



# PITCHFORK

Pappinbarra Valley Monthly News  
Pappinbarra Progress Association

March 2016

## Valley Happenings

**Pappinbarra Progress Association** welcomes new members! Do you enjoy *Pitchfork*? You can support PPA in this and other activities to benefit our community by joining at First Friday - only \$5 per adult. Members can have free classified ads on a casual basis and are also invited to attend committee meetings; next one at 6 pm on Friday 18 March at Hollisdale Hall.

**March First Friday** get-together and barbecue is on 4 March from 6 pm at Hollisdale Hall, Pappinbarra Road. Come along and greet your neighbours! Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG.

**Pappinbarra Community Market - Grown and Gathered** is on Sunday 6 March. Come along from 9 am to 1 pm and enjoy the experience! Stall enquiries to Nat 0432 762 393 or 6587 6174. See report p 4.

**February First Friday** saw Andrea Carboni win the raffle (he chose the Hastings Co-op Mitre 10 voucher) and

Jeannette Rainbow the members' draw. The draw has been increased to \$15 and jackpots if the winner isn't at First Friday. Thanks to cooks Paul Pollett, Wil and Lisa. Thanks to all who helped set up and clean up - your help is really appreciated.

**All Saints' Pappinbarra**, our little historic church, welcomes all to the service on Sunday 26 March at 2 pm with a cuppa around 2.45 'off the back of the ute'.

**Hollisdale RFB** training on Saturday 5 March 8-10 am. Meet at the hall in full uniform. Pappinbarra RFB members welcome.

**Beekeeping Workshop** at the hall Saturdays 5 and 12 March 10-12.30. Register with Jean on 6587 6077 or [jeanmay@bluemaxx.com.au](mailto:jeanmay@bluemaxx.com.au)



**Hollisdale Hall**, owned by the community, is available for community use - there is a sliding scale of fees to cover cost of gas and electricity plus a \$200 bond for 18<sup>th</sup> and 21<sup>st</sup> birthday parties. Get details and book with George on 6587 6077.

**Pappinbarra Recipe Book** Send your favourites to Lisa: [lisa.mcleod2240@gmail.com](mailto:lisa.mcleod2240@gmail.com)

**Hall Painting:** We had a very successful working bee with lots of volunteers to prep the hall for painting, followed a week later by painting the hall interior. Thanks to all. Harvey exchanged the 8-pane front window with the end 12-pane one, much to Gary's delight. **Galaxy Floors** will prepare and seal the hall floor soon, funded by a PMH Council Grant. We are very grateful to Council; the grant also funded our painting supplies to do the hall and schoolroom inside and out. More story p 5.

**Other news:** The bloodwoods are flowering, the cattle are sleek and Pat Murray reckons this is the best season ever on Pappinbarra.



**Community market at the Hollisdale Hall**  
Creating community with local ingredients

**1<sup>st</sup> Sunday** of each month **9am to 12pm**

Run a stall or come and shop or browse. Stalls include home-grown produce, seedlings, jams and pickles, fresh bread, recycled clothing, new and used items. Come and enjoy a coffee or bring a picnic and listen to the live music.

**Next Market: Sunday 6th March**

proudly presented by the Pappinbarra Progress Association  
For more information or to book a stall call 0432762393 or 65876174 or email [natfll@hotmail.com](mailto:natfll@hotmail.com)

**GROWN GATHERED RESOULED**

# Meet the Neighbours

## Lee and Danielle Williams

Lee was born in Melbourne in 1973, lived there until he was five, then moved with his parents and younger brother, Sam, first to Wollstonecraft then on to Roseville (Sydney) where he lived until he was 17. After schooling at Lindfield Primary and Newington, he left school to take up a Carpenters Apprenticeship after Year 10. He has been in the trade ever since, working for himself for the last 16 years.

When Lee was 14, Sam fell off his skate board and was fatally injured. Lee got a bit lost for a while and partied very hard. He used to drink at the Charles Hotel in Chatswood where he met Danni and he found himself again!!

Danni was born in Rockhampton in 1975; as an 18-month old she moved to Sydney with her mother to live with her maternal grandmother in Turramurra for two years. During this time her mother had many problems and was very unwell; Danni was made a Ward of the State and bounced back and forth from Grandmother to foster care for a few years with many changes of school, including a 'born again' Christian School in Belrose and Pymble's Mount St Bernard School which she loved. She was pretty smart.

During this time Danni was fortunate to have David, a Community Officer who was her rock - always there for her. He remained her constant support until she turned 18. By Year 8 she was starting to act out, playing truant and other naughty things so she was sent to boarding school in Orange where she lasted six months before getting herself expelled!! She went to live with her Dad, finally, at almost 16, working at Sussans clothing for a couple of years.

When she turned 18, Danni took up bar work which she loved; she really enjoyed the people contact. She married at 19 but that didn't last. When she met Lee, who was drinking at her pub, the chemistry was immediate and they have been together ever since. They had two children quite quickly, Zac, now 18 and Maddi now 13. When they decided to get married in 2005, both the children were part of the ceremony as ring bearer and bridesmaid.

Once married they bought a house in Cromer, lived there for 10 years, and had two more children - Phoenix now nine and Kobi, three. Lee worked with a local builder doing high-end carpentry for wealthy people and Danni continued with bar work until she fell pregnant with Phoenix.

In 2014 they decided to sell up and move to somewhere rural with acreage. Housing prices were fantastic and it was time to cash in on the boom. They found their home in Pappinbarra on line and fell in love with it, but Danni was determined not to buy the first house they saw. They kept looking on line and viewed another 20 or 30 houses - nothing else came close. So they bought their piece of Pappinbarra, a house with four bedrooms, a swimming pool and 100 acres on the top of a hill - absolute bliss and totally private. When they moved up here that October, Danni started being sick. She thought it was the tank water but surprise, surprise, she was pregnant again! The morning sickness continued for the whole pregnancy, so she was delighted when Jax, now nine months, decided to arrive a month early.



The family was complete when, in December 2015, Paris made her home with them. She is 14, a little older than Maddi but they are like sisters and share a room without too many fights. The house is full of love and laughter with six kids, four dogs and one cat. On the land they have three horses and three goats - a menagerie!

Danni's father has moved to Port Macquarie and plays an active role in the children's lives. Lee's parents still live in Sydney but are frequent visitors. Lee is very happy working for BDM and Danni runs the house, managing to juggle two kids under three.

Early this year Kobi went missing and the Pappinbarra community turned out to look for him. He was found 800 m from the house in 5ft high grass at 11.30 at night, wearing only a nappy. A happy ending thanks to people power.

So if you happen to see a small child in a nappy, chained to a front gate post, it's only Kobi - just so they know where he is!!

Mary Walker

---

## A new project - community garden: your input invited

In my Permaculture course an opportunity arose to undertake a community project. The result? A **Permaculture Community Garden** to be established in the grounds of Hollisdale Hall.

This year I received a 'My Place is Ace' grant from PMHC and would like to contribute it towards starting this project. I am gathering ideas and information at this stage and plan to start work next month.

I would like to hear from anyone in the community who has any experience, ideas, thoughts, or would like to be a part of this project. Contact me by email on [miorganichealth@yahoo.com](mailto:miorganichealth@yahoo.com)

The grant is just a start; any tools, supplies or organic gardening products that anyone has to donate would be really appreciated.

Christine Nolan

# Rural Fire Brigade News

It is still very quiet on the fire scene for the valley. Training has recommenced with a good turnout at our first session for the year. We have a few members from Pappinbarra Brigade attending; any others who would like to come along are very welcome. Sometimes we leave the shed at 8.10 am to do exercises off-site so don't be late. (A message on the side door of the shed will tell you where we have gone.)

Our sector training will be on again in March with Pappinbarra, Hollisdale, Beechwood, Bellangry and a few other brigades involved. RFB volunteers will be informed when the date is finalised.

Fire permits will no longer be required after Sunday 21 February.

**Chris Roelandts,  
Hollisdale captain**

**Permits are no longer required for burning off.**  
**However, you still need to give your neighbours and fire control (6588 9000) 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.

## Did you know? DPI Water

In July last year, the Department of Primary Industries Water replaced the NSW Office of Water. DPI Water is responsible for regulation of 'controlled activities' in and alongside Pappinbarra River and its tributaries.

The activities regulated include:

- capturing and storing rainwater run-off except from a roof
- constructing and using water management works including bores, dams, tanks, pumps, levees, pipes, irrigation channels, weirs and causeways
- carrying out a controlled activity in, on or under waterfront land (including normal variation in stream height due to normal rainfall).

You must obtain a licence, permit or approval to carry out such activities.

You don't need a licence to take water from the river for domestic consumption or stock watering.

Land titles vary and you may own up to 40 m from the top of the bank, or, according to your title, to the middle of the stream bed. You do not own the water!

If you want to irrigate, construct a river crossing, or take materials from the river and its banks, ring DPI Water Customer Service Centre on 1800 353 104 to discuss your individual requirements.

There are hefty penalties for non-compliance with the law and ignorance is no defence!

[The above is based on information from [www.water.nsw.gov.au/water-licensing/approvals/controlled-activity](http://www.water.nsw.gov.au/water-licensing/approvals/controlled-activity) and DPI officers.]

## In the veggie patch



Although it has been around for a long time, not many people know about its role in the garden.

Zeolite is a mineral with high carbon exchange capacity and will help store nutrients in your soil. It will also improve the soil's water-holding capacity and reduce nutrient leaching. A plus: it is 100% natural.

**Happy gardening from Alison**

It's that time of year when we start thinking about preparing the veggie garden for autumn plantings. A product worth considering is Zeolite.



Stillpoint  
*Yoga & Massage*  
Integrated Therapies



Sessions in Wauchope & Pappinbarra  
More info phone Amy  
**6585 3470**  
stillpointyogamassage@gmail.com

Large range of trees, shrubs & fruit trees  
Wide range of seedlings  
Pots & giftware



**NURSERY WAUCHOPE** see us on [thebusinesstree.com.au](http://thebusinesstree.com.au)

**239 High St. Wauchope**  
(opposite Timbertown)  
**Open 7 Days 65852117**  
Hayden & Alison Robinson  
[greenbourne.nursery@midcoast.com.au](http://greenbourne.nursery@midcoast.com.au)

**Alex Irving Solicitor**

Conveyancing,  
wills, estates,  
insurance claims

Cowal Creek Rd, Bellangry 2446  
**Tel: 6587 5112**  
**Fax: 6587 5113**  
[irvingsolicitor@harboursat.com.au](mailto:irvingsolicitor@harboursat.com.au)

**Hastings Co-op**

**MIGHTY HELPFUL MITRE 10**

farm supplies  
pool supplies  
pump & irrigation  
animal feed  
& lots more!



**Pappinbarra deliveries every Friday right to your door!**

Mon-Fri 7am - 5pm  
Sat 8am - 12pm  
Sun 9am - 1pm

1 Carrington St  
Wauchope  
**6585 1655**

# Market Round-up

## GROWN & GATHERED



Sunday 7<sup>th</sup> February dawned partly cloudy but no rain! As I arrived at the hall, there were already a few keen stall holders setting up. My excitement grew: this was our third Grown & Gathered Community Market.

I made sure I got in early for a freshly brewed coffee from our local sourdough baker, Pete, and was lucky enough to grab a few of Chay's beeswax lunch bags - a hot item! To go with the amazing coffee was Christine's flourless orange and almond cake - what a way to start the day. The crowd slowly built. The pile of banana bread that I spent all day baking was slowly going to good homes (and tummies).



All this excitement called for one of Christine's cold-pressed juices. The lure of Heather and Harvey's ricotta and tomato bruschetta was too much and was absolutely delicious. Harvey commented on the number of loaves of sourdough he had been through so I obviously wasn't the only one to enjoy the bruschetta! The

orange cordial made by Sophie (with help from mum) was a hit with my kids as well. It was great to see new stall holders with freshly baked goods, preserves, dried bananas, old wares, funky vintage finds and a good chat. Chris featured some new felted scarves which will be a must-have for winter along with her beanies. Near River Produce shared their over-flowing bean harvest by giving away the most delicious butter beans ever with each purchase. The henna tattooist was busy decorating people with the most intricate of designs.

Ellie had some amazing seeds and plants straight from her garden including the biggest sunflower heads I have ever seen. Can't wait to see what the garden brings next month, Ellie. As soon as Patrick arrived with his new 'Flow hive', there was a constant swarm around his stall with people eager to stickybeak at the sweet design... But the highlight of my day was the massage from Amy; you need to get in quick for the most blissful ten minutes you can imagine.

Live music from Kelly Gould (guitar and song) and George Hegarty (tin whistle). A great day was had by all: great food, great company and great community spirit.

If you would a stall at our next market, Sunday 6<sup>th</sup> March, please contact Natalie [natfil@hotmail.com](mailto:natfil@hotmail.com)..



## We call our chook Miranda

*We've got this errant Wyandotte  
She suits the name Miranda.  
She's found a lovely comfy spot  
On the couch on our verandah.*

*She sat there laying eggs for days  
Then settled down to brood.  
She looked at us with some amaze  
When we told her it was rude.*

*We found a squirry bottle  
Which we filled with H2O  
We use it as a deterrent  
As well as saying "No!"*

*So we snuck up and stole her eggs  
And squirted with our bottle  
She jumped up and with her legs  
Ran, like she'd hit the throttle.*

*She's won the game, we've let her sit  
Up here on our verandah  
We honestly don't mind a bit  
Our recalcitrant Miranda.*

Mary Walker



**Susan Ashton RN**

\*Aura-Soma  
\*Healing  
Touch

**0409 223 186**

**WAUCHOPE**

[www.rainbowconnection.com.au](http://www.rainbowconnection.com.au)

**Twinkle Toes**  
**PODIATRY**

**Sara Coombes**  
PODIATRIST

**6585 3873**  
Mobile 0428 623 777

[toes2446@bigpond.com](mailto:toes2446@bigpond.com)  
3/7 High Street  
Wauchope

*For all the prickly jobs:*

- \* Handyman
- \* Fabrication
- \* Welding
- \* Minor Building
- \* Farm Equipment Maintenance
- \* Mechanic (Qualified)

**WE DO ALL THE PRICKLY JOBS!**

**RACTUS ENGINEERING**

**CALL HARVEY 0414 375 333**

**Write Approach**  
Communications

*Small Business Marketing  
without the bull!*

- \* Social Media
- \* Websites
- \* Advertising
- \* PR
- \* Marketing Plans & more

**Designed to make your life easier**

FREE Marketing Appraisal contact:  
[heather@writeapproach.com.au](mailto:heather@writeapproach.com.au)

**0419 466 005**

# Felt Making for beginners with Chris Pearce

Workshops on 10, 12, 17 and 19 March Time: 10 am - 3 pm

This workshop will reward students with their own felted iPad/Kindle case, small shoulder bag or bowl made from hand-dyed Australian merino wool. Learn how to make beautiful felt, using the wet felt technique. Small groups (4-6) ensure plenty of attention and help.

Cost: \$75 (\$70 concession) includes materials & morning tea. Bring your lunch.

Where: Jacaranda House, 39 Cameron St, Wauchope

To book: 0409647697 [info@vasnasdesigns.com.au](mailto:info@vasnasdesigns.com.au)



# PAINTING THE HALL

Hollisdale Hall is painted inside; goodbye heritage green and clotted cream and hello to a beautiful dark ceiling and subtly toned walls. It makes the hall feel much bigger. After two and a half days of sweated labour, we still all got on really well!

The preparation commenced on 13 Feb with Jean & George, Sue & Rob, Elly & Patrick, Ang, Bev, Mary, Suzanne, Chay & Pete, Gary, Jeannette, Wil, Rob Williams and Heather & Harvey. Walls were washed and sanded, holes filled (including the bullet holes), trims sanded and filled, lights and fans taken down (it was a bit dark and very hot). Outside, a team washed down walls, de-cobwebbing and generally getting wet. It took the best part of a day and we were all exhausted.

A week later, Lisa, George, Patrick, Elly, Bev, Mary, Suzanne, Trevor, Alicia, Sue & Rob did the walls and ceiling; the fit and supple did under the benches while the brave and tall teetered on ladders and scaffold. Sue did the fan blades and downlights. Bryan finished cleaning the outside and Liz whipped up savoury scones for smoko and a delicious chilli con carne for lunch with freshly baked bread!

The trusty team and Rob & Debbie turned up again the next day - what suckers for punishment! Everything got a second coat and the hall is now transformed and ready for professional floor finishing. The team was exhausted but happy and we hope you will all be there on First Friday to admire our handiwork!

Mary Walker



Mid North Coast Weeds Co-ordinating Committee in association with Hastings Landcare and Manning Landcare Groups

Date: Tuesday & Wednesday 8th & 9th March, 2016  
Time: 9 am - 12 noon

INVITES YOU TO a workshop on

### NEW BIOLOGICAL CONTROLS

at Telegraph Point Butcher Factory, 8th March & Krambach School of Arts Hall, 9th March 2016  
[Morning Tea provided - RSVP by 7th March]

**Crofton Weed Rust Fungus *Baeodromus eupatorii***  
**Giant Parramatta Grass Crown Rot Fungus *Nigrospora oryzae***

**Presentations**  
Biological Control Of Crofton Weed and Giant Parramatta Grass

**Speakers**  
Royce Holtoamp - Ex: Strategy Leader, Invasive Species NSW DPI, Herons Creek  
Dr. Louise Morin - Health & Biosecurity, CSIRO, Canberra  
Jeremy Bradley - Beechwood Biological Solutions  
Terry Schmitzer - Regional Weed Management Officer, Mid North Coast Weeds Co-ordinating Committee

RSVP to Hastings Landcare (Telegraph Point) 02 65 864465 Manning Landcare (Krambach) 02 65570244 by Monday 7th March 4pm.

# TENNIS

Tennis is up and running for the year. We have only two teams this comp so hopefully more players will take the plunge and join us in autumn. If you feel like a hit just come along to the 'Upper Pappinbarra Recreation Ground' (formerly Cedar Scrub!) on a Wednesday night and we can fit you in for a game or two. I would like to congratulate all the players from last year's competition who made our tennis nights fun and carefree.

Happy hitting from the Umpire

**Experienced Electrician, expert in:**

- All household & commercial
- Energy efficiency
- Solar, Wind & Hydro Power
- Security (alarms, cctv) etc.

**Ged McCarthy**  
Energy and Space Solutions

Tel: 0448 393 071 or 6587 4377

**Mid Coast**  
IRRIGATION HORTICULTURAL SUPPLIES

**Need pumps, pipe, fittings, repairs, installation?**

For superior service and expertise call Mid Coast Irrigation and Horticulture

**6585 3230**  
25 Production Dr. Wauchope  
**Heather Cooper 0448 859 202**  
**Alan Foster 0467 617 607**

**Jamax Forest Solutions**  
"We can see the forest through the trees!"

- native forest and plantation management
- harvest planning and supervision
- domestic and export sales and marketing
- private native forestry property vegetation planning
- bushfire prevention and mitigation

**Steve 0427 990 317**  
[www.jamaxforestsolutions.com](http://www.jamaxforestsolutions.com)

**LJ Hooker**

Selling? Buying? or Renting?  
Talk to us TODAY!

6586 1212 / 6585 2438  
14 High Street, Wauchope

Sell with Australia's  
No. 1 Real Estate Network

# Why Pappinbarra?

My father grew up on part of his Scottish great-grandfathers' 5,000 acres at Congewai, a fertile, well-watered valley near Wollombi, NSW. The 1,000-acre farm supported a family of four sons and a daughter. Shoes and underwear were in short supply but they 'never went hungry'. They had a vege garden, milked by hand morning and night, sold the cream, and raised pigs on the skim milk. Timber getting provided extra income.



The eldest son was keen on motors, didn't like cattle and hated horses. Dad was next - he did well at school and went to Armidale Teachers' College on scholarship. Edwin Crawford

was big and strong; he loved horses and the land. He was smart, but funds didn't stretch to keeping him at school, so he was a 'farmer' almost from infancy. The youngest topped the state in the bursary exam, went on to High School, College, and a teaching career. When their father died, the farm was left to the four of them, although it wasn't big enough to provide four families with a living.

There was no place I would rather be when I was growing up. We went there often. The bush and hills, the 'blackfellows' cave', the limestone cave, the bullock team, the cattle, the gullies, clear streams, frogs, lyrebirds and rock lilies were the source of endless fascination. My repeated requests to move to the farm elicited the response that it now belonged to Uncle Edwin. My father had persuaded the others to sign over their shares to Edwin, as he did. I lived in hope for quite a while, since I was the favourite niece, but Edwin married and had a daughter who still farms *Brown Muir*.

I went off to do agriculture at Uni thinking I might find a rich landowner,

but ended up teaching in Canberra. I still lusted after land; the tablelands didn't appeal and the south coast was too wet...

About 20 years ago, George and I were contemplating retirement; we'd had enough of cold winters so decided to look for land north of Taree. One day I spotted an ad in *Grass Roots: Beautiful land with dwelling, 360° views, 25 minutes from Port Macquarie, rainforest gullies; all the hard work has been done.* I rang Bruno and arranged to meet him at 'the doughnut'.

Bruno's place was several k off the road near the hall at the end of a track he maintained with his earthmoving equipment. The basic hilltop dwelling boasted a garden with a lone pawpaw tree; the gullies were choked with lantana and the 360° views were uninterrupted bush. You would certainly see a bushfire coming. It was a disappointment, but the Pappinbarra Valley was beautiful!

Two weeks later I spotted an ad in *The Land*. The agent assured me this property, further up the Pappinbarra, had good cleared land, a river and a house undergoing renovation. I was too busy with end of year work at school to make the trip north, so a fortnight elapsed before, in the agents' hands, I saw several places around the district - Comboyne, Bellangry, Bago... He saved the best till last and took me straight down to the river. The house could have been a bark hut - I was sold. The Pappinbarra reminded me very much of the Congewai Valley, though more lush, with a 'river' rather than a creek.

It wasn't a bark hut but had an unfinished extension, no verandah, one door in and out, startling carpets and one pink, one purple and one navy bedroom. Not at all put off, I put on a deposit. We were welcomed to the valley in the New Year 1998.

Why Pappinbarra? Because, although it wasn't Congewai, the land spoke to me in the same way. Settling here felt like coming home.

Jean Hegarty



Lawnmower repairs & other small engines (no bigger than D8)

Peter Goldsmith  
6586 1199

21 Woodland Grove  
Wauchope

Timber Corner  
New + Recycled  
Hardwood Treated Pine  
Decking Planks Pailings  
Slabs Flooring + more

249 Beechwood Rd  
Wauchope  
Ph/Fax: 65852385

canvasmomentz the artists framer

KEN & CHERYL SCARFE  
9-146 LAKE RD, PORT MACQUARIE  
6581 2666  
0429 144 806

Specialising in:  
Large format printing, canvas prints,  
acrylic panels & blocks, aluminium panels,  
custom picture framing

WWW.MOMENTZ.COM.AU  
SALES@MOMENTZ.COM.AU

NATIVE TREE CARE & Landscape Gardening

Fully Qualified Arborist  
23 years experience

Tree removal, stump grinding, pruning,  
mulching, all landscaping solutions &  
advice. No job too big or too small.

Tony Mailo 0404 060 377

# Health and Happiness

## Fermented foods for better health

When pioneering dentist Weston A Price toured the world in the 1920s to document the effects of different diets on dental health, he found that every culture used some sort of fermented food, including those we enjoy today: sourdough breads, miso, yoghurt, kefir and fermented vegetables.

Such foods have many health benefits. The fermentation process can 'pre-digest' anti-nutrients that are in some foods. Fermented foods supply live 'good' bacteria to the gut. Such bacteria can increase levels of vitamins in food, especially B vitamins. Even vanilla and chocolate owe their characteristic flavours to fermentation.

Knowing how to prepare fermented foods was an important part of running a household prior to the widespread use of other forms of food preservation. These days you can purchase a number of fermented food products, but making your own can at least halve the cost and is a great skill to learn. One of the most common fermented vegetable products is sauerkraut.

Sauerkraut (Makes 2 x 1L jars)

- ½ medium green, red or mix of both, cabbage finely sliced
- 1 tablespoon caraway seeds or juniper berries (optional)
- 1 tablespoon celtic sea salt

Put cabbage and salt in large bowl. Pound the cabbage for about 10 minutes with fists or meat pounder or mallet until it releases some of its juices. Add seeds or berries and pack into sterilised jars, pressing down with wooden spoon to ensure it's tightly packed. Each jar should be ¾ full. The juice should rise over the top of the cabbage and be about 1 inch below the top of the jars. If the cabbage is not covered with liquid, top with filtered water.

Cover jars tightly and let the sauerkraut ferment at room temperature in an area away from direct sunlight for about 3 days then transfer to cold storage. Enjoy!

In health and happiness - **Natalie Mrowka**  
(training naturopath & sauerkraut lover)

## Frugal Forest takes to the road

In last month's Pitchfork we heard of the extraordinary premiere season of the Frugal Forest at the Glasshouse in January, with more than 4,400 people attending over 14 days. Here is another update from the co-creator, Bryony Anderson.

The response to the exhibition was astounding. Art really can influence thinking, and we have hard data to prove it thanks to an evaluation being run by the project's major supporter, Midwaste Regional Waste Forum: about 83% say that after seeing the exhibition they're motivated to take personal action about waste.



The exhibition has since been dismantled, squeezed into the modified green caravan that serves as a touring trailer, and towed down the highway to Gloucester. A one month season in the Gloucester Gallery during school term has meant that local schools (and some not so local) could visit the exhibition and attend free craft workshops run by Pappinbarra residents Chay Khamsone and Kelly Benson. The Forest will return to Pappinbarra for some tweaking and revamping, before heading off to Coffs Harbour Education Campus in May and Maitland Regional Gallery in July. Each venue is different and workshops

run on site will produce new creations, so the Forest will never be the same twice.

A huge thankyou goes out to all those who contributed time, knowledge, skill, materials, money, or enthusiasm. The Frugal Forest is off and running thanks to you!

**Bryony Anderson**  
Frugal Arts Inc



**The volunteer minders and guides  
at the exhibition in January**

**ecoWild!**  
health food · organics · products from nature

organic fruit & veg  
bulk flour, grain, rice, nuts  
dairy, cosmetics, vitamins  
groceries, bedding

*dedicated to healthy living*

Mon-Fri: 9am - 5:30pm  
Sat: 9am - 12:30pm  
Sun: by appointment

21B High St  
Wauchope  
**65852424**

**Wauchope Service Centre**

For all your mechanical needs

**Klane Cook 6586 0016**  
**191 High St**  
wauchopecentre@gmail.com

**Wauchope TRAVEL**  
a member of helloworld

**Robyn Flanagan J.P.**  
**6585 2288**  
**31 High St WAUCHOPE**

**PYTHONWOOD PROJECTS**

Drafting  
Building Design  
Project Management

**TRISH CRICK 0407 412 452**  
trishcrick@bigpond.com

## A Thank-you Note

Before I met you I was badly neglected. I'm not saying I wasn't appreciated. I was. Dozens, sometimes a hundred or more cattle would take advantage of me on a hot day. They loved me. My shade was deep and my water soothing - I was easily 10° cooler than the paddock. They would drink from me and stand around in me. They really did love me but they didn't understand the damage they were doing. Their manure, such a wonderful resource out in the paddock, was a bit too much for me and my water quality was in decline. When they walked in me, their footsteps would delaminate my cobble stones and when one stone was dislodged, others would follow. My stones were migrating downstream and my bed was getting lower, eating into the riffles that protected my pools. The complex habitat I provided for platypus, water rats and bass - all those animals you get excited about - was under threat. My banks were compacted by cattle trampling. They were slumping and my trees were being undercut. The rubbing on the bark of my trees was atrocious. Some of my big old trees were being ringbarked and my seedlings didn't stand a chance against the cattle trampling and grazing. My canopy was opening up and not providing as much shade as it should.



I didn't really have much of an understorey. The lomandra and the rivergrass were struggling when you came onto the scene. The giant barred frogs that you so admire are vulnerable to trampling and poor water quality - it's a wonder any of them survived. Everything began to change when you came into my life. You addressed my structural issues and fenced out the cattle. You recognised my many values, especially my capacity to provide clean water and habitat for a diversity of flora and fauna.

You also believed in my intrinsic value - my very right to exist and be cared for. You've helped me over the years with a bit of revegetation and a lot of weed control. Where once I was covered in manure I am now clothed in moss, lichen, fungi, leaf litter and tiny plants. You'll find giant barred frogs in amongst my ground cover. Sit with me quietly and you will see many things in me. I show you my appreciation by showing you all these things. I give you shade and solace and delight. My ever-changing ripples and reflections are sources of miracle and wonder to you. I thank you for bringing me back from the brink and I want to thank all your family and friends who have selflessly contributed to the wonderful, functional system that I have become.

**Much love from Mortons Creek**  
Transcribed by Cathy Eggert

## PPA President's Note

One of the marvellous things about community is that it enables us to welcome and help people in a way we sometimes are not able to as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, young and old, even those in deep distress, and perhaps help them find self-confidence and inner strength. Our events we organise at the hall are an integral part of keeping our community strong and resilient. Thank you for coming along and supporting us. All welcome!

Congratulations to Jeannette Rainbow - Port Macquarie Hastings Senior Volunteer of the Year! I don't think any one person knows all that she does in the wider community. Not only an active and supportive member of PPA, she is also on the committees for Wauchope Community Progress Association, Wauchope District Historical Society, Pembroke Hall and PMHC Heritage and Museums. She organised the Wauchope Centenary of Rail celebrations last year, is the Warden at All Saints' and a member of Parochial Council, teaches scripture at local schools, helps the Mid-North Coast Pregnancy Support Group and volunteers with Wauchope Show Society. Where and how does she find the time?! Good on you Jeannette - you are a great community member.

**Lisa McLeod**

**WAUCHOPE**  
**Upholstery**  
Lounge, dining cushion covers  
and recliners  
Recovered and Repaired

For the best  
seat in the  
house

**6585 6700**  
Fax: 6585 6798  
Free quotes

**Wauchope Osteopath**  
**Lily Rose**  
BHSc, Master of Osteo, RN

If you want relief from:

- back and neck pain
- sciatica
- headaches
- joint pain
- strain injuries
- sports injuries

Or if you just want to improve your  
flexibility and mobility

**0439 463 064 or 6586 0440**  
Shop 2 Oxley Lane

**Port Macquarie**  
**Acoustics**

Mel Gray-Thompson,  
Audiologist

Over 30 years clinical practice

**Your local independent**  
**Hearing Clinic**

**6583 9377**  
40 Table Street Port Macquarie

**REGIONAL AND RURAL**  
**REALTY**

Port Macquarie

**6516 1960**  
office@r-r-r.com.au  
regionalandruralreatly.com.au



# Plant of the Month

## Moth Vine

### *Araujia sericifera*

**M**oth vine is a perennial with twining stems which climb trees or other supports. It can suppress native seedlings and smother shrubs and trees. It is considered to be a significant invasive environmental weed in NSW and should be controlled.

The opposite oblong to triangular leaves are 3-11 cm long and 1-6 cm wide, with their green upper surface scattered with hairs and the blue-green lower surface densely covered with very short hairs. Distinguished by a milky latex exuding from damaged stems and leaves, this twiner has small white flowers from spring to autumn and the fruit are similar in shape and size to those of the choko. Inside are abundant seeds dispersed in the wind.

The most recent Pappinbarra Landholders Conservation Group (PLCG) working bee was at *Magic Mountain Permaculture Co-operative*, attacking our scourge - moth vine. Although the weather was very warm, it was great day's activity with a dozen people digging and hand weeding under the shade of trees. This was followed by a

shared lunch of many different delicious dishes. Unfortunately we have an area of over half a hectare that is carpeted with young moth vine plants, many flowering for the first time this year. A quick spray of Roundup would work wonders but herbicides/ weedicides are not used on the property. Of primary concern is the uncertainty regarding the



moth vine seedling

safety of the inert chemicals in Roundup. The *Scientific American* of 23 June 2009 reported: 'researchers have found that one of Roundup's inert ingredients can kill human cells, particularly embryonic, placental and umbilical cord cells. ...scientists found that Roundup's inert ingredients amplified the toxic effect on human cells - even at concentrations much more diluted than those used on farms and lawns.'

Of course there are disputes regarding this information so we are taking the precautionary principle approach to weed management on our property due to the importance of our soils and waterway. As the area where the plants are growing is in the catchment of our drinking and gardening water we resort to hand pulling, where possible, or using a garden fork to dig out the significant tap root which often breaks off and can re-grow.



Patrick McEntee

**Wild Things**  
Native Gardens  
Kelly Benson & James Mc Gahey  
0409 846 952 / 0448 379 726

- Bush regeneration and tree planting
- Endemic tubestock supply
- Project planning and grant application advice

**mardeb**  
productions

wildlife, nature & fine art photos on cards canvas acrylic aluminium

0408 227 028

we also do photography workshops & tuition

mardeb.photoshelter.com

**DARREN ROWLEY ELECTRICS**

- \*New Homes
- \*Rewiring
- \*Mini-excavation
- \*Cable Locating
- \*Underground Cabling

**FOR ALL YOUR ELECTRICAL NEEDS**

6587 6076  
0418 435 189

**designer living**  
KITCHENS

Port Macquarie Showroom  
16 Milton Circuit

**6581 2706**

sales@designerlivingkitchens.com.au  
www.designerlivingkitchens.com.au

# Pitchfork Classifieds

Advertise in the Classifieds First month free for PPA members!

## For Sale

2 front wheel drive paddock bashers.  
One Toyota Corolla seca and one  
Hyundai excel. Mechanically fine. \$100  
each. Wil and Nat 6587 6174

## Wauchope Poultry Auction

Do you have poultry you would like to sell? Or would you like to buy an interesting breed to add to your flock? The annual Wauchope Poultry Auction always has a huge range of breeds and some potential bargains for the poultry lover. This year it is on the 17<sup>th</sup> of April at the Wauchope Show Grounds. Come and check it out! Or if you have chooks, ducks, geese, turkeys, guinea fowl, quail or any poultry-related items you wish to sell contact Shane on 6550 4329 or email [wauchopepoultryclub@gmail.com](mailto:wauchopepoultryclub@gmail.com) from the 1<sup>st</sup> of March on. There is a small fee for each bird entered.

If your business would like a one-off A4 advertising insert in *Pitchfork*, provide us with 300 copies and we will distribute for \$30. Contact Liz Gough 0473 170 761. Deadline is 23 Mar for the March issue.

## PPA Matters

**PPA Committee meetings** – General Committee Meeting at 6 pm Friday 18 March. All welcome.

## Facilities for Hire

**Hollisdale Hall** - booking essential. New charges in operation to better cover costs.

Contact George Hegarty 6587 6077.

**Upper Pappinbarra facilities and tennis court** - contact Damian Privett 6587 6185

## Pitchfork

### Circulation

Pitchfork has hardcopy circulation of 300 plus email of over 100. It comes out on the weekend before First Friday - Friday 25 March for the April issue. Material for the April issue to the Editor by Thursday 17 March please. We run both casual and regular advertisements at very competitive rates. Contact Liz Gough 0473 170 761.

### Production Team

Editor: Jean Hegarty [jeanmay@bluemaxx.com.au](mailto:jeanmay@bluemaxx.com.au)

Production: Angela Frost [angfrost@hotmail.com](mailto:angfrost@hotmail.com)

Advertising: Liz Gough [lizabeth52@hotmail.com](mailto:lizabeth52@hotmail.com) 0473 170 761

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

### Pappinbarra Progress Association Committee

#### Executive:

President: Lisa McLeod 0418 220 138

[lisa.mcleod2240@gmail.com](mailto:lisa.mcleod2240@gmail.com)

Vice President: Mary Walker 6587 6055

Treasurer: Sue Frost 6587 6129

Secretary: Suzanne Pollett 0420 329 841

#### Other Committee Members:

Todd Barnes

Liz and Bryan Gough

Nat and Will Mrowka [natfil@hotmail.com](mailto:natfil@hotmail.com)

Kelly Gould

Gary Rainbow

Jean Hegarty

## PPA Membership 2015-2016

\$5 per adult

### PLEASE PRINT

Member Names: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment amount: \_\_\_\_\_

Send cash or cheque made out to "Pappinbarra Progress Association" to: Sue Frost, 2751 Pappinbarra Rd, Pappinbarra NSW 2446

