design as their expertise made the process a simple one.'

Entries in the challenge were assessed by an expert panel of judges which comprised of wine retailers, wine writers, graphic designers, art directors and restaurateurs. The panel commented that 'The redesign of the Fours Winds range was inspiring in every detail: a new brand identity (subtly printed on top of

the screwcap), evocative photography (simple and beautifully realised) and a subtlety of expression right across the range. The creative detail was unmatched by other entries and the sheer memorability was

highlighted by the judges. We all felt that the range could grow and still retain its originality, based on an idea full of future possibility and perfectly executed.'

This is the third year for the Wine Design Challenge and there were over 50 entrants from around the world. A full list of this year's medal results is available on the *Drinks International* website www.drinksint.com.

The results were;

Best Repackaged Wine Design Category

- Four Winds Vineyard Shiraz - Gold
- Four Winds Vineyard Fortified Shiraz - Gold
- Four Winds Vineyard Riesling - Gold

- Four Winds Vineyard Shiraz Rose - Gold
- Four Winds Vineyard Sangiovese Rose - Gold
- Four Winds Vineyard Sangiovese - Trophy

Best Design for a Wine Range Category

- Four Winds Vineyard - Trophy
- Four Winds Vineyard - Overall Supreme Champion



Four Winds Vineyard

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fourwindsvineyard.com.au

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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.

One of the *Rural Fringe's* readers has unfortunately contracted Q fever and alerted us to the importance of vaccinations against this bacteria that is spread to humans from infected animals. It seems to be on the rise in Australia.

The following information is from NSW Health. Q fever is an illness caused by the bacterium *Coxiella burnetii*. Many infected people have no or few symptoms. People who do become sick often have a severe flu-like illness. Symptoms begin about 2-3 weeks after exposure and typically include:

- high fevers and chills
- severe sweats
- severe headaches, often behind the eyes
- muscle and joint pains
- extreme fatigue (tiredness)

If untreated, symptoms can last from 2 - 6 weeks. Most people make a full recovery and become immune to repeat infections. Occasionally, people develop chronic infections which affect the heart or the liver.

People usually get infected by breathing in infected aerosols or dust when working with infected animals, animal tissues, or animal products. The main carriers of the disease are farm animals such as cattle, sheep and goats but other animals such as kangaroos and dogs and cats can also be infected. Pigs are not known to carry the disease. Infected animals often have no symptoms and can shed the bacteria into their urine, faeces or milk.



People at increased risk of Q fever include: abattoir and meat workers, farmers and shearers, stockyard workers and animal transporters, veterinarians, veterinary assistants and veterinary students, agriculture college staff and students.

A vaccine (Q-Vax®) is available to protect people against Q fever. Vaccination is recommended for all people who are working in a high-risk occupation.



MEDIA RELEASE

Bush Fire Danger Period extended to 30 April 2017

The NSW Rural Fire Service (NSW RFS) has extended the statutory Bush Fire Danger Period in the Southern Tablelands area due to continuing hot and dry conditions.

NSW RFS Superintendent Peter Alley said the Bush Fire Danger Period usually ends on 31 March, but had been extended this year due to prevailing weather conditions in the Southern Tablelands area.

'The extension means anyone wishing to light a fire in the Yass Valley, Goulburn/Mulwaree and Upper Lachlan Shire local government areas will still require a permit,' Superintendent Alley said.

'Fire permits are free and available from your local fire station or Fire Control Centre.'

'Residents must also notify neighbouring land owners and their local fire authority 24 hours prior to burning.'

Superintendent Alley said the decision to extend the Bush Fire Danger Period was made in consultation with the Southern Tablelands Bush Fire Management Committee and local NSW RFS Captains.

'These decisions are never made lightly and involve a number of stakeholders from the local area,' said Superintendent Alley.

'Our overriding concern is the safety of all residents and we have acted accordingly by extending the Bush Fire Danger Period until 30 April, 2017.'

'Now is not the time for anyone to become complacent about the risk of bush fires and I urge all residents to have a completed Bush Fire Survival Plan available, and to report any unattended fires they see to Triple Zero (000) immediately.'

For more information contact the
Southern Tablelands Zone Office
on **(02) 6226 3100**

For current incidents or major fire updates visit:
www.rfs.nsw.gov.au

Springfield Rural Fire Brigade

Have you checked your smoke alarm?

The Currandooley, Carwoola and Mulligans Flat Road fires have been the biggest fires in our region this year but there have been many smaller fires, which have seen all Hall and District bushfire brigades, including Springfield, kept very busy. All RFS brigades are operated by dedicated volunteers who willingly give their time and risk their lives to keep others safe.

Sometimes this comes with great personal cost. Local firefighters have been injured this year and in one instance lost their own home to fire whilst fighting one of these fires. All the brigades greatly appreciate your support for the work they do. Your donations, your attendance at fire shed events and joining your local brigade let the dedicated volunteers know that you too are prepared to do your bit to help keep our community safe.

Even when the Bushfire Danger Period ends fire is still a risk in our community. House fires can happen at any time of the year. Just like bush or grass fires, the key to surviving a house fire is being prepared. The area where most house fires start is the kitchen, another key risk are fires from heating appliances in lounges and bedrooms.

According to the RFS, on average 21 deaths occur in residential fires across NSW every year. Based on Fire Investigation and Research Unit case study research, one third to a half of those fatalities may have been prevented if the homes had working smoke alarms and people had practiced their home escape plan.

To give you and your family the best chance of surviving a house fire

- Have at least one installed and operating smoke alarm on each level of your house and test it regularly.
- Know two safe ways out of every room in your house.
- Have a written escape plan in case of fire, and practice it regularly with all house- hold occupants.
- Ensure that keys to all locked windows and doors are accessible in case you need to escape.

Remember: it is the law in New South Wales that all residents must have at least one working smoke alarm installed on each level of their home.

Tips to help prevent fire

- Never ever leave cooking unattended. Keep looking when cooking!
- If you have a fireplace in your home make sure the

Rebecca Morrison

President



chimney is clean and place a screen in front of the fireplace when in use.

- Check electric blankets for damage or frayed cords before placing on the bed.
- Take care to keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothing at least one metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- Only use one appliance per power point and switch off at the power point when not in use.
- Always extinguish candles or any other open flames before going to bed. Never leave candles or any other open flames unattended.
- Store matches or lighters in a secure place not accessible to young children.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Only ever use fuses of recommended rating and install an electrical safety switch.
- Never smoke in bed.

Remember: smoke from a fire will make you confused. You cannot see in smoke.

This is why practising your escape plan matters.

When asleep you will not smell smoke and it will, in fact, put you into a deeper sleep.

This is why smoke alarms save lives.

Once you get out of a house fire, stay out!
Dial Triple Zero (000) immediately.

To find out how safe your home is visit the Home Fire Safety Audit, an easy-to-use online self-assessment tool that allows members of NSW community to assess home fire awareness and identify fire risks throughout the home.

Visit www.homefiresafetyaudit.com.au

Help us to help you keep safe!

Contact: **0407 943 813**

email: tomandbecmorrison@hotmail.com

For more information: fire.nsw.gov.au

Vale Eric Maxwell Arney **obituary** by **Rhiân Williams**

Eric Arney, and his beloved dog Eevee, were a fixture of the Hall community. Rain, hail or shine, you would spot Eric and Eevee walking out and about; and Eevee would always be dressed to the nines, including with hat and jacket, if the weather demanded it. Eric passed away, in Calvary Hospital, on Monday 7 November 2016 at the age of 83.

Eric was born in 1933 in a small town in South Australia, some 210 kilometres north of Adelaide. When Eric was born George the Fifth was King, Joseph Lyons was the tenth Australian Prime Minister, and still the only one ever to have been born in Tasmania and Isaac Isaacs was serving as the first ever Australian born Governor-General.

Whilst the Great Depression had ended the year before Eric was born, times were still tough, particularly in rural Australia, and at the age of three, Eric along with his mother Vera, his sister Alice and his father Max, moved to Adelaide. Eric was six years old when the Second World War started and the rapid industrialisation of the state as part of the war effort would have seen many changes in the city and surrounds that he and his family had moved to.

In 1948, at the age of 15 Eric became apprenticed as a fitter and turner to a gas company in Adelaide. As a fitter and turner Eric learned how to manufacture, fit and assemble parts and components for a variety of machinery. Much of his work would have been based on detailed drawings or specifications and he was responsible for making highly specialised



A very young Eric safe on the lap of his father Max, pictured along with his mother Vera and sister Alice. Photo circa 1935-36.



Eric is the very picture of a handsome and dashing young man in his Airforce uniform, during his National Service at Laverton Barracks in the early 1950s.

pieces by hand. Over the course of his life Eric's work would take him to many places, including Sydney where he worked making the pipes that would be used in the Snowy Mountains Scheme.

The 1950s saw the introduction of National Service in Australia and Eric undertook his 'Nasho' with the Air Force at the Laverton Barracks in Victoria. The training lasted for 176 days and Eric, like all other trainees, was required to remain on the Reserve of the Commonwealth Military Forces (CMF) for five years from his initial call up.

In 1962 Eric met the woman he would marry and spend the rest of his life with – Marlene. They had both been married before and each had a son and a daughter from their first marriages. David and Susan were Eric's children and Lacey and Kingsley were Marlene's.

Marlene and Eric met at a dance, having been introduced to each other via an introduction agency. Marlene says that Eric was a wonderful dancer. She laughingly recalls that in fact he danced with her friend first but when they did dance together he literally swept her off her feet.

Marlene also recalls how she and Eric loved boating and as she opens the couple's photo albums there are many snapshots of joyous times with friends and family at the beach or on board a boat. Marlene says that she and Eric loved sailing on the Hawkesbury River and for a while they lived on the South Coast at Old Errol Bay – another spot, which provided plenty of opportunities to sail and enjoy the beach lifestyle.

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Very proud and delighted, Eric and Marlene are pictured with their beautiful daughter, Susan, on her wedding day in 1978.

Eric and Marlene also loved to travel and with family spread out from Tasmania to Western Australia and everywhere in between they were always travelling somewhere. Whenever they went to Tassie, Marlene stresses they always took the ferry, so that Eevee could go too.

Eric and Marlene owned a van with a pop up top in which they toured around Australia. Marlene explains they particularly loved Coral Bay in Western Australia,

which is on the Indian Ocean by the Ningaloo reef. At Coral Bay the coral starts right at the water's edge making the fish and coral very accessible. It was their favourite spot of all the places they travelled to.

Marlene and Eric had 10 grandchildren. Sadly 2016 was a year of great loss for Marlene and Eric. Before Eric's death in November, Eric's son David passed away of heart troubles and Kate, their 21 year old granddaughter, the daughter of Marlene's son Kingsley, also passed away.

Someone once said that grief is the price we pay for love. As Marlene shares stories of her and Eric's time together – dancing and sailing and travelling – and as Eevee totters to curl up in her basket, it is clear that Eric's life was richly lived and he was greatly loved and will be greatly missed.



Vale Eric Maxwell Arney

Read Eevee's 2006 Rural Fringe interview on the following page



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Back in the mid-2000s, the then editor of the Rural Fringe was a devoted dog lover, and one of the Rural Fringe's favourite columns was 'Enough Lead' - an interview with local animal companions.

With some able assistance from Eric and Marlene, Eevee was featured in June 2006 and we take great delight in reprinting that interview in this edition.

Enough Lead

Interviews with leading companions of Hall

In this column we interview and introduce the four-legged, faithful and often surprisingly funny Members of the Hall companion community ('pets' to those of you who are less politically correct).

This interview is with EEVEE, who lives at Mullangarri Gardens and who has her truly devoted owners well trained. Eevee gives us her views with her usual stylish aplomb and wisdom.

What do you like best about living in Hall?

The Rural Fringe and, especially, the column *Enough Lead*. I particularly want to say as the first female canine to be interviewed that, oh, what? .. next question? ... OK.

What do you think of the current scientific theory that humans were domesticated by dogs?

Too right, spot on, absolutely.

What is the bravest thing you have ever done?

Going outside for a p.. (oops) to urinate one night when it was minus 7 and falling.

What is the most important quality you look for in a human?

Capacity for love. I hear it when Dad says 'Walkies?' and feel it in Mum's soft, caressing hands - love is the mainstay of my life.



If you were a human, what would you want from a dog?

Exactly what I get as a dog - loving family, comfortable bed, best possible in front of the heater, rump steak, daily walks around beautiful Hall, interstate travel, coastal excursions, comprehensive wardrobe.

What advice would you give to new dogs in Hall?

I may be small and supposedly spatially unaware but big dogs look out. I'm into people not dogs, except, perhaps, Charlie, Beethoven and Honey. Anyway, there's plenty of room for all types of dogs in Hall, but just make sure you're with a human when you explore our friendly neighbourhood.

WoofWoof!

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Wood Duck Inn closes

reproduced from *The Canberra Times*

The Wood Duck Inn, billed as Canberra's last true blue Aussie pub, served its last drinks in February.

Allyson Wedrat shut up shop after working at the Hall pub for 22 years and owning it for 10. Increasing rents and low patronage forced the decision to close.

'I have bawled and bawled,' she said. 'This is my life and I have been passionate about this place the very first day I walked in.'



people that are lonely at home and they come here for company,' she said.

'This is really disappointing,' her partner, Dean Crowe, agreed. The pair met at The Wood Duck Inn. 'This is where we come to solve the problems of the world.'

The Hall Bushrangers have used the pub as a makeshift clubhouse for about 25 years. To younger players, Ms Wedrat is known as Mum.

'She'll order a cab for them, drive them home,' president Nigel Page said. 'This leaves a big hole in our club. It's a big part of our history.'

Ms Wedrat is unsure what the future holds. As a 56 year old woman she is keenly aware that employment may be hard to find.

Her patrons are her family, but many of her biological relatives live in Queensland, while her five daughters live in Canberra. She feels torn about what to do and where to go.

'If businesses don't know you from a bar of soap you'd assume they'd go for a younger thing,' she said.

'That's the only thing that really bothers me.'

On the final Saturday night, a few drinkers were so reluctant to leave they slept on the floor and the pub's couch. Ms Wedrat found herself a doona and slept alongside them.

The pub was still full on Sunday as the clean-up from the night before continued. Extra beer was brought in after the bar was emptied.

A group of women, bidding their goodbyes to Ms Wedrat, reminisced about a karaoke night in which the trio performed Madonna's *Like a Virgin* - born-again virgins, they joked.

'Thanks for the memories,' they said.

'The memories are ours,' Ms Wedrat said. 'You can't

Ms Wedrat bought the pub with husband Jim Kroezen – better known as *Jimbo the Great* and co-inventor of the stubby glove – and the pair worked hard to maintain the sense of community felt within its four walls.

Since Mr Kroezen died unexpectedly four years ago Ms Wedrat worked across the bar and the kitchen. Such was the community's love for the place that many regulars volunteered to help.

Hall woman Tammy McIver isn't sure where she'll go next when she wants a drink. 'There's so many

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Hall Men's Shed

Alan Boyd Shed Foreman

Find us in Palmer St, Hall on the old school site.

With 2017 now well upon us it is time to remind the community of our existence. With building blocks getting smaller in the new Canberra developments the days of the back yard shed are numbered!

Is it any wonder men's sheds all over Australia are becoming ever more popular with retirees and such seeking out venues to meet new friends and have access to a workshop for the occasional odd job?



Our shed is generally manned Tuesday, Thursday and Saturday from approx 9.30am-12noon for members to attend or others contemplating joining a shed. It is not compulsory to do anything other than come along for a coffee and a chat or join in and attempt your favourite project. We have most equipment necessary

to embark on a project, a restoration, do a bit of turning, or just stand around and watch. Fellowship is the name of the game.

Our membership has grown slowly over time with 44 persons currently registered. New members are always welcome.



Over the last few months we have had speakers giving talks on subjects such as building dams, mountaineering in Nepal, real estate in Canberra and the state of men's sheds in the UK. All well received and will be followed up with other speakers and subjects as the year progresses. There are always furniture repair jobs being undertaken at any one time or you can just play in our vegetable garden. So there you are, looking forward to seeing you at the Shed.

Any questions or projects you have in mind feel free to call and discuss them with me.

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A Shed for Thame

shed by **Mike Ashford**

I live in a small market town of 11,500 people in Thame, Oxfordshire, England. It's a delightful place to live with most of the facilities needed for everyday living and close proximity to the city of Oxford, an effective 40 minute rail service into London and the M40 motorway which links London and Birmingham in the Midlands of England.

The major element it lacks for my wife Erica and myself is our son and his family. Oliver is married to a Canadian, Nancy, and has two children, Sophie who is nearly four and Ryan who is one. Oliver is now an Australian citizen and works for the government in Canberra, with a family home in Gungahlin. Now that Erica and I are both retired we are able to plan our life very differently to when we were both working so for six months of the year we visit our family in Australia, missing the English winter, returning home from May until the end of October.

It was whilst working in Oliver's garden in Gungahlin that I was first introduced to the concept of the 'Shed'. Oliver's next door neighbour Alan, alerted to feverish activity in a garden which had been largely unkempt for a number of years, introduced himself over the fence and then kept a watchful eye on proceedings as I slowly restored the garden to a semblance of order. After a number of weeks and many chats with Alan, he appeared one morning and after wishing me 'g'day', promptly told me I was working too hard, needed a break and should come down the shed with him. Not wishing to be rude, even though I had no idea what he was talking about, I agreed and thanked him. He told me to be ready at 9.30am Thursday morning.

So began my initiation into the Shed, an experience which has imprinted itself into my being. I was astounded at the delightful environment which has been created for the village of Hall and its men folk. Redundant buildings on the site of the old primary

school have been purposefully and skilfully developed and equipped to provide a superb base for men to use in a manner which meets their particular needs.

I was privileged to be allowed to spend time talking to many of the members and learnt that there were a multitude of reasons why they were grateful that the 'shed' had been created. Although clearly an effective

resource base for those who wished to make, mend, refurbish, use or share their practical skills, the Hall Men's Shed offers much more and the community is so fortunate to have a facility which promotes the well-being of men, particularly those who might be considered at the end of their working life.



I was so enthused by what I experienced at Hall, that when I returned to England I felt it important to carry out an evaluation to see whether the creation of a Men's Shed in my home town of Thame would be an asset. I didn't believe such a facility existed but I need to check so I wrote to the Town Council stating that as a town almost every possible activity was encouraged and supported, particularly sporting and cerebral opportunities but felt that there was a need for somewhere for those who wanted to pursue practical activity. I briefly outlined what I had experienced at Hall and asked for the opportunity to attend a council meeting. I was pleased to receive an immediate invitation to attend the Social and Recreation Committee the next week and using Hall Shed as an exemplar, received the unanimous support of the committee. Although unable to offer financial support at such an early stage, it was agreed that an open meeting would be called in the Town Hall and a committee room provided for subsequent meetings free of charge. The open meeting was advertised by the Town Council and I was interviewed by local media with the result that a successful meeting was held with over 40 expressions of interest in joining a Men's Shed, with eight prospective members agreeing to be a Steering Group.

Sadly this is where the story stalls. Despite all the goodwill, good intentions and enthusiasm, we are still searching for premises. We are still pursuing possibilities.

Hall – you are so fortunate to have the site you have. Protect it!

Suffice to say I am now a member of Hall Men's Shed but I really look forward to the day when I can tell you that you can 'pop over' to England and visit Thame Shed. The kettle will be on and there will always be a free cuppa for anyone from Hall. Thank you for the inspiration.

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Vital signs of the adult horse

equine

by **Cassie Duddy** Canberra Equine Hospital

Do you know your horse's normal vital signs?

Vital signs include your horse's resting heart rate, breathing rate and temperature. A variation in your horse's vital signs can indicate he or she is suffering pain or disease.

If your horse seems unwell or appears to have unusual behaviour, it's always helpful to perform a quick vital signs check.

Normal vital signs for adult horses (at rest)

- Heart rate 32-44 beats per minute
- Rectal temperature approximately 37-38.5°C
- Respiratory (breathing) rate 12-24 breaths per minute
- Gums should be light pink and moist with capillary refill time less than 2 secs
- Sounds of the intestines should be heard on both sides of the abdomen
- 6-10 manures and 3-4 urinations should be passed every 24 hours
- A 500kg thoroughbred-sized horse drinks 20-25 litres every 24 hours



and exhalation (breathe out) together as one breath. You can also listen for the respiratory rate with your stethoscope, or watch the flare of the nostrils.

Oral mucous membranes

Lift your horse's lips to show the gums – what colour are they? If they are any shade of purple, blue or red, call us urgently. Feel the gums with your finger tip – do they feel moist, or dry? Press your finger firmly against the gum, then release. Watch to see how long the gum colour takes to return to normal. This is known as the capillary refill time (CRT).

Abdominal sounds

Listen with the stethoscope on each side of your horse's abdomen, above and below the flank area. The sounds you hear will vary, and can be described as gurgling, rumbling, tinkling etc. Sounds will vary in frequency and loudness, depending on which area you listen to. You should always be able to hear sounds in all quarters if using a stethoscope.

Remember, if you are concerned about your horse at any time of the day or night, we have our team of dedicated equine vets and nurses on call 24 hours a day, seven days a week.

How to find your horse's vital signs

Your horse should always be safely restrained while taking vital signs. Some horses may become fidgety during parts of this examination, so extra care should be taken. Learn your horse's normal vital signs when at rest and after exercise to know when they are feeling off.

Heart rate (HR)

Place the flat side of the stethoscope head behind your horse's left elbow, in front of where your girth would sit. Count each 'lub-dub' sound as one beat.

Temperature

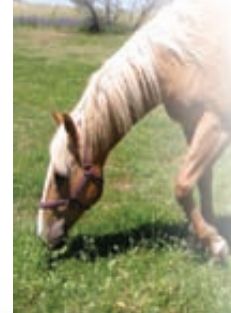
Lubricate your thermometer (e.g. with KY Jelly). Stand safely to the side of your horse's rump. Gently but firmly hold the tail at the base, and lift it to one side. Insert the thermometer into the anus, holding it firmly flat against the wall of the rectum. When the thermometer indicates it has finished reading, remove it and record the reading.

Respiratory rate (RR)

Watch your horse's flank and rib cage rise and fall as he/she breathes. Count each inhalation (breathe in)

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The 9th Annual Twilight Concert

Despite uncertain weather the event went ahead and was another great success and again brought the Hall and district community together for an afternoon of 'Cool Music' in a pleasant environment. Timing of the event was extremely lucky as a major downpour (storm!) hit the region later in the evening and during the night.

The Canberra Brass Ensemble provided a wide range of music from Elton John to some classical pieces. Dominic Neil was the soloist this year. The MC for the day was the inimitable David Kilby.

Many thanks to all concerned with the event, including the museum volunteers, Mike Lee, Viv Martin and Adam Powers from Canberra Brass and Stephen Barnett from Barnett-Lilley and Associates for their sponsorship and together with Homeleigh Olives for the raffle prizes. A special thanks for the kind donations from the audience as the funds raised will help support the museum for another year.

University of Canberra

First year Museum and Conservation Studies students from the University of Canberra will be conducting a one day workshop at the Museum on 5 April. The workshop was conducted at the same time last year and was such a great success that they wish to return this year.

Visitors

Bookings for group visits from Probus Clubs, Retirement Villages and schools continue to roll in and are now a regular feature on the museum's calendar which is great to see.

Disaster Management Plan

Kim Morris from Art and Archival has prepared a disaster management plan specific to our museum and conducted a one day informative workshop for the volunteers. Work to implement the plan will get underway soon.

Family Histories

The museum has been approached by several families to provide photos and research material for gathering material for their family history projects. The museum has been able to assist and it is a win-win situation as the museum has also gained invaluable historical information on these families and their early lives in the district.

The Canberra and Region Heritage Festival

This major annual event is next on the museum's priority list. Work on the exhibitions are well under

way. Put the dates 29 and 30 April in your calendars and diaries. The museum will feature two special exhibitions 'Stones that Speak' and 'Old Days & Old Ways'. There will also be an antique and collectables appraisal table where experts in the field will give assessments on items brought by visitors. Lots of other activities are planned and further details will be on the museum's website and Facebook page. The launch of the exhibitions will take place at 10am on Saturday 29 April by the Minister for Heritage Mick Gentleman who is a great supporter of the work that our museum produces.



Cover photo from Lyall Gillespie's book *Aboriginalities of the Canberra Region*

Volunteers

Unfortunately some of our volunteers have been unwell in recent times and the museum team wish them all our best wishes for a speedy recovery and come back to us soon. This, by no means reflects on my next request!

The museum is looking for recruits to join the dedicated band of active volunteers who come along each Thursday morning to work on the collection. You will be trained in all the aspects of the museum's activities including being a volunteer guide, researching so you will get to know the local history plus many other interesting tasks and also enjoy the pleasant social interaction with a wonderful group. If you would like to join us please contact me at hallmuseum@bigpond.com or phone 0408 259 946.

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Sleep – get your eight hours or get sick!

Ah, the joys of a good night's sleep! We take it for granted when we consistently sleep well, and suffer miserably when we struggle to get just a few hours a night. Good sleep is a fundamental component of good health. It's a primitive need. Aside from the tiredness, lack of focus and bad mood we often have after a bad night's sleep, if we don't get enough sleep on a regular basis we actually increase our risks of long-term health problems.



Insufficient sleep directly slows the metabolism of blood glucose to produce energy. When you're already tired from a lack of sleep, it's harder to find the energy to exercise. Reduced deep sleep decreases growth hormone production, which helps control fat and muscle proportion, contributing to middle-age-spread (Dad-bod). Weight gain increases the risk of developing diabetes.

Obesity and diabetes

Did you know that not getting enough sleep can make you fat? Those who regularly sleep less than six hours a night are much more likely to be overweight. Hormones that help control our appetite, regulate blood sugar and energy production are secreted during our sleep.

Poor sleep can increase insulin secretion after meals, increasing fat storage, leading to weight gain; lower levels of leptin, meaning less signalling that you are full; and increase levels of ghrelin, which stimulates your appetite. So you get more food cravings, leading to poorer food choices to satisfy the cravings quickly, and you don't recognise when you are full.

Heart disease and high blood pressure (hypertension)

Just one night of inadequate sleep increases your blood pressure throughout the next day! Obstructive sleep apnoea can also cause hypertension due to the chronic brief surges in blood pressure with each rousing during the night. The risk of stroke increases with hypertension. Poor sleep has been shown to increase a blood inflammation marker (hs C-reactive protein) that is used to predict cardiovascular disease risk.

Immune function and cancer risk

Poor sleep not only increases inflammation but also disrupts normal immune function. The hormone melatonin, which is produced during sleep, is a strong antioxidant that helps repair damage in body cells and clear out the rubbish from cells. Together these factors may promote cancer development. Prostate, colorectal and more aggressive breast cancers have all been linked to chronic insufficient sleep.

Mood disorders

Chronic sleep problems may be implicated in depression, anxiety and mental distress. Insomnia sufferers are nine times more likely to have significant depression, and 17 times more likely to have anxiety.

Overcoming sleeping difficulties will improve your health. There are many things you can do to improve your sleep quality. Your body functions on a circadian rhythm – light and darkness are the signals that set our internal clock. For most people that rhythm means the ideal bedtime is around 10pm, waking at around 6am. Get sunshine on your eyes as early as you can and throughout the day – it signals the internal clock centres of the brain. Once it gets dark outside dim the lights, get off the computer, mobile etc (or use blue light filter software), it's time for quiet activities. Keep your bedroom dark – banish the TV, turn the clock away from the bed, block out street lights. Try a hot shower or bath before bed. The body loves routines – try consistently implementing these types of good sleep hygiene practices before seeking medications. Find more practices at: www.cci.health.wa.gov.au/docs/info-sleep%20hygiene.pdf



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Dance for Parkinson's

Dance for PD classes offer specialised dance classes accompanied by live music for people with Parkinson's, their caregivers, family members and friends.

Participants report that the classes boost their confidence levels, transform their attitudes about living with a chronic illness, and help them manage some of the symptoms associated with Parkinson's Disease.

Consistent interaction within the close-knit community of the dance class helps to combat social isolation and depression while empowering participants with a sense of physical possibility and artistic achievement.

Parkinson's ACT and Belconnen Arts Centre present the popular weekly dance program in the ACT specifically designed for People with Parkinson's. Enjoy the fun and challenge of working your brain, your body, your memory and your imagination in this fun filled hour. No previous experience is necessary!

Participants will be led through a carefully planned program of appropriate, enjoyable, engaging and challenging dance activities, led by Philip Piggini, Community Cultural Inclusion Officer for Belconnen. He brings a long history of community dance practice from Australia and overseas, has completed Australia's first dance training program specifically focussed on People with Parkinson's, and in 2015 travelled to the USA and UK to further research programs there, with the support of a Churchill Fellowship.

- when: Tuesdays 1:00-2:15pm
- venue: Belconnen Art Centre, 118 Emu Bank
- contact: Philip Piggini
- phone: 02 6173 3300
- email: philip.piggini@belconnenartscentre.com.au
- more info: www.belconnenartscentre.com.au
- wear: Comfy non restrictive clothing, soft shoes or bare feet.
- dates: 2 Feb-5 April, 26 April-28 June, 19 July-20 Sept, 11 October-13 Dec (10 week terms)
- parking: Parking is available in the carpark adjacent to the Arts Centre, or in Westfields Belconnen, diagonally opposite the centre.
- cost: suggested \$5 donation

To find out more visit:
danceforparkinsonsaustralia.org

NSW Government: Fire and Emergency Services Levy

The NSW State Government is currently investigating the introduction of a new Fire and Emergency Services Levy, which will be collected by local councils. Details about this levy, how it will be charged or calculated have just been brought before Parliament so this information is to make residents aware in advance of any decision being made.

If introduced, all councils across NSW will be required to collect the levy on behalf of the State Government. If the new levy goes ahead it will be included on rate notices as a separate line item, however ratepayers need to be aware that Council is simply the collection agency, with all funds forwarded to the State Government.

For further information, please visit:
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GOLD Dancers, a local dance troupe with all dancers aged over 55. They performed at the National Museum of Australia with dancers from Dance for PD.

Experiments in Happiness

An occasional column
by the Smiling Kangaroo



'Happy people plan actions, they don't plan results.'

Dennis Waitley

Shawn Achor's TED talk titled *The Happy Secret to Better Work* is 12 minutes long and throughout he has the audience in stitches. But Achor's message is a serious one. We have been taught to think of happiness as dependent on external circumstances. However Achor explains '... if I know everything about your external world, I can only predict 10 per cent of your long-term happiness. Ninety per cent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world.' In other words this is the truth that Shakespeare has Hamlet utter when he says '... for there is nothing either good or bad but thinking makes it so.'

Achor goes on to say that if we change how we think, then that in turn changes and affects reality. He points to research, which shows '... only 25 per cent of job successes are predicted by IQ, 75 per cent of job successes are predicted by your optimism levels, your social support and your ability to see stress as a challenge instead of as a threat.'

For Achor one of the critical things we need to do is reverse our formula for happiness and success. He explains that in travelling to over 45 countries, working with schools and companies in the midst of an economic downturn he has found that most companies and schools follow a similar formula for success, which is this: 'If I work harder, I'll be more successful. And if I'm more

successful, then I'll be happier.' He argues that, unfortunately, this backwards and scientifically broken thinking '... undergirds most of our parenting and managing styles, the way that we seek to motivate our behavior.'

So why is this scientifically broken and backwards? Achor says that pinning our happiness on external circumstances means '... every time your brain has a success, you just change the goalpost of what success looks like. You got good grades, now you have to get better grades, you got a good job, now you have to get a better job. And if happiness is on the opposite side of success, your brain never gets there. We've pushed happiness over the cognitive horizon, as a society. And that's because we think we have to be successful, then we'll be happier.'

We never arrive at being happy because we think it is contingent upon our external circumstances. But if 90 per cent of our long-term happiness is in the way our brain process the world, can we change the way we think? Achor says we can and that 'if you can raise somebody's level of positivity in the present, then their brain experiences what we now call a happiness advantage, which is your brain at positive performs significantly better than at negative, neutral or stressed.'



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He also points to the tremendous advantages of a positive brain ‘... your intelligence rises, your creativity rises, your energy levels rise.

In fact, we’ve found that every single business outcome improves. Your brain at positive is 31 per cent more productive than your brain at negative, neutral or stressed ... Doctors are 19 per cent faster, more accurate at coming up with the correct diagnosis when positive instead of negative, neutral or stressed.’

And the secret seems to lie in our brain chemistry. Dopamine, a neurotransmitter, floods our brain when it is in a positive frame and as Achor outlines dopamine ‘... not only makes you happier, it turns on all of the learning centers in your brain allowing you to adapt to the world in a different way.’

I remember once hearing a speaker talking about trying to explain the story of Hamlet to a group of students in Africa. They were very confused by Hamlet’s rage at his mother for marrying Hamlet’s uncle – his father’s brother – after the father’s death. For the students Hamlet’s uncle had done the right and honourable thing in taking care of his brother’s widow. I guess Shakespeare was onto something all those years ago – for there is nothing either good or bad but thinking makes it so.

Be brave life is joyous! The Smiling Kangaroo


View Shawn’s TED Talk at: www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

Five Happiness Tips from Shawn Achor

The way our brains process the world is comprised of habits. These tips help develop new habits of thinking.

1. Write down three new things that you’re grateful for 21 days in a row, three new things each day. And at the end of that, your brain starts to retain a pattern of scanning the world not for the negative, but for the positive first.
2. Journaling about one positive experience you’ve had over the past 24 hours allows your brain to relive it.
3. Exercise teaches your brain that your behaviour matters.
4. Meditation allows your brain to get over the cultural ADHD that we’ve been creating by trying to do multiple tasks at once and allows our brains to focus on the task at hand.
5. Random acts of kindness are conscious acts of kindness. We get people, when they open up their inbox, to write one positive email praising or thanking somebody in their support network.

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What is this weed?

by **Lisa Walmsley**

Everyone knows this weed, it is everywhere. It's opportunistic and promiscuous, sneaking into every conceivable spot from paver gaps to veggie gardens and paddocks, but few people know much about it. I get asked almost daily what it is.

Purslane, *Portulaca oleracea*, also known as verdolaga, pigweed, little hogweed, red root and pursley. It's an annual succulent and sometimes gets as tall and wide as 40cm.

It has a massive distribution, from North America to Southern Europe through the Middle East and the Indian subcontinent and Australasia. Purslane has a long history, with evidence of the species found in deposits in an Ontario lake from 1350–1539, suggesting that it was in America in the pre-Columbian era and eaten by native Americans. How it spread to the rest of the world is unknown.

It has a succulent type appearance with smooth red stems. It has yellow flowers and depending on rainfall, the flowers can appear at any time of the year.



Purslane has a taproot and tolerates compacted soils and drought very well.

In antiquity, Pliny the Elder considered Purslane's healing properties to be so reliable that it was advised that you wear it in an amulet to expel evil.

Although considered a weed in Australia, it may be eaten as a vegetable. In Europe, the Middle East, Asia and Mexico it is used

in salads and stir-fries with a slightly sour and salty taste. Its stems, leaves and flowers are all edible and due to its succulent like foliage it is also suitable for stews and soups.

Australian Aborigines use the purslane seeds to make seed cakes. Greeks, who call it *andrakla* or *glystrida* use the stems and leaves with feta, olive oil, tomato, onion, garlic and oregano. In Turkey, along with using it in salads, they bake it in pastries and cook it like spinach. Egyptians, call it *reglah*, and cook it as a vegetable stew. Many other countries use it in their daily cooking.

In Chinese medicine its known as *Ma Chi Xian*, translated as 'horse tooth amaranth'. Its leaves are used for insect or snake bites on the skin, boils, sores, bee stings, dysentery, diarrhoea, haemorrhoids and intestinal bleeding.

Nutritionally, it is quite extraordinary, Purslane contains more omega-3 fatty acids and antioxidants than any other vegetable. It also contains vitamins A, C and E, vitamin B, carotenoids and minerals such as magnesium, calcium, potassium and iron.

As you can see, this weed is quite an extraordinary plant. I have a dedicated green juice friend who adds it to his juice. Not my cup of tea, but an interesting plant none the less.



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Send food not flowers to new mums



Ebony-Maria Levy of Wallaroo, photo by Andrew Finch

When you've just had a baby, the last thing you want to do is cook, says Ebony-Maria Levy, founder of Hungry Mama Bear. The concept is simple – delicious, home-cooked comfort food hand-delivered for new mums, but what started in February as a service for postpartum mums has expanded to reach anyone in need of support, Ebony says.

'I'd say it's about 50-50 new parents and people who need a bit of extra help for whatever reason,' she says. 'I've had mums redeem their vouchers when they're transitioning back to work, people who are recovering from surgery, or their partner is working away for a few months, even real estate agents who want something baking for an open house.'

'We also find that people redeem their vouchers a few months after having a baby, when the offers of help and flow of visitors are over.'

'Our customers have taken it a different way than I expected and it just goes to show that when you need support, you need food.'

Ebony, 27, says the idea for the business came when she had her son Edward, two, and was visited by a friend who cooked for her.

'I was feeling terrible at the time, I had mastitis and having this feast made for me was the most amazing thing ever,' she says.

'Being cooked for is an indulgent treat but also gives practical assistance and benefits the whole family.'

Ebony says she also loved bringing lasagnes to friends who'd had babies and started to see a demand for home-cooked food.

'What we make is for the whole family, not just the mum, because that's what really makes things easier – it's one less practical thing to think of,' she says.

'It's all delicious and luxurious – lasagnes, casseroles, cakes, chocolate-chip cookies – the kind of things you'd make if you had the time,' says Ebony.

'We're not under any delusions, we know it's not an essential service, but being looked after with a homecooked meal can be so important to someone's feeling of wellbeing and it also fits with our culture of gift giving.'

Ebony, who left her career in management consulting and international commercial law to start the business, says that while her family loves cooking, it wasn't about the technicality of the food for her.

'We're not chefs, we're a family of cooks with an Austrian/German background and we enjoy food and eating together, but this is really just about one family cooking for another,' she says. Next year Ebony, who is on the board of PANDSI, says she plans to extend her services to include Hungry Mama Bear At Home, providing postpartum care.

'It's like having a grandmother check up on you, bring you dinner, make you a cup of tea, see what needs to be done in the house and gets on with it,' she says.

Ebony does the cooking with her mum, dad and grandmother at their property in Wallaroo.

'The message is, send food not flowers, I don't think anyone needs a roomful of dying flowers at a time when they just need looking after.'

'I have never had so much gratitude than in this role – I love it.'

Visit hungrymamabear.com.au

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Pet rabbit owners – new calicivirus strain requires vaccination every six months

To control wild rabbit populations a new strain of calicivirus has been released near the Hall area and is expected to spread quickly.

In order to protect pet rabbits from this virus, the Department of Primary Industries is recommending that pet rabbits are now vaccinated every six months with Cylap® vaccine. Newborn rabbits should start their vaccination course at four weeks of age. The Australian Veterinary Association (AVA) state that this vaccine has not been tested against the new strain of Calicivirus but have suggested this more intensive, but off-label use of the existing vaccine. This protocol can be discussed with your vet.



Unfortunately, the virus release has come at a time when the vaccine is in short supply. Ensure your pet rabbit has no contact with wild rabbits, avoid feeding from potentially contaminated grass, wash your hands between handling rabbits and maintain good insect control for your pet rabbit. If you would like to be

notified as soon as vaccine becomes available, call us at Hall Veterinary Surgery on **6230 2223**.

A dramatic rise in mosquito numbers means pet owners need to be vigilant with their dog's heartworm prevention

Heartworm (Dirofilaria immitis) is spread by a mosquito biting an infected dog and ingesting the heartworm larvae. The next step is the mosquito buzzing off and biting another dog and infecting them with the heartworm larvae.

Without preventative products on board, the larvae continue to develop, eventually reaching the heart and lungs where the adult worms can strangle the heart and congest the lungs.

Year round treatment is required for all pet dogs.

If you are unsure when your dog last had a heartworm treatment please call for advice.

Where heart worm prevention has been intermittent or lapsed, prevention can be restarted. However a blood test is recommended to ensure your pet is still heartworm free.



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Outbreak warning for cat owners of the deadly Feline infectious enteritis, (Feline Panleukopenia Virus – FPV)

The resurgence of this deadly virus, which was almost eradicated 40 years ago by vaccinations, has been confirmed in various locations throughout Australia.

FPV is highly contagious and can be fatal to an affected cat.

The most common form of FPV presents as a three to four day history of high temperature, lethargy, loss of appetite and may progress to vomiting and diarrhoea. However, in cases of very severe infection, cats can die very suddenly with no apparent signs.

FPV in cats is caused by parvoviruses, which are small DNA viruses. The main one is feline panleucopenia virus but parvoviruses that infect dogs can also cause the disease in cats. Disease control relies on strong herd immunity and that can only be achieved by keeping pets up-to-date with all vaccinations.

At Hall Veterinary Surgery, we use the live *Tricat* vaccination which gives the best immunity against this disease.

If your cat or dog are overdue for vaccination, make an appointment to update their vaccinations.

Good weather for poisonous mushrooms

With the recent rain and still warm days, death cap mushrooms are likely to start popping up under the oak and pine trees in the area. Take care to avoid your dog's snuffling a deadly meal.

Recent cases of Anthrax confirmed

ACT is in the 'Anthrax belt'. This disease mainly affects cattle and sheep and causes sudden death. It can also be fatal to people who handle dead livestock without appropriate personal protective equipment. Recent cases have been confirmed in southern Queensland and northern Victoria. It is a notifiable disease and sudden stock deaths should be reported to a Government veterinarian for immediate investigation.

On the bright side, help for allergy sufferers!

Is your dog constantly itching, rubbing, or biting at their skin? Does it feel like you have tried everything?

Your pet may have atopic dermatitis, or atopy, a chronic skin allergy. Like hay fever in humans, dogs can be allergic to pollen, grasses, dust mites, and other environmental allergens that cause this unpleasant reaction.

Dogs suffering from atopy can be itchy in one area of their body or all over. Dogs normally begin to show signs between three months and six years of age. Often these signs progressively worsen with age and exposure to new allergens. Initially the itchiness may appear seasonal with flare ups occurring with exposure to spring or summer pollens, however these periods can become longer and seem year-round.

Atopy has been diagnosed in dogs for years and it has been difficult to manage. Veterinarians turned to steroids, such as prednisolone, to treat atopy, although many do not like prescribing a medication that can have strong side effects if used long-term. Luckily there is a new breakthrough steroid-free drug called *Apoquel* for treatment of allergic dermatitis. It has increasingly become a first choice treatment option because it is safer than steroids. *Apoquel* is fast acting with little side effects. It may be the alternative long-term approach we have been looking for. Please remember that a diagnosis of atopy is one of 'rule-outs' from other causes such as fleas, mites or dermatitis. Talk to us first to confirm the diagnosis and see if *Apoquel* is right for your dog.



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From the editor

As our long hot summer turned to autumn and the clocks change so the dark evenings begin to close in on us, it is good to reflect on the planned and the unexpected events of the seasons in Hall. I am so proud we play host to the National Sheep Dog Trials every year and make the triallers welcome in our village. Many thanks to the organising committee who arrange for morning tea, the preschool visit to the Dogs and of course the Dog's Dinner. The wine season is upon us and how lucky to have so many fine wineries on our doorstep for the Canberra Wine Week in April. The Hall Museum will play its part in the annual Heritage Festival in April and May, thanks to the amazing group of volunteers who run it. In the realm of the unexpected we bid farewell to Eric Arney of Hall. And we see the closure of the Wood Duck Inn after so many years. Our pages this edition also seem packed with advice about animal and human diseases and the paths to better health and happiness. In the midst of a world which seems to have gone mad, I am so grateful for Lisa Walmsley telling us about purslane, my garden abounds with it and I had no idea what it was. No matter how big or small, planned or unplanned, it all happens in Hall.

Until next time,
Jo Hall

Letters to the editor



Here's your chance to raise issues and to engage in community discussion.

email: ruralfringe@hotmail.com

post: **Rural Fringe**
po box 43
Hall
ACT 2618



Village of Hall and District Progress Association Committee Meeting

**Wednesday 17 May,
7pm at the Cottage**

This is a regular meeting of the committee of the VHDPA and all are very welcome. Comments and suggestions can be sent to any committee member or secretary Brenton Philp - phone 0439 988 110 or email brenton.philp@inet.net.au

Frogs in autumn

Autumn has arrived; waterbodies are cooling down quickly and as a result audible frog activities have dropped off. My pond has gone from two more egg masses to nil calling sounds over 10 days. The last breeding efforts (of *Limnodynastis tasmaniensis*) were possibly prompted by my very overdue decision to clean out the pond. Plants from small reeds to



← Spotted Marsh Frog
(*Limnodynastis tasmaniensis*)

watermilfoil had taken over and had turned the pond into a jungle. I only realised the full extent of it when I stepped into the pond. Where once had been water there was a fine but very dense mesh of roots; everywhere. It took a lot of elbow grease and, in the end, a saw to get through them. The excess plants/roots filled a large wheelbarrow to the brim – pretty impressive as the pond is only 1.5m in diameter! The initially brown and muddy water has since settled and the pond looks pretty again! Plus I can see large tadpoles swimming about and trying to catch a bit of warmth in sunny spots. I am sure they are much happier now that they have more space and better 'basking spots'. So, while out in the garden, getting trees and bushes and perennials whipped into shape for autumn/winter, you might want to check on the state of your pond as well, before it is too cold to get your feet wet!

Anke Maria Hoefler, Frogwatch Coordinator
Ginninderra Catchment Group

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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 This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not. These deadlines ensure publication by the 10th of every second month.

February issue deadline is 10 January	August issue deadline is 10 July
April issue deadline is 10 March	October issue deadline is 10 September
June issue deadline is 10 May	December issue deadline is 10 November

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

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

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

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Out and about **Out about**



A slasher moves in to remove blackberry from Hall Creek

▲ Helen White of Hall with Ginninderra catchment rangers David Wong and Lizabeth, discuss concepts for enhancement of Hall Creek wet land.

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West Texas Crude at the Canberra Show



Our very own West Texas Crude had their own spot at the Royal Canberra Show this year, with a repertoire spanning their own compositions, Country and Western, the Beatles, the Monkees and much more. Highlights included a satirical tribute to Kim Jong Un (in the genre of the Flight of the Concord) and some remarkable harmonica playing by Phillip Williams, challenging even Bob Dylan's virtuosity. You make us proud!



Daughters At HALL

SINCE 1882



Can you believe its April already, time flies when your having fun.
 Things are starting to change we are looking fresh and bright colourful and interesting, We love being part of the change to this space and hope you will all love it too.
 If you haven't been in and seen our new wall, well you are really missing out,
 Art by Lexi
The Burger night just gone was a great night, Thanks so much to "@beersburgers&pies" for bringing the real burger back they were amazing. Thanks to the staff on the night Davey Miranda and Haley. Special Thanks to Brendan for your help with the loaded Fries.
 There is always so much to do leading up to the night and help from so many people, Isabel, Brian and Anne.
 What a wonderful community we live in, generosity is so appreciated, Thanks so much to the Collectors Club for the use of the BBQ, Bill and Graeme.

On the Menu now
 New Winter menu is about to start come in and warm yourself up, Soup, Curry's, Roast rolls
 Just to name a few

Pet Friendly Café
 Treat your puppies
 With every coffee cake or slice order receive a Free Puppuccino or a Beef Crunch.

Book exchange
 We need more books, please
 Come in have a look at the book exchange it has a good turn over of new and interesting books, exchange or sit and have a coffee and a read.
 Exchange books always welcome.

What's happening?
 Book your table with friends and family, get together with your street, village and community for great food, good company, and live entertainment.

7th April
AtSeaTuna
 6pm
 Jeff and Chrissy are back to cook up a seafood delight.
 Delicious seafood straight from the boat to Hall
 Put your seafood orders in for Easter on the night
 Menus will be available closer to the date, at the Daughters, and on Facebook

Available
 Breakfast
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 Home baked Cakes, slices and Muffins
 Cakes made to order 48hours notice.
 Milk, Bread, Farmer Browns eggs, Capital Honey,
 Homeleigh Grove Oils and Vinegar, Jams, Newspapers, Ice cream, Lollies Alcohol, and Dry cleaning
Remember to get your **coffee card** 10 cups and you receive **1 free**.

Employee of the month Davey
 Really great attitude nothing is too much trouble for Davey, he gets the jobs that are heavy hard left to last minute never complains and we really appreciate how he tries to cover any shift that can't be filled. Davey has a great sense of humour and is fun to work with. Thanks well done
 Shout out to **Jess** Happy 25 Birthday,
 Happy 18th Birthday **Davey**



Closed
 Good Friday 14/4/2017 Easter Saturday 15/4/2017 Easter Sunday 16/4/2017
 Easter Monday 17/4/2017 Anzac Day 25/4/2017