



# PITCHFORK

Pappinbarra Valley Monthly News  
Pappinbarra Progress Association

November 2016

## Valley Happenings

Please don't forget to renew your PPA membership! For \$5 per adult you can be a paid-up member of our community, supporting the activities for which Pappinbarra is admired throughout the LGA. We welcome new member Robyn Martin.

**November First Friday** get-together and barbecue is on 4 November from 6 pm at Hollisdale Hall, Pappinbarra Road. All welcome - come along and enjoy the company! Cooks Heather and Harvey, Kelly and Jim. Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG.

**October First Friday** saw the members' draw jackpot again because Tom Cowan wasn't there. Tess McGahey invested the \$5 she found in the carpark in the raffle and won a voucher! Cooks Graham, Rob W and Amy did a great job. Many thanks to all who helped in any way during the evening.

**All Saints' Pappinbarra**, our little historic church, welcomes all to the service on Sunday 27 November at 2 pm with a cuppa around 2.45 off the back of Murphys' ute. Bring a plate to share.



**RFB training** on Saturday 5 November 8-10am. Meet at the hall in full uniform.

**Tennis Spring Comp** has started at Upper Pappinbarra. Kids welcome. Interested? Ring or email Lisa for details 0418 220 138.

**2017 Pappinbarra Calendar:** Please get out and about in the valley with your camera and send photos to the editor before Sunday 6 November.

**A flag for Pappinbarra:** Calling all our talented artists and designers! Entries to Mary Walker by 24 November please.

**Hollisdale Hall Permaculture community garden:** is under way. Christine and Paul, with the help of a Dingo Digger and a couple of French WWOOFers, have constructed the first of a series of planned garden beds.

**PAPPINBARRA COMMUNITY MARKET**  
**GROWN & GATHERED**

**Pappinbarra Community Market - Grown and Gathered** is on Sunday 6 November. Come along and bring the family from 9 am to 1 pm for a country experience. Baby animals, beaut food and coffee, live music! Beechwood school will be running the barbecue. Stall enquiries to Lisa on 0418 220 138. [facebook.com/grownandgatheredcommunitymarket/](https://facebook.com/grownandgatheredcommunitymarket/)

PPA 'Say NO to Plastic' bag sewing day on 19 November at the Hall. Call Sue on 6587 6129 if you would like to participate.

**Other news:** Christmas First Friday will be a great night for the kids on 2 December. Parents - don't forget Santa will deliver clearly tagged gifts. Games and fun for all.

## Wauchope Arts Hall events

### Saturday 12 November - Junk Fest

JunkFest is a feel-good event, where art and junk collide in a creative and sustainable way. Come along from 4pm.

### Saturday 17 December - Wallis Bird

Catch Irish dynamite Wallis Bird on her way to Woodford!

Go to [wauchopearts.org.au](http://wauchopearts.org.au) for more details on these events.



Wallis Bird

# Meet the neighbours

## Terri and Dan Townsend

Born in Taree in 1983, Terri was raised in Coolongolook, went to primary school there, then on to Chatham High School until Year 10. The family - mother, father, two girls and a boy - moved out of town to a beef farm at Bunyah when she was 15. She had always wanted to be a vet. Although smart at school, she had too much fun and her grades suffered, so she did vet nursing by correspondence. Whilst studying she had jobs as a cook, a service station attendant and as a volunteer in a Taree vet practice, where, after completing her Cert 3 in Vet Nursing, she stayed for two years, assisting both in the surgery and out on the farms with large animal work. Terri loved life as a vet nurse and is very glad she pursued that rather than veterinary science. Her father, brother and grandfather still live on the farm.

Terri fell pregnant at 19 and had a lovely baby daughter, Billi-Jo. When the little girl was diagnosed with Bilateral Wilm's Tumours (these affect the kidneys and there is no cure), they went to live at Dyers Crossing in a quieter, clean environment. For moral support and help with care, Terri's younger sister moved in as well.

Dan was born in Forster in 1981, attended Nabiac Primary and Forster High, but hated school and escaped aged almost 16 to work in a local bakery. Up at 4 am and when he finished the early morning baking he went out cutting timber! At the tender age of 17 he went west to Warren, droving and fencing. After five years there, he went back to Nabiac and cut fire wood. A job with a fencing contractor came up in Port Macquarie, so Dan moved up here and did that for four years. He has been a parcel contractor with Australia Post for the last eight. Not afraid of hard work, he can turn his hand to anything and hasn't been out of a job since he left school in 1995!

Terri and Dan have known each other since childhood because their parents were friends and drinking mates. They lost touch for a short time but rekindled their friendship in their late teens and had a brief fling! Dan wanted to settle down and have a family but Terri wasn't ready, so they parted company for six years but remained good friends. When they got back together in 2008, Terri and Billi-Jo moved to Dan's place in Pipeclay Road - 35 acres with horses, cows, chooks and dogs. They had a daughter, Clancie-Jade in March 2011, got married and then had



twin boys, Oakey and Harry the next year. They were also caring for Billi-Jo and life was pretty hectic. After nine gruelling years of chemo, remission and relapse, Billi-Jo sadly passed away. An amazing, brave and happy child.

Terri started as a parcel sorter in Port Macquarie in 2013, working nights; Dan was a parcel contractor, working days. The children were well cared for even though their parents were like ships passing in the night! Terri then did motel cleaning, but lost her job after a few months

because "I was too opinionated"! In May she walked into the Beechwood Post Office and asked Esme if she would like some help with the mail run or anything else. Esme's reply was "You can have the lot, I'm ready to retire!"

All sorts of red tape had to be negotiated with Australia Post and Esme had to give her notice, but Dan officially took over the mail run this June. He works a long day, up at 4 am sorting, delivering, taking the mail back to Wauchope and finally picking up the children from day care at 4.30. Terri had to undertake a self-funded seven-week course in Port Macquarie and Sydney and finally took over as postmistress on 27 September 2016.

Life was a whirlwind so Terri put out a loud 'Help' on her face book page and now has a live-in nanny/jack of all trades - Nikki from New Zealand. Peace and order has been restored and our hard working posties can get on with life knowing the children are happy. Both feel they need more time with their young family, so the Beechwood Post Office will be closed at weekends.

Please support your local PO. Buy your stamps, pay your bills, send your parcels, pick up your mail or just call in for a chat, a drink, an ice cream or some lollies, and don't forget to wave at Dan the mailman. (Is your RMB accessible and safe?) The place is transformed and well worth a visit. Terri has a few problems remembering all the names, but her greeting of "G'day mate" is friendly and sincere.


A new era begins!

Mary Walker

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# Frugal Forest Update

Fancy a day out over the summer? The Frugal Forest exhibition is showing at the Manning Regional Gallery in Taree from November 19th - January 15th. Growing all the time, the Forest will feature new pieces made by workshop participants at all the venues it's been to so far on the regional NSW tour. Entry is free, and the gallery is open 10am to 4pm Wednesday to Sunday except for a break over Christmas and the New Year.

Frugal Arts Inc has all sorts of other things on the boil, including more regional venues and a Frugal Forest season at the Opera House, a



collaboration with the Koala Hospital, and hands-on workshops at the upcoming Junkfest in Bain Park on Saturday the 12th of November. As recent finalists for the Excellence in the Environment Awards, and with the appointment of a new Project Manager, Frugal Arts is going from strength to strength. Find us on Facebook or take a look at [frugalforest.frugalarts.net](http://frugalforest.frugalarts.net).

**Bryony Anderson**

< **Morrow Taplin with his frugal creation: an orchid made from foam, old stockings, electrical wire and exercise balls.**

## Vale Bill Mollison 1928 - 2016

Australian author, educator, academic, researcher and innovative thinker, Bill died in Hobart, Tasmania, on 24 September 2016. Born in the Bass Strait fishing village of Stanley, he left school at 15 to help run the family bakery, then worked variously as a seaman, shark fisherman, forester, mill-worker, trapper, snarer, tractor-driver, glass-blower and naturalist for eleven years. Although he had only basic formal education, he learnt a lot about how the world works.

In 1954, he joined CSIRO's Wildlife Survey, spending the next nine years in Tasmania's rainforest and natural ecosystems. This was followed by a year of curatorial duties at the Tasmanian Museum and further fieldwork for the Inland Fisheries Commission. Appointed tutor at the University of Tasmania in 1968, he became a senior lecturer in Environmental Psychology. Here, together with David Holmgren, one of his students, he developed a concept for use by tree-changers seeking self-sufficiency. 'Permaculture' (permanent agriculture) was the name coined for this system, 'where the ethics of farming are aimed at a future, different lifestyle, where regional self-sufficiency is more important than cash cropping for export or monoculture for commercial gain'. [From *Permaculture I* 1978.] Bill followed the initial publication with *Permaculture II* (1979) and *Permaculture: A designer's manual* in 1988.

From the latter: 'Around our homes we can catch [rain] water for garden use, but we rely on natural forested landscapes to provide the condenser leaves and clouds to keep rivers running with clean water, to maintain the global atmosphere, and to lock up our pollutants. Thus people would be well-advised to assist in the conservation of existing forests and the rehabilitation of degraded lands. Our own survival demands that we preserve all species and allow them a place to live.' He went on to state a set of ethics on natural systems: implacable and uncompromising opposition to further disturbance of remaining forests; vigorous rehabilitation of degraded and damaged natural systems; establishment of plant systems for human use on minimal land and establishment of plant and animal refuges for rare or threatened species. The permaculture design system utilises species from all over the world 'providing they are not locally rampant and invasive'. [Mollison's emphasis]

In the 1980s and 90s, Bill travelled the world, teaching thousands about permaculture, writing articles, curricula, reports, recommendations for projects from farms to urban clusters and influencing local governments. After establishing the Permaculture Institute in the Tweed Valley, northern NSW, Bill returned to Sisters Creek on the Bass Strat coast of Tasmania to spend his final years.

JH

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# Critter of the Month: Huntswoman?

Perhaps, like me, you've seen white, silky artefacts about the size of a 20-cent piece, and wondered what made them. Folding up a piece of black plastic in the garden, I had my answer. An egg sac was attached to the plastic. After removing it for safekeeping, I spotted a large female huntsman spider on the ground nearby. Re-united, she stood over her creation.

Invertebrates (animals without backbones), huntsman spiders belong to Family Sparassidae of the Arachnida (spiders, ticks, etc.). There are 1207 described species, 155 in Australia, of which 95 are found nowhere else in the world. This brown huntsman belongs to Genus *Heteropoda*.

Though referred to as tarantulas, our huntsman spiders aren't dangerous; any bites are usually defensive nips and no venom is injected. If you are unlucky, or provoke the spider, pain and redness may last 30-40 minutes.



A huntsman's legs don't bend vertically in relation to its body, but spread outwards. This feature, together with a rather flat body, adapts the spider for life in narrow spaces under loose bark or in rock crevices, where it lurks during the day. An 'ambush predator', it emerges to feed at night, locating prey invertebrates by sight, as well as sensing the vibrations they make. In turn, huntsmen are preyed on by birds and lizards.

The flat, oval egg sac, made of papery white silk, contains up to 200 eggs. This hairy-legged, attentive mother guards it without eating for two or three weeks, then stays with her hatched spiderlings for another three or four. Very pale at first, the young moult several times and grow, becoming darker in colour before eventually dispersing.

They can live for over two years.

Sun visors in cars and pictures on the wall provide great hiding places for huntsmen. They don't jump onto people and aren't going to hurt you. Just regard them as friendly natural pest exterminators in house and garden!

JH

## October Grown & Gathered Market

October 2<sup>nd</sup> dawned bright and clear. A spectacular day for the monthly market and for the wedding to which I had been invited.

A very cosmopolitan affair, the guests included three musicians, one of them a professional, two ladies from Finland, both with Doctorates, a psychologist from USA, another musician from Uruguay, a nurse from England and several Australians. As you can imagine, with this houseful the bride wanted some space, so I suggested that the guests should visit our local Grown and Gathered Market.

The feedback was unanimous in its positivity. The music was wonderful and the singer had such a lovely voice (well done Kelly), the coffee was great (well done Liz), the BBQ was delicious (well done Adrian), the stalls were interesting and varied and the colour of the hall was gorgeous. But most of all, the atmosphere was welcoming, friendly and relaxing. Well done everyone, our community is becoming well known!

Mary Walker

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## Tree of the month: Turpentine *Syncarpia glomulifera*

Belonging to family Myrtaceae (with *Eucalyptus*, *Angophora*, *Corymbia*, *Melaleuca*, *Callistemon*...), these large trees are found from Atherton (Q) to Murramarang (NSW south coast) with flooded gum, tallowwood, grey ironbark, rough-barked apple and brushbox on transitional sites between rainforest and wet sclerophyll.

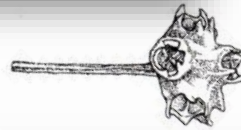
Turpentines attain heights of up to 60m and are thought to live for up to 500 years, regenerating after bushfire from the lignotuber at the base of the trunk or, after less intense fires, from growing points under the fibrous, stringy, deeply furrowed bark. These give rise to what are called epicormic buds. The trees tolerate heavy soils and frosts; their dense canopy provides good shade.

The bark and leaves contain oleo-resin, thought to have a repellent effect on insects and the timber's high silica content makes it extremely hard, durable and resistant to termites. The long list of uses for turpentine includes panelling, cladding, flooring (dance floors and others subject to heavy traffic), decking, poles, wharves, bridges, marine pilings, railway sleepers, mining timbers, plywood, laminated beams, benchtops, boat building, oyster stakes and mallets! One of the most difficult timbers to ignite, it lasts for more than 40 years above ground, 15-25 in the earth.



Now, in Pappinbarra's spring, the turpentines are a mass of creamy-white flowers visited by flying foxes, lorikeets and noisy miners for their nectar and pollinated by native and European bees. Fused in groups of seven, each flower group develops to form a compound woody capsule. These persist in leaf litter under the trees and are a great aid to identification. The leaves are opposite, thick, dull green above and paler beneath. (In our paddocks, very few plants grow under turpentines; sheep and cattle love to camp under them, but manure collected there has an inhibiting effect on vegetable growth.)

JH



PPA and the community extend sincere sympathy to Bob, Jess and the wider Ostler family on the loss of little Harriet.

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# Pythonwood Bee Garden

As fate had it, on Tom MacIndoe's first visit to Pappinbarra's Grown and Gathered market back in April, he met valley resident Patrick McEntee and the two hit it off with much conversing about all things sustainable, including Tom's Permaculture ventures at Rollands Plains. Shortly after, Trish Crick asked Patrick to manage establishment of a Permaculture garden on *The Ridge* - sympathetic to a challenging site, dealing with nutrient-rich outflows while enriching local bee habitat.

Back in 2013 Trish had engaged Rosewood Environmental Services to install a worm farm waste treatment system on *The Ridge*. Patrick and Tom met with Trish and decided that a bee garden using Permaculture design principles was the solution for that steep slope covered with grasses and weeds. Tom was enlisted as designer while Patrick sourced materials. (Permaculture, conceived by Bill Mollison and David Holmgren in the 1970s, is an 'all-encompassing' design system for ultimate sustainability' and a great Australian export, offering real solutions for the globe's environmental woes. Pappinbarra was the first place to host a global Permaculture Convergence back in 1984 at the Pappinbarra Field Studies Centre... that's pretty cool.)

The design developed is a 'symmetrical keyhole garden', maximising plant-able space and the 'edge effect' (important for microclimate creation, increasing plant and therefore habitat diversity), whilst allowing ease of access to beds, since the middle is never more than an arm's reach away - very handy! And it's symmetrical, easy on the eye, flows well and allows one to move through the garden without hindrance despite the awkward gradient.

The garden is also 'floating' - another important consideration when taking into account the subsurface piping grid; nor could anything be planted with root systems that could jeopardise its integrity. A curving tyre-bank was installed along the bottom side and locked into place (tyres are light and can be easily moved if necessary).

Hugelkultur is a Permaculture garden bed design, here started with a thick layer of cardboard (ten bales, sourced from the Co-op IGA) to suppress the weeds and grasses before layout. Next, 50 cubic metres of locally-sourced sawdust were used on the paths for weed suppression and water absorption. The bed areas were layered with cut up tree trunks and branches, then covered with compost, soil and mulch; it's a long-term composting bed of sorts. The huge volume of tree material

needed was sourced from over 30 mature or dead wattles growing round the house (a fire hazard) and some eucalypts that were overshadowing the solar panels. The beds were topdressed and sown with a beneficial bee- and bug-attracting green manure mixture before heavy mulching with hay. Mulching is critical to increase organic matter, suppress weeds and reduce the maintenance workload - over 400 bales were used!

After 3-4 years, decomposed sawdust will be moved onto the beds for enrichment and renewed to provide safe access paths. Any nutrient outflows beyond the garden will be absorbed by a food forest constructed downslope - bananas, avocados, leguminous shrubs (nitrogen fixers) and other subtropical fruit trees.

Over winter, despite some heavy grazing by local fauna, the green manure crop established, the beds settled and a trellising fence was built around the garden. Then the real bee-attracting shrubs, from *Alyssum* to *Westringia*, were introduced into the design, with flowers displaying the various bee-attracting shades of whites, purples and blues. Now the garden is teeming with all sorts of bees, native and introduced - only a few months in and it's already serving its purpose. That puts a big smile on your face!

Time is on our side. Ever evolving and by no means complete, the garden will take on many different forms as the shrubs grow tall, the ramblers cover the ground, self-sowing annuals continue to spring up, little bug and bee hotels are built and installed, and even a new Australian Flow Hive is incorporated. A bush tucker rainforest garden and Australian manuka or tea tree, *Leptospermum*

*scoparium*, will be planted around the periphery, linking the house to the garden. Bees produce a highly medicinal honey from the manuka nectar.

Thanks to Tom and Patrick for their part in realising Trish's dream, to Iranian refugee, George, for labour and to Kaycee, Debbie, Lori and Trevor for their cheerful assistance. For more info on design contact Tom Macindoe - Permaculture designer and young farmer. 02 6564 4167 or 0422 738 309 [thomasmacindoe1@gmail.com](mailto:thomasmacindoe1@gmail.com)

Article compiled from material provided by Patrick and Tom. Part 2 on the worm farm waste treatment system next issue.

JH



*Leptospermum*

# Rural Fire Brigade News

The fire season is starting to hot up! As I write, Hollisdale brigade has had three call-outs already this month. At our community meeting in late September, we talked about preparing for the upcoming fire season. Since a fire can spread very quickly, with embers traveling many kilometres ahead of the front, it's important to guard your house against ember attack, as well as clearing combustible material from the vicinity. In the event of simultaneous fires, those most accessible will be fought first. Prepare; act; survive.

After the meeting, four new members joined the brigade to give us much needed support.

From 13 October, fire permits will only allow a one-metre-square pile burn between certain hours with special conditions, which will be strictly enforced. Don't get caught without a permit.

Chris Roelandts Hollisdale captain

**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.

## President's message

We are thrilled to receive an Australia Post Our Neighbourhood Community Grant of \$3500 to purchase and install a shower with an instantaneous gas hot water system in the disabled-access toilet at the hall. This will help to 'ready our hall for refuge', helping us to ensure that our community will have the necessary facilities to help each other in times of need and to cater for our volunteer RFB in times of intense firefighting.

Thank you to all the hard workers who toiled away at our working bee on the 9<sup>th</sup> October. Your diverse talents are wonderful and I thank you for sharing these with the

community. The camaraderie is most enjoyable. Many hands do make light work.

Don't forget our shopping bag sewing bee on 19<sup>th</sup> November as part of PPA's efforts to 'Say no to plastic'.

Lisa McLeod

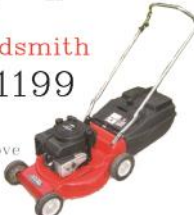
Quote of the Month:

*Everyone can rise above their circumstances and achieve success if they are dedicated to, and passionate about, what they do.*

Nelson Mandela 1918-2013, Former President of South Africa

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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://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://facebook.com/grownandgatheredcommunitymarket/) or google 'Grown and Gathered Market'

**Classifieds ad:** Iseki 45HP 4WD tractor with 5ft slasher \$6000.00 ono and John Deere D110 ride-on mower \$2,500.00 ono. View by appointment with Lauren on 0265876130



They might not move much but **corals** are actually animals! There are almost 1000 species of coral alive today and many have fantastic shapes and colours. A quarter of the world's fish species rely on coral reefs for a home. Have you heard people talking about **coral bleaching** recently? This happens when the coral forces out the tiny algae that live in the coral tissues.

They turn completely white and are more vulnerable to stress and disease because the algae are a major source of food for coral. Human activities are affecting coral communities all around the world. The sea is warming because of human pollution and when the sea gets too hot corals bleach and many die!



## Fancy a million dollars? Who doesn't!

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## 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 Thursday 17 November. (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 23 November for the December/January issue. Classifieds ads are free for members.

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

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