



# PITCHFORK

## Pappinbarra Valley Monthly News

Pappinbarra Progress Association

December/January 2015/16

### 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. Your committee will have a holiday from December First Friday till meeting again on January 22, 2016 at Hollisdale Hall, Pappinbarra Road, at 6 pm.

**December First Friday and Christmas Party** get-together and barbecue is on 4 December from 6 pm at the hall. Santa will arrive at about 7 pm with presents (NB parents!) for the kids. Fun and games with Santa's helper during the evening. Come along, meet and greet your neighbours! Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG. Bring a dessert/sweet to share as it is our Christmas get-together.

**2016 Pappinbarra Valley calendars** will be on sale (\$15 ea. or 5 for \$60) at December First Friday. Great Christmas presents!

**November First Friday** saw the members' draw jackpot for December, while raffle winner, Harvey Smith, chose the Lewis' Meats voucher. Thanks to Alicia Gestal for the yummy chorizo etc. Christine Nolan, Adrian Guthrie, Suzanne Pollett and Jim McGahey did a great job on the barbecue. To all who were there for the set up and clean up - thank you - your help is really appreciated.

**All Saints' Pappinbarra**, our little historic church, welcomes all to our (late) Christmas service with carols on Sunday 27 December at 2 pm. Bring a plate to share with a cuppa around 2.45 'off the back of the ute'. All welcome.

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

**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 with conditions for 18<sup>th</sup> and 21<sup>st</sup> birthday parties. Get details and book with George on 6587 6077.

A **Beekeeping Workshop** is planned for early next year. Please register your interest with Jean Hegarty on 6587 6077, so it can be scheduled to suit participants. Even if you buy a 'Flow Hive', as seen on *Australian Story*, you need to know and monitor what is going on inside the hive!

The **Grown and Gathered Market** is on again - see poster. The inaugural 1 November event was a great success with a variety of music from Kelly Gould, Amy Hubers and George Hegarty. Locals and visitors from as far afield as Port

Live music!  
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**PAPPINBARRA COMMUNITY MARKET**  
**GROWN & GATHERED**

Community market at the Hollisdale Hall  
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**1<sup>st</sup> Sunday of each month 9am to 1pm**

Run a stall or come and shop or browse. There will be a variety of stalls including home-grown produce, jams and pickles, recycled clothing. Come and enjoy a scone and tea or bring a picnic and listen to the live music.

Next Market: *Sunday 6 December*

proudly presented by the Pappinbarra Progress Association  
For more information or to book a stall call 0432762393 or 65876174 or email natfl@hotmail.com

**GROWN GATHERED RESOULED**

snapped up the fresh produce, plants, resouled bits and pieces, morning teas and handmade items like Chay's beaut bread bags and Trevor's nestboxes crafted from recycled timbers. Come along and support your community! Breakfast on sale.

On 1 May 2016 your committee is planning a celebration of the **Centenary of the establishment of Ellengrove School** - now housing the kitchen at Hollisdale Hall. We want to publish a collection of Pappinbarra recipes: please send your favourite to Lisa (see contact details back page) with a photo if you like. More details about the celebration in February's *Pitchfork*. Any bright ideas? Contact your committee.

# Times Past & Present

## Up the left arm (continued from last month)

On 6 June 1946, seven months off his 23<sup>rd</sup> birthday, Private Tony Ostler said farewell to army life after four and a half years of service. Ten years after his family had left the farm at Pappinbarra, he returned to dairying with his brother David on *Frithville*, their father's soldier-settler property, named after his mother's folks' place in Lincolnshire. 'A lot of water had flowed down that old creek in those years. I had well and truly grown up, seen quite a lot and associated with a lot of wonderful men, some of whom never made it back home. Farming was hard work but I loved it - milking by hand, separating by hand, ploughing with horses, brushing, burning off and fencing. We had no vehicle and when one of us went to town it had to be on the back of Walter Schmitzer's cream truck, hoping and praying he wouldn't stay too long at Beechwood Hotel on the return trip.'



If Pat Saul, a dressmaker from Sydney, had seen what she was in for, she confessed she probably wouldn't have said yes to Tony when he proposed marriage and life as a farmer's wife at the Cedar Scrub. They married at St Matthew's, Botany, in September 1951, honeymooned in Canberra, arrived back in Sydney 'with very little money' and went to farm at *Highfields*, a property his father had bought next door to *Frithville*. The 1926 'basic pioneer house' had broken windows and no conveniences whatsoever - no stove, no frig, no bath, no

power and no means of transport. A drought was ripping the countryside apart.' In an interview with *The Wauchope Gazette* in 1996, Pat said, "I adjusted; I was determined to do it. I cooked the first meals on an open fire in a kero tin." Tony tells of her throwing a brand new petrol iron into the garden when it flamed out and never touching it again! There is also a story about the first Christmas cake she attempted in the (new) old fuel stove. After opening the door to see how it was going, she found it had sunk in the middle, thought it was ruined and gave it to the chooks...

Pat learned how to make her own butter and bread and they survived, milking up to forty cows twice daily by hand, sending the cream to Wauchope three times a week and eventually getting meat and bread from Wauchope via the cream truck. They had no motor vehicle for the first eleven years of their marriage and Tony bought a tractor before he finally acquired a ute! Before that, he ploughed with two Clydesdales and, as often as not, planted corn by hand. They reared calves and pigs for sale.

Progress in the dairy industry reached even the remote Cedar Scrub when the Hastings Co-op changed over to processing milk for local and Sydney markets in 'about 1954'. Pat and Tony then switched to year-round whole milk production, installing petrol-driven milking machines and improving pasture management to meet the milk quota. The herd was AIS [Australian Illawarra Shorthorn], built up by purchases from Dave Wilcox and Jim McKinnon. Electricity finally reached them in 1966. Some people had been totally opposed to the idea, realising there would be a cost. 'It was a satisfying and joyous day when we could switch on the light, boil a jug and by the press of a button set the milking machines in action morning and night. A Davey pump brought water to the house, dam and bails.'

'Our next big purchase was a bulk milk vat at the dairy. [No more cans!] After much help from the factory manager, John Hinton, and quite a bit of opposition from some of our farmers, bulk vats were installed everywhere in due course.'

In 1969, Tony and Pat purchased the property next door, *Kianga Koa*, originally owned by the Taskers. They doubled the size of their dairy herd and a bulk carrier collected milk from the refrigerated vat every second day. With beef cattle added to the enterprise, they were able to buy a 'brand new Holden ute'!



After suffering five miscarriages, Pat bore two boys and a girl - Timothy John, Susan May and Michael William. Tim and wife Melissa have *Highfields*; Susan and her husband Max Hollis farm at Bellangry and Michael is headmaster at Parkes East Primary.

'Life in a country area is meaningless without belonging to all those organizations that go to make up the fabric of a community.'

Continued on page 3...

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# Rural Fire Brigade News

It has been very quiet on the fire front; we have had no call outs since the Pappinbarra fire thanks to the good rainfall. Training is going well with good attendance. Things are finally starting to move on the proposed shed extension with Council surveying the land. Now we need to apply for funding.

**Chris Roelandts**  
Hollisdale Captain

**Permits are now required for burning off.**  
**Don't forget 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.

...continued from page 2.

Despite a demanding life in a remote area, Tony worked tirelessly to get electricity to Upper Pappinbarra, was President of the P&C, active in the Milk Zone Dairy Council, the RFB and the Progress Association, while Pat got behind the school and All Saints' church. From their thirty years together on the land, they fondly recalled 'the close-knit community, card nights by lamplight to raise money for the school, dances at Pappinbarra and Hollisdale, bonfire nights, tennis, and cricket matches on Boxing Day'. In Pat's words: "It was a happy life, hard but happy - a culture shock at first, but I got over that and I've never regretted it".

In 1981, because of Pat's medical problems, they sold the farm to Tim and moved to Wauchope, where Tony continued community involvement with the Masonic Lodge, Meals on Wheels, Wauchope Primary School Council, St Matthew's Parochial Council, Probus and as a welfare officer visiting ex-servicemen with the RSL. Both Pat and Tony were early members and staunch supporters of the Hastings Credit Union.

Sadly, the heart problems connected with Pat's diabetes claimed her in 2000.

Ernest and Nellie Ostler,



**Pat and Tony at Highfields**

Tony's pioneer parents, had six sons and a daughter. Tony's three children and their spouses have presented him with seven grandchildren and one great-grandson, Jett, 'by name and by nature'!

In the words of his son-in-law, who gives him a hand here and there, Tony 'is an independent old bastard'. He still enjoys his Bruxner Avenue garden, loves reading and is never bored. "I just love cattle" he says. "Pappinbarra will always hold the warmest spot in my heart. It's such a beautiful place."

**Jean Hegarty with thanks to Tony Ostler**

**LJ Hooker**  
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# Bird of the Month

## Australian Brush-turkey

*Alectura lathami*

Other Names: Scrub Turkey, Bush Turkey.

Status: Secure in Queensland and New South Wales.

The Australian brush-turkey is a large (60 to 70 cm long) ground dwelling bird from the family of megapodes (large-footed birds) that build mounds to incubate their eggs. The two other Australian members of this family are the malleefowl and the orange-footed Scrubfowl.

The brush-turkey's body plumage is mostly black but the under body feathers are edged grey, giving a mottled look. Strikingly, the head and neck are bare and coloured red with a yellow wattle at the base of the neck. This bare skin colouration is stronger in males and particularly so during the breeding season. The tail feathers are folded and flattened vertically. Flight is laboured but allows the brush-turkey to reach high branches for resting during the day or roosting at night.

Found along the east coastal regions of Australia from Cape York south to the Illawarra region of NSW, with a small, introduced population on Kangaroo Island, these big birds inhabit rainforest and wet eucalypt forest but can also be found in drier scrubs. They are increasingly occupying suburban settings where they can become unafraid pests, particularly around picnic areas.

Brush-turkeys feed by using their powerful feet to scratch through leaf litter and rotting vegetation in search of seeds, fruit, snails and insects.

Their voice is limited to low grunting sounds, although males may make a three-note booming call to advertise a breeding mound.

The male spends up to nine months building (or restoring) and tending a mound of leaf litter, vegetation and soil up to 5 m across and 1-2 m high. He monitors the temperature within the mound by using heat-sensitive parts of his mouth and when the mound temperature is around 34 °C, he attracts females with which to mate. Breeding takes place some time between May

and January. Eggs are inserted deep into the mound - up to 60 cm. The male may mate with one or more females until more than two dozen eggs have been laid.

Monitoring his mound, the male maintains its internal temperature at around 34°C by adding or removing layers of vegetation. Eggs that aren't eaten by snakes, goannas or dingoes hatch after about seven weeks' incubation. The well-developed chicks dig their way out of the mound and fend for themselves, but many fall to predators. It is thought only one in 200 eggs results in an adult bird. The main threats to the brush-turkey population are the big two: land clearing and introduced predators.

For further information or questions relating to this or other species contact can be made through this email address [peter\\_fac@yahoo.com.au](mailto:peter_fac@yahoo.com.au)

**Peter Fackender**



Trevor Smith's beautiful nestboxes will be on sale at the Pappinbarra Market on the 6th of December.

They are handcrafted from found and recycled timbers and are specifically made for each species.

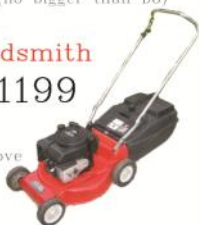
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# MEET THE NEIGHBOURS: Women of the Frugal Forest

In case you haven't heard of it, the Frugal Forest is an art project that began in the Pappinbarra valley. The aim was to create an entire rainforest installation from stuff that was headed to landfill. This summer, we're due to exhibit the finished work in the Glasshouse from 9-24 January.

I say *women* of the Frugal Forest because the majority of the hours of labour of the project are in craft (and admin) and this has largely attracted women - although we don't really want to do the admin. We've had lots of fantastic help from menfolk but they've definitely been drawn to the more techy and grunty parts of the project like sound, lighting and website design and attending to the underparts of our touring caravan. Trevor Smith has been an exception to this stereotype and has been an awesome part of our crafting crew. Thanks Trevor! From this

local region we've had significant help on the forest from about a dozen good blokes, and also incredible amounts of help from more good womenfolk than I can possibly list here. You know who you are... and I promise your names will all appear in the credits of the next film.

## Bryony Anderson

Being somewhat of a recluse, and wanting to 'just get on and make stuff', Bryony Anderson, the heart and brains of the project, didn't want to be the feature of this article, but I'm going to write about her anyway. As an independent artist she has had to swallow her humility on many occasions, and deal in some sordid self-promotion. Not long ago I shoved a camera in her face for the best part of a day, as ABC Mid-North Coast wanted to do a feature on her for their *Makers and Creators* series on ABC Open. This short film also aired recently on national TV. Did you catch it? If not it's online here: <https://open.abc.net.au/explore/103600>. (It will be airing again in the ABC Open slots on 17<sup>th</sup> Dec.) So while we were filming Bryony gritted her teeth and said, "If it helps the project, I'll do it". And short of selling herself on the street, I'm not sure what she hasn't done in the name of the project, including working herself to exhaustion at least twice a year for the last three years. Bless your mess, Bryony!

Coming to Pappinbarra ten years ago, Bryony quickly discovered a community teeming with artistic, crafty and resourceful people. She had been working with various city-based enterprises on the visual aspects of performance arts, including puppetry, but wanted to generate enterprises that utilised local talent in a local context. In 2011, with the formation of One Off Makery, she and her local volunteer team created the Giant Salvage Spider, a three-metre arachnid made from 92 discarded soft toys and scavenged materials. Hoisted on a web handspun from stuffing in the Glasshouse foyer in January 2013 and with all the anatomy you could hope to find on a real orb spider, it generated a wonderful response from all comers. The Frugal Forest project grew out of that.

In an interview for *Focus* magazine, Bryony said: "After three years and thousands of hours of handwork, we'll have a twilight space you can wander through, filled with a profusion of trees, palms, ferns, fungi, epiphytes and a soft carpet of leaf litter. There'll be a soundscape surrounding you and everything you see and hear will be crafted from materials that were destined for the dump. The concept? That a forest is a living breathing example of a system without waste and we could really learn a lot from that."

(Continued on page 6)

The beginnings of the Forest as a work in progress at the Glasshouse in March 2014



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## Angela Frost

"I have lived in the country most of my life and have a great love of wild places so Pappinbarra was the perfect place to settle with my family as it has such a great combination of rural and wild. I've been living here for four years now and have met so many great folk in the valley, including all the fabulous crafty women involved in the Frugal Forest. I remember Bryony announcing one day at her place 'I'm thinking of making a forest, out of junk...' and because I know Bryony I thought, that sounds cool, I'm sure it will be amazing. And it is amazing!

"My part in its creation has been small - crafty hours, assistance with workshops and other support where I can. I have been able to do many of the graphic design jobs that have come up over the years including the flyers and banner for the Glasshouse exhibition in January. My background is biology (not graphic design!) and that gives me a great appreciation for the real-life correctness of the Frugal Forest. Bryony has connected with local specialists like Pete Michael and Kelly Benson for their plant knowledge, while her eye for detail in recreating species is superb.

"The Forest provides so many and varied opportunities for engaging people to think about the problems of waste and how we can solve them, that I'm sure it will inspire many who see it to think about their impact on the world and how they can make that more sustainable. I feel very privileged to be involved."

## Jill Bell

"Let's do the boring intro first. I was born in the United States, travelled to Australia in 2000 with my then boyfriend (now my husband) and fell in love with the country. Upon returning home, we applied for permanent residency. We've now happily lived in Australia for 11 years (we're even citizens!). I first met the Pappinbarra crafty group when Salvage Spider was in the works for the Glasshouse. The community feeling and acceptance by all even though my craft skills were poor was overwhelming and I was hooked.



"I was having lunch with Bryony one day up on the hill and she was floating this idea of making a forest out of salvaged material. Resource use, depletion and re-use is a conversation that should be commonplace, but isn't. So, if an artwork can cause such a conversation and be beautiful, interactive, educational and allow people to open such a dialogue then I think it's critical that such an artwork is available to the greater population. So Bryony asked what I used to do before taking time off to raise my kids, and when I answered 'Accountant/Bookkeeper', I saw her head tilt and the wheels of that beautiful brain begin to turn. And now I'm the Treasurer of Frugal Arts Inc. I love this project, I love its message, and I love these women!"



Bryony, Jill, Angela, Kelly and Chay

## Kelly Benson

"I've always loved the Australian bush and always loved craft. But more importantly I've been increasingly concerned about the continued reliance on our planet with little regard for its future survival. So I've devoted what is now close to twenty years learning about our local plants and working as a bush regenerator both paid and in a volunteer capacity in various areas around NSW and QLD. My family and I try to live in a way that is low impact and thoughtful about our natural environment, with waste management one of the key ways we can really make an impact.

"I worked with Bryony and Chay on the Giant Salvage Spider project and loved every minute of it. When Bryony mentioned she was planning to craft up a forest to demonstrate the amazing ability of a rainforest to recycle absolutely everything, to be used as an example of how we should consider our own interaction with our environment, I instantly knew I would be part of this project for the long haul.

"So I have been involved in the making of the forest, guiding walks in the initial concept stage to look at plant characteristics, helping with craft days at markets and education sessions at schools. I'm a member of the committee and a regular at the tea-guzzling crafting sessions.

"The Frugal Forest project not only delivers a message of waste education and how much we rely on a healthy planet, but also presented opportunities to learn new skills from really creative and innovative local artists, to make great lasting friendships, to share tea and stories with our local mob and to help spread the message of a deeper understanding and respect for what sustains us."

## Chay Khamson

Ugh, here I go... Bryony wanted to call me Co-director of the project, because we all needed official titles at the Waste Conference this year, but compared to the amount of arse-hauling and mind-boggling artwork she contributes, I think Assistant Director is more representative. So my role has been to help run workshops, write an education kit for primary schools, film and edit documentaries and how-to videos, assist with craft and admin and help work out what to do next (or just pour the vodka) each time a grant gets knocked back. We've recently incorporated as a not-for-profit association called Frugal Arts Inc. and all the above-mentioned women and I are on the committee. Other committee members and indomitable contributors to the project are Irene Dowton and Soozie

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Coumbe who bring an armada of craft techniques, cultural knowledge and an 'I-won't-be-beaten-by-this-damn-material' kind of determination.

The project means a lot to me because I've long held an interest in waste and am rapidly growing an appreciation for forests, ecosystems and the intricate relationships upon which life relies. I've had a bit of an idea about some of the waste

problems that affect us but my recent research into the topic (because both of my current jobs involve teaching about waste) has really opened my eyes to how much work needs to be done in this area. If you want to avoid heart palpitations, don't look into this topic! One key fact to know is that plastic waste now affects nearly every place on Earth, including every part of every ocean, and 90% of all birdlife has ingested it. While it is incredibly useful stuff, it has been over-used in throwaway or short-term applications, and what most people don't know, myself included until recently, is that it is really a silent killer. Defibrillator? But wait, there's plenty we can do about it. I could go on for a while about plastic waste; it's a long and outlandish story, but that will have to be another article.

Anyway, being a teacher I am really motivated to share what I've learnt,

especially with the next generation, in the kind of positive and creative light that this project sheds on the issues. To that end I feel super lucky to be involved with people who are passionate about it, work their guts out, volunteer as much as they can, drive much more than they want to, share their food, cop criticism, wipe their eyes before they hit Bain Bridge, keep a smile and an open heart, and do the best they can with the knowledge available to them. Laughter and craft definitely seem to be a winning combination in bringing people together and starting conversations. So many people have been involved and it's been a real community effort to build this forest - from collecting waste from local businesses to the hundreds of hands that have crafted it into an audacious work of art. It will be



Forster kids making fungi dipped in old house paint



Making forest floor out of old clothes and used orchard netting



Palm trees being constructed in One Off Makery's Pappinbarra workshop

exciting to see kids and adults alike from all over the Mid-North Coast discovering their bits of work in the show. We'd love to see everyone from the valley and beyond at the exhibition (did I mention that it's free?) so come along and check it out! Even if you hate the idea of rubbish, or forests, or both, you will still have to come and see how crafty we've been.

## How the Frugal Forest project tries to make ends meet

Over three years, the Frugal Forest Project has received funding from a number of sources. The Australia Council kick-started it in early 2014 with a Projects Development grant, but did not fund the second and third phases. MidWaste Regional Waste Forum provided support for two years to deliver

workshops to schools and community groups across eight council regions of the Mid North Coast. We ran a crowdfunding campaign at the beginning of 2015, which covered the costs of developing the soundscape, pairing industry professionals with a young local composer.

Administration, content development, construction time and documentary making have all been done on our own time. After nine unsuccessful grant applications this year and last, we made the decision to see the project through on passion, goodwill and hundreds of volunteer hours. Port Macquarie Hastings Council Creative Placemaking Team is presenting the exhibition in the Ross Family Studio at the Glasshouse, and they are also funding four days of workshops in the ArtLab in December, in which we will work with over 150 children. From January to December 2016, we'll take the Frugal Forest on tour to six regional NSW galleries; MidWaste's final contribution will fund the exhibition and accompanying free workshops in four of those venues.

Members of the public can donate via our website [www.frugalforest.oneoffmakery.net.au](http://www.frugalforest.oneoffmakery.net.au). Currently, any money we receive is going towards materials for transforming a donated caravan (thanks to Ursula Kaldor) into a touring trailer.

The long-term aim of One Off Makery's voluntary projects has always been to develop skills and generate employment, as well as creating community and highlighting the need to treat resources carefully. Frugal Arts Inc, a not-for-profit association, was recently formed to further these aims. To date, some 19 people have derived a small amount of income from the Frugal Forest project - not enough to feed our families, but it's a start! These people have contributed untold unpaid hours, and have helped to bring the project to over 1020 active participants... and counting.

Chay Khamsone

# Cocky's Corner:

## Farming sheep on the coast

*Ovis aries*, or sheep to you and me, are less commonly farmed on the coast than cattle because the humidity and higher rainfall are problematic for sheep feet infections and worm control. Coastal wild dog issues add to the drama. With careful management, however, meat sheep can be successfully produced in coastal areas.

I guess the shortage of coastal sheep is the reason I am often asked about sheep husbandry. High lamb prices, ease of animal handling and the relative ease of freezing a sheep carcass, compared to that of a steer, mean sheep farming is well worth investigating.

As mentioned in a previous *Pitchfork*, Barber's Pole Worm is a concerning internal parasite of sheep. It needs to be carefully managed.

There are a number of breeds from which to select; the choice is down to your preference. Some are briefly described below. I like **Black-faced Suffolk** because the hard black feet reduce bacterial infections from the wet ground. They are a well-muscled meat sheep with tight skin. In 30 years of running Suffolk sheep, I have not had fly strike on the coast. They do need to be shorn annually. The Suffolk Sheep Society of Australia website says: *an English breed, they thrive in wet conditions and are early maturing*. Some of my Suffolk sheep have had inter-digital dermatitis; I have been culling my flock based on resistance to this disease.

Another breed popular on the coast is **Wiltshire Horn** from Wiltshire in England. The Australian Wiltshire Horn Breeders Association describes them as *hardy meat sheep with high quality lean meat that shed their wool*. This wool shedding trait eliminates the need for shearing, crutching and mulesing.

My neighbour successfully runs **Damara** sheep, an Egyptian breed introduced into Australia in 1996. They have a short fleece/hair and their fat tail stores body fat utilised in hard times. The Damara Sheep Breeders Society of Australia indicates they have high fertility (typically three lambs per two years) and they tolerate heat well.

**Dorper** sheep are a South African breed developed in the 1930s and introduced into Australia in 1996. According to the Dorper Sheep Society of Australia, they are becoming the fastest growing sheep breed in Australia. They attribute this to their adaptability to many climates and grazing conditions. Additionally, they are reputed to have good fat distribution, rapid weight gain and excellent carcass confirmation. They too are a short-haired sheep that does not need shearing. I believe but am not certain, that Dorper sheep require more careful worm management.

Happy lambing  
**Mark Hickson**



A black-faced Suffolk ewe (going grey with age)

## Tennis

I had the privilege of umpiring a game - Mason and Brady Taylor vs Dan Wall and Rob Frost. These chaps were the only ones to turn up on the night and they had a ball. It was the oldies against the young ones. I know Dan is only 23. The calibre of tennis was brilliant. The brothers were a pleasure to watch and they laughed all night. Some amazing shots were made and the rallies were some of the best I have seen. They had to rest between the two sets played as they were giving it their all. The night was a great success. Well done to both teams.

I would also like to congratulate Dan who has completed his university degree while working full time. Well done kiddo.

The Umpire

**Susan Ashton RN**



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## White sage: *Salvia apiana* (Mint Family)

### An opportunity

White sage, also called bee sage or sacred sage is an evergreen perennial herb with a shrubby habit native to SW USA and NW Mexico. Rare and in great demand, it is used in 'smudge sticks' by native Americans and others for its mystical cleansing properties and health benefits. Its flavour is more delicate than that of common sage; seeds, roots and leaves are all edible. Like rosemary and eucalyptus, it contains cineole, useful for its antiseptic properties. Bees love its small white blossoms. White sage is a great species to plant with lavender and lemon verbena around a comfortable garden seat where you can de-stress.

Most white sage comes to Australia as dried herb product for sale in almost every alternative/crystal business in the country.

So anyone with a green thumb and an aptitude for business could build a successful enterprise supplying white sage.

I started growing white sage from seed for a friend who was interested but has since changed direction. I have several hundred potted plants ready to plant out, and could supply any number to someone interested in earning money growing plants and/or supplying dried product. I don't need to make a profit, but, while covering my costs, would like to help someone establish a small business they could run from home. I'm prepared to offer support in planting out the herbs and ongoing care and cultivation.

See me at the Pappinbarra Market on the first Sunday in December or ring me on 0434 634 602.

Jennie Lea

## Editor's Musings

A friend sent me a link to a short film: *Psychology for a better world* by Niki Harre. [<https://www.youtube.com/watch?V=2zExibEVPY>] It really cheered me up; in these days of disaffection and exposure to the terrorism it brings, the film's message is worth attention, not least because the season of goodwill is almost upon us...

Niki presented three core ideas:

- people are happiness seekers
- people are social
- people want to be good!

Co-operative endeavours make people happy. While working together, high performing teams make lots of good comments. These enhance the approach to the tasks at hand and creativity is encouraged by the positive emotions generated. We've all experienced the naysayer or doomsayer who thinks only of the negatives - we can do without them and keep ourselves happier and in much better mental health. With its genesis in Pappinbarra, the huge cooperative effort that is the Frugal Forest has unleashed creativity and made the 'foresters' happy while they crafted an awe-inspiring must-see installation (out of 'rubbish') to open at the Glasshouse in January.

We are social beings, not designed to lead our lives alone or to spend hours in solitary contemplation of the computer screen and the (anti-)social media scene. Babies and children learn by imitating the behaviour of those around them; if they are exposed to antisocial behaviour it is hard for them to discriminate. The same apparently applies to adults, who might possibly be expected to 'know better'. *Pitchfork* tries to present sustainable behaviours as the model for 'what we do around here'. On the farming and environmental sides, PLCG, Landcare and LLS espouse such approaches. Perhaps those experienced drivers on Pappinbarra Road who set a good example to the P-platers are helping to keep us all safer.

People basically want things to be good and fair; they rejected Joe Hockey's budgetary proposals targeting the heavy lifting for those least able to lift anything. They want people with the power to protect the innocent to do so. Being good involves backing and supporting things for the good of the community. Activities or behaviours positively influencing the happiness, wellbeing and satisfaction of the many people in and around our valley are seen as good things for PPA to promote. Sharing learning in a non-threatening environment (eg workshops at the hall) helps participants build social networks while gaining information and skills. First Fridays and the friendly interaction that happens there are good for the mental health of us all.

Feeling down or depressed about the world? Doing good and being good do make people feel good. With a bit of effort, happiness is right here for the taking. Seasons greetings to all.

Jean Hegarty

## Pappinbarra Calendar



The PPA has produced another Pappinbarra Calendar for 2016 featuring scenes and images taken by local residents that capture the essence of our lovely valley. They will be available at the December First Friday Christmas party and also from Sharada Boyce 6587 6079.

Great idea for Christmas.

Only \$15 each or 5 for \$60.

# Pappinbarra Landholders Conservation Group (PLCG)

In July, Council invited PLCG to participate in the Biodiversity Strategy Community Panel and the advisory panel for the coastal zone Koala Plan of Management.

The Biodiversity Strategy Community Panel involves 'key stakeholders to ensure that:

- the community understands what the Biodiversity Strategy is and its objectives;
- the community has the opportunity to comment on the project methods and outcomes and the relevance of this to strategic planning across the LGA.'

These invitations are a result of Council recognition of our continued voluntary work on conservation and our integration of practical habitat regeneration methods to enhance farming practices. It is also an acknowledgement of the expertise in our membership. Ken Aplin was separately invited to be a member of the Expert Panel that is overseeing the structure, management and development of these two plans. PMHC's progressive initiatives will place the Hastings in the forefront of Local Governments in conservation management, and will assist many groups and individuals to improve biodiversity on their own properties and in their locality. Many employment opportunities will also be generated for locals.

**Patrick McEntee**  
President PLCG

## PPA President's Note

What a wonderful caring and motivated community we live in. I had the privilege of attending a PMHC Community Forum where Pappinbarra was well recognised by council and other groups for being very community minded. There were at least five Pappinbarra people representing different groups working on behalf of us all.

In this festive time enjoy being with your family and friends and

take care when travelling on our busy roads as well as our not so busy but treacherous Pappinbarra Road!

Spare a thought for someone who may be on their own this Christmas and invite them to spend some time with you.

Your committee looks forward to organising lots of fun filled activities for 2016. Merry Christmas to one and all.

Quote: *The greatest discovery of all time is that a person can change their future by merely changing their attitude.*

**Lisa McLeod**

## In the Vegie Patch

Net the blueberries, bag the bananas, cover the strawberries! All this rain has made for a great time of year especially in the garden. We should be preparing for the summer and trying to beat the heat by feeding all the citrus now for their summer growth. Mulch to keep the weeds down and give everything around a general prune.

The vege garden will need a good feed and mulch as well. Any plants damaged by water, rot or pests should be removed to minimise the risk of fungal problems. Keep an eye out for aphids and black spot on your tomatoes. It's a good idea to remove the lower leaves to reduce this fungal problem.

Veges that you can plant for the summer: tomatoes, squash, zucchini, corn, beans, lettuce, strawberries, eggplant, cucumber, watermelons, capsicums, as well as everything you can use to make a great salad for Christmas festivities.

Remember to stay on top of the weeds by removing them before they go to seed. Planting in raised beds or using sugarcane mulch is a great idea to help keep the weeds away.

Vege netting is a great new product on the market - a 20% shadecloth-based net that stops bugs and birds as well as giving the veges protection from the heat of the summer



Happy Gardening from all the team At Greenbourne Nursery and have a safe and happy Christmas.

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# Plant of the Month

## What not to grow!

It's difficult to know exactly where to begin when people enquire as to what plants they should grow - or avoid growing - in their home gardens. After all, there are numerous books, booklets, websites, flyers etc on choosing 'appropriate' plants for your home, but these can be that they can be at best, dull, and at worst, prescriptive and bossy (after all, 'it's my garden and I'll plant what I want, thanks!') or even misleading. I'm reticent to tell people what they should and shouldn't do, but instead our surrounding landscape offers plenty of insight into past garden plant escapes and subsequent naturalisations. Such insight, combined with a dash of the precautionary principle and a bit of background reading can go a long way. Finally, keep the following in mind when you next turn some soil: firstly, when it comes to selecting plants, the choices we make are *legacy* decisions that will almost certainly out-live us (you may be a responsible gardener, but what about the next owner?); secondly, all plants are living organisms designed with one purpose - to *reproduce*.

My apologies, so far, if I haven't answered the \$64,000 question: What's 'in' and what's 'out'? I'll try and keep this

broad, but with a couple of examples of some shockers introduced in the past. If you have specific queries, I'm more than happy to try and help. Here goes for a starting list to be wary of:

- Vines: be very wary of anything that climbs and/or smothers (Madeira vine, Cape Ivy, Japanese honeysuckle, Cat's-claw creeper, *Pyrostegia* 'flame vine', *Syngonium* species 'goosefoot')
- Self-propagating ground-covers (Wandering Jew, Swedish Ivy, succulents eg 'ice plant'/agave/aloe)
- Grasses, bulbs and lilies (montbretia, watsonia, gloriosa/flame lily, blue stars, *Dietes* species, pampas grass, running bamboo, fountain grass)
- Thorny trees/shrubs (honey locust/thorny *Gleditsia*, *Robinia* species, firethorn *Pyracantha*, coral tree)
- Aquatic/pond/water-feature plants (Salvinia, water hyacinth, parrot's feather, *Cabomba*, water lettuce)
- Almost anything else - whatever the life form - if it has yummy (and particularly red-coloured) fruit (*Ochna*/Mickey Mouse plant, hackberry/*ardisia*, camphor laurel, privet, *Duranta*'/Sheena's gold')

Peter Michael

## Why Pappinbarra?

Adrian Guthrie writes the first in a new series of articles on reasons for coming to Pappinbarra...

My mother's dad had built the weirs and channels of the Goulburn Irrigation Scheme and my uncle dredged rock from the King River and crushed it to the gravel that is in the Kiewa Dam and parts of the Snowy Hydro. My father took up one of the first irrigation blocks on the Murray, where he grew vegetables. There he met my mother. By the time I came along we all lived in the city, but went back to the Murray often to visit my Nan, uncles and aunts up and down the river. Overwhelming, the Murray was a mighty artery in the body of Australia. After the legendary flood of 1956, the old meanders (billabongs) kept their water for months. Where the main flow rushed past, my mother called the 'perishing breakaway', with more than a hint of the danger it posed. Rivers run through the family in a big way. Rivers and rock, and the trouble they cause each other.

When I grew up I lived briefly on the Woronora River, just south of Sydney. It would pulse each day with the tide, and its crystal

clear water could not contain the fish - they jumped clear of the surface in the morning and evening to re-enter with a happy belly-flop. It was hard not to think they did this for the fun of it! Perhaps they were confused by changes in the light or, maybe, bigger fish were on the prowl and to break the surface was the least of their worries... That river, body-warm for much of the year, drew you to its water. I thought this was the perfect place, until I realised that the Lucas Heights Nuclear Reactor was just above the rim of the gorge. They had a minor radioactive spill into the stormwater drain and it was time to move on...

Forty years ago, I found myself Pappinbarra, where the river was then called 'Pappinbarra Creek', and old timers pronounced it with a B, reflecting, I guess, the Birpai placename and the prevalence of stinging trees. Bappin-barra - as good as Pappin-barra.

So, why Pappinbarra? I was drawn to the small, more intimate river - mostly clear and rocky - occasionally furious with rain and anxious to discharge top soil by the tonne into the Pacific, tree-lined and unsure of the best path to the sea. Not huge nor polluted, it's a wonderful river for plants and animals - and that includes people like me.

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## For Sale

Ivory coloured metal double bed with near new mattress. Used only occasionally in second guest bedroom. \$200 complete. 6585 6860



## PPA Matters

**PPA Committee meetings** – the second last Friday of each month at 6 pm. No meeting in December.

## 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 29 January for the February issue. Material for the February issue to the Editor by Thursday 21 January 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)

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

## Pappinbarra Progress Association Committee

### Executive:

President: Lisa McLeod 0418 220 138

Vice President: Mary Walker 6587 6055

Treasurer: Sue Frost 6587 6129

Secretary: Suzanne Pollett 0420 329 841

### Other Committee Members:

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Liz and Bryan Gough

Nat and Will Mrowka

Kelly Gould

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