



# PITCHFORK

## Pappinbarra Valley Monthly News

Pappinbarra Progress Association

Dec/Jan 2016/17

### Valley

Please join PPA (only \$5 per adult) to support your committee and be part of the community that is admired throughout the LGA for its vibrant, inclusive and varied activities.

**December First Friday** get-together, Christmas celebration and barbecue is on 2 December from 6 pm at Hollisdale Hall, Pappinbarra Road. Santa is coming and it will be a great night for the kids with games, fun and surprises. Parents - don't forget to bring clearly tagged gifts for Santa to deliver. Come along and enjoy the company! Don't worry if you don't know anyone - we make all feel welcome! Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG. There will be no First Friday in January.

**November First Friday** saw the members' draw jackpot again. \$60 is up for grabs at December FF so come along! Join on the night if you like. The raffle was won by the Murphys who chose the Greenbourne Nursery voucher. The cooks did a great job. Many thanks to all who helped in any way during the evening.

**All Saints' Pappinbarra:** There will be no December service as the fourth Sunday is Christmas Day. We hope to see everyone back in January on Sunday 22 at 2 pm with afternoon tea around 2.45 off the back of Murphys' ute. Bring a plate to share.

**Pappinbarra RFB** general meeting 10 am Sunday 11 December. See notice p7.

**Hollisdale RFB** training on Saturday 2 December and 17 December 8-10am. Meet at the hall in full uniform.

**2017 Pappinbarra Calendar:** Will be available for sale at December First Friday and the December market.. It's a beautiful Christmas present that showcases our wonderful valley. Don't miss out!



**Pappinbarra Community Market - Grown and Gathered** is on Sunday 4 December. Come along and bring the family from 9 am to 1 pm for Christmas shopping with a difference. It's a real country experience with baby animals, beautiful food and coffee, live music! Elly's choir will make a farewell appearance at 10 am. Have you had a spring clean-up? Donate saleable unwanted items to PPA's charity stall. Proceeds this month ~~toxx~~ Stall enquiries to Lisa on 0418 220 138.

[facebook.com/growndgatheredcommunitymarket/](https://facebook.com/growndgatheredcommunitymarket/)

**A flag for Pappinbarra:** The quest for a flag for Pappinbarra will continue next year.

**Hollisdale Hall:** is really looking loved and cared for. Thanks especially to Brian Gough for his regular mowing and maintenance; to Trevor Smith for running repairs and to so many of you who have helped with painting, working bees, garden construction, ad hoc watering and weeding throughout 2016. If you would like to be involved in the community garden, contact Christine Nolan on Pappinbarra Community Connect (see details back page.)

**Beekeeping Workshop** Following PPA's beekeeping workshop early in the year, and interest expressed by others, we propose to form a beekeeping group under the auspices of PPA. The first activity will be at Trish Crick's Permaculture bee garden, Pythonwood Road, Pappinbarra, 9-11 am on Saturday 17 December. You will be able to see the variety of bee friendly species in the garden and hear about planting for bees. We'll deal with management of both native and European bees. Trish has a flow hive; we will inspect the brood box. Bring your protective gear. (Some gear available for use on the day if you have none). Call Patrick McEntee for more details 6587 6097.

*Have a great Christmas and New Year everyone!*

I thought this candle summed up what Christmas is like for us Aussies - hot and a little bit melty!



# The story of Harriet - Our beautiful 'princess'

**H**arriet Kate Ostler was born on the 29 March 2015 and was taken into God's care on 22 October 2016. She was only 19 months old. There was no warning that Harriet was unwell, only a runny nose and she was a bit lethargic. Tragically, a rare heart condition (cardiomyopathy) with no early signs or symptoms is the reason she is no longer with us.

Harriet loved life. Her favourite activities were on the swings, slides and all kids' play equipment. She loved her big brothers and was always trying to keep up with their antics. Sneaking out through the locked gate and into the chook pen one day, she was so pleased with herself to collect the eggs on her own. But how could we be cross with her, looking into those big beautiful blue eyes?

Every morning, she wasn't happy till she had her cup of tea. Ted was her favourite bear; he went



everywhere with her and always fixed the wrongs with her little world.

Harriet was a beautiful daughter, with big, loving, sparkly eyes that always melted our hearts. There are no words to describe how much we miss her.

Thank you to our families and all in the Pappinbarra Valley along with the wider community for your offers of help, support, cards, gifts and to the PPA and St Matthew's Church for providing the food after the service for Harriet.

Rev. Judy Taylor was and will remain the very special person who guided us through the early days of losing Harriet. God Bless you Judy.

**Bob & Jess**

## Remember Harriet

The link below is a fundraiser I have started to enable us to show our support for the Ostler family who sadly lost their little daughter Harriet (just 19 months old) to cardiomyopathy in October. Please donate what you can. Thank you.

[gofundme.com/harriet-ostlers-legacy](http://gofundme.com/harriet-ostlers-legacy)

Lisa McLeod  
RMB 2240A Pappinbarra Road  
Pappinbarra NSW 2446  
0418 220 138

*One of the things I keep learning is that the secret of being happy is doing things for other people.* Dick Gregory - Civil Rights Activist and Author

## President's message

**T**he year is fast approaching the magical time called Christmas. When I was a child it was all about receiving. I don't exactly remember when I realised it was all about the giving. But for me, giving means so much more as every year goes by. What can you give this year that will make a difference to someone's life? Wouldn't it be wonderful if we all gave and no-one would ever miss out?

Please stay safe over the Christmas Holidays and enjoy the festive season.

**Lisa McLeod**

**Bella Bago Women's Choir**  
invites women to come and sing  
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## Local results with Parra Trooper

There are smiles all around this season, with positive results showing up after spraying Parra Trooper. Parra Trooper is a concentrated source of the natural soil fungus *Nigrospora oryzae*, which is associated with crown rot in Giant Parramatta Grass, Giant Rats Tail Grass and closely related weed species. Beechwood's Jeremy Bradley and Cathy Eggert developed the product and, over the past year it has been distributed along the east coast from Victoria to far north Queensland and into the Northern Territory.

After visiting some promising trials in Queensland and northern New South Wales, Jeremy has been taking a look at some Parra Trooper results locally. The widespread success of Parra Trooper has inspired the couple to hold a field day at Beechwood on Friday 16 December. You will learn how the product was developed, how to use it and how to recognise crown rot in Giant Parramatta Grass. Book early with Cathy on 0448 562 024 to ensure your free lunch and a discount on Parra Trooper.

## Visitor Feedback

Over the October long weekend we visited Pappinbarra for a family wedding. I have visited the valley several times before and have always been impressed by the sense of community spirit and pride. The focal point for many community functions is the charming Hall, and it is obvious that much work goes into maintaining its history and character. We were able to get a taste of the spirit of the valley when we visited the Markets on Sunday - friendly people, tempting smells from the Barbie, real coffee and live music. I even managed to find a hand knitted jumper to send to the U.S. for a Newborn! Looking forward to my next visit to your special valley.

Carol Ladd  
NSW South Coast



**FIELD DAY & LUNCH**  
BEECHWOOD BIOLOGICAL SOLUTIONS  
**9am—lunchtime**  
**Friday 16 December**

Find out about this natural soil fungus and

- how to use it
- results on a Beechwood farm

Bookings are essential. Lunch provided (free)  
Call or text Cathy on 0448 562 024.  
[www.parra-trooper.com.au](http://www.parra-trooper.com.au)



Crown Rot in Giant Parramatta Grass

## Pappinbarra Landholders Conservation Group

Pappinbarra Landholders Conservation Group had their last working bee for 2016 working on weeds along the Pappinbarra riverbank and in a recently-planted wildlife corridor. Morning tea was very welcome as the day was beginning to heat up and the shared lunch on the verandah with an assortment of food and beverages was delicious.

Our individual efforts get a real boost with every working bee as the added man/woman-power is substantial and we feel that it assists nature conservation along the Pappinbarra. Our five-weekly working bees are a great time to get together and enjoy each other's company.

There have been over two thousand volunteer hours worked since the formation of PLCG in 2012. As a result we have developed our collective capacity in weed identification, tree

planting techniques, effective weed removal, work health and safety issues, and safe glyphosate use. PLCG has organised several workshops; there will be more in 2017.

We invite anyone interested to join PLCG and be part of the nationwide initiative to conserve nature and associated wildlife. Individual membership is \$15 per person per annum. Properties in the working bee circuit pay an additional \$40 to help cover insurance and materials.

PLCG congratulates all the successful recipients in the last round of Biofund grants. Long lengths of the Pappinbarra will have weeds controlled and stock exclusion fencing erected. This will greatly improve the water quality of the river.

Patrick McEntee

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## Meet the Neighbours: Zoe Jackson and Trish Crick of Pythonwood

In 1948, Zoe was born on an isolated sheep and cattle station over 100 km away from Broken Hill with an Aboriginal camp nearby. With her older brother, Rob, she was educated through School of the Air and correspondence till she had a happy escape, aged 11, to boarding school in Adelaide. She had been sexually abused from the age of seven by a variety of itinerant white men.

She boarded in Adelaide until she matriculated, winning a prize in Art. After leaving school, Zoe was confused as to what direction her life should take. She went to Art School in Adelaide for four years and taught Art and Drama in a secondary school near Pinola. She then moved to Whyalla, commenced a relationship with a younger man and - shock, horror! - fell pregnant. In 1972 this was not the done thing. Her mother swore for the first time ever in Zoe's hearing, saying 'balls' and hitting the baby's father over the head with her very heavy handbag! Hapless John, much too young to be a father, stuck it out for just three summers.

With three-year-old Amber, Zoe went to Melbourne in search of work. She got a job way out in the suburbs where there was no transport and no child care. She resigned, auditioned for a part in 'The Smoke' and got the lead role. She stayed for two years, met Trish and pursued a wild and varied life.

Trish was born in Singapore in 1950 and lived there until she was sent to a convent boarding school in England when she was nine years old. It was run by an order of French nuns. This was not a happy time; Trish was teased, bullied and made to do menial chores by her classmates. When she threw a major tantrum, hurled water everywhere and had to be carted off, she earned some respect from her peers and most of the bullying stopped. Eventually finding her feet in secondary school, she quickly became bored and began to act out. She was put in 'coventry', an old English tradition of public humiliation; she had to sleep on her own in the music room, no-one spoke to her and she had to sit at the front of the class. This punishment was in place for most of a term. Fortunately, her parents visited from Singapore and went to see the headmistress, a very intelligent woman who recognised the problems Trish was having. She was put up two



classes and began to channel her energies into writing and debating. She achieved an O level in art aged 14!

By this time her parents had moved to Australia and were living in Melbourne so Trish left England and went straight to Stott's Typing College to fill in time until the Australian academic year commenced. Though bored again in high school, she matriculated, was dux of her class and was in the top 5% in the state for Biology.

From school Trish went to Melbourne Uni and studied Law and Political Science. She completed a BA (Hons), but never did her Law articles as she was offered a position as a junior academic tutor at Latrobe Uni if she

agreed to undertake a research project in Political Science at Melbourne Uni. Before she finished, her supervisor had a catastrophic mental breakdown and Trish couldn't find a satisfactory replacement. They wanted to use part of her research but it skewed the results, so Trish, being Trish, rebelled and burned all her records! A wasted seven years in academia!

Left high and dry with no clear direction, she took a massive sideways leap and joined an alternative theatre, the Australian Performing Group, then moved to a women's theatre group. The next four years were a wild and crazy time in Trish's life and typified the 70s' lifestyle. She met Zoe working on 'The Smoke' and Trish and Zoe worked closely together for some time, even living in the same house, full of 70s' bohemian hippies! After Trish had spent a year being primary carer for Zoe's daughter, Amber, aged six, she was knackered - it was time to move on.

Trish and a friend decided to ride their motor bikes to England - no mean feat in 1978. When they stopped in Darwin, working for a year to get some money together, it became clear to Trish that she was 'intellectually overskilled but manually compromised', so she took a job as a marine fibreglasser and loved it. The girls shipped their bikes to Singapore and the trip to England began from there. It took another year.

In Devon, Trish again worked with marine fibreglass for eighteen months, then the lights of London beckoned and, through a set of bizarre circumstances, she ended up back in theatre, full-time for two years.

Home and family in Australia were calling and Trish realised she needed a trade. She was very fortunate to gain an

*(Continued on page 5)*

**Susan Ashton RN**



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apprenticeship with a New Zealand builder, who fast-tracked her and she gained her ticket in just two years. On return to Australia she had to repeat it all

It was time to take on some responsibilities. Her younger sister, Lizzie, suffered a major psychotic breakdown in Melbourne and been diagnosed with chronic schizophrenia aged 24. So Trish moved the whole family from Melbourne to the Hastings. Lizzie came to live with her on *Pythonwood* in 1986 and her parents bought a property nearby where they lived for almost a decade.

Trish, along with three friends, set up an artists and artisans cooperative on *Pythonwood*. There was a potter, a carpenter and an instrument maker. One of the artisans left in 1990 and Zoe, an artist, moved in. Trish was studying, running a business and improving the land - a busy, but very focused young woman.

Zoe was doing relief teaching but there wasn't much work around so she taught drawing at Adult Ed, and worked as an artist's model. In 1993 she signed on to the Southern Cross Uni program for professional artists and formed a group called Hastings Art Alliance. Her work quickly became well known and began to sell and win prizes. Zoe ran workshops called 'Postcards from the Hastings' and won the Hastings Open Prize in 2001 with a painting of Bago which still hangs in the office of *Port Macquarie News*.

All seemed to be going well for Zoe, but she began to notice

changes in her coordination, losing her balance, dropping pencils and breaking crayons. At Trish's insistence she went for genetic testing and received the diagnosis of Huntington's Disease (an hereditary disease passed on by her mother). She became profoundly depressed and very angry, impulsive and a danger to herself and others, eventually losing her licence in 2003 after a particularly unpleasant 'road rage' incident!

Trish had had enough and threatened to sell *Pythonwood* and cut Zoe loose if she didn't seek treatment. Thank God for Zolof! The old Zoe was back and peace returned. The disease has progressed slowly; Zoe has continued her painting and has just completed a self-portrait with an expression of 'pissed offness'.

On *Pythonwood*, Trish has extended the original hut with a studio for Zoe, a design cabin for herself and most recently a very comfortable and cosy house to accommodate Zoe's deteriorating health. She runs *Pythonwood Projects* from home, doing house design and plan drawing and has been of great assistance to PPA.

Both Trish and Zoe have always been focused on their own life's direction and feel that the chosen path is much stronger than a need for a relationship - companionship is paramount.

The caring, sharing and deep connection between them is inspiring. What amazing women!

Mary Walker

## Editor's musings

Our little Pappinbarra Landholder's Conservation Group recently spent a sunny Saturday morning at *Missenden*, variously hacking down the undergrowth, attacking old fencelines smothered in feral creeper with a Dingo Digger, demolishing an old slab shed before it demolished someone, pruning fruit trees and shrubs, re-establishing the vege garden, catching roosters and enjoying ourselves! As always, morning tea and lunch were highlights, the former with great coffee or tea made-to-order, homemade slices and Dutch cheese, sourced by Elly, back from the 2016 'Sing, Bike and Barge Tour'.

Over lunch and the (mostly) vegetarian dishes brought along, Amy was talking of cheese and how she couldn't live without it, in spite of her resolve never to buy anything she couldn't recycle - cheese packaging offends! It was suggested she make her own cheese. The problem? Bought milk comes in plastic and Amy has been saying 'No to plastic' much longer and more consistently than the rest of us. The ideal of course would be a house cow...

When I was a kid in Cessnock, we had plastic (bakelite) light switches and fittings; I can't recall anything else made of plastic - it was well before the days of Tupperware parties and similar ubiquitous plastic food containers. Fish and chips came in paper.

Rubbish was wrapped in newspaper and stored in a metal garbage can till collection day. The compost heap was a mighty edifice and the vegetable garden a monument to self-sufficiency. Everyone seemed to have backyard fruit trees and vines. Milk was poured into a billy on the front porch by the milko and soft drinks (if you ever had them) came in big glass bottles, the successors to earthenware! Honey came in a 4-gallon can (as did kero), tomato sauce on pies from the bakehouse at the corner, salad dressing was unheard of and the plastic bottle, scourge of the environment, had yet to be invented.

I've been thinking about the plastic problem, especially since going to my collection of seeds in glass jars with plastic lids. The lids had been undisturbed for a long time and when touched disintegrated into thousands of tiny plastic particles. Similar plastic particles - tiny to much bigger - are accumulating in the sea, on its shores, in fish, in birds and in mammals mistaking plastic for food and dying with guts full of it.

Sadly, resolve like Amy's is rare; the rest of us can but keep trying to minimise plastic use and purchase. As my Scottish granny used to say: "Every little bit helps"!

JH

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# Pythnwood's worm farm waste treatment system

T rish Crick's bee garden is thriving, growing in Hugelkultur beds, floating above a sub-surface piping grid distributing nutrient-rich liquid fertiliser, released at root level.



This A&A Worm Farm Waste Treatment System was installed on a steep slope at Pythonwood in 2013 by our local Rosewood Environmental

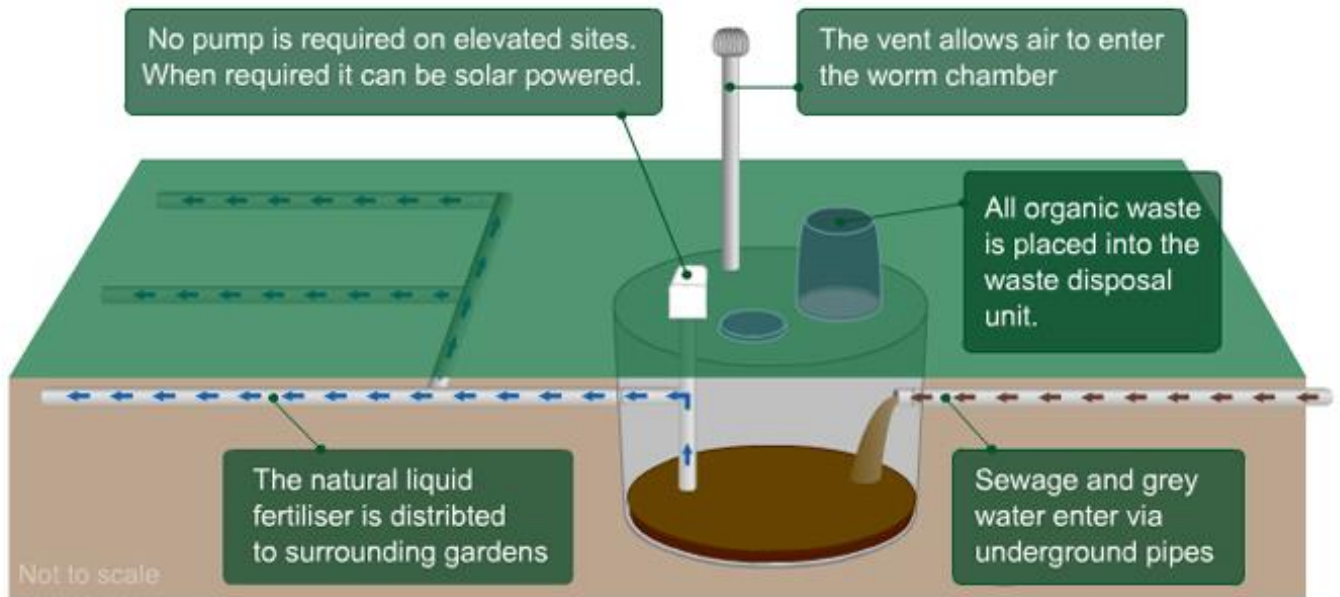
Services (see ad page 2). Grasses and weeds were rampant there before the bee garden described in November's *Pitchfork* was established.

Ten years of research and development happened before the A&A system could offer a real solution to the problem of waste treatment on-site. Sewage, grey water, kitchen waste, paper, cardboard and weeds - in fact all organic waste - can be processed. So the landholder can take responsibility for recycling everything except plastics, bottles and cans. These need to be taken off-site for disposal. (A good reason to 'say no to plastics!')



The worm chamber has a lid, which can be lifted to add waste not piped in from the dwelling (as are sewage and grey water). There is a slight wet musty smell but no stench. A wind-driven ventilator aerates the set-up. The chamber never needs de-sludging.

An existing septic tank can be converted to a worm-driven system.



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# Rural Fire Brigade News

## Howdy all

As you have seen on TV (thankfully not close to home) the fire season is here. Strike teams from the Hastings have been traveling to Sydney for hazard reduction burns and to Kempsey to relieve the weary fire fighters who have been battling fires there for over a fortnight.

Because of the strict conditions imposed on fire permits, our area has been fairly quiet but we cannot get complacent! With strong winds and high temperatures the little bit of rain we are receiving is drying out very quickly. We can only hope for some good soaking rain.

Chris Roelandts (Captain Hollisdale RFB)

**Pappinbarra RFB** general meeting on Sunday 11 December at 10 am at the Pappinbarra fire shed at the junction of the Left and Right Arms. All residents are welcome to attend. The meeting will be followed by an informal barbecue at noon. Now is a good time to join, so you can enrol for training in the New Year and be prepared to help us fight fires here and further afield.

Andrew Jarrett Secretary 65 876 181

**Permits are required for burning off.**  
**You also need to give your neighbours at least 24 hours notice.**  
**IN CASE OF FIRE – CALL 000**

**Fire Permit Officers:** Upper Pappinbarra: Steve Ostler 6587-6090; Bob Ostler 6587-6180; Anthony Wall 6587-6127 or Andrew Jarrett 6587-6181; Hollisdale and Lower Pappinbarra: Peter Michael 65876022, Chris Roelandts 65856700; Beechwood: Sam Elphick 0428-856-222.

## Christmas gift ideas at Greenbourne

We have a wide selection of statues, wall art, plants, bird baths and feeders plus heaps more. Plants are always a good idea - 'The gift that keeps giving'! For the vegie gardener: dwarf citrus, blueberries, raspberries or maybe consider potting up a variety of herbs. For the flower gardener: roses, perennial petunias and magnolias are always favourites. Mini/fairy gardens are very popular at the moment. We have a wide range of ornaments available.

Jobs to do for summer: apply a good layer of mulch to your garden beds. and check your soil's watability. Over dry periods the soil can become impermeable to water. If this is the case we recommend the use of a soil re-wetter, such as Searles Penetraide and the addition of compost and manures.

We wish you a very Safe and Merry Christmas  
 Happy Gardening from the Greenbourne Team



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# Pappinbarra Community Connect

To connect with Pappinbarra Valley residents for trading, swapping, selling and other services go to Pappinbarra Community Connect on Facebook: [facebook.com/groups/850891678290572/](https://www.facebook.com/groups/850891678290572/)  
(Admin Damian Privett)

To find out more about our monthly 'Grown and Gathered' market (or to give us a 'like'!) go to [facebook.com/grownandgatheredcommunitymarket/](https://www.facebook.com/grownandgatheredcommunitymarket/) or google 'Grown and Gathered Market'



Tangle Orchid (*Plectorrhiza tridentata*)

their leaves completely- why bother when your roots are photosynthetic?

*Platycerium* species, a.k.a. elkhorns and staghorns, grow in such a way that falling leaves and other debris collect in the space between leaves and trunk to form humus, which can be absorbed by the plant.

Mistletoes, although they do grow on trees, are technically not epiphytes because they gain sustenance from the living tree by growing into the xylem and phloem tubes that carry nutrients around the host plant, making them parasites.

So next time you walk in the forests around Pappinbarra, look up, look for epiphytes, and appreciate their ingenious strategies for surviving in the treetops.

This month's Kids Corner was written by 10 year old **Morrow Taplin** who is already an expert on Pappinbarra flora, especially orchids and epiphytes.

Almost every time you are walking in a forest, you are bound to see *epiphytes* - plants that grow on trees. There are many of these, such as elkhorns and staghorns, birds nest ferns, mosses, lichens, and orchids. Being an epiphyte is a way to get up to the light that is scarce on the forest floor without growing a huge woody trunk or climbing up with tendrils and suckers.

Many orchids have just their root-tips attached to the twig on which they grow, and collect water from the humid air around them. When they are wet, these roots turn green, a sign of the chlorophyll inside them (which means that

orchid roots can photosynthesise)! Some orchids, like *Taeniophyllum*, literally 'tapeworm leaf', take this further, and have lost

Beechwood Public School  
invites you to a

## Christmas Carnival and Concert

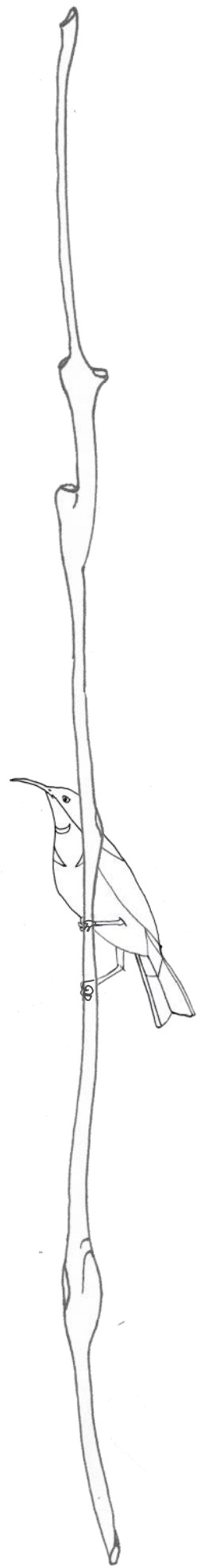
**Wednesday 14 December,  
5pm**

Carnival games, photo booth,  
jumping castle, snow cones,  
face painting

BBQ dinner, tea,  
coffee and cold drinks  
Christmas Hamper Auctions x 5  
Class performances

**Raffle of the  
Webber BBQ  
and other prizes**





## PPA Matters

**PPA Committee meetings** – every third Friday of the month 6 pm at the Hall. Interested members welcome.

**Hollisdale Hall Hire** - booking essential. Contact George Hegarty 6587 6077.

**Upper Pappinbarra facilities and tennis court** - contact Lisa McLeod 0418 220 138 or Robyn Flanagan 6587 6011

### Pitchfork

Contributions welcome. Email to editor Jean Hegarty [jeanmay@bluemaxx.com.au](mailto:jeanmay@bluemaxx.com.au) by Monday 16 January. (Copy may be edited for reasons of space or clarity. The views expressed in *Pitchfork* are not necessarily those of the PPA).

**Advertising** Contact Liz Gough [lizabeth52@hotmail.com](mailto:lizabeth52@hotmail.com) 0473 170 761 for info on both casual and regular ads. If your business would like a one-off A4 advertising insert in Pitchfork, provide us with 300 copies and we will distribute for \$30. Deadline is 19 January for the February issue. There will be no January issue. Classified ads are free for members.

**Circulation:** 300 hard copies; over 100 by email. Comes out the weekend before First Friday.

**Production** including ad design: Angela Frost [angfrost@hotmail.com](mailto:angfrost@hotmail.com)