

RURAL FRINGE

Journal of the Hall district



VOLUME 27 ISSUE 4

August 2020

Hall and District Axemen's Club

Fastest growing woodchopping club in the world

After starting the Hall and District Axemen's Club about three years ago, president Shaun O'Connor believes it's the fastest growing woodchopping club in the world. Shaun wants it to grow even more to keep the sport alive.

'From a personal point of view, woodchopping is one of the oldest Australian sports out there. From a heritage point of view, we should keep that alive,' says Shaun, 50, of Hall, who started woodchopping about six years ago.



The Hall and District Axemen's Club: top, from left, Bailey Sutherland, 15, Travis Ginders, Shaun O'Connor, Molly O'Connor, 5, and Tarlo Odlum, 15. Bottom, from left, Lucy O'Connor, 10, Pete Garbutt, Curtis Bennett (4th generation wood chopper) and Gus O'Connor, 8.

Photo: Holly Treadaway.



The first generation woodchopper had been a community rugby player most of his life until he got to the point where he couldn't keep playing. 'I still felt young enough to do something physical and thought why not try something else?' he says.

Shaun had always loved watching woodchopping events at the Sydney Royal Easter Show and the Canberra Show and always wondered how people got into it.

It turned out to be a pretty challenging sport for Shaun to learn because it's a 'father-son sport', he says. There's also not an axemen's club in the region and the nearest one is the South Coast and Tablelands Axemen's Association, which is based about two hours away in Moss Vale.



Woodchopper Shaun O'Connor ... 'It's all about accuracy. It's probably 60 per cent accuracy and 40 per cent speed and strength.'

Photo: Holly Treadaway



From left, Lucy, 10, Gus, 8, and Molly O'Connor, 5, with president (and uncle) Shaun O'Connor. Photo: Holly Treadaway.

... continues on page 3

Out and about **OUT** about

On Saturday 20 June, Hall RFS conducted a prescribed cool-burn for an area of critically endangered Natural Temperate Grassland in Canberra.

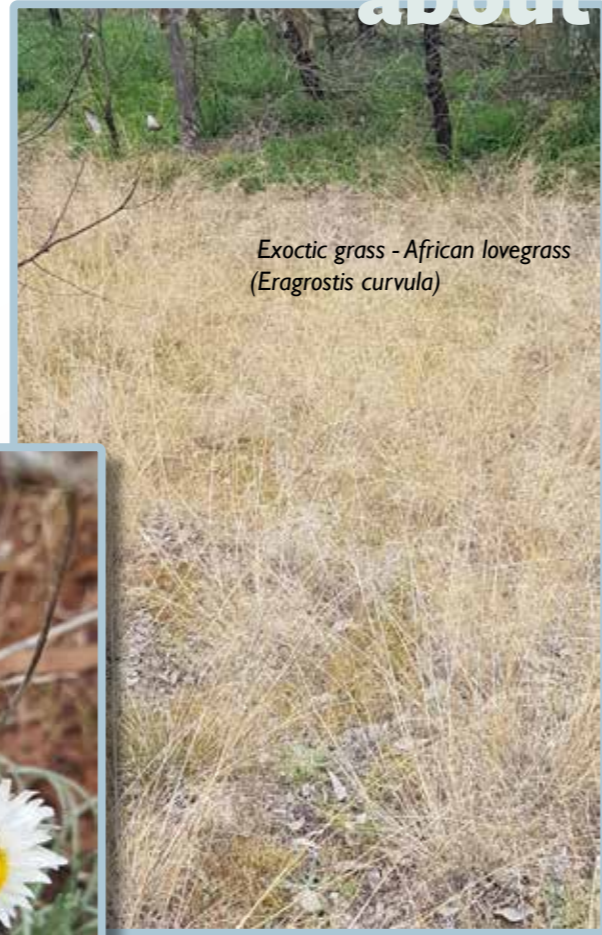
This burn was part of a 11-year ecological study looking at management and conservation of native grasslands, and how controlled burning can help preserve these ecosystems.

The burning has proven particularly successful at reducing the spread of invasive African lovegrass (*Eragrostis curvula*) and assisting regeneration of native grassland species such as Kangaroo grass (*Themeda triandra*).

Ginninderra Catchment Group and the Friends of Grasslands group are extremely grateful for the continuing cooperation with the Hall RFS. Without their involvement in the restoration project we could not continue.

If you would like to get involved in the local Hall landcare group, please contact Bob Richardson on richwhite@bigpond.com or **0407 071 245**.

For further information on activities in your local catchment contact Ginninderra Catchment Group on landcare@ginninderrallandcare.org.au or **0402 671 368**.



Exotic grass - African lovegrass (*Eragrostis curvula*)



Native plant - Hoary Sunray (*Leucochrysum albicans*)



Native Plant - Kangaroo Grass (*Themeda triandra*) and butterfly



Native plant - Blue Devil (*Eryngium ovinum*)



'Team Southwell' are locals selling local real estate.

Simon Southwell 0427 755 997 George Southwell 0429 838 345 Clare Southwell 0428 796 284

PREMIER
REALTY

Ray White Rural Canberra / Yass
02 6226 4400
raywhiteruralyasscanberra.com.au

RayWhite

Fastest growing woodchopping club in the world ... continued from page 1

But when Shaun headed up the Hall club three years ago, he wanted to change this, and says anyone can join their club and learn the sport.

After starting off with just five members, the club has about 25 men and women, with the youngest member, Molly, chopping at age five, and the oldest about 60.

'We're getting new people all the time. On average, we're getting about one person every two months. We're also the newest woodchopping club that I know of,' he says.

But Shaun wants to double the club's membership and would love to see 50 people in the club.

'There's only 800 competitors in the whole of Australia. It's a dying sport, but it's clubs like us that keep it going,' he says.

Competitively, the sport is about chopping through the wood the fastest, according to Shaun, who says people (like himself initially) usually think it's a sport that's strength-focused.

'I've always been fairly strong in the upper body, so thought, I've got the strength to do it, I'll give it a go,' he says.

'But I was ill-informed. It's all about accuracy. It's probably 60 per cent accuracy and 40 per cent speed and strength.'

Some people are naturally better than others but Shaun says it'll generally take someone five years to get to the point where they're not a novice anymore.



'You move out of novice once you win an open chop,' he says.

'It took me about three years to move from novice to opens. Some people do it in a year, some people do it in 10 years. Out of our group we have two other people out of novice.'

During competitions there's a number of events. Shaun says there's the standing block,

which is when it's standing upright and it's chopped down 'like a tree', the double saw and there's chainsawing, too.

'With competitions you get to meet a good bunch of people and you get to go to some places you wouldn't ever think to go for competitions,' he says.

'And the best thing is you get to chop with and against your family. My son's 15. We get to chop together and against each other.'

He says it's also a sport where competitors can compete against the best in the world, right next to them.

'You can't do that in any other sport,' says Shaun, who got to meet the woodchopping world champion, David Foster, from Tasmania.

'It's a sport that doesn't matter when you start, you can do it for a very long time. You can do it until you can't pick up the axe anymore.'

It's really safe, too, he says.

'In the last 100,000 hours of competition, there hasn't been one claim from an injury or incident in Australia,' he says.

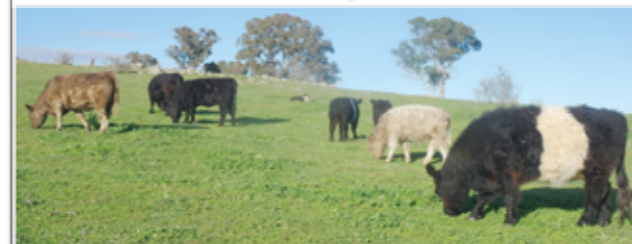
In the six years Shaun's been woodchopping, he says he's only ever seen a guy cut his foot and get five stitches. But Shaun says everyone in the Hall club wears chainmail socks, which are like the gloves that butchers wear.'

Anyone interested in joining the club, call **0427 363747**.

Reproduced from *City News*. Original article by Danielle Nohra, 8 July 2020.
CityNews.com.au

Grassfed Galloway Beef

Available at Epic Markets



Minto Galloways *Natural, pasture raised beef.*

Independent US and Canadian tests found that Galloway Beef is:

- naturally lean, but well marbled, tender and full of flavour
- low in saturated fat, but with high levels of Omega-3
- contains no growth hormones or antibiotics, unlike most feed lot beef available through retail outlets today.

Gently reared on pasture, stress free Minto Galloway beef tastes great as well as being good for you.

NSW Food Authority Ref No. 33313 for your confidence
ACT Food Business number 0931/07

We sell Commercial and stud Galloway animals

To order, or for more information, contact

Greg & Chris Stuart

phone: **6230 2536** email: fenris1@bigpond.com

yass valley council
the country the people

Transfer Stations now cashless

The transfer stations in Yass Valley are now cashless. Residents without an EFTPOS card will need to provide details so invoices can be sent.

TIP VOUCHERS ACCEPTED

People are asked to remain in their cars until otherwise directed.

The EFTPOS machine will be made available while you remain in your vehicle.

Social distancing guidelines should be exercised at all times.

President's page



As the *Rural Fringe* was distributed in June, it seemed that there was some light at the end of the tunnel in Australia of the COVID-19 pandemic; although sadly many millions of people around the world are continuing to suffer and lose their loved ones, especially in some of the poorest countries and communities. Here too in Australia we have been reminded of the fragility of our own situation as the outbreak in Melbourne continues to grow and has extended to Sydney and Canberra where travelers have unknowingly spread the virus.

As you may have seen on the Progress Association website, ACT Health has reported that the residents of Hall have undertaken a higher rate of COVID-19 testing than most of the rest of the ACT up to the end of June. It is to our credit that the residents of Hall are continuing to ensure the health of ourselves and our community by seeking testing, maintaining social distancing, looking out for our neighbours and supporting our local businesses during this difficult period.

In spite of these strange times, many activities have continued within our Hall Village and district community with continued work to improve the security of the Hall School precinct, the tremendous work of Heather Wilford and Graham Wilson on the museum grounds, the ongoing

Peter Toet President

refurbishment of the cottage garden by Bill Pearson and Dennis Greenwood that has been a true transformation, completion by the ACT Government of the first stage of

Centenary Trail parking with resurfacing and marking of approximately 20 car spaces beside the Hall School Museum precinct, and the preparation by a contracted consultant of an initial landscape development concept for Bee Friendly plantings in Victoria Street for community consultation in the near future. These activities are only the tip of the iceberg that is the constant work of people throughout Hall Village and district to improve the amenity of our community and to protect the distinct rural and indigenous heritage of Hall.



Centennial Trail carpark

Unfortunately, we have been advised that the grant application for \$15,000 to the ACT Government Nature Play grants to contribute to the Hall Park Upgrade was not successful. We are seeking a meeting with ACT Transport Canberra and City Services to identify how this important activity can be progressed.

The Committee of the Progress Association has continued to meet and to work on a number of priorities over the last few months. In this ACT election year, the Progress Association has contacted all the MLAs in our electorate of Yerrabi, as well as

the leader of the ACT Greens, to share our priority concerns for Hall Village. We have sought from each MLA confirmation of their commitment to protect the buffer zone and ensure that the distinct rural and indigenous heritage of Hall is taken into consideration when the ACT Government authorities are planning developments affecting Hall village. We have also asked each MLA to confirm their commitment to consulting with the community on all proposals and plans for activities in Hall Village by the ACT Government and its agencies.



Cottage garden in the Hall School precinct

The Progress Association has also asked each MLA for their commitment to:

- full implementation of the Adventure Trail and Natural Play Space Gladstone Street Hall Design (TCCS November 2019), Bush Tucker Garden and the installation of 'all abilities' playground equipment;
- ongoing security of tenure of the former Hall School site and the Hall Pavilion by the Progress Association;
- ensuring timely approval and implementation of bush fire hazard reduction and fuel management measures in areas bordering Hall Village as requested by the Hall Rural Fire Brigade;
- assessment, design and completion of appropriate works on storm water infrastructure, particularly in the laneways, of Hall village;
- developing in consultation with the Progress Association appropriate measures to ensure pedestrian, cyclist and motor vehicle safety including remediation of pedestrian paving, lighting,

Hall Village Motors

Mon-Fri
7:30am-5:30pm
Saturday
8:00am-2:00pm

phone: **6230 2288**

Proprietors: Tony & Amy Hazelton
fax: 6241 7281



vehicle speed control and parking in Victoria Street, safety of the school bus interchange, and sealing of the Centenary Trail cycle path from Gladstone Street to the Barton Highway.

At the time of writing, Alistair Coe of the ACT Liberals and Shane Rattenbury of the ACT Greens have responded and provided detailed responses, including their commitment to the protection of the unique character of Hall Village. These responses can be read in full on the Progress Association website at www.hall.act.au/news. We are also writing to the NSW Government member for Goulburn and the newly elected federal member for Eden-Monaro. Please let me know of any matters that residents of Spring Range and Wallaroo would like the Progress Association to raise with your elected representatives.

The Progress Association Committee has been advised by the ACT Government that the annual general meetings of incorporated associations such as the VHDPA scheduled for the COVID-19 period may be delayed where necessary to maintain compliance with ACT Government health advice. At its last meeting, the Progress Association Committee agreed that the VHDPA AGM will be scheduled when the ACT Government moves to COVID-19 Stage 3 parameters that would allow for members to attend in person the AGM in the pavilion. All members will be notified as soon as the AGM is scheduled after COVID-19 Stage 3 has come into effect.

Now is the time for renewal of membership of the Progress Association. That can be done by completing the membership form on the Progress Association website www.hall.act.au/membership and making payment or by sending the completed membership form and payment by mail to **PO Box 43, Hall ACT 2618**. I encourage every person in Hall Village and district update their membership of the Progress Association and have your say in how your association represents your concerns and responds to the needs of the village and district of Hall.

Continue to stay safe and enjoy our wonderful village and district of Hall.

CANBERRA
Equine HOSPITAL

24/7 Equine Care

[f @CanberraEquineHospital](https://www.facebook.com/CanberraEquineHospital)

Caring for your horse like they are our own

Our passionate team of equine professionals offer:

- 24/7 care from experienced equine vets & nurses
- Complete ambulatory service
- Purpose built equine hospital & surgery
- Full range of veterinary services including imaging and dentistry, see our website for details



02 6241 8888 | www.canberraequinehospital.com.au
Cnr Barton & Federal Hwy, Lyneham ACT 2602



FARMER BROWN'S
FREE RANGE EGGS

Using modern sustainable and humane farming techniques incorporating innovative ideas, such as pasture rotation and recycling of waste food, to create a more sustainable city.
Produced on a 20 hectare property in the Hall region.

Drop in to 2 Alexandra St in the Village,
or call Greg, 0402 840 834

www.farmerbrownseggs.com

BEAUTIFUL GARDENS

by **DOG TRAP DESIGN**

garden design consultant & horticulturist

LISA WALMSLEY

email: lisa@dogtrapdesign.com.au
web: www.dogtrapdesign.com.au

0428 275 701

Hall School Museum and Heritage Centre – in review

Our activities have been significantly curtailed by the COVID-19 pandemic. We closed to the public on 19 March, and remain closed. A raft of events has been cancelled or postponed but our committed 'volunteer force' is poised to re-open the centre as government restrictions allow.



It has been a year of partnerships. The Southwell Family Society is our partner in the Southwell Family Archive project, which is cataloguing the records of the society itself, and the extensive family collection of Kingsley and Cynthia Southwell of 'Brooklands', as a foundation for further additions. We have strengthened our association with the Heraldry and Genealogy Society of Canberra (HAGSOC). We joined forces with the Canberra and District Historical Society to jointly curate an exhibition on the development of cricket on the Limestone Plains which we will host.

We expanded our relationship with well-known Canberra water colour artist Isla Paterson by working with her to create a 'Palette of pioneer places' – an exhibition of Isla's paintings placed in historical and geographical contexts.



Rochford cottage, Hall by Isla Patterson

One planned cooperative venture – a Conservation Clinic with the Australian Institute for the Conservation of Cultural Material (ACT) and HAGSOC – was a casualty of closure, but will certainly be revived when the time is right.

Descendants of Ginninderra's pioneer families continue to find us, and their contributions continue to enrich our understanding of the Ginninderra story. Requests for information about pioneer family

Alastair Crombie Honorary Curator

members are increasing – as is our ability to respond. We also remain strongly committed to engaging with Aboriginal people and gaining their support in understanding the pre-colonial history of the area.

Our ultimate purpose is to foster awareness and understanding of the history of the district and its people – through exhibitions, publications, group visits, a program for school students, access for researchers, this regular column in the Fringe, and via our website. Our schools program for example targets Year 2 students, and helps them understand the differences between modern life and life in the past. In October 2019 an Indigenous perspective was included with artefacts from the Gillespie Collection being added to the education room display.

In the eight months before we closed there were 1,164 visitors, half of them in pre-arranged groups. Visitors are 'virtual' as well as physical. In a typical month our website had 9,432 'visits', or about 314 a day. A proportion of these 'visits' will be 'non-human' traffic, but nevertheless virtual visitors obviously greatly exceed 'walk in' traffic, and we will have to plan accordingly.

A major innovation of the year was to extend our reach and increase our profile by taking two of our exhibitions 'on the road' to other places.



Gibley
GARDENING

For all your gardening needs

Mowing - small & large scale
Trimming/Hedging/Pruning including roses, fruit trees

Mulching • Weeding • Fertilising
Soil improvement • Planting
Green waste removal

QUALIFIED HORTICULTURIST

Phone: **0417 682 540** (Charlie)
0428 275 701 (Lisa)

Email: lisa@gibleygardening.com.au

www.gibleygardening.com.au



Hatch family of 'Rosewood' descendants, Helen and Marion Warman

'Palette of Pioneer Places' had a second showing at The Link Art Space, Ginninderry, while 'Selected Spaces' which tells the stories of six prominent pioneer families, is now on display at the Cook Community Hub premises of the Heraldry and Genealogy Society of Canberra (HAGSOC). Preparations are under way to take another of our exhibitions there later this year. 'Fooling around in flannels' was to have been launched during the Heritage Festival; we now hope to catch the start of the cricket season!



TERRITORY ENERGY
ELECTRICAL DIVISION

Your Local Electrician

- Available 24 hours/seven days a week for electrical emergency repairs
- Licensed/insured professionals
- Residential/rural/commercial and industrial
- Split system Air-conditioning supply and install
- Level 2 Accredited Service Providers – metering, overhead and underground connections
- Energy efficiency advice
- Friendly customer service
- Will compete with any other written quotation the 2618 area

ABN 17 103 874 620
Licence 153006C (NSW) 2003 13230 (ACT) ASP AP30672 (NSW)
Accredited Master Electrician 803

0427 363 747 or 0428 288 466

Collection management

One of the biggest recent achievements is the creation of a centre-wide computer network with centralised data storage on our own server. Work is continuing on uploading to this server the extensive range of data previously held on individual computers located across the museum. This will become the centralised secure storage location for all our digital data, which will be accessible from any computer connected to the museum's network, including authorised users who will be able to access the data remotely.

A formal 'significance assessment' of the Gillespie Collection was completed by Dr Roslyn Russell in October 2019. She noted the collection's meticulous documentation, provenance details and high integrity. Great credit to Ken Heffernan and the Gillespie team. She found it to be an invaluable resource for its historical significance, with a high degree of research significance, as well as social significance for Indigenous people. It has many stories to tell. We have followed her recommendation to apply for a further grant to undertake a 'preservation needs assessment'.



Lyall L. Gillespie ISO OAM

It was a delight to hear in March 2020 that our nomination for the addition of Lyall L. Gillespie to the ACT Honour Walk in Ainslie Place was successful. Unfortunately, the official opening event, that would have involved Neil Gillespie and other members of Lyall's family, had to be postponed.

We are blessed to have over half of our 60 paid up members who are willing and able to regularly offer their time and skills to the centre. Their interest and commitment is the lifeblood of the enterprise and is warmly acknowledged here. New volunteers are always warmly welcomed!

IT'S JUST A COUGH short story

Hugh Watson author

President Pence looked down at the burnished gold coffin, almost yellow in this light. Over the bottom of the casket an American flag was draped. A red MAGA cap sat at the top.

He looked along the line. The Great Man's family stood steadfastly, still seemingly in shock from his sudden departure. He would not push them out of the White House too soon, certainly not in this week before Christmas. But the Inauguration was in three weeks; perhaps he could move in between Christmas and New Year.

He took reassurance that they like him were not wearing masks; a mark of honour for the Great Man. Everyone else it seemed was masked. Except for one. Vladimir Putin returned the President's nod. Pence was gratified that the Russian President had made the trip. Most of their allies had not. No Erdogan, no Duterte, no Bolsonaro. But then again when he read his daily briefing this morning, surprising his national security advisors who were not used to such scrutiny, he read that Bolsonaro himself was unwell.

'It's just a cough,' the Great Man had muttered to him, not even three weeks ago, as he returned from another victory rally. Pence had initially included that comment in his eulogy to illustrate the disdain the Great Man had for the advice of so-called experts. In the end he cut it as it now seemed incongruous.

To his left stood the Congressional leaders looking sombrely at the coffin. None could believe this turn of events; somehow the Great Man had pulled off a miracle. With seemingly impossible polls, he had in the key states convinced the Governors not to allow mail-in votes. That had made the difference. The persistent social media campaign from sources unknown had helped too.

Pence had taken great satisfaction in meeting with Majority Leader Nancy Pelosi to tell her the President would not lie in state at the Capitol as was tradition. The Congress had given him too much grief, particularly blocking the Great Man from having his face carved into Mount Rushmore along with Washington, Jefferson, Lincoln and Roosevelt. This reminded him that he must soon select a Vice-President. Nancy Pelosi was next in the line of succession. It just didn't feel right having a Democrat so close to the seat of power.

It seemed appropriate that they were standing in St. John's Episcopal Church across from the White House. Again symbolic of the Great Man's resolve. The Minister reached the end of his prayer and nodded to the President.

President Pence stepped up to the pulpit. As he reached for his eulogy he was gripped with a wracking cough.

Under her mask Nancy Pelosi smiled grimly.

SMOKEHOUSE & VINEYARD
FINE FARE
POACHERS
SINCE 1991

- creating delicious stories -
Poachers Pantry
Restaurant & Cellar door

The Smokehouse Restaurant is all about the meats we cure & smoke and the wines that come from our vineyard that grows on the hills that surround the restaurant.

Cellar Door & Farm Shop open 7 days 9:30-17:00
431 Nanima Road, Springrange, NSW 2618
02 6230 2487 poacherspantry.com.au



MAKE YOUR LIFE TASTY


HOPS & VINE

Purveyors of fine wine & craft beer in Hall Canberra offering boutique wine & beer, gifts, produce and beverage accessories

Now available - Private tasting, birthdays, corporate functions, hens, bucks, parties and events!
- Bookings essential: admin@hopsandvine.com.au

HALL, ACT - Est. 1901
6A Victoria St Hall Open **Wed - Sat 11am to 7pm & Sun 11am to 5pm**

A unique *BED & BREAKFAST* Experience



LAST STOP
AMBLEDOWN BROOK (02) **6230 2280**

Our vintage carriages have come to rest in picturesque and peaceful surroundings, and so can you . . .

News from Poachers

Our restaurant is now open

We are so excited that we can open the doors to our restaurant again! It has been a very quiet autumn with the restaurant standing patiently in the garden waiting for everyone to return. Now that the restrictions are beginning to lift, we are open for reduced numbers – well-spaced – and fixed price menu that will warm the soul and lift the spirits.

Monday to Thursday – Picnic hampers available to enjoy in the restaurant.

Friday to Sunday – Kitchen open with set menu available.

Truffle season

It is that time of year when the earth's black gold is harvested and prepared for all to savour.



Once again we are producing our award winning Smoked chicken breast with Black Truffle. Only available for a limited time during the truffle winter season. Be sure to collect yours from your local store or from us at our Farm Shop.



One Pan fried eggs, Poachers streaky bacon, avocado, croutons and chilli. serves one



Ingredients:

- 3 free-range eggs
- 50g poachers streaky bacon
- 1 slice sourdough bread, crusts removed, cut into 1/2 inch dice (1/2 cup)
- 1/2 ripe avocado
- 1 stalk spring onion or scallion thinly sliced at an angle
- 1 long red chilli (medium heat)
- 1 stalk dill

Method:

Slice bacon into strips and place in a medium nonstick skillet over medium-high heat, occasionally stirring to separate the pieces until golden and the fat is rendered, 2 to 3 minutes. Add the bread and season with a small pinch of salt. Cook, stirring occasionally until the bacon and bread are evenly browned and crispy, about 7 minutes. Stir in the onion and cook until tender and fragrant, about 2 minutes.

Break the eggs into the pan, letting the whites run together. When the bottom just sets, add a small pinch of salt over the eggs. Cook until the whites are set and the yolks runny, 3 to 4 minutes. Finish with sliced avocado, chiffonade chilli and picked dill fronds.



The Indian Myna is classed as one of the *100 most invasive species in the world*. Indian Mynas take over nesting hollows from native birds, they kill the chicks and destroy eggs.
 Find out how you can help discourage their spread throughout the Canberra Region by visiting www.indianmynaaction.org.au

Indian Mynas

Indian Mynas are one of the biggest threats to our native wildlife. They take over nesting hollows from birds, possums and gliders and drive them out of an area. Mynas are on the increase and are now being seen again in some areas in and around Hall. Earlier this year the Village of Hall and District Progress Association purchased several traps from the Canberra Indian Myna Action Group (CIMAG) to be loaned to members of the community.

The Men's Shed has offered to manage the storage and distribution of the traps. There is no charge, but residents will be asked to join CIMAG and contribute to the statistics they keep on successful removal of mynas and other pests.

Please contact Jonathan Palmer on **0419 685 358** if you would like more information or wish to borrow a trap.
www.indianmynaaction.org.au



NEED an AKADEMIK Hand?
 OVER 14 YEARS EXPERIENCE IN EDUCATION & TRAINING
 TUTORING SERVICES: ONLINE & IN PERSON
 ANDREW YALLOP 0410 381 394

Capital Asphalt
www.capitalasphalt.com.au
 • Asphalt Placement Specialists
 • Hot Bitumen Sealing
 • Asphalt Profiling
 A Wide Range of Asphalt Placement, Bitumen Sealing and Profiling Services
 Your Projects. Our Passion
 Capital Asphalt is a Locally Owned Canberra Based Business
6230 2868 Hall

1882
 BAR & GRILL
 HALL
 NOW OPEN FOR BREAKFAST
 SAT & SUN

You know that feeling
 When things fall apart?
 When you know
 (Not think but know)
 that nothing's ever going to be the same?

It's a feeling that starts in the pit
 Rises like tides
 Washes over your ears
 Dashes you on rocky shores
 Leaves you gasping
 For breath.

poetry
 I've been hiding
 Behind these four walls
 Plague dust dancing on the breeze
 Out there there's a rumbling
 The dark night sure falls
 But dawn rests humbly
 Evermore.

Alex Harker
www.storytelleraustralia.com

Hall Veterinary Surgery
 Phone 6230 2223
 Proudly supporting the Hall community

SUPER KLEEN
 WE ARE YOUR LOCAL CLEANING COMPANY OFFERING A FRIENDLY & RELIABLE SERVICE WITH EXCEPTIONAL STANDARDS
CONTACT US 0435 055944
 email: info@superkleen.com.au
 25% OFF YOUR FIRST CLEAN WHEN QUOTING RURAL FRINGE
 DOMESTIC CLEANING COMMERCIAL CLEANING CARPET CLEANING
 website: www.superkleen.com.au
 ABN: 47 519 247 091

RayWhite
 Your Hall Region Real Estate Specialist
 Recently awarded Elite Agent 2019/2020, placing Mark in the top 3% of Ray White agents internationally. Doesn't your property deserve Elite service?
 Mark Johnstone
 Licensed agent ACT & NSW
 0414 382 093
mark.johnstone@raywhite.com
 Thinking of Selling? Call me anytime for a complimentary market appraisal of your property



AN ECLECTIC VIEW....
 AUSTRALIAN ABORIGINAL ART
 EXPLORING 50 YEARS OF MODERN INDIGENOUS ART
 FROM PAPUNYA TO NOW

Exhibition runs until 30 August 2020

An Eclectic View . . . Australian Aboriginal Art the latest exhibition at the Kyeema Gallery at the Capital Wines Cellar Door.

The exhibition explores 50 years of modern indigenous art from Papunya to now.

One of the artists shown is Michael Nelson Tjakamarra AM, the leading indigenous Australian painter.

Michael attended the 1988 opening of the New Parliament House as is the designer of the 196 square metre mosaic in the forecourt of the building.

Kyeema Gallery and Capital Wines Cellar Door

Open Thursday to Monday 11am to 4pm
 13 Gladstone St Hall, ACT 02 6230 2022
 info@capitalwines.com.au

CAPITALWINES.COM.AU



@capitalwines



@CapitalWines



@CapitalWines

Missing your cycle? **health**

Irregular or absent menstrual cycles are quite common in women from their teens through to their 50s. Polycystic ovary syndrome (PCOS) is often the diagnosis. A contraceptive pill or implant are the usual initial medical treatments which can give back a regular cycle to the woman. But what's really going on here?

The current criteria for a PCOS diagnosis is two out of three of the following:

- irregular or absent periods;
- symptoms or high blood levels of testosterone or other androgens (eg acne, excess facial/body hair growth, scalp hair loss);
- polycystic ovaries seen on ultrasound.

You can have a PCOS diagnosis without actually having polycystic ovaries or without having irregular periods. You can also have polycystic ovaries without having PCOS.

Each month it is normal for many immature follicles to develop in the ovaries prior to ovulation (the follicular phase). Usually just one follicle will go on to fully develop and be released from the ovary at ovulation. The remaining partially developed follicles should regress as the 'one' develops. If the hormones are unbalanced and one follicle doesn't fully develop, the regression of the many may not occur, showing as a polycystic ovary if an ultrasound is done in the luteal phase (the second half of the cycle).

The real question we want answered with any PCOS diagnosis is – are the hormones unbalanced, and if so, why? Is it due to insulin resistance, high androgens, inflammation causing high testosterone, exposure to xenoestrogens (chemicals that mimic oestrogen), or dysfunctional hormone regulation? Without an understanding of the cause it is far more difficult to achieve a return to a normal cycle and fertility (PCOS is a leading cause of infertility). Appropriate treatment will depend on the cause. Further investigations are usually needed to discover the cause of PCOS.

Taking the pill might give the illusion of a normal cycle but it does nothing to resolve the underlying cause of hormone imbalance, the problem will most likely still be there once the pill is stopped. PCOS can even be diagnosed when coming off the pill as the drug withdrawal can cause a temporary surge in testosterone levels and take several months for periods to return.

Don't be satisfied with a diagnosis of PCOS treated with the pill. It's a complex condition. You need to know why you have PCOS so you can get your health back on track.

Other causes for absent periods need to be ruled out. Hormones controlling the menstrual cycle are regulated by the hypothalamus in the brain, which controls the release of FSH (follicle stimulating hormone), LH (luteinizing hormone) and prolactin from the pituitary gland. Stress, excessive exercise, substantial weight gain or loss can disrupt the release of these hormones and affect ovulation.

Endocrine disrupting chemicals, or xenoestrogens, have been shown to contribute to hormone imbalance. The

Anita Kilby naturopath

research has focused particularly on BPA (bisphenol A), levels of which have been shown to be higher in women with PCOS than in women with healthy reproductive function. Such chemicals interfere with many systems in the body, altering reproductive and metabolic functions, nerve development and increasing cancer risk. BPAs cousins BPS and BPF are often used to replace BPA to enable claims of 'BPA free' but don't be fooled, avoid those too as a precaution, the research isn't there to say they are safe either.

American research has found BPA levels in the body to be high enough to cause health problems in more than 93% of the population! Our biggest source of exposure is through food and drink. The white lining in food cans contains BPA. Reusable plastic water bottles made from polycarbonate (marked PC or 7 on the recycle symbol) contain BPA, which leaches into the water particularly if it gets hot. Soft drink and beer cans usually contain BPA. Swapping to food and drinks supplied in glass containers whenever possible will be beneficial for everyone's health.

Another big source of BPA is cash register receipts (the ones that fade). We absorb the BPA through the skin and can then ingest it from our fingers. This is more a concern for cashiers who handle receipts all day long. Cashiers BPA levels can be about 25% higher than someone with exposure from one to two serves of canned vegetables per day. Wearing gloves at work is a great idea for cash register operators to continue with after coronavirus precautions cease! For the rest of us, don't take a receipt unless you really need to and try not to handle food without washing your hands thoroughly first.



*Regain your health
and vitality*

Sick of feeling tired?

Hormones wreaking havoc?

Ongoing stress, skin or digestive problems?

Can't lose weight no matter what you try?

All your tests come back normal

but you still don't feel right?

Call Naturopath Anita Kilby

0411 494 680

New Location – 1255 Barton Highway, Wallaroo

hallnaturaltherapies.com.au

Confidentiality guaranteed

George Harcourt JP (and three 'Deaslands')

museum

hall SCHOOL MUSEUM
AND HERITAGE CENTRE

In 1819 William Harcourt (a brass founder) married Elizabeth Mills at her parents' home, Deasland Farm, near Rock in Worcestershire, UK. The farm is still there – the first of three 'Deaslands'. The last of their 11 children, George, was born at their home in Edgbaston (made famous as a test cricket venue) in 1842. In Canberra today one can find Harcourt Hill, Harcourt Street, and the Harcourt Inn, all named for George. Who was George Harcourt?

William and Elizabeth and some of the younger children migrated to Australia in 1859; George was seventeen. Only a year later George was working as a book-keeper for William Davis Junior, the 'Squire of Ginninderra'. In 1862, a post office having opened at the Ginninderra Estate in 1859, he became the postmaster, and by the following year had purchased the Ginninderra store from Davis. Even at this early age George was evidently doing very well! His obituarist was to observe that by his 'great business aptitude and commercial integrity [he] succeeded in securing the confidence of the settlers in that portion of the district. His name was synonymous in all his business transactions with that which was straight and honourable'.

In 1881 Harcourt married Millicent, the daughter of his good friends and neighbours Edmund and Margaret Ward of 'Nine Elms'. She was their only child, and at 23, 16 years younger than George. George and Millicent remained in the residence at the store and began a family. Of their three children, two were given 'Ward' as a middle name.

- Ethel Mills Harcourt (1882 - 1960)
- George Ward Harcourt (1884 - 1970)
- Dudley Ward Harcourt (1886 - 1970)

Ginninderra storekeeper and postmaster for 20 years, George was well-known and much liked – as an entrepreneur, a sportsman, and a *bon vivant*. A knight of the willow, he was good enough to captain the glorious Ginninderra XI. He was a very keen fisherman, at a time when the Murrumbidgee gave good returns. One Christmas evening and following morning he and Sydney Davis 'succeeded in landing over a hundred-weight of fish, one of which weighed about 30 lbs'.

Shooting was his forte however. He seldom missed an opportunity to join others to kill the district wildlife – pigeons, possums, wallabies, hares, ducks, turkeys (rabbits were unknown until 1893 when the first were displayed



as curiosities). Native fauna was shot, skinned or plucked on a prodigious scale providing regular recreation for the men folk. Occasionally accidents happened; in 1891 George was shot by John McInnes, but saved by a heavy overcoat. George thought it deliberate. His brother Alfred also lived in the district for a while and was frequently a shooting partner. The *Queanbeyan Age* reported in 1883 'those destructive gentlemen, the Harcourt brothers, in company with a few kindred spirits, were engaged during the latter part of the last week in the glorious sport of duck shooting'.



Alastair Crombie
Honorary Curator

hall SCHOOL MUSEUM
AND HERITAGE CENTRE

... continues on following page



WHOLESALE AND RETAIL
PRODUCE MERCHANTS

FOR ALL YOUR PRODUCE NEEDS

All Animal and Birdseed

Fencing Materials

Irrigation Equipment

Cements

Drenching & Vaccines

Poultry

Gardening

And lots more!

8:00am - 5:30pm weekdays

8:00am - 3:00pm Saturday

6170 4278

Gladstone Street, Hall ACT 2618

BETTER BLADES

Sharpening Services

- Knives, scissors, hedge trimmer blades and garden tools
- Animal clipper blades including - supply & maintenance

0415 483 089 bblades7@bigpond.com
www.betterblades.com.au

SMALL BUSINESS PARTNER

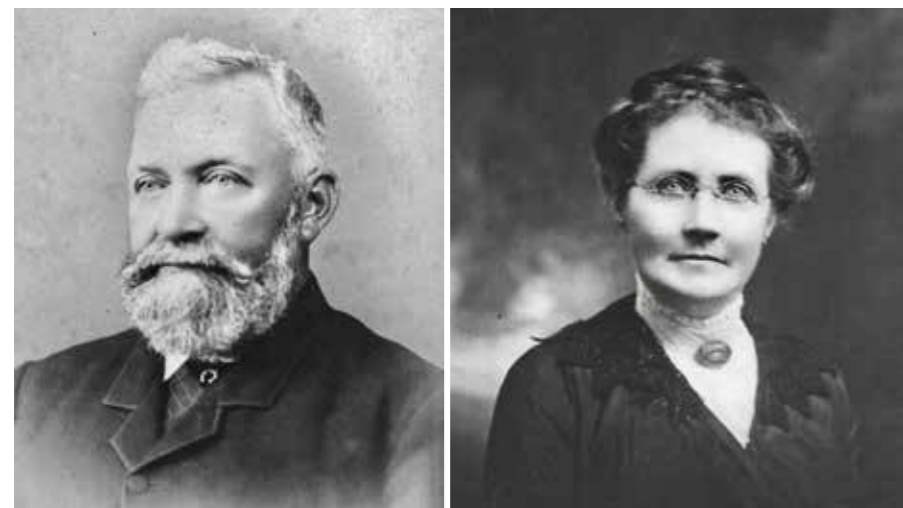
- Small business accounting and taxation services
- Cashflow and business performance analysis
- Xero silver champion partner

LINCOLN PARTNERS
CANBERRA
CHARTERED ACCOUNTANTS

For expert advice on better business efficiency
Call John Howlett on 6100 4732 or 0411 283746
Email: john@lpcanberra.com.au

George Harcourt JP (and three 'Deaslands')

One might then contemplate his motives as an agent of the Acclimatisation Society in the organised liberation in 1881 of 'twenty-one English skylarks'. The skylarks were of no consequence – unlike the hares and foxes that were to follow. Fortunately the society, established to introduce exotic game animals and birds to Australia, ran short of funds, helping save the country from the worst of their enthusiasm.



George and Millicent Harcourt

George was appointed a JP, was a prominent participant in civic affairs, a sportsman and a philanthropist. He championed the cause of the Ginninderrans in the 'postal wars' between Ginninderra and Hall (*Rural Fringe* 26/5), and in 1881 chaired a very lively public meeting at the Cricketers Arms that challenged the surveying of the Halls Creek site for a new village, rather than the preferred (and expected) site at Emu Bank on Ginninderra Creek. The outcome of this meeting was the establishment of a local Free Selectors Association, with George as Treasurer.

As a JP 'he was actuated by the highest principles of meting out even-handed justice to all sorts and conditions of men'. Resigning from the post office and store in 1882 (the year Hall was proclaimed) he added to his landholdings and became a serious farmer.

In 1892 George commissioned local contractors 'Messrs Lazarus and Holland' to build a substantial new home for the Harcourt family 'a short distance from the blacksmiths shop', which – in the way of all migrants from faraway places - he named 'Deasland'. Tragically, within eight months George had died, of 'malignant disease of the liver'. After travelling to Sydney for medical attention he died there at his brother's home on Christmas day 1893, aged 51, and was buried at the Rockwood cemetery. A short, but very active and successful life. 'By his generous and unassuming manner he had endeared himself to all classes of the community. By the time of George's death the sheep and wheat property was 685 acres.

Millicent and the young children (11, 9, and 7) ran the property for 20 years until it was acquired by the Commonwealth on 19 July 1913. 'Deasland's' furniture and effects were auctioned by Moriarty and Co. in April 1913. Millicent lived to be 85 and was buried in Woden cemetery in 1942.

The third 'Deasland'? It was built by Gordon and Pat Harcourt in the mid 1970's outside Dubbo, on the Dunedoo Road. Gordon Harcourt is the grandson of George Harcourt.



Earthworms in your garden

by Lisa Walmsley

You want earthworms in your garden. They are a critical sign that all is well and that you are on the right track to gaining and maintaining good soil health.

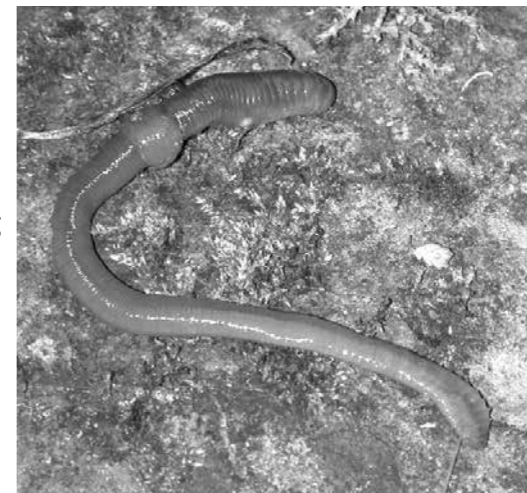
When you move into a new garden or you are starting a new garden (or checking out your existing garden), it is always worth digging a shovel in as deep as you can go, turning the soil over and having a look at how many worms are in the shovel clod. This is a simple guide to what you need to do next.

Worms are like 'canaries' for monitoring soil health.

But firstly, why are earthworms so beneficial to your garden?

Earthworms improve your soil by creating tunnels and loosening the soil, providing pathways for air and water to penetrate. Increasing porosity can also improve soil drainage, reducing soil erosion on the surface and also improving soil drainage. Tunnels also provide channels for root growth.

They accelerate the decomposition process and mix soil for more benefits. By breaking apart organic



matter, earthworms loosen the soil and increase the water holding capacity of the soil.

Worms eat everything in their path, decaying matter, bacteria, fungi and other soil bugs that can cause a host of problems in your garden.

Worm poop (castings but also known as vermicast) are one of the best soil conditioners and fertilisers available to soil. It is believed that worms can turn over the top 20cm of soil within 10 years.

A natural abundance of earthworms in your garden indicates the overall health of your soil.

A lot of gardens I visit have little to no worms, so if your garden is the same, do not despair, there are several ways you can attract more of them into your garden.

- 1 Keep pesticides and herbicides to a minimum: obviously this is a no brainer, over use of chemicals will cause all manner of problems in your garden.
- 2 Create a hospitable environment: earthworms are fairly low maintenance once established. They prefer a cool, dark and moist spot to live with plenty of organic matter to consume. Mulching your garden will help retain moisture that both earthworms and your plants will thrive in. Providing lots of compost and organic matter to your soil will keep them fed. I always add aged manure and or compost to every plant that goes into the ground.
- 3 Leaving your soil undisturbed is beneficial: conventional gardening methods involves digging the ground to work in compost and manure to existing soil. However, this can disturb and damage the existing life in the soil. Unless your soil is really rocky, heavy clay or starving of nutrients, I suggest you try layering the compost and manure on top then mulch last.
- 4 I have read articles about buying worms for your garden – I'm not so sure about this, if you are creating the perfect environment for worms, they always move in on their own. If you introduce worms before your garden is ready they will most likely die. Don't forget to check the pH, either too acidic or too alkaline can deter earthworms as well.

If all you do is increase the organic matter in your soil with well composted manure, you are just about guaranteed to increase the worm life in your garden and in doing so will improve the health and growth of your plants.

FRESH



WATER DELIVERIES

18,000 Litre Tanker

Servicing the district for over 20 years

Also available - maintenance grading of driveways, dam construction & house site cuts

PH: Geoff - 0417 632 209



HEWATT CIVIL PTY LTD
e: info@hewatt.com.au

From the Editor

It can be hard to stay positive as the global news of COVID-19 continues to remind us of the enormity of this world-wide emergency and the awful toll it is taking on lives in so many countries. The full effect on livelihoods and mental health may not be known for some time. The need for the Melbourne lockdown and the rising cases in Sydney and nearby NSW also remind us of how fragile our relative safety is in Australia. But the good news remains that Australia really has (by and large) managed this horrible situation extraordinarily well and so far we have a government that is committed to listening to expert advice and keeping the virus under control. Tragically, this cannot be said for many other countries.

There are little snippets of news that are also positive. The fact that Hall residents are among the top groups in the ACT seeking testing is great. I am also very encouraged by the drop in influenza rates in the ACT (just four this year) and Australia, meaning there will likely be fewer influenza deaths this year. Perhaps other infectious diseases are reduced this year too, time will tell.

The Village of Hall and District Progress Association agreed to subsidize advertising in the *Rural Fringe* for the last invoices, and I'm delighted we have been able to give something back to our local businesses in this way. Please support them in any way you can.

It may be a while before international travel becomes easy again. It may be a while before we can go to a concert. And I expect to see restrictions ease and tighten over the months ahead. But how wonderful to be able to appreciate time with friends or family or a social event more than ever before. Perhaps not taking anything for granted and appreciating the small things is one of the positives to come from this. It was a while ago now, but the community planting of the Floriade beds in Hall at the end of May was a lovely event to bring us together again. I am hopeful we can start to see a few more over the next few months.

We are not in Brazil or India or the United States of America or a Rohingya refugee in Bangladesh. And while my heart goes out to ordinary people in those countries I can also be grateful for our life in Hall.

Until next time,
Jo Hall



Owner operator, based in Hall

We do:

- Soil excavation and removal
- Green waste and stump removal
- Rural driveways
- Site cuts and clearing
- Post holes 200mm – 600mm
- Landscape preparation
- Star picket & rural fence removal
- Water tank sites

We also have:

- 5.5 tonne excavator
- 12 tonne tipper

Bobcat attachments:

- Trencher
- Pallet/brick forks
- Hay bale spears

Call Craig to quote on all your Bobcat and Excavation needs.

0428 751 023

www.cmcbobcat.com.au

CANBERRA ARWAYS PTY LTD

FOR RELIABLE & EFFICIENT MOTOR VEHICLE TRANSPORT

CANBERRA – SYDNEY
CANBERRA – MELBOURNE

ALSO PICK-UP & DELIVERY ALL OTHER CAPITAL CITIES

For enquiries telephone **6242 7310** FACSIMILE 6242 7320
3 CHENEY PL, MITCHELL

The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 700 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
- April issue deadline is 10 March
- June issue deadline is 10 May
- August issue deadline is 10 July
- October issue deadline is 10 September
- December issue deadline is 10 November

It is the policy of the 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	colour \$120
medium (eighth page) \$40	colour \$60
small (three sixteenth page) \$30	colour \$45

Other information

Editor: Jo Hall 0417 693 545 Email: ruralfringe@hotmail.com
Sub-editor: Bob Richardson 0407 071 245

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

When you need water, choose

Southwell Water

FRESH CLEAN PURE DRINKING WATER
DELIVERED DIRECT TO YOUR TANKS

DUST SUPPRESSION

EVENT WATERING

POOL FILL AND TOP UP

LOCALLY SOURCED - LOCALLY OWNED

PH 04 7676 2020

SOUTHWELL WATER

SOUTHWELL WATER
YOUR LOCAL SUPPLIER
BUT WE COVER ALL AREAS

BUSINESS FRIENDLY



PART PROCEEDS FROM EVERY
DELIVERY GOES DIRECT TO THE
MCGRATH FOUNDATION

Capital WINES



You are invited to visit the Capital Wines Cellar Door, Gallery and all new Wine Lounge. Enjoy Wine Food Art in the Hall Village at Capital Wines Cellar Door. Taste our wines in the Cellar Door, also available by the glass with produce or cheese plates, view the latest exhibition or just relax and unwind in our Wine Lounge.

13 Gladstone Street Hall
Open 10.30am to 5pm Thursday to Monday



photos: Paul Porteous

Robyn MONTELEONE
HYPNOTHERAPIST AND COACH

6230 9340
robym.com.au
robym@robym.com.au
1182 Wallaroo Road, Wallaroo

When it's time to make a change, hypnotherapy can help you make faster changes.

- ◆ Stress relief and goal setting
- ◆ Career change and/or performance
- ◆ Becoming healthy – weight loss, quit smoking
- ◆ Overcoming limiting beliefs, negative emotions and phobias

around Hall



photos: Paul Porteous

