



# PITCHFORK

Pappinbarra Valley Monthly News  
Pappinbarra Progress Association

June 2015

## Valley Happenings

**Pappinbarra Progress Association Inc.'s AGM** will be on Saturday 11 July, 2 pm at Hollisdale Hall. Come along, hear what we have accomplished in the past year, vote, and have your say on future initiatives. Your president is retiring after a three-year term. Nominations for president, secretary, treasurer and committee members should be made on the slip provided and brought to FF or sent to Suzanne Pollett at 23 Pythonwood Road (RMB on Pappinbarra Road) at least two weeks before the AGM.

**June First Friday** get-together and barbecue is on 5 June from 6 pm at Hollisdale Hall, Pappinbarra Road. Come along, be made welcome, and meet your neighbours! Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG.

**May FF** saw new member Millie Cowen (welcome Millie and Tom!) win the members' draw, while raffle winner, Julie-Anne Murphy chose the Lewis' Meats voucher. Thanks to Emma Frost for yet another stalwart performance on the barbecue with assistance from Sue Frost and Jean Hegarty. To all who helped set up and clean up - thank you - your help is really appreciated.

Pappinbarra 2015  
**Bush Dance**  
with Russell Churcher

**Sat 20<sup>th</sup> June**  
at the **Hollisdale Hall**  
a fun family night out!

**\$12**  
Kids under 10  
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Tickets available from  
**ecoWild and**  
**The Living Room**

**7pm**  
start

Soup, mulled wine and sausages available, BYO drinks

**Bush dance** on Saturday 20 June from 7 pm. See poster this page. All ages welcome and no partner necessary.

**Bushed** the movie (!!!) will be premiered at the hall on Saturday 6 June at 6 pm. Entry \$5 and copies (on flash drive) for sale at the special price of \$10. Bring along something to share for a potluck dinner. *Bushed* also available from George for \$15 (covers cost of flash drive plus a donation to Anton Visser towards production costs).

**Pappinbarra Craft Corner** Wednesday 17 June at *Oakvale*, 1024 Pappinbarra Road from 7.30 pm. Bring your own craft or knit something for refugees. Enquiries Heather 0419 666 005.

**All Saints' Pappinbarra**, our little historic church, welcomes all to the service on Sunday 28 June at 2 pm with a cuppa around 2.45 'off the back of the ute'.

**Pappinbarra Rural Fire Brigade AGM** on Saturday 27 June, 10 am at the Pappinbarra fire shed.

**Hollisdale RFB** training on Saturday 6 June 8-10 am. Meet at the hall in full uniform.

**Hollisdale Hall**, owned by the community, is available for community use - \$30 members and \$50 non-members plus \$50 bond. Book with George Hegarty 6587 6077.



# Meet the neighbours: Darren and Kerry Rowley

**B**orn in Wollongong, Darren lived there until he was nearly eight; he has one brother who is two years older. Darren, his mother and brother moved to Oberon where the boys did their schooling. Very good at Maths and Tech Drawing, Darren was nevertheless glad to leave at the end of Year 10. He then took up an apprenticeship as an electrician in Goulburn. Once qualified, he moved to Braidwood in 1986 and ten years later set up his own business, working for himself as an electrician ever since. He bought a block of land and with the help of good mates, built 'the best house in Braidwood'.

Kerry was born in Sydney and lived at Wisemans Ferry for the first four years of her life. She and her mother then moved around a bit, finally settling in Braidwood where she went to school. She excelled in Agriculture and Geography, went on to do a Bachelor of Land Economics and after two years' on-the-job training became a Property Valuer. She worked in this field until 2001 and then had a complete change of direction setting up her own organic food business after she had her first two children.

Darren and Kerry first met in 1986. Kerry remembers Darren pedalling home on his bike with two mates, all of them slightly the worse for wear. They finally married in 2002 and had their first child, a girl named Brooke who is now in High School. Two years later along came a son named Ash; he is in Year 5. Some time later, Dan was born in 2010; he starts Kindergarten next year. Kerry rather hopes the family is now complete!

Kerry suffered from allergies when they lived in Braidwood and on one of their many camping trips they happened to land at the Beechwood pub and Darren was heard to say "I could live here" (he meant in the area not at the pub!) Kerry went home and told her mother, Dale, that they were going to move, so she decided to move as well. Without further ado, Kerry and Dale



Kerry and Darren with Ash, Brooke and Daniel

spent a week looking at properties and found their piece of paradise on the Pappinbarra River. Dale moved up here in 2009 and began farming with an Angus stud; Kerry moved a bit later as she was working two days a week in Canberra and Darren commuted between Braidwood and Pappinbarra for a further 18 months while he wound up his business in Braidwood. Kerry runs the house and grows fruit and veggies and raises chooks and children; she no longer suffers with allergies!

Fortunately there are three dwellings on the property, so Darren, Kerry and the children live in the main house, recently extended and renovated. Dale lives in an adjacent cottage and Darren's mum, June, lived the other cottage for two years, before moving into care.

The family love camping and going off-road in their four wheel drive. They have done trips to the Canning Stock Route, the Birdsville Track and the Kimberleys with their camper trailer and are about to embark on a five week trip up to Cape York, all five of them sleeping in the camper. What fun!

Next year all the children will all be at school so, to keep herself busy, Kerry is undertaking a course in Naturopathy and Darren will continue his work as a Level 2 Electrician. So if you see a man up a pole, don't distract him, it could be dangerous!!

Mary Walker

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## The Frugal Forest update

The Frugal Forest was showcased at the Coffs Harbour Waste Conference in May. It was a fascinating event. We had interest from potential hosts in many other regions, so the Forest could be touring and growing for years to come.

1st Sundays of the month, you'll now find Chay and the Forest at the Green Garage Sale, out the back of the Living Room in Wauchope. Drop in for some craft, a chat and an awesome cuppa. 9am -1

Remember the Salvage Spider? This giant realistic spider, built entirely from stuff that was destined for the dump by Pappinbarra people in 2011, will soon be seen looming over Wauchope School of Art's JUNK FEST, Saturday 13th of June. Put the date on your calendar!

**Are you interested in become one of the Frugal Forest installation crew? We're looking for six people to be trained up for occasional paid work, installing and running workshops around the country. Training will take place at the Glasshouse in early January 2016.**

[www.frugalforest.oneoffbakery.net.au](http://www.frugalforest.oneoffbakery.net.au)

Bryony Anderson

> the Forest attracted a lot of attention at the 2015 Waste Conference in Coffs Harbour



**No permits required for burning off now.  
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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, Jim Adams 65874414, Chris Roelandts 65856700; Beechwood: Sam Elphick 0428-856-222.

## Cocky's Corner It is not dirt, it is soil

The importance of soils was highlighted by the Food and Agriculture Organisation of the United Nations (FAO) as it launched the 2015 International Year of Soils: 'Healthy soils are the foundation for food, fuel, fibre and even medicine'. Interestingly FAO went on to state that the soil hosts one quarter of the planet's biodiversity. This is staggering: one quarter of the planet's variety of living things are in the soil but these living things are little known because they are so small.

Farmers care for 60% of Australia's soils according to the Australian Bureau of Statistics (ABS). (Interestingly, for residents of Pappinbarra, the ABS further said 36% of Australian farms are less than 50 hectares.) 'The quality and health of soils determine agricultural sustainability, environmental quality and ... plant, animal and human health', the FAO went on to explain.

Farmers therefore have an enormous responsibility - caring for this most valuable of resources, the Australian soil. According to the FAO, farming practices that degrade soil biodiversity, reducing the soil's capacity to maintain its function, include tillage, monoculture, pesticide use, and erosion. John Kirkegaard, Senior Principal Research Scientist at CSIRO says conservation agriculture is based on three key principles: minimal soil disturbance, permanent soil cover and a diversity of plant species.

There is more information on the internet on ways to improve soil quality and soil biodiversity.

Sources used

[www.fao.org/agriculture/crop](http://www.fao.org/agriculture/crop)

[www.fao.org/document/card/en](http://www.fao.org/document/card/en)

[www.abs.gov.au/AUSSTAS/abs@.nsf](http://www.abs.gov.au/AUSSTAS/abs@.nsf)

Kelly Miller



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# Plant of the Month:

## Red Ash or Soapy Ash

(*Alphitonia excelsa* Rhamnaceae)

Red Ash is a very common and widespread tree along the east coast of Australia, with a range extending from the south-east corner (NSW/Vic. border) to Far North Queensland. It can be found in a range of forest types (though it tends to shun waterlogged soils) and even under only 'average' conditions, it can flourish. It should be regarded as a rainforest tree but as a member of the Rhamnaceae family it is very under-represented in Australia, with only four species out of approximately 900 worldwide found in rainforests of the south-east.

The tree is readily distinguishable by its discolourous leaves (different coloured top and undersides) that are pale and ashy underneath and its straight, usually single-trunked growth habit (the name 'excelsa' is derived from Latin for its tall form). The bark is smooth and grey to mottled (although in older specimens the bark becomes rough and shallowly fissured) and the flowers are inconspicuous and held in clusters at the ends of the branches. The fruit develops as a round, black, hard-coated capsule up to 8mm in diameter.

The capsule splits and opens when ripe, remaining on the tree to expose small red/orange seeds that are sought after by a range of rainforest and cosmopolitan birds.

Red ash makes an excellent feature tree around the house yard or as a nursery crop for rainforest revegetation as it is fast-growing, long lived, straight and tall and has high fire retardation compared with local hardwood alternatives.

Pete Michael



Foliage and fruit of *Alphitonia excelsa* (Source: Wikipedia)

## Rural Fire Brigade News

**Hollisdale:** Everything has been quiet on the fire scene in our area and we are lucky that we missed the storms that hit the Hunter in April. Up until early May the Rural Fire Service had continuous five-truck strike teams heading down to give the SES a hand with the clean up. There were millions of trees torn out of the ground.

If you would like a pre-incident plan done for your property please give us a call. As this is done on the property, it involves us coming onto your land to identify where houses and assets are located. Assets include power lines, water, tracks, safety refuges and other things. The plan will then be kept on the truck and if we get a call out to your property we can save a lot of time.

Because of the days getting much shorter and the dark arriving so early, we have decided to move training to the first Saturday of the month from 8am till 10 am starting on 6 June.

Jeff Carson and George Hegarty are doing the advanced fire-fighting course, Peter Michael and Mark Durham the crew leader course. We hope everything goes OK for them.

Chris Roelandts

### Pappinbarra RFB Annual General Meeting

When? Saturday 27 June at 10 am Where? Pappinbarra fire shed The AGM will be followed by a general meeting with lunch and refreshments provided. A training session will be held after lunch. All members are requested to attend with full PPE.

The missing portable pump off the Cat 7 has been replaced. Thanks to Midcoast Mobile Servicing and Mechanical, Port Macquarie.

Steve Ostler

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# Trivia Night 2015



The glamorous assistant Ruby Fruit

What a great night we had! Everyone enjoyed themselves - win or lose. A team of young folk arrived; after a couple of rounds, one said to me, "Everyone seems to know each other!" I agreed that was mostly the case and invited them to make the trip from Port Macquarie to Pappinbarra more often, so we could get to know them. The level of competition and noise precluded meaningful conversation... Nibbling, drinking and racking one's brains were the order of the evening.

Peter Michael and Chay Khamstone had obviously thought long and hard about questions; some were long and hard, but there were many interesting and amusing interludes. Chay was unable to be there on the night so glamorous Kelly Benson donned the blue wig and did a creditable impersonation as Pete's Ruby Fruit. Pete was quizmaster

par excellence et extraordinaire (what language have we to thank for that Pete?) and the heckling of some sections of the audience left him quite unruffled.



Quizmaster Pierre with Mary Walker

Mary Walker and Lisa MacLeod had been round town soliciting support from an amazing assortment of small business owners - who could resist either of them? For their generous donations of prizes, PPA thanks Adrenalin Café, Bago Tavern, Beechwood Hotel, Beechwood PO, Charcoal Chicken, Coffee on High, Crave Pizzas, ecoWild, Fuzzy Duck's Café, Greenbourne Nursery, Hair Affair, Hastings Valley Landscapes, Haulers and Fallers, Hilberts, IGA, Lewis Meats, Muddles, One Stop Autos, Timbertown Chemmart Pharmacy, Stokes Butcher, The Living Room, Wauchope Pharmacy, Wauchope Newsagency, Wauchope Travel and Wild Things Native Gardens. We are fortunate to have these terrific people operating in and around Wauchope.



Nice one Harvey!

Lobbing coins at bottles of grog proved a winner for Patrick McEntee (again!) and Graham Smith (appropriately, Scotch whisky) while providing amusement from many angles for the onlookers. The sit down if... and two-up games were a roaring success. Mary and Lisa managed it all without fear or favour. What fantastic organisers we have in the valley!

Thanks to all who braved the cool night. We raised about \$800, so will be able to hand over to a new committee in July with a healthy bank balance.

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# Times Past:

## Cedar Scrub/Pappinbarra Outback/ Upper Pappinbarra Recreation Ground

The Cedar Scrub Hall, built by the early settlers near Pappinbarra Junction, became the centre of social life, which resumed with vigour after the War. 'The whole family came to every social occasion; no such thing as baby sitters and no-one stayed home.' The isolation of the Upper Pappinbarra, no electricity, no radio nor television meant that people had to rely on themselves for entertainment. Dances, held close to the full moon, saw people riding, walking or driving the sulky along bush tracks to the hall where locals played accordion, fiddle or banjo. Even the Macedonians from well down the valley 'all used to go to dances at Cedar Scrub Hall'.

At some stage the Cedar Scrub School was built nearby. When numbers fell below 12 in about 1968, the building went to Wauchope High as a demountable. The old school pit toilets are still at the recreation ground. The school bus not only took students to and from school in Beechwood and Wauchope but also brought groceries and spare parts out to the valley.

It seems that there was some rivalry between 'the top end and the bottom end' as the years progressed and transport improved - cream lorries were used to take a crowd down the valley to dances in the Ellengrove schoolroom (desks unscrewed and put out on the verandah) or, later, in the Hollisdale Hall. The Cedar Scrub Hall possibly wasn't being used or maintained, seemed surplus to requirements and was demolished, possibly in the early 1970s, with the timber used to build the cottage opposite for Eva Everett. Some in the lower Pappinbarra feared their hall would be moved up the valley.

There were meetings about putting in a tennis court; everyone said it couldn't be done. The Upper Pappinbarra Progress Association built a brick barbecue, invited everyone at 11 for barbecues and worked on the grounds till 1. UPPA became incorporated in 1983 as Pappinbarra Outback Inc. and the court went in the next year 'across where the hall had been'. The community raised funds and secured a government grant for the project. John Patrick bulldozed the site; the Ostlers, Peter Wall, Bert Brown, Berwyn Dick and others framed up. Glen

Antilla who lived up past where *One Lot* is now, undertook to do the concreting. The truck arrived at 7 am, Glen at 7.05. The first can out of two slabs was opened and put in his hand and the work proceeded while the cans were consumed. Some were disgusted at his drinking and working all day, but by 5 pm it was all done!

When a Council grant provided money for building the pavilion and picnic area 'they started getting really good turn-ups there'. Amalgamation was proposed several times but didn't happen.

Early fire-fighting efforts depended on backpacks, a pump and a couple of hoes, stored by Cecil Howes. 'We didn't have a truck for quite a while. One of us would take his own truck.' Cec, Bruce and Tony Ostler, Norm Blanche, Jack Flanagan, George Smurthwaite and Joe Patrick were volunteers. Bruce (the captain) and Joe were very good bushmen - 'knew the bush and knew Pappinbarra'. When they acquired a trailer with a water tank, it was housed in a small shed (built in the days of the school) where the cement slab at the ground still exists. After someone failed to properly hitch up the trailer to his ute, it went careering down the steep hill behind *Fernvale*. The brigade had, however, acquired a truck by the time the second shed was opened in April 1986 by Hastings Mayor, Bob Woodlands.

Deputy Fire Commissioner NSW RFS, Rob Rogers and Deputy Mayor for PMHC, Adam Roberts, officially opened the new fire shed at Pappinbarra on Saturday 12 April 2014. In his speech, Mr Rogers congratulated Captain Steve Ostler on the strength of support for the fire brigade. The present shed houses two trucks as well as a kitchen/crew room and toilet and shower facilities.

Council took over the ownership and maintenance of what they call Upper Pappinbarra Recreation Ground not long ago, with POPA financial members being welcomed to PPA.

Perhaps, in a salute to the past, the reserve with the tennis court, fire shed, pavilion and covered area, might again be called the Cedar Scrub Ground?

**Jean Hegarty with thanks to Tony Ostler, Peter Wall,  
Pam Wallis, WDHS and others.**

Further information on the history of the Cedar Scrub welcomed.

## Tennis round up

I am sure all participants will agree that we had a great comp this season. We had some late entrants in Wesley, Tristan, Holly and Brittney. They all played well and had a great time. Lucky for us Wesley and Tristan have agreed to play in the next comp. Well done guys, we all look forward to having you in our teams. It was getting a bit chilly towards the end but most of us warmed

up with a few sets. Well done to all.

Don't forget next comp will start after winter. We would love to see some new players. Mums and Dads if your kids are in high school they are welcome to play in the comp. They only need a racquet and we will give them some help with their techniques and make them into tennis lovers.

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## In the **vege** patch

As the nights become cool, the bugs tend to drop off! The cabbages and broccoli love it. Do keep an eye out for fungal problems with all this rain and not much sun.

Here's a few tips for keeping your garden in top form:

Rotate crops: when you replant your veges avoid planting in the same hole; this is to ensure healthy growth and stops soil deficiency as different veges need different minerals.

Feed at each replanting: whether it's compost out of the pile or a complete plant food, your plants will love you for it.

Grow up: maximise the vertical space in your veggie patch. Make a trellis for climbing peas or maybe climbing spinach.



Happy Gardening, Brendan

## Editor's musings...

There has been a bit of a kerfuffle about the Government's decision to withhold benefits from parents who refuse to have their children immunised. 'Personal freedom', 'right to object', 'freedom of choice' and so on all get an outing.

Have you seen an infant or toddler contorted with whooping cough? A child whose legs will never work properly again after polio? Someone whose muscles are in spasm so that their jaw is locked, they have trouble swallowing and breathing after a puncture wound? Have you known a woman who caught German measles while pregnant and whose baby was born with serious birth defects? Or an adult who contracted mumps or measles and never fully recovered? The diseases for which free immunisation is provided are rarely seen nowadays...

My father grew up in an isolated farming community, not touched by measles or Rubella (German measles) during his childhood. He contracted both diseases after joining the Air Force when WWII broke out. Severely ill, he was hospitalised and quarantined. Immunisation against these viral infections was not available in the 1940s, nor indeed in the 1960s; those who had them in childhood were ill, but got off much more lightly. Now MMR vaccination protects children from mumps as well.

Some afflictions, like cerebral palsy, are down to sheer bad luck - a cord round the neck, a labour that doesn't proceed smoothly, or other unfathomable factors. To proceed with a pregnancy is to take risks. Having delivered a healthy baby, why take more risks than necessary? Why rely on the fact that so many children are fully immunised yours doesn't have to be? Is that an ethical choice for a community member? People may think that their child, even if he/she contracts one of the dreaded diseases, will be healthy enough to fight it off? Perhaps. But while incubating the disease, he may have spread the infection around - to the

elderly or others with compromised immunity. Is that a fair thing?

The 1867 measles epidemic in Sydney claimed more than 700 children and one in every five babies born in the 1870s in New South Wales would die before the age of 15. There was a huge smallpox epidemic in Sydney in 1881-2. Fear was abroad. When it struck there was no system of public health administration, no designated fever hospital, no formal rules for notification or isolation of infected people and no compulsory vaccination. During the first half of last century, parents began to dread sporadic summer epidemics of polio, caused by an endemic virus. In earlier times grubbier infants and toddlers caught it at an early age, but if contracted later, at school, there were often serious complications. Now a free vaccine is provided.

The 1896 NSW Public Health Act put procedures into place. The big downturn in infant mortality rates came with the first fully literate generation of mothers. Educated and aware parents chose to protect their children from the diseases they saw claiming or maiming lives around them. Now that polio, diphtheria, tetanus, whooping cough, measles, Rubella and mumps are rarely, if ever, seen, complacency reigns. Just last year, however, there was a health emergency of international concern overseas with the spread of polio virus.

The populace will expect implementation of public health measures to contain any outbreaks of contagious diseases in Australia. Even those who choose not to vaccinate would be outraged if the government did nothing. The best thing people can do to prevent any global infectious emergency getting a hold on our shores is to ensure full immunisation. Not to do so on a whim or without any medically valid reason is to not a fair thing at all.

JH

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## Green Garage Sale

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**9am-1pm, stalls are cheap**

call Chay 6587 6022,

Run your own stall or just come along for a rummage and a yummy bite to eat and listen to the live music (Pete is going to play guitar!)

### PPA Matters

PPA Committee meetings – the second last Friday of each month at 6 pm. All welcome.

AGM – July 11, 2 pm Hollisdale Hall. All welcome.

#### Facilities for Hire

Hollisdale Hall – booking essential, contact George Hegarty 6587 6077

Upper Pappinbarra facilities and tennis court - contact Damian Privett 6587 6185 or Sue Frost 6587 6129

### Pitchfork

#### Circulation

Pitchfork has hardcopy circulation of over 300 plus email of over 100. It comes out on the weekend before First Friday - Friday 26 June for the July issue. Material for the July issue to the Editor by Thursday 18 June. We run both casual and regular advertisements at very competitive rates. Contact Sharada Boyce.

#### Production Team

Editor: Jean Hegarty [jeanmay@bluemaxx.com.au](mailto:jeanmay@bluemaxx.com.au) 6587 6077

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

Advertising: Sharada Boyce [sharadaboyce@yahoo.com.au](mailto:sharadaboyce@yahoo.com.au) 6587 6079

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

### Pappinbarra Progress Association Committee

#### Executive:

President: Jean Hegarty 6587-6077

Vice President: Mary Walker 6587-6055

Treasurer: Sue Frost 6587-6129

Secretary: Suzanne Pollett 0419 242 575

#### Other Committee Members:

Sharada Boyce

Suzanne Leigh

George Hegarty

Lisa McLeod

Todd Barnes

### 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

