

RURAL FRINGE

Journal of the Hall district



VOLUME 24 ISSUE 3

June 2017

'Stones that Speak'

by **Ken Heffernan**

Celebrating Hall District's Aboriginal Pioneers

I joined the volunteers of Hall School Museum in 2013, while the Ginninderra Pioneers Exhibition (2014) was being prepared. It told great stories about 19th century rural life, especially the hard working free selectors and local service providers who built the Ginninderra community and gave rise to Hall Village in the 1880s. As volunteers prepared the innovative Centenary of World War I Anzac exhibition for 2015, we heard that Neil Gillespie was to donate his father's entire collection to the Hall School Museum.

Lyll Gillespie (1919-2006) was a renowned local historian, a descendant of the pioneers of Ginninderra, and an alumnus of the original one-teacher school that still stands in Hall. One of his first books was about Canberra's Aboriginal occupation, recognising them as the region's first pioneers.

Lyll's collection included diaries, meticulous historical notes, photographs, audio tapes, books, tools, artworks and natural history specimens. He also left 170 kilograms of Aboriginal stone artefacts.

I undertook to apply my archaeological skills to catalogue this part of the collection. So far 6,500 stone artefacts have been counted, with many more to go.

This collection is especially valued because Lyll took the trouble to label most pieces, so we know where they came from. He collected them in the 1960s and 1970s, often for their preservation, in the days before a collection permit was required, and systematic environmental impact assessments were done before development.

Most of the stone tools were from the Canberra region, especially his mother's old property off the Gundaroo Road. Hall Museum has always worked closely with the descendants of Hall's pioneers, and we now have open days to consult with representatives of local Aboriginal people about how to respectfully care for

the things made by their ancestors. ACT Government Heritage Grants have provided excellent storage facilities for the whole Gillespie collection.

... continued on page 13



Out and about . . . about



Stations of the Cross, Good Friday in Hall.



Gungahlin homestead during Heritage week.

Congratulations to Angie, Harvey, Mackenzie and Monahan Hazelhurst for an amazing 5km run at the Mother's Day Classic this year!



Jo (ed.) and Angie before the run



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Winning as a volunteer

At the recent ACT Volunteer of the Year Awards, Hartley Hall Markets' volunteers received the 'ACT Teams Volunteer of the Year Award' for their dedication and consistent assistance to the markets.



At the awards evening from left to right are long-term team volunteers Margaret, Tony (holding the award), Markets Manager Leonie, Marcia and Bob.

Hartley Hall Markets is celebrating its 30th year and this coveted award honours the ongoing achievements of many volunteers over the period. Individuals, couples, families, groups such as scouts and the valued Radford College Community Involvement Program, students as well as Hartley clients volunteer for periods of the day from 6am to 6pm on market days to bring the markets together and assist with its smooth operation.

Setting up stalls, running barbeques and canteens, transporting supplies, traffic and parking control, garbage collection and many other activities go towards a successful market day for up to 250 stalls and two to three thousand visitors on busy days. The rewards are many as older volunteers mentor younger participants who are learning that community volunteering can be fun as well as hard work. The team functions like a friendly family and new volunteers are welcomed with open arms.

Proceeds from the markets make a substantial financial contribution towards the ongoing work of 'Hartley Care' which provides learning, hostel accommodation, independent housing, continual care, transportation and respite care for people living with a disability or brain injury. Some of our local families have been appreciative of Hartley's dedicated services over many years.

AUSTRALIAN COOL CLIMATE WINE SHOW AT MURRUMBATEMAN

Save the date!

The Australian Cool Climate Wine Show at Murrumbateman is coming soon.

Keep an eye on www.occwineshow.com.au for more of our event news.

Whether you want to sponsor, book for events, volunteer or are just after more info, phone Virginia 6227 5550 or email accws1@bigpond.com

Bookings are now open for the Public Tastings and Long Table Lunch on Saturday 9 September.

Don't forget our wine bus will be operating again on the Saturday from Canberra if you don't want to drive!

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Village of Hall and District Progress Association Committee Meeting

Wednesday 19 July,
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



CELLAR DOOR now open at Hall Village Court

Epicurean tasting of matched wine and food available at the weekend:
please book in advance

Kyeema Gallery exhibitions change monthly

Open 10:30am □5pm, Thursday □Sunday and public

Farewell to Maz – the Mail Lady!

Maz has been providing the mail service to the outer areas of the Hall District for more than 12 years, on her own (maybe a dog or two in the back seat!). However, she did spend around nine years working with the previous contractor.

Maz retired on Friday 12 May and I think that it's only fitting that she makes it into the *Rural Fringe*, which, had it not been for her, many of us would not have received the 'happenings of Hall and surrounding district'!

In the time of her contract, Maz has managed to outlast four cars and she was on her fifth, at the time of her retirement! Not to mention all the car tires and endless services to her 'trustworthy vehicles'. All of this to fulfil a postal contract so that we, on the outskirts of Hall 'got our mail'. Let's hope that her retirement will mean an easier life for both her and her car.

Maz was no ordinary mail contractor, not only did she deliver the mail, she was busy always watching and checking up on everything in the surrounding areas.

Keeping a good eye on our community, keeping it safe.

When asked about any 'lows' during her time as a mail contractor, she replied, 'the breakdowns', naturally referring to her cars! She fondly recalled one occasion when she was

broken down and waiting for the NRMA (we all know about that wait!), when a local (another previous service provider, Julie the Bus Driver) went home and made her a thermos of coffee and brought it back to her. Maz really appreciated that gesture! As far as the 'highs' went, meeting some of the recipients of her service and the friendships that she has made over the years on the roads of her run. Other highs, rescuing some of the animals and keeping an eye on everything in general around the district – her run, whilst providing a wonderful service to us all.

So, what are Maz's plans for her retirement? Well, a trip up north to see her family and really looking forward to spending more time at the South Coast, just taking it easy!

We wish Maz *all the very best* in the years to come.

Enjoy your well deserved retirement! Maybe now it'll be worth washing your car; hope it doesn't fall apart from lack of dust!

With heartfelt thanks from all the residents of the surrounding areas of Hall – Your Mail Run!

P.S. a little known fact: even though Maz was born in Queensland, believe it or not, she actually barracks for NSW – *go the Blues!*

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds"

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Ex Hall resident wins prestigious science award

Andrew Robson spent his teenage years living in Hall with his parents Phil and Yvonne and his siblings while attending Daramalan College. He later went on to study Environmental Science at the University of Canberra.

From Canberra he moved to Narrandera where he continued his studies in agricultural science in the rice industry.

From there he went to Brisbane and then on to Kingaroy where he worked at the Department of Primary Industry's Research Facility while completing his Doctorate of Agricultural Science by correspondence.

He is currently working at the University of New England as an Associate Professor where he is a leading scientist in the field of remote sensing in agriculture.



Andrew Robson with the Governor of NSW General David Hurley.

In February this year he was advised that he had been awarded the Poggendorff Lecture Award for his research and publications concerning remote sensing in agriculture. Andrew is only the fifth recipient of this award since its inception in 1981.

Walter Poggendorff was a biologist and plant breeder with a particular interest

in the breeding of rice. He worked at the Yanco Agricultural College

where his early accomplishments were the need to quarantine imported rice and producing a variety of different rice strains. Poggendorff is recognised as one of the major figures in establishing the Australian rice industry. He went on to work with other varieties of fruit and nuts and later became the Chief of Plant Industry with the NSW Department of Agriculture. When he died in 1981 he made a bequest to the Royal Society of NSW to fund a lecture.



The medal presented by the Royal Society of NSW

Andrew was presented with the award by His Excellency General the Honourable David Hurley, Governor of NSW, at a dinner held at the Royal Society's headquarters in Sydney.

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At the last meeting of the Progress Association, a number of residents attended and sought clarification of the details of the proposed bike track. They also sought greater consultation on the project. Below sets out where the bike track is up to, the role of the committee, and proposed next steps. Readers may recall the Hall Bike Track Project was the subject fundraiser from last year's Hall Ball which has since become a project of the ACT Government.

On 19 September 2016, the following correspondence was sent to the Secretary of the VHDPA Committee:

Dear Brenton,

We are writing to you to express interest in financial assistance in the development of a bike track in Hall Village - for use for the village, district and wider community.

The Hall Ball Committee under the umbrella of your Hall Progress Association, is holding our annual Ball in October and has decided to concentrate our fundraising for this project.

We have applied to the ACT government for a suitable site on which to build the track. They are very enthusiastic in supporting this project and healthy active children.

We have secured a very generous quotation from Darren Stewart, who's business Makin Tracks, has built the Centennial Trail and Stromlo Bike track. Darren and his wife Heather and their family are residents of the Hall District, and have provided an at cost quotation for a 1.2 kilometre track, coming in at \$24,000. This includes a steel bridge, 10 bike features, and walking track for access. Please see quotation attached.

The track has been designed to accommodate every level of riding expertise, thus including every age group - from toddlers on balance bikes to adults.

We have a resident of Hall, Cameron Gibson who is 14 years old, Cameron has cerebral palsy and he has a specially designed four wheel bike. The track is designed so that Cameron can enjoy the track.

We have secured a generous commitment from Hall Rotary, \$12,000 to assist with funding of the bike track, and we are hoping your committee could consider financially supporting this project - we are estimating that we may require \$6000, to finalise the track.

We would be grateful for your consideration of our project.

Yours Sincerely,

Trudy Mansfield

Angie Hazlehurst

Shaun O' Connor

The Hall Ball Committee.

That correspondence was considered by the Committee at its next meeting and the minutes of the meeting on 21 September 2017 state:

Bike track – great idea, funds available, can contribute up to \$6000. Need to draw attention to community targeted consultation around parking, etc and ACT Government permission to do things. In principle support. Subject to approvals, insurances, etc.

Mansfield to write in principle support, \$6000 with range. Concerns: 1. Security of site, 2. Ongoing management of site, 3. Consultation with affected residents. If can assist we will. Explore insurance issues and whether the track can become an ACT govt asset.

On 29 October 2016, the Hall Ball was held incorporating the raising of funds for the proposed bike track and was attended by about 100 people.

The minutes of the Committee's next meeting on 16 November 2016 state:

Bike track – approximately \$10,000 raised through Hall Ball. \$12,000 donation promised from Hall Rotary. Next steps are for the bike track committee to work with the proposed builder and ACT Gov to identify suitable location. Question if also extend the car park.

The minutes of the Committee's next meeting on 15 February 2017 state:


Hall Ball and Bike Track


2pm 11 April meeting – Trudy Mansfield, Mick Gentleman MLA, Megan Fitzharris' office, Sean O'Connor and Darren (builder making tracks).

On 16 May 2017, the following correspondence was sent to the Secretary of the VHDPA Committee and Roger Powell from the Rotary Club of Hall:

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Dear Brenton & Roger,

I am writing to up date you on the Hall Bike Track project. Since my last correspondence, I have had several meetings with the representatives from the ACT government on site at the park, it had become obvious to us that the site is in dire need of maintenance in terms of storm water drainage and the Halls Creek.

The ACT government has committed to a plan of works to restore both the storm water flow and the creek. This will commence shortly.

It is hopeful that the restoration of the storm water and creek will create a wetland area, that improves water quality and encourages additional wildlife. We have been in discussion with the Ginninderra Catchment Group re best practice in creating a wetland area and they have offered their support to this element of the project.

Darren Stewart, from Makin Trax, in conjunction with the government representatives have designed an indicative path- the track is designed to compliment the natural environment that this part of the park provides.

The track is designed to fit behind the tree lines of park - creating a track that is almost hidden in most part from sight from the Village. Allowing the cyclist to enjoy the natural environment to the fullest. The track hugs the creek line on the park side and crosses the creek furthestmost from the bridge - it is on the other side of the creek that most of the track exists. It provides loops around differing types of vegetation and is designed with the provision of shade.

This current map shows a crossing adjacent to the current bridge. Darren and I meet with Minister Gentlemen in April and have had discussions re a combined, pedestrian, equestrian and cycle bridge at this point we have secured partial funding for this bridge. This proposed bridge would then serve the wider community as well as the cycle track.

We will continue our discussions with the ACT government re funding of this crossing - until then the track will form a loop and return accessing the planned bridge crossing.

We have secured two park benches that will be installed in the wetland area of the track, this part of the track is designed more for young riders. The seats will be installed in the shade of a large tree.

Makin Trax is currently working on the Centenary Trail at One Tree Hill, once this work is completed they will start on the Hall Bike Track, all work will be completed by the end of the financial year.

With thanks for your support,

Regards,

Trudy Mansfield

In conjunction with Brian Bathgate.

This correspondence was considered at the next Committee meeting on 17 May 2017. Also considered at that meeting was an 'Indicative as at 15 May 2017' diagram of the plan of the proposed track, and an email from Brian Bathgate – Operations Manager Belconnen/Gungahlin for the Transport Canberra and City Services Directorate, that stated:

I am happy to support the go ahead of the track works and contribute \$5000 towards funding the creek crossing.

I have approached Ginninderra catchment group, Environment, the Parks fire unit and Roads ACT re the works in this area.

I can advise that grazing is no longer needed in this space from a fire point of view, however I am still waiting for responses from the others.

In addition to the Committee members, also present at the 17 May 2017 meeting was Brian Bathgate and several residents who put questions to Brian and the Committee. In response, the following correspondence was sent to Brian Bathgate by the Committee:

... continued following page

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Dear Mr Bathgate

Firstly, thank you very much for giving us your time by attending our committee meeting on the evening of Wednesday 17 May 2017. As you will recall, the proposed bike track in the Hall Common park was the subject of quite some discussion and questions raised.

Secondly, below is a list of questions that were raised at the meeting. We confirm your proposal to field questions at large by email to you at brian.bathgate@act.gov.au by close of business next Tuesday 24 May 2017 and your compiled response to be provided a week later being Tuesday 31 May 2017. We would be able to arrange for wider dissemination of the compiled response using the association's email list.

Thirdly, please advise if you or another appropriate representative is open to attendance at a public meeting. Many residents were not present at the meeting and will realistically not have awareness of the opportunity to put any questions they may have per the above process. However, with the dissemination of the compiled response, we could advise the residents of an opportunity to attend a public meeting and the committee is of the view that this would be of great benefit. In the event you are amenable to this please let me know as soon as possible in order for it to be arranged.

Yours faithfully

Brenton Philp – Secretary

Questions raised during Committee meeting on 17 May 2017:

- What was the approval process and have all necessary approvals been obtained, in particular from Heritage?
- Is there a concept or other plan that illustrates and details what has been approved?
- What impact is there expected to be on the existing parking and traffic limitations and has that been accommodated in the plans?
- How was the location determined and is it possible to move the track to some other location?

The next steps for the Committee (as at the close of content for this edition of the *Rural Fringe*), are to disseminate the compiled questions and answers and to disseminate the details of any public meeting that may be held. This is consistent with the Committee's position of support subject to conditions including consultation.

The Committee's next meeting will be at 7pm on 19 July 2017. As usual, members are welcome to attend to raise any relevant issues they like. Alternatively, contact can be made at any time through info@hall.act.au or the *Contact Us* page on the website at hall.act.au/contact.

Lastly, the VHDPA is *your* association. We are here to advocate for the interests of all Hall and District residents, and to support those who wish to pursue things in the interest of the area. Membership is voluntary, if you have an interest you would like to pursue, or can offer your time, we encourage you to come along.





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Poachers Pantry Fireside Dinner series

by **Susan Bruce**

Truffle Dinner

Blue Frog Truffle Farm at Sutton will have its hounds out hunting down these black pearls. The wonderful earthiness of the truffle, like a newly ploughed paddock after rain and that somehow conjures up half forgotten memories of country weekends, winter walks and lost loves. All that in a magic in a piece of fungus!

Come and join us by the fireside for a four course dinner with these black pearls as the centre piece. Matched to the soft spice of our Wily Trout Shiraz or the funk of the Pinot Noir. A night to remember.

Shiraz Dinner

Canberra does shiraz really well, our cool summer night and long hot days see to that. But some years are more perfect than others and 2015 with it wet January and dry vintage created a gold medal winner for the Wily Trout.

Come and enjoy a four course dinner with several vintages of shiraz and see just how one year varies from another and how beautifully it can be paired with winter dishes.



Vintage release

This is my favorite! Every year waiting to see what the new vintage will provide is like waiting for Christmas to come. Somehow I just can't imagine what a wine will be like until it is in the bottle.

For me a half finished wine is a bit like seeing a symphony on paper and imagining the music, it is a

skill I just do not possess. So I listen to the winemakers and patiently nod but know that I will have to wait till vintage release to really know what they are talking about.

Come and be the first to taste this season releases, lots of wines with lots of dishes as foils for them. Hear from those who made and grew these wines and sagely nod, but with the advantage of being able to taste as you listen.

To match the above truffle dinner throughout the June/July/August period we will be selling the most gorgeous smoked truffle flavored chicken and ham that our chef has created.



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Solo ride from Canberra to Humpty Doo

The Hall Bushrangers Major Sponsor – Andy Kerec from Renaissance Homes has just completed the most incredible ride from Canberra to Humpty Doo in the Northern Territory.

The *spinetingride* is a 5450km mountain bike journey across the heart of Australia that has just been undertaken by Andy Kerec to raise funds for spinal cord repair research (Project Edge - SpinalCure Australia), as well as a great local, not-for-profit supportive charity (Hartley Lifecare) and to raise awareness for Livable Housing Design (Livable Housing Australia).



↑ Andy Kerec (left), Mal Kerec (right) and Lud Kerec (front).

Andy Kerec became a fierce advocate for people with disabilities after his father became a quadriplegic seven years ago.

Andy left his parents home in Canberra on 15 March to complete a solo bicycle ride all the way to Humpty Doo.

'In early 2010 my great mate, business partner and dad, Lud Kerec, went for a light ride on a Sunday afternoon as part of his final 'wind down' preparation for the Port Macquarie Ironman event he was going to undertake with my little brother Malcolm on the following weekend,' Mr Kerec said.

'He was hit by another cyclist who was on the wrong side of the cycle path around a corner and they both came off their bikes. There were no apparent physical injuries to either of them apart from a few scratches,' he said.

'The other cyclist got up. Dad didn't.'

'His helmet strap had "garroted" his neck and caused a dislocation of his spine around the C5/C6 vertebrae level.

The Hall Bushrangers are honored to have Andy Kerec and Renaissance Homes as our major sponsor.

'His spinal cord was intact but badly bruised and Dad had instantly lost pretty much all function below his chest including his hands and chest muscles.'

'While we obviously hoped for some recovery of function in the ensuing months - none came and Dad had become, and remains, a C5/C6 quadriplegic,' Andy said.

Andy said his father regained his health and recovered mentally, after spending several months at the Prince of Wales Hospital in Sydney .

'Living with quadriplegia has become my dad's new 'normal', Andy said.

'Living with a quadriplegic has become my family's new 'normal'.

'We've gone boat fishing in Kakadu, beached ourselves on POCOcks beach and shared a beer, or two. We've crossed the Canning Stock Route in a 4WD.

'Dad is now riding a hand cycle/quadriplegic specific bike and we are planning a boat fishing trip to the Kimberley.'

'It took a while, but even after experiencing such a terrible life changing accident to a loved one, you eventually begin to appreciate that perhaps everything does happen for a reason – and by doing so, you can start looking for ways to create positive outcomes, directions and results.'

Andy is riding to raise funds for spinal cord repair research and residential care for people with complex disabilities.

To find out more or to support Andrew's incredible efforts visit his website.

www.thespinetinglride.com.au or make a donation and learn more about Andrew's ride go to www.thespinetinglride.com.au/pledge-now/

'The other cyclist got up. Dad didn't.'



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Capimus Sed Tradimus



renaissancehomes

Local selected for Wine Industry's Future Leaders Program

Four Winds Vineyard's owner, Sarah Collingwood, has been selected for Wine Australia's Future Leaders Program.

The program is designed to develop participants' leadership capabilities and encourage innovation and thoughtful debate on the future of the wine sector.

There were 16 wine industry professionals selected from a field of over 100 applicants to be part of the program in 2017.

Sarah said that she was thrilled to be a part of the program and looked forward to being challenged professionally and personally.

'It will be a great chance to connect with others in the industry, explore new technology, marketing and governance and look at ways we can incorporate this into our small business here in Murrumbateman,' she said.

'Working in a small business I am often consumed with day-to-day operations, this program will be a great chance to take a broader view of the industry nationally and internationally.'



Wine Australia CEO Andreas Clark said the calibre of applicants again reflected the impressive talent working in the Australian grape and wine sector.

'The Future Leaders Program is an opportunity to bring together emerging leaders from all parts of our sector and help them develop the skills to work collaboratively and creatively toward a common goal for long-term prosperity. It's a unique leadership program that's been specifically designed for the needs of the Australian grape and wine sector.'

'The future success of our sector is dependent on the strength and capabilities of our people. We want the best and brightest leading the Australian grape and wine community and it's vital we support them by investing in their professional development so they can confidently lead the sector in the years to come.'

Future Leaders is coordinated by Wine Australia in partnership with the Winemakers' Federation of Australia (WFA) and Australian Vignerons (formerly Wine Grape Growers Australia). This is the seventh time the program has been run since starting in 2006.

More information at www.winefutureleaders.com



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www.homefiresafetyaudit.com.au

Despite the fact that the bushfire season is over, house fire remains an ever-present risk. By now most of us will have turned on our heaters or our electric blankets and with the days getting shorter, many of us will be using our dryers or hanging clothes inside to dry. These things, along with cooking, pose the greatest risk for fire throughout the year.

As I outlined in my last column, 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.

So check your smoke alarms – one for every level of your house – and develop and practice your home escape plan. Doing that along with these simple tips can help keep you safe this winter:

- **Test your electric blanket** – lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm that it is okay.
- **Have a yearly maintenance check for your heating appliances** – many oil, gas or wood heating units require a yearly maintenance check.
- **Use only authorised installers** – if you are installing a new fixed heating appliance make sure the person doing the installation is authorised.
- **Install an electrical safety switch** – and only use fuses of recommended rating.
- **Fire extinguisher and fire blankets** – where possible, keep a fire extinguisher and fire blanket placed near the exit in the kitchen and check everyone in your house knows how to use them.

*And remember if your house is on fire,
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Rebecca Morrison

President



Specialised smoke alarms for people who are deaf or hard of hearing

For people who have a mild to moderate hearing impairment the standard high frequency smoke alarm is effective. However if people are deaf or have a severe hearing impairment it may be necessary to install a specialised smoke alarm. These have a strobe light and/or a vibrating pad that can be placed under the pillow which activates when the smoke alarm sounds and can be interconnected with conventional audible alarms in different locations within the home. If one of the alarms senses smoke, all alarms will sound, the strobe will flash and the vibrating pad will vibrate.

People who wish to purchase smoke alarms suitable for deaf or hard of hearing people should contact the Deaf Society of NSW and ask about the Smoke Alarm Subsidy Scheme or **visit www.deafsocietynsw.org.au/smokealarms** which also has videos available about home fire safety.

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The 106 Emergency Relay Service enables people who are deaf, hard of hearing or have a speech difficulty to contact emergency services through their TTY (also known as a teletypewriter or textphone).

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- Dial 106. This is a toll-free number. You will be asked if you want police, ambulance or fire (type FFF or if you use your own voice, wait for the Relay Officer (RO) and say 'fire').
- The RO will stay on line to relay your conversation with the emergency service. Confirm your location. Do not hang up. Wait for a reply from the emergency service.
- This service is not available via speak and listen (speech to speech relay). These callers can dial 1800 555 727 and then ask for Triple Zero (000) or dial '000' directly.
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Out, out damned spot!

by **Susan Butt**

Pigmentation can be caused by sun damage, hormonal changes such as those that occur during pregnancy, by medications that increase photo sensitivity and genetic factors. The pigmentation may also be post inflammatory such as occurs after an injury, acne, scarring from surgery and incorrect IPL treatments.

I have recently had a number of clients using IPL (Intense Pulsed Light) for pigmentation. If this is your choice please ensure your therapist is accredited in dermal therapies so that the correct laser will be matched to your skin colour/type (Fitzpatrick scale). A number of businesses now offering less expensive options are not using dermal clinicians and often with dire consequences. I have had clients present with burns, scars and damaged skin. Many of these had also not been asked to sign a consent form stating that they'd had a skin cancer check in the previous 12 months. This is critically important. If a skin discolouration is suspicious, the IPL can accelerate malignancy or may remove evidence of a malignancy such as melanoma and therefore may delay correct diagnosis and treatment. Australian regulatory bodies are now reviewing this as a number of fatal cases of melanoma was attributed to cancer not being diagnosed early enough, as the tell tale marks had been removed by light based treatments.

Winter is the prime time for treating pigmentation as fresh skin is less likely to be overexposed to UVA and UVB rays. Clients considering para medical peels or IPL to address such issues must commit to an appropriate SPF program or pigmentation could be made worse by lack of care. Home care products containing tyrosinase (melanin blocking) inhibitors, antioxidants and skin brighteners, along with high SPF will ensure a better outcome for clients.

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'Stones that Speak'

... continued from page 1

The Museum's collections are not just about the past. In 2016 and 2017, University of Canberra students used museum items for artefact recording practice. Some students have continued on as volunteers to help identify, catalogue, conserve and display the Aboriginal artefacts.

The focus of the ACT Heritage Festival in 2017 was the 50th anniversary of the 1967 Referendum that belatedly included Aboriginal people in the Census. The distribution of stone artefacts across the Australian landscape is testimony to the ancient and comprehensive Aboriginal occupation of the continent. It was thus proposed to make Aboriginal artefacts the first part of Lyall's collection to be exhibited.

The resulting display, 'Stones that Speak', explains the ingenuity of Australian Aboriginal stone tool technology. It was launched on Saturday 29 April 2017 by Mick Gentleman, Minister for Planning, and Gary Shipp, Aboriginal community representative on the ACT Heritage Council.

You can visit the exhibition on Thursday mornings (10am-12noon) or Hall Market Sundays (10am-4pm).



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Museum Musings

Phil Robson

Honorary Curator



It has been a very busy time at the Hall School Museum over the last three months. The museum volunteers have been working on a number of projects and by the end of June we hope things will have quietened down! Some of the volunteers have already gone away for a well deserved winter break.

University of Canberra

The one day workshop at the museum on 5 April was a great success with 35 first year Museum and Conservation Studies students from the University of Canberra attending with their Course Convenors Alison and Mona. The students were given a full tour of the museum including a sneak preview of the new exhibitions followed by a full day of working with objects chosen from the Memory Lane Collection. Both the students and the volunteer guides were extremely pleased with the outcomes of the day and again our connection with the University of Canberra has proved fruitful to both of our institutions.



University of Canberra students hard at work in the museum.

Canberra & Region Heritage Festival

The Hall Museum's contribution to the 2017 Canberra & Region Heritage Festival began with a stall at the Gungahlin Homestead Open Day staged by the ACT Branch of the National Trust. Approximately 3000 visitors came to the homestead on the day and many visited our stall and were given promotional leaflets of the Museum and our forthcoming exhibitions. Sales of handmade products by Heather Wilford, Joan Christie and Cheryl May also proved very popular and the funds raised have increased the museum's treasury!



Alf & Heather Wilford manning the stall at Gungahlin Homestead

'Stones that Speak' and 'Old Days - Old Ways'

These were the two new exhibitions staged by the Museum for this year's heritage festival on 29 and 30 April. These exhibitions were supplemented with a display of blacksmithing by Kingsley and Alf, a display of old vehicles by Peter Toet, a new Hall Village resident, a felting display and the antiques, collectables and an art appraisal table with experts Andrew Whitehead and Ken Laughlin.



Ken Heffernan giving an exhibition preview to the Minister and Gary Shipp.

The Minister for Heritage, Mick Gentleman formally opened the exhibitions with positive comments about the exhibitions and the Hall School Museum with a further address by Gary Shipp, the Indigenous representative from the ACT Heritage Council. They were given a preview and presentation by Ken Heffernan about the important 'Stones that Speak' display.

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These were smaller but specialised exhibitions that were staged this year, particularly the Indigenous stone tools and artefacts collected by Lyall Gillespie. The number of visitors was less than in previous years. However, a lot of interest was shown in this display and thanks to Ken with his assistants Eleanor and Nicola, explanations of the items and their uses provided the visitors with a wealth of information regarding the history and important cultural heritage these items hold.



Ken Heffernan, Nicola Donnelly, Eleanor Wilkinson, Minister Gentleman, Gary Shipp and Phil Robson.

The Antiques and Appraisal table was very popular with a continuous queue of people waiting patiently for an assessment of their precious items. A number of unusual and perhaps valuable items were discovered on the day. Many thanks to Andrew and Ken for their generosity in spending time to make the day more interesting.

Visitors

It has been the start of visiting season with a number of groups coming to the museum. We have had the Yass and District Historical Society, the Model A Ford Car Club and nearly 100 year 2 pupils with their teachers



Yass Historical Society enjoying morning tea listening to Phil Robson

from Gold Creek School. Due to the number this visit had to be run over two days and proved very tiring for the volunteers who were on hand to explain to the students all the various old items on display and their uses. Further large primary school visits are on the calendar in the coming months.

The 'Stones that Speak' exhibition was promoted on the School's website and fliers as an exhibition to be visited as part of Australian Archaeology Week. The Canberra Archaeological Society in a joint venture with the museum also opened this exhibition to its members on 4 June.

Descendants of local families regularly visit, Sue and Kevin McIntosh from the Majura area visited and spoke to the museum team about the many years research they had been gathering to put into a book, a copy of which was presented to the museum for its resource library.

Helen and Marion Warman, who are descendants of the Hatch family, have also visited on a couple of occasions with photos and items that we have been able to copy for our records particularly relating to the Hatch and Lazarus families.

Volunteers

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 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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Why mulch is so important in your garden

gardening

by **Lisa Walmsley**

I bring this subject up at least once a year, but I feel it is a critical part of garden establishment and maintenance.

Now the heat has finally given us some reprieve, it's a good time to do some jobs around the garden, so whether you are topping up your mulch or applying it for the first time, do it now. This will protect your plants roots over the winter, and help the plant get well established before we hit another long, stinking hot summer next year.

You simply will not have the same plant growth success without mulch that you will have with mulch. And why put in a plant if you are not going to give it the best possible chance to survive and thrive? It pains me

to see gardens that are not mulched, it creates more work, more weed control, requires more watering and stunts the plants growth. Pure madness, in my mind.

If you think about nature, bare soil is not a common occurrence, it is susceptible to compaction, erosion, salinity and weeds.

When you mulch you are protecting your plants from weeds. These weeds when let run wild will steal all



the nutrients and water from your plant. They are opportunistic and know just where to set down their roots for the ultimate home to seed for the next generation. The soil temperature also impacts plant growth, either too hot or too cold can cause problems. You want soil insulation and mulch will do that.

Soil health is critical to good plant growth and development and is a building block to a successful garden.

Mulch breaks down over time and adds organic matter to the soil, providing food and nutrients for the plant.

My all time favourite mulch is lucerne hay, as it is a leguminous plant, that is, a plant that puts nitrogen into the soil when it breaks down. It can be a little pricey, and because it

breaks down rather quickly, can be annoying because it needs replacing regularly, but your plants will love it.

Alternatively, forest litter, other hay types and composted garden waste can prove equally as good. If you have an area that is heavily weed infested you could consider using newspaper or cardboard under the mulch for that added layer to suppress and hopefully kill the weeds. In my mind, grass clippings are a bad choice, generally they will add more weeds and they steal nitrogen out of the soil to break down, leaving a shortfall for your plants.

A general rule of thumb is use the more beneficial hay type mulches in your vegetable garden and any new garden you are just establishing and use a forest litter or composted garden waste in your bigger beds and around trees.

Don't forget to check where your hay has come from, there is nothing worse than trying to protect your garden from stubborn weeds only to bring in *super* weeds from another location.

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Stringhalt in horses

equine

by **Cassie Duddy** Canberra Equine Hospital

What is Stringhalt?

Stringhalt is a gait abnormality characterised by an exaggerated upward flexion of the hind limb. It may occur one-sided or bilateral (in both legs) where all degrees of hyperflexion can be seen from moderate to more severe cases. The exact cause is unknown but degenerative lesions on long nerves of the hind limb have been identified in affected horses, resulting in the typical gait abnormality.



rains arrive and a break in the dry weather causes these plants to reproduce rapidly. Other environmental factors such as flooding, drought or fire can influence both the growth of the plant and the fungus on these particular weeds which is suspected to be involved in causing the condition. *Stringhalt* often affects multiple horses in one area/paddock or region and often affects both hind limbs.

What causes Stringhalt?

Australian *Stringhalt* is associated with the ingestion of flatweed and dandelion. At this particular time of year *Stringhalt* commonly occurs when the first



Flatweed

What are the symptoms of Stringhalt?

Stringhalt can often be intermittent and may only have minimal affects on your horse. In some cases the condition has been progressive and has become so severe that euthanasia was warranted. The most common symptoms involve the horse being unsound and moving with a jerking upwards movement of the hind limbs. Horses with *Stringhalt* experience difficulty backing up and have problems turning in tight circles.



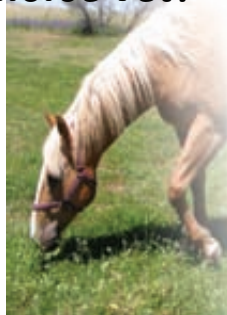
If left untreated, *Stringhalt* can cause long term muscle wastage and further complications.

What can you do to help your horse if you suspect Stringhalt?

- Prevention is the best treatment. Paddock rotation, weed spraying and pulling weeds by hand when you are out and about or riding in your paddocks can all help minimise the risk of *Stringhalt*.
- Supplementation with thiamine (Vitamin B1), Vitamin E and magnesium is recommended.
- If you suspect your horse is being affected by *Stringhalt*, contact your local vet for advice.

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Looking after your heart health

Anita Kilby naturopath

Cardiovascular disease (CVD) causes about 30% of all deaths in Australia and afflicts 1 in 6 of us. CVD includes coronary heart disease, stroke, heart attack and heart failure. The risk factors in CVD include high blood pressure, high blood cholesterol, smoking, diabetes, being overweight and being physically inactive. Having two or more risk factors significantly increases your risk of death from CVD.

That's the bad news. The good news is that there is soooo much you can do to lower your risks. You can manage your risks without medication but it requires a little effort. The likely side effects of lifestyle approaches are overall better health, energy and enjoyment of life. They don't make a pill for that!



The basics most are aware of are:

- Quit smoking – halves your heart attack risk in just one year.
- Increase your activity level – just some form of regular activity, it doesn't have to be strenuous, improves your circulation, blood sugar regulation, overall fitness and health, lowers blood pressure and cholesterol, helps manage your weight. Aim

for 30-45 minutes a day, it could be 3x10 minute walks, and include muscle strengthening twice a week (carrying, lifting, digging, weights).

- Lose weight if overweight – a loss of 10% of your body weight starts to reduce your risks by lowering cholesterol, improving blood glucose regulation (reducing diabetes risk) and reducing inflammation.

Diet is a vitally important component of reducing CVD. Many studies have shown benefits of a Mediterranean diet in lowering CVD mortality. It is also associated with a decreased risk of cancer, Parkinson's and Alzheimer's disease and overall mortality. The key components of a Mediterranean diet are:

- mainly vegetables and fruits (7-10 serves/day)
- high in whole grains – bread, rice, pasta, cereal (not white flours)
- high in nuts and olive oil (not butter or margarine)
- herbs and spices for flavouring, low salt
- moderate in fish/seafood (1-2x/week), poultry and dairy foods

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- low in red meat, avoid high-fat meats like sausage, bacon
- a glass of red wine with dinner, if you like – that’s A glass, not 3 or 4!

The Mayo Clinic website has more information and recipes: www.mayoclinic.org

High blood pressure

Did you know that increasing your fibre intake can lower your blood pressure? Taking 30g of ground linseeds (aka flaxseeds) daily for six months can lower it by 10 points! A garlic supplement of 300mg daily for 12 weeks has been shown to lower it by 7 points – that’s about four fresh cloves. Vitamin C, 250 mg twice a day, can give a 5-7 point reduction, and 20 points in the elderly at 600mg per day. Fish oil can lower it by 8 points taking 2 g of DHA daily. The DASH diet, which is very similar to the Mediterranean diet, lowers blood pressure by 5 to 11 points. There are many other natural treatments that have been shown to lower blood pressure. By combining several you can achieve quite a good reduction without needing to resort to medications.

High cholesterol

A daily handful of nuts like walnuts, almonds and peanuts reduce cholesterol. Research shows that there is an average risk reduction of 8.3% from coronary heart disease for each serving of nuts consumed in a week. Exercise can improve cholesterol markers – two hours of aerobic exercise a week increases HDL (the ‘good’ stuff) by 9% and lowers triglycerides by 11% in those with existing CVD. Low carbohydrate diets improve triglycerides and HDL, improving total cholesterol to HDL ratio by 20%. The Mediterranean diet improves that ratio better than does a low-fat diet. A diet specifically designed to lower LDL (the ‘bad’ stuff) is the Portfolio Diet, which focuses on almonds, fibre, soy protein and plant sterol margarine plus fruit and veg, and lowers LDL by up to 20% (equivalent to a low dose statin drug).

Combining several strategies will achieve better results than just picking out one or two. Diet and exercise should be at the core of any health improvement practice. Please consult your doctor before embarking on significant lifestyle changes. The Heart Foundation website has lots of CVD resources:

www.heartfoundation.org.au





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Ginninderra Catchment Group

Weed priorities in the catchment

At a recent meeting with Karissa Preuss and Dave Wong, Jenny Conolly (ACT Government Weeds Officer) congratulated GCG on our Blackberry control, and reiterated the need to continue that work.



Blackberry has been sprayed in the Hall area as part of the ACT Environment Grant. The program was greatly helped by GCG volunteers reporting blackberry locations. GCG also partnered with ACT Parks and Conservation and TCCS to control blackberry at a site that supports Ginninderra Peppercress, a threatened species unique to this catchment. ACT Government provided additional funding for the work, and oversaw the spraying. One contractor has finished spraying blackberry sites along the creek. Another contractor

will shortly be engaged to spray a dense infestation at Hall Travelling Stock Reserve. GCG is working with the NSW South-East Local Land Services to arrange for follow-up work.

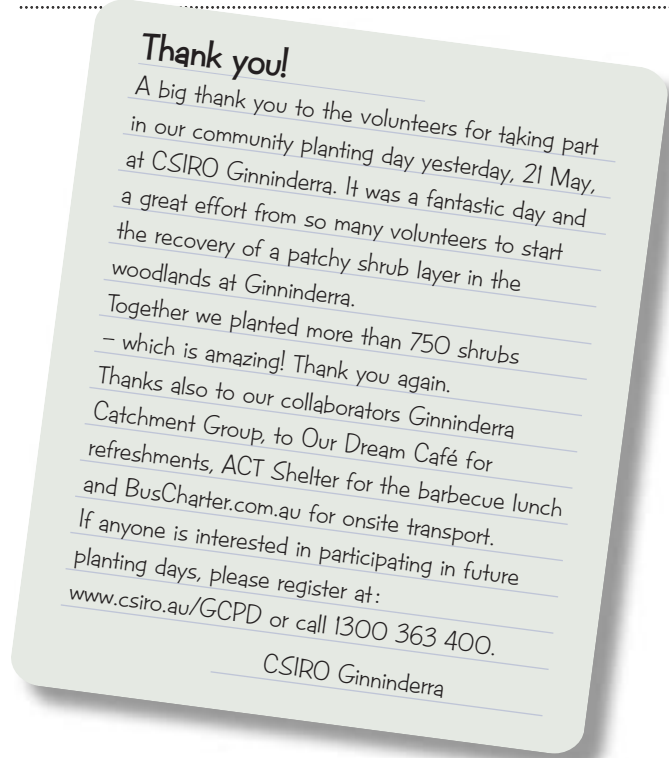
Serrated Tussock in the northern Canberra rural areas was also identified as important, and grassland weeds will also continue to be a priority as part of the GCG Grassland Restoration Strategy.

One of the spray contractors has located Alligator Weed (*Alternanthera philoxeroides*) on the creek. Please watch out for this weed and report any you see, via



Canberra Nature Map or to the GCG office, including the GPS coordinates, or a map or detailed description of the location and a photo. The image here is from Agriculture Victoria.

GCG will also run five local workshops in the Hall/Wallaroo area this calendar year, with the first about erosion control.




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At the tail-end of ACT Tree Week on Saturday 6 May 19 of us gathered on land off Victoria Street that had been used as horse paddocks for many decades. The rich dark soil on which we met grew masses of vibrant green weeds. We were there in Hall to learn more about Canberra trees. Sue McIntyre, FOG member and plant ecologist led the group and gave us an initial briefing before we began exploring.

Our walk took us over a gentle 20 metre rise to the highest point at 590 metres and we gradually left the weedy ground behind. The lower part of the

Scribbly Gum *Eucalyptus rossii* and Red Stringybark *Eucalyptus macrorhyncha*.

While there were many Acacia species in the paddock, including a couple of garden escapees, we singled out two of them for extended discussions on our walk. The first was Blackwood Acacia *melanoxyton* distinguished by its blunt leaf tips. Considering that it can grow to 25 metres it was still quite small being no more than two metres. The other Acacia we saw was Black Wattle *Acacia mearnsii*, one of several attractive acacias with

bi-pinnate leaves. Identifying the various bi-pinnate species can be a bit of a challenge particularly when there are species not native to the ACT that may be planted as well.

There were plenty of other distractions for the field naturalist and it would be an interesting spot to explore further.



This article was written for 'News of Friends of Grasslands' July-August 2017 edition, and is reproduced here with the authors' and editor's permission.

paddock contained Yellow Box *Eucalyptus melliodora* and Blakely's Red Gum *Eucalyptus blakelyi*. There was also a large regeneration area of the latter which is typical of the species.

Sue explained the distinguishing features of all the *Eucalyptus* species we saw plus the features of other local species that could be confused with the ones we were looking at. Some of us were beginning to wonder if there are any Apple Box *Eucalyptus bridgesiana* in our area as we can only ever find *Eucalyptus nortonii*, which is a similar-looking species. The *eucalyptus* species were few, which is always very helpful, and in the woodland area included Bundy *Eucalyptus nortonii*,



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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.

Being a Committee member of the Village of Hall and District Progress Association is a thankless task. I speak from experience, having spent most of my 20 years in Hall on that Committee, including a stint as President, until stepping aside six years ago and taking on this role as Editor of the *Rural Fringe*. One of the hardest things in having the responsibility of representing the views of the community on the Committee is being sure you know what those views are. Sometimes this means calling a general meeting or seeking feedback through the *Rural Fringe*, the website, emails to members or other means. At other times it means listening carefully to what people are saying when you bump into them at community functions, or at the Post Office or deliberately seek out the relevant people to speak to. Another tricky thing is balancing those views to make sure the decisions of the Committee are furthering the interests of Hall and the district. And of course diverse views and interests compete. I know I've often thought that our representatives in the Parliament have it easy compared to handling local issues in Hall. Members of the Committee do all this as volunteers. As I say it can be a thankless task and we should be supportive.

The Association members and the Committee itself need to be confident that all Committee members are acting in the interests of the community. Over the 20 years of my experience I have several times thought that a Code of Conduct or Code of Ethics for the Committee might help in securing that confidence. A Code would help set the expectations that Committee members will meet the highest ethical and professional standards in their actions, their use of authority and their dealing with others. This can protect Committee members from criticism as well as hold them to account. I also think it might help attract more women to the Committee so it can be a more representative group.

Typical clauses might include:

- Represent the best interests of the members, Association and community regardless of one's own individual interests.
- Declare potential conflict of interest and refrain from discussion and voting when applicable.
- Give recognition to others who contribute to the success of the Association and its activities.
- Not speak on behalf of the Association unless designated by the President or the Committee as a whole.

- Adopt clear, documented processes and equal access to information.
- Treat members of the Association and fellow Committee members with respect and listen to their points of view.
- Participate in Committee meetings and keep informed about developments and issues relevant to the Association's operations.
- Ensure that the community or individuals are consulted and kept informed on matters that affect the community or individuals.

In the absence of such a Code of Conduct then there might be different expectations about what it means to be a member of the Committee and this can lead to problems.

The Village of Hall and District Progress Association has been operating for over 100 years and I would like to support its operations for the next hundred years. I think a Code of Conduct will help.

What do you think?

Until next time,
Jo Hall



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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 (VHDP) 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 VHDP 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

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Out and about... about

photos:
Paul Porteus



photos:
Daniel Porteus

*Fall leaves fall
Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.*

*I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.*

Emily Bronte



Ray White

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Daughters At HALL

SINCE 1882

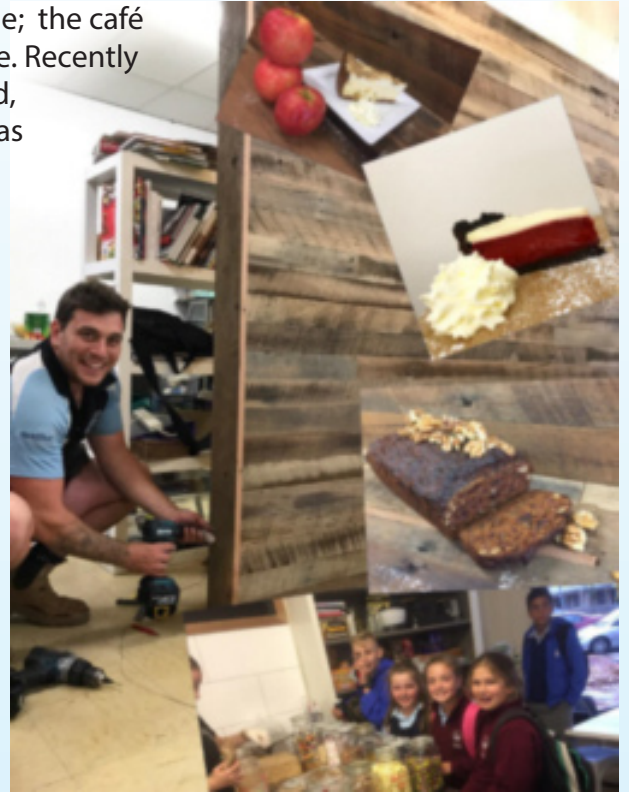
 @daughtersathall
 @daughtersathall
 6230 2457

Beautiful Autumn days the café is lit

Some things never change, like Great Coffee, Tasty hot Food, Delicious Home Baked Cakes and a yummy selection of lollies. I'm sure some of you have memories of jumping off the bus and running up to the shop to get your cobbles and milk bottles.

Well, that hasn't changed; children fill the café in the afternoon, standing in line waiting for their lollies, and I must congratulate them on their wonderful manners.

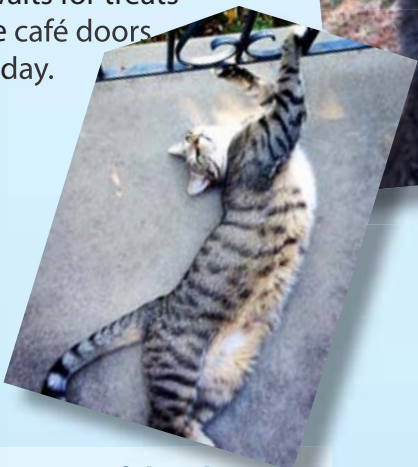
Some things do change; the café is changing all the time. Recently a perfectly constructed, recycled timber wall has gone up, thanks to Brendan and Phil. It adds warmth to the *Daughters At Hall*, we would like to invite you come in and have a look at the wood, we love the wood and we are sure you 'WOOD' too.



Pet of the month June/July

Local dog **Harry** loves his puppuccinos and visiting his sister Chloe at the café.

Mickey the fearless cat, waits for treats at the café doors each day.



Winner of the photo competition, Clive Phillips.

Please stop by the cafe to retrieve your prize!

Welcome to **Olivia, Lily** and **Britney**. **Olivia**, friendly young adult. Olivia works most week days and is such a great worker. **Lily**, a young girl from Murrumbateman, here most Sundays, so pleased to have her on our team. **Britney**, our week day junior, always smiling and working hard.

Available:

- Breakfast
- Lunch
- Home baked cakes, slices and muffins
- Cakes 48 hours notice
- Milk, bread, Farmer Brown's eggs, Capital honey, Homeleigh Grove oil and vinegar, jams, newspapers, ice cream, lollies, alcohol and dry cleaning.

Favourites

- Apple & Custard filled Muffins
- Date & Walnut Load
- Red Velvet Cheese cake
- Apple Crumble Cheese cake

Closed public holiday 12 June