Pappinbarra Valley Monthly News

ITCHFORK

Pappinbarra Progress Association & Pappinbarra Outback Association



Home Brew and Finger Food Competition

The beer categories are: Old, Stout, Lager and Draught. The Finger Food can be either sweet or savoury. With our additional categories this year Mum, Dad and the children can all enter the competition, so join us to find out who the best brewers and cooks are in Pappinbarra Valley or beyond. Registration \$1.00 per item. Sausage sizzle. Carpet bowls and table tennis for those feeling energetic.

Anyone for Tennis?

The spring season is upon us and we're looking for players for the annual tennis comp at the Upper Pappinbarra tennis courts. It's not so much about whites and cocktails as about people willing to have a go and have some fun. We play week-day evenings. I'm putting teams together this week so call me if you're interested on 6587-6103.

Emma Frost

Forthcoming Events – November

We're not sure yet - maybe a night of 70s music – see November *Pitchfork*.

PPA President's Report

Welcome to another interest-packed issue of **Pitchfork**. If you enjoy it and you're not already a member of PPA you might consider joining for the modest sum of \$5 per annum. As well, do come along to **First Friday** at Hollisdale Hall. Bring your drink of choice (soft drinks and juice for sale), partake of a variety of barbecue offerings and possibly win the raffle or members' draw. Many thanks to Michele Malseed for donating an *EcoWild* voucher for the October raffle prize option.

A friend of 53 years' standing visited Pappinbarra recently. He commented that "your locality ranks among some of the loveliest places in the world and you live within a wonderful community and it must be a source of great comfort and strength to live your life among such people". We used to call him 'affable' at Uni, but I didn't realise till now just how perceptive he is!

Young and old had a great time at the annual Greg Ostler Memorial Cricket Match – see details on page **2**. A special thanks to organisers Steve Ostler and Sue Frost and their many helpers.

We were pleased to see Mary Walker home for some respite from hospital during September and wish her all the best for her next rounds of treatment.

The recent escape of a controlled burn from Kindee across the range to Pappinbarra highlighted the danger bushfire poses to our valley. It was reassuring to see the prompt response of the local fire-truck and the support our team were given by other Rural Fire Service units. Their back-burning efforts were effective in preventing damage to several properties. Registration for the Hollisdale Brigade went well on a very smoky election day. PPA thanks all our current and prospective fire fighters.

Jean Hegarty

Mary Walker says 'Thanks!'

What a phenomenal community we live in. Thank you so much for your cards, emails, phone calls, visits, prayers, massage, medicinal herbs and many offers of help both fiscal and practical. Jan and I would have been in a big mess if it hadn't been for all of you. Your love and support is precious beyond words. Someone asked if I was going to live! You bet your sweet bippy I am - I shall be home to party at Christmas so start chilling the bottles!!!

First Friday 'Trading Table'

If you've got **anything** you want to give away, trade or sell – including surplus produce - bring it along to First Friday 'Trading Table'.

Photo Competition

We need 12 great photos that capture the essence of Pappinbarra Valley as seen through local eyes for a 2013 calendar. Landscapes, the dog on the back of the ute, kids in the back yard, your produce in full glory an image that it will be evocative and pleasing for your fellow Pappinbarrians to look at for a month. Send your **high resolution A4 size image(s)** to Jean Hegarty **by October 31.** <u>jeanmay@bluemaxx.com.au</u>

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Meet the Neighbours—Jeanette and Charles Rainbow

Who is that woman in the bootscootin' line-dancing high heels and the cowboy hat? Probably the extraordinarily energetic and dedicated Jeannette Rainbow! She and husband Charlie hope to move from Wauchope to their 100-yearold house in the foothills just west of Hollisdale Hall "sooner rather than later". It was an old home in town which they demolished and re -built on 502 acres bought in 1988. Charles and Jeannette found they were neighbours to Tom Hollis who had sold all but 100 acres of the original 2,000 he owned, and



needed help with his cattle. The Rainbows provided the manpower and Tom the expertise in a relationship which lasted till he died in 2010.

One might imagine that the Rainbow name was adopted in the hippie 60s, but it came from England late in C19. Charlie's family ended up at Pembrooke running the Post Office. Third-born of eleven, he was always a quiet country boy who enjoyed his own company.

Jeannette's family farmed at Pembrooke. Her first job was secretary with Port Macquarie News which she gave up when she and Charles married "as you did". After first son, Gary, was born, she was Secretary at Hastings Motors, agents for NRMA, CIG and travel. After 12 years, she left to have second son, Levi. When he started school, Jeannette went back to travel work, 'but it had changed a lot'. She was variously President of the Montessori Parents' association, Wauchope High School Community Liaison Officer and Advertising Manager at the Gazette. When third son, Adrian, arrived, she "gave up and

became a full-time mum".

Having originally settled in a Forestry cottage at Pembrooke, Charlie and Jeannette would have liked to stay there; it was sold from under them so they bought a house in Wauchope thirty years ago. Charles worked in the field with the Forestry Department till he retired in 1997. "We are complete opposites. He says nothing and I talk. Without a husband like that, who could always look after the kids and keep the home fires burning, I couldn't have done what I did."

"We always wanted to get back to the country. Pappinbarra is the best-kept secret. We love the community." Jeannette teaches scripture classes, is All Saints' representative on the Parochial Council and organized the re-painting of the church interior this year. Gary Rainbow was, appropriately, the colour consultant! She hopes the church will be a place sought out for weddings and baptisms.

Jeannette represents Wauchope District Historical Society on Council's Heritage and Museums Committee where she aims to promote the Hastings valley. Her sights are firmly set on the celebration of the Railway centenary in Wauchope in 2015.

The Wauchope Community Progress Association grew out of the fight to save the Hastings Street fig trees - won almost two years ago. Jeannette is on its committee as she feels that the group can achieve more than the individual for local interests. "Don't forget to tell people that we guarded the fig trees for 90 days!"

Jean Hegarty

Greg Ostler Memorial Shield Cricket Match

Once again, Pappinbarra turned on a beautiful sunny day for the annual Greg Ostler Memorial Shield cricket match. A slight breeze cooled the players as they slogged it out on the somewhat dry pitch. Forty-five young and not-soyoung players registered, with an age range of 5 to 80. Isn't this a great feature of our annual cricket match, young and old enjoying a day's fun together!

As the Outback Association does not presently have a committee, the Pappinbarra Progress Association was asked to step in to organise the food. Thanks go to all those who helped mind the cake and raffle table and Angie and Ken for BBQ cooking. Thanks also to all those who brought cakes to sell. A special feature this year was the 'real' The day's captains Steve Ostler and Pete coffee and the frozen banana cones thanks to Chay and Pete. The raffle, kindly donated by IGA Wauchope, was



Michael with the winner of the Champion Child Trophy—Kirra Ostler

won by Pansy Ostler.

The final scores were Upper 148, Lower 135 so Upper hangs on to the shield for another year! Tim Ostler was our umpire for the day and Rob Frost and others kept the score. Steve Ostler was general manager, keeping it all going. Awards for the day were:

Player of the Match – Pansy Ostler Best Fielder – Kirra Ostler

Junior Player award – Renton Malseed-Smith Certificate of encouragement– Sharee Patrick Our annual cricket match is named in memory of Greg Ostler who grew up in Upper Pappinbarra. Greg was one of the players in the inaugural match which was held at James and Robyn Flannagan's property. The match was the result of a challenge by Johnno, Lower versus Upper, and on that occasion Greg actually played for Lower to make up the numbers. Sadly, Greg died suddenly in 2007 aged 52. He is fondly remembered by those who knew him.

Hollisdale RFS Brigade

Following the Registration Day at the Hollisdale Hall it looks like we've got someone prepared to train as captain and enough members to revive the Hollisdale Brigade. Thanks to everyone who stepped forward to be a part of this very important local community service. If you're interested in joining contact **Mark Durham** <u>mark@ragingriverwagyu.com</u> 6587-6114.

Fire Restrictions and Fire Permits

We're all now very aware that the fire season has begun and that fire restrictions have been introduced a month early. **Fire Permits are now required until further notice**. You need to plan ahead a little to obtain a permit in time for your proposed reduction burn. The **permit process** is as follows:

- 1. You contact your local Fire Permit Officer (see below)
- 2. The Fire Permit Officer will come and inspect what you want to burn
- 3. The Fire Permit Officer will complete the necessary form
- 4. You sign the form
- 5. The Fire Permit Officer will get the completed form to Fire Control in Wauchope by mail, fax or personal delivery it must reach Fire Control no later than 12 midday Friday for a planned burn that week-end
- 6. Fire Control notifies those they need to notify and you notify your neighbours at least 24 hours before you intend to light up, including National Parks and Forestry if they are your neighbours
- 7. You wait at least 24 hours (maybe longer, depending on how long it takes for the permit to be lodged with Fire Control and your neighbours to be notified) then light your fire.
- 8. At time of going to press, your permit is only valid for 7 days.
- 9. If a Total Fire Ban is issued in the meantime you are responsible for knowing this and not lighting and/or putting out the fire.

Thanks to Lyn Blythe, Mark Durham and Steve Ostler

Fire Permit Officers:- <u>Upper Pappinbarra</u>: Steve Ostler 6587-6090, Bob Ostler 6587-6180, Anthony Wall 6587-6127 or Andrew Jarrett 6587-6181; <u>Hollisdale and Lower Pappinbarra</u>: Lyn Blythe 6587-6186; <u>Beechwood</u>: Sam Elphick 0428-856-222.

Fire Permits to burn off **are required** until further notice. Prior to a burn you are required to give your neighbours 24 hours notice in advance. IN CASE OF FIRE – CALL 000

Upper Pappinbarra Brigade meeting Sunday, 7 October at 10am. Call Steve Ostler 6587-6090.

Alpacas as Guard Animals

For the past twelve months, we have been using alpacas to guard our chickens, protecting them against eagles, hawks and foxes. The alpacas are contained within a ¼ ha area of grass with the chickens (we have two alpacas with each group of chickens (500-900 birds)). The chickens and the alpacas can get shelter in sheds within the area. The sheds are moved every day for a more even grazing of the area and to distribute manure over a larger area, reducing smell and flies. We have had no health problems with the alpacas. The alpacas and chickens are moved to a totally new area of grass every 2-3 days, and not returned to the original area for at least 40 days. This breaks intestinal worm cycles. The chickens also scratch the alpaca manure and sit on

the alpacas, grooming them, which I suspect keeps ticks at bay. The alpacas eat the same things as the chickens, which includes a diverse range of grasses and legumes. I have seen a fox run along the edge of the netting and the alpacas running beside the fox, spitting and making noises at the fox. I don't think the alpacas and nets are perfect for the chickens' protection, but they are adequate for what we want to do. In summary, the alpacas are easy to look after, fit with our goal of having a family friendly atmosphere on-farm, and are a reasonable deterrent of predators.

Chris Eggert, FUN Organics (Farming Under Nature)



Pappinbarra Frog Group – Introductory Sessions

Resident biologist Ken Aplin is establishing a frog surveying program in the Valley that will run over the next few years. The aim is to monitor frog species and habitat in the local area. If you are interested in joining periodic evening field trips and contributing information to this program please come to **one** of two introduction sessions at the Hollisdale Hall - either **Saturday, 13 October 3-4pm** <u>or</u> **Tuesday, 16 October 7-8pm**. For more information contact **Ken 6587-6129**.

Hollisdale Hall Polling Booth

121 people voted at the Hall on polling day, which should ensure the survival of our local booth. Detailed election results are available at http://www.votensw.info/port-macquarie-hastings-council

Bird of the Month—Large-billed Scrubwren

Common name: Large-billed Scrubwren **Scientific name**: *Sericornis magnirostra* **Size**: 12 – 13 cm.

Status: Secure

The Large-billed Scrubwren is a plain olive/brown coloured Scrubwren with a prominent dark eye in a pale buff face. It has a long, straight bill which is tilted upward slightly. The back is olive/brown in colour while the underparts are paler. They may have a slightly rufous/ brown wash on the forehead and to the rump.

Their call is a sharp, high-pitched song, best described as "ss-chip ss-chip" and other twittering or scolding calls and it sometimes mimics other small Thornbills.

Large-billed Scrubwrens inhabit rainforest and Wet Sclerophyll forest up to 1,500 meters altitude along the East Coast from Cooktown in Far North Queensland down to the Far South Coast of Victoria. They are often





seen foraging on trunks and branches and flittering around foliage at the mid level of the rainforest. Unlike most other Scrubwrens, they seldom forage near or at ground level. They feed mainly on insects and small spiders. They are sedentary birds.

Breeding occurs from July through to January. In SE Australia it seldom builds its own nest, instead using the abandoned (or sometimes occupied) nest of the Yellow-throated Scrubwren. If it does build its own nest then it is a domed structure of bark, grasses and moss with a side entrance and placed low in Swordgrass or other bushes. It incubates 3 to 4 eggs and both parents share in bringing up the young.

For further information or questions related to this or other species contact can be made through this email address <u>peter fac@yahoo.com.au</u> (that's peter_fac).



Plant Profile - Moreton Bay Fig (Ficus macrophylla) MORACEAE

Trees such as the majestic Moreton Bay Fig have become so ubiquitous as planted feature trees that it's easy to overlook the fact that they are, indeed, locally native and singularly one of the most important trees in the rainforest landscapes of the

Pappinbarra valley - in fact the subtropical eastern seaboard. Fine specimen trees can be seen throughout the district and they tend to take on slightly different forms depending on their position in the landscape (tall, often-asymmetrical, emergent trees in gulley rainforests and more rounded and 'balanced' on floodplains and gentle gradients). At maturity, the trees can often be distinguished from other 'strangler'-type figs by the large leaves which are dark and glossy above and often rusty beneath.



story is well-known: the growing fig smothers the host tree with its entangling roots (which develop into a trunk), the host tree succumbs and rots away and the 'chimney'-like bole of the mature fig remains (which also, over time, coalesces to almost one dense mass).

> Ecologically, Moreton Bay Figs provide large-scale ecosystem services such as massive amounts of fruit (food for critters), nutrient recycling, erosion control, help maintaining abiotic conditions such as shade, coolness and humidity and limiting the extent and intensity of bush-fires.

> If you're keen on growing one, give it plenty of room (up to 50m tall and wide with spectacular root networks). Seed can be stored up to 6 years and germinates readily.

Peter Michael

FURTHER INFORMATION - Port Macquarie-Hastings Council

(Noxious Weeds Officer) 6581 8111; NSW Dept. of Primary

Industries www.dpi.nsw.gov.au or 1800 808 095; Weeds

Australia website www.weeds.org.au. Feel free to drop any

plant ID specimens in my mailbox (sealed plastic bag please)

(2011 Pappinbarra Rd) with your details and I'll get back to you.

Strangler figs such as these usually begin their life in the upper forks and branches of a 'host' tree where the seed has likely been deposited after voiding by a disperser such as a bird or flying fox. Most of us are familiar with the appearance of the long, trailing roots that the young fig lowers to the ground in search of more water and nutrients than the tree fork can provide, and it is once these aerial roots touch down that the rate of growth of the plant quickly picks up. From this point, the

In the Vegie Patch this Month

It's time to plant capsicum, eggplant, chillis and sweet potato. Tomato varieties now available as seedlings are Father Tom, Big Beef, Tomato Berry, Pot Roma & Honey Grape. The passionfruit season is just beginning - I can highly recommend Black Magic which is a grafted variety or, for something different, Banana Passionfruit. Herbs now in season are all of the basils (sweet, Greek, Thai & red) artichoke, dill, & sage. *Pest Watch:* This is a prime time for aphids to emerge with fresh spring growth. Aphids are sap-sucking insects which can cause distortion of leaves and may transmit other diseases. They may also leave a sticky residue on the leaves which can in turn lead to the growth of black sooty mould. Happy Gardening!

Photo: www.lanerealty.com.au



Alison Robinson, Greenbourne Nursery

Mid North Coast Carpool

The Car Pool Mid North Coast Project is a free, easy to use online service for all residents of the Mid North Coast Region of NSW. Carpool Mid North Coast will match you with other people travelling in the same direction to your place of work or study. Car pooling can save you time and money, reduce driving stress, allow you to make new friends and help reduce greenhouse gas emissions. www.carpoolmnc.org



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		С	CTOBER	2012		
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Exercise 1:30pm	3 Bellangry Pottery 10am	4	5 First Friday 6pm	6 Yoga 8am	7 Upper Pappinbarra Fire Brigade meeting 10am
8	9 Exercise 1:30pm	10 Bellangry Pottery 10am	11	12	13 Yoga 8am, Saturday Sing Along 10am-12pm, Introductory Frog talk 3-4pm	14 POA meeting 2pm
15	16 Exercise 1:30pm, Introductory Frog talk 7-8pm	17 Bellangry Pottery 10am	18	19	20 Yoga 8am, Home Brew Competition 6pm	21 Vintage motorbike show 12pm
22	23 Exercise 1:30pm	24 Bellangry Pottery 10am	25	26	27 Yoga 8am, Farmers' Market 8am–12pm	28 All Saints Church 2pm
29	30 Exercise 1:30pm	31 Bellangry Pottery 10am				

Look through the *Pitchfork* for all the details of the events and programs found in the calendar.

Hastings Farmer's Market

Don't forget the October Farmer's Market when Elly and Patrick will be back at the helm and spring will be in full swing. You can shop for freshly harvested spring produce and then relax under the tree while you're sipping coffee and eating delicacies. As usual, the market will be held rain, hail, or shine at the **Wauchope Showground** from **8 am to 12 noon on the fourth Saturday of the month – Saturday, 27 October**.

Exercise at Hollisdale Hall—Some of us will continue to exercise at the Hall, now on **Tuesday** afternoons from **1.30-2.30pm**. Everyone welcome. Enquiries: Lyn Blythe 6587-6185 or Beverley Kilpatrick 6587-6112. We hope to see you there!



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POA Meeting – Final Attempt to Establish a Committee

After two failed attempts to form a new committee, POA will hold another meeting on Sunday, 14 October at 2pm at the recreational grounds. At this meeting the Association will either form a committee to continue running or pass a resolution to dissolve. We would then be required to cancel our incorporation with Fair Trading NSW, which requires the meeting to pass a special resolution that:

- Approves the cancellation of its registration
- Proposes the distribution of its assets (which needs to be approved by Fair Trading)

Losing It In The Bush

Hollisdale has received free exercise programs for 2 years – first through the Move Eat Live Well program and second through the Community Grants Program. With the Community Grants Program funding ceasing and the Move Eat Live Well program needing to target other communities there is no capacity for further funding at Hollisdale at this stage. There are however, Move Eat Live Well classes targeting adults over 18 not in full-

Ticks

Ticks are on the march again, profiting from our earlier wet weather. As we wrote in the March Issue of Pitchfork, there are three tick species of concern in agricultural areas - bush tick, paralysis tick and cattle tick. The most common in our area is the bush tick, but there are also paralysis ticks which are of particular concern for domestic animals, especially dogs. According to an article in the Port Macquarie News this tick season is "shaping up to be one of the worst for many years". A local vet says there are indications the toxicity of tick poison has increased, with the signs and symptoms of affected animals being far worse than in previous years.

According to the DPI "paralysis ticks, also called dog ticks, shellback ticks or scrub ticks are a serious parasite occurring on the East Coast of Australia. They inject a toxin causing paralysis that can be fatal in domestic animals, both pets and livestock. The toxin can also affect humans. ... Paralysis ticks are native to Australia and their natural hosts are marsupials, principally bandicoots, but also others such as echidnas, possums and wallabies. They also infest cattle, horses, other livestock and domestic pets. Native animals are usually immune to the

Vintage and Classic Motorcycle Show

The Taree and Port Macquarie Vintage and Classic Motorcyle Club are having a get-together at the Hollisdale Hall on Sunday, 21 October. There will be over 40 motor bikes on show, most over 30 years old. We invite locals to drop in to have a yarn and look over the bikes. We'll start around midday, cooking up a BBQ lunch. Contact Ray Thurling, Wauchope 6585-2642.

Wauchope Neighbourhood Centre – Free Tax Help Free appointments with qualified Tax Help Volunteers Assistance with the completion of your tax return Strictly confidential Appointments available August-October each year Criteria apply and bookings are essential 3 Waugh Street, Wauchope Ph: 6586 4055



time employment running elsewhere in the district, including a 10 week course commencing 8 October at Wauchope Rotary Youth Hall, Monday 9.30-11.30 with instructor Greg Gleeson. You need to hurry because places are limited. To register www.pmhc.nsw.gov.au/livewell or call into a Council office/ library and fill in a form, or call the customer service centre 6581-8111.

paralysing toxin because of their frequent exposure to tick infestation. However, they do maintain a reservoir of paralysis ticks in a particular area. Paralysis ticks tend to be associated with bushy or scrubby areas which harbour the native animal hosts but they can still be picked up in open paddocks and other areas."

For more information, including about their life cycle go to:

http://www.dpi.nsw.gov.au/ data/assets/ pdf_file/0013/160321/paralysis-ticks.pdf

One of our readers advises: "daily checking of your dogs is necessary EVEN IF you have chemical controls in place. Immunity of a dog can be built up by feeding the squashed ticks to the dog."



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Regular Events

First Friday

When: First Friday of the month, 6pm onwards Where: Hollisdale Hall What: BYO drinks and nibbles, low cost BBQ including vegetarian option, member's draw (cash prize) and raffle Contact: Jean Hegarty 6587-6077

Yoga

When: Every Saturday morning, 8-9.30AM Where: Hollisdale Hall What: \$15 (mats are provided) Contact: Amy Hubers stillpointyogamassage@gmail.com 6585-3470

Saturday Sing Along

When: Second Saturday of every month, 10am -12md Where: Hollisdale Hall What: \$10 (\$5 of which goes to the PPA); morning tea (bring something delicious to share if the urge takes you) Contact: Elly Franchimont 6587-6097 or 0424 220 937 www.vocalpointevents.com

Exercise

When: Tuesday afternoons 1:30-2:30pm Where: Hollisdale Hall What: Equipment provided Contact: Lyn Blythe 6587-6185 or Beverly Kilpatrick 6587-6112

For Sale

Tullamore free range eggs from happy chooks – \$3 per doz. delivered to your letterbox on Pappinbarra Road and Beechwood. To order email Angela Frost angfrost@hotmail.com or phone 6587-6129.

PPA Matters

PPA Committee meetings - monthly at 5:00pm before First Friday - all welcome. Facilities for Hire Hollisdale Hall - contact Jan Childs 6587-

6055. Upper Pappinbarra facilities and tennis court - contact Sue Frost 6587-6129

All Saints Church

Services are held every fourth Sunday at 2 pm with a cuppa 'off the back of the ute' around 2.45p.m. All welcome.



PPA Membership reaches 74!

Can we reach 100? Membership is very important to us - not only does the small fee help with the many costs of keeping the Hall and Association alive, but good membership numbers help make us competitive for grants, the lifeblood of Hall maintenance and improvements. You can join the PPA at any time of year.

Circulation

Pitchfork

Pitchfork has hardcopy and email circulation of approximately 280, now including Koree Island Road. It comes out on the Friday before First Friday - Friday, 26 October for the November Issue. Material for the November Issue to Editor by Wednesday, 17 October. We run both casual and regular advertisements at very competitive rates. Contact Chay Khamsone. **Production Team**

Executive: Jan Childs janmary1301@bigpond.com 6587-6055

Editor: Bev Sibthorpe bsibthorpe@bigpond.com 6584-0051 or 6587-6075 Production: Angela Frost angfrost@hotmail.com

Advertising: Chay Khamsone kwanchay@hotmail.com 6587-6022 Upper Pappinbarra: Sue Frost suefrost6@hotmail.com 6587-6129

The views expressed in Pitchfork are not necessarily those of the PPA or POA.

Pappinbarra Progress Association Committee Executive:

President: Jean Hegarty 6587-6077 Vice President: Mary Walker 6587-6055 Treasurer: Jan Childs 6587-6055 Secretary: Elly Franchimont 6587-6097

Other Members: Kelly Benson Chay Khamsone Lyn Blythe **Bev Sibthorpe** Sue Frost

PPA Membership 2012-2013
\$5 per adult

PLEASE PRINT

Member Names:_____ Address:_____ Email:

Phone: ___

Payment amount:

Send cash or cheque made out to "Pappinbarra Progress Association" to: Jan Childs, 1301 Pappinbarra Rd, Pappinbarra NSW 2446.