



PITCHFORK

Pappinbarra Valley Monthly News
Pappinbarra Progress Association

September 2015

Valley Happenings

Pappinbarra Progress Association – next meeting Friday, 18 September at Hollisdale Hall. All welcome.

September First Friday community get-together and barbecue is on 4 September from 6 pm at Hollisdale Hall, Pappinbarra Road. Come along and meet your neighbours and enjoy the company, the fire and the food. Vegetarian and gluten-free options included in a tasty low cost menu; soft drinks available; BYO other beverages. Thanks go to our able chefs for August First Friday, and to those stalwarts who were there for the set up and clean up - your help is really appreciated.

RFS 'Get Ready and Open Day' – Saturday, 12 September 8-12 - see Page 3 for details.

'Move over Mrs Markham' has been postponed to October. There will be four performances: Friday 16th, Sunday 18th (matinee), Friday 23rd and Saturday 24th at the **Beechwood Hall**. Tickets available at *ecoWild!* and at the door. See October *Pitchfork* for further details.

Lao cooking class and feast has been postponed until November. See *Pitchfork* for details

Anyone for tennis? Tennis comp is starting again on the Wednesday, 23 September at the tennis courts, Upper Pappinbarra. MORE PLAYERS ARE NEEDED. Contact Lisa 0418-220-138 or Robyn 0438-876-011.

Port Macquarie Hastings Council - *Engaging and Communicating with Our Community*. This is an opportunity for you to meet with Council and discuss matters that are important to you. Meeting at Hollisdale Hall on Wednesday, 14 October at 5.30pm for 6pm start. To lodge your questions visit www.pmhc.nsw.gov.au/communitymeetings or phone 6581-8111. Closing date for lodgement of questions is 7 October.

The 2016 **Pappinbarra Valley calendar** is being organised by Sharada Boyce. This is not a competition - any photo taken in the Pappinbarra Valley will be considered for inclusion in this great local production. Photos to Sharada by **1 November** sharadaboyce@yahoo.com.au.

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

Hollisdale Hall, owned by the community, is available for community use - there is a new sliding scale of fees to cover cost of gas and electricity plus a \$200 bond for 18th and 21st birthday parties. Book with Bryan Gough on 0473 170 761.

Congratulations Jeannette!

Our heartiest congratulations go to **Jeannette Rainbow** who has been awarded the prestigious NSW Government Community Service Award. In presenting the awards to Jeanette and fellow awardee Roger Adams, The Hon. Andrew Stoner, Member for Oxley described them as "stalwarts for the local community ... [who] are always putting their hands up." The award recognises individuals throughout the state who have substantially contributed to the improvement of the quality of life of members of their community, beyond that expected in their usual occupation. Although, as the NSW State Member of Parliament, Mr Stoner is given the opportunity to nominate two individuals per year for the award, the guidelines are very strict and winning the award is rare. "These awards are not a dime a dozen; I have only given out a handful in 16 years," he was quoted as saying. Jeannette was characteristically generous in her response, acknowledging the work of others, while also pointing out the personal benefits of volunteering for your community, saying "It is just so important to give. It keeps you with a contented heart and a healthy mind. It makes you happy."



Meet the neighbours: Debbie and Rob Williams

Rob was born in Mildura in 1958, the eldest of 6 children, 2 girls and 4 boys. His Dad worked as the local vet and his Mum bred miniature poodles and did very well in the show ring - she is also a dog groomer and is still working aged 82. The family moved to Picton when Rob was 6 and they lived on a 40 acre property and Rob's Dad had a large-animal vet practice. They then moved to Canberra and Rob played at being a vet nurse, with his job being to take his father's mistakes to the tip!

They were a family of keen water skiers - Rob was average but some of his siblings did very well and represented Australia, his sister becoming dual world champion. Rob did all his schooling in Canberra and describes himself as a naughty boy but academically he did very well with very little effort. He took a job as a motel manager but after 2 years he set off around Australia, got as far as Cairns and stayed for 4 years. He worked as a bar manager and a catering manager (fantastic jobs for a young man who enjoys his food and drink!) Then he sort of fell into the concreting trade, moved back to Canberra and started his own business.

Debbie was born in Yass in 1962 and has one older brother. Her mother worked as a cook/barmaid and her father was a wages clerk and a keen market gardener (Debbie has not inherited her Dad's green thumb!). She was bored at school and hated study, suffering at the hands of the Nuns who did very little to boost her self-confidence. A lot of her time was spent watching movies as there was very little else to do in Yass, and even though she was shy and retiring she decided she wanted to be an actress. All this changed when she went to visit her Mum in hospital and became fascinated with what was going on and why. A career in nursing beckoned, so she enrolled in a nurse's aide course at St Vincent's in Sydney in 1980, studied hard and passed her English exams and went on to become a registered nurse in 1985. It was time to spread her wings, so Debbie went overseas for 6 months and had some wild and fun experiences. She worked in Canberra as a surgical nurse on her return to Australia and decided she would like to work in a more regional area so was advised to do midwifery training which she did at RPA. Rob's family was well known in the water skiing world and Debbie had met several members of the Williams family when she was working in Canberra, but she had never met Rob. There is a strong family resemblance between Rob and his siblings and when she found herself on a bar stool in a desperados club called The Private Bin, sitting next to this young man who she thought she recognised, she turned to him and said "You must be a Williams" (a pretty good pick up line!) It was 2 am and neither of them could focus



very well, but the rest is history. Yes they met in "The Bin"! Rob and Debbie followed Rob's parents to Port Macquarie in 1988 and set up house in a caravan behind their vet practice. They owner-built 2 houses and raised 2 children, Lauren, a nurse, aged 23 and Tyler, a musician, aged 21. Rob ran his concreting business until 2010 when he semi-retired because of health issues. Debbie worked as a midwife at Port Base, taking 6 months off after the birth of each of her children and is still working there today. They have always wanted to live in the bush but thought it would be too hard to juggle full time work, 2 children and lots of driving so they waited until the kids left home. They searched extensively and finally found The Flower Farm on the internet, came and had a look and fell in love with our beautiful valley - they'd decided to buy the property before they'd driven out of the gate. They have an established flower farm, which Rob plans to work, and if they can make a go of growing things then Debbie will be able to cut her hours and take a more active role as a primary producer.

When they first arrived they couldn't get the TV in the house to work but they could get reception in the shed. Rob wanted to watch State of Origin so being the romantic that he is, he set the TV up in the shed, lit a fire, put comfy chairs around, poured some wine and turned on the set. They had reception for all the channels except for the one showing the match!

So, if you're having a baby or want a lovely bunch of home grown flowers, you know who to contact!!

Mary Walker

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Times Past

When social media operated a little differently.....

Reported in the *Singleton Argus* on April 28, 1928 the following article:

RADIO WARNS PARENTS

The broadcasting of messages in cases of serious illness is a service constantly being carried out by the broadcasting companies. This week the Sydney broadcasting stations 2FC and 2BL were called upon to broadcast a message to Mr. Shaw, Shire Clerk at Wauchope, stating that his son, Don, was seriously ill at

Woonona. The telephone line to Wauchope was out of order, and the broadcasting stations were the only hope of getting a message through expeditiously. The result of the broadcast was that Mr. and Mrs. Shaw received a number of telephone rings from various friends notifying them of the call. One friend telephoned from a place 200 miles away. All trains for the night had gone, but within an hour Mr. and Mrs. Shaw were on their way to Woonona by car. They arrived next afternoon in time to be of assistance to their son. It might interest listeners to know that the broadcasting stations are permitted to broadcast messages of this kind only in cases of urgency, and after the authenticity of the request has been verified by local police.

Rural Fire Brigade News

We attended a couple of incidents in August - a car fire and a grass fire - and also helped out with the Bago State Forest burn. We have received a \$137 donation from the late Joyce Ditchburn's estate which will be put to good use. Congratulations to Mark Durham and Peter Michael for becoming senior deputy captain and deputy captain.

Current warm windy and dry conditions mean landholders need

to be very careful attempting burning. Landholders need also be aware that **neighbours and fire control must be notified 24 hours before attempting a burn** because if someone calls 000 the trucks must attend and fines may be issued if the burn has not been notified. Fire control's number is 6588 9000.

**Chris Roelandts,
Hollisdale captain**

No permits required for burning off now but fire permits will be introduced soon.

Check the notice boards and listen for announcements.

Don't forget to give your neighbours and fire control 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, Jim Adams 65874414, Chris Roelandts 65856700; Beechwood: Sam Elphick 0428-856-222.

Rural Fire Service combined 'Get Ready Day' and Open Day

Beechwood Public School Car Park

Saturday, 12 September 8 am - 12 noon

Come along and meet your local RFS brigade and gain valuable information on preparing yourself, home and property for the upcoming fire season. Handouts, Survival Plans and kids activities, all with a sausage sambo off the BBQ trailer!



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Feral and Domestic Cats

There are an estimated 20 million "oversized, over hungry, ferocious predator" feral cats in Australia that are killing around **75 million creatures every day**. They have contributed to the extinction of at least 28 mammal species since they first arrived in Australia and currently imperil around a third of our threatened mammals, reptiles, frogs and birds. They are ranked as the highest threat to mammals with their threat factor more than double that of red foxes, the next highest threat, and triple that of habitat loss and fragmentation.

Not surprisingly, feral cats are one of the four priorities in the Australian Government's Threatened Species Strategy. Strategy objectives include that by 2020 there will be:

- 2 million feral cats culled across Australia
- Feral cats eradicated from 5 new islands
- 10 new feral cat free mainland enclosures established
- 10 million hectares of feral cat action, using the best techniques for each location
- Best practice feral cat action implemented across 2 million hectares of Commonwealth land

Feral cat monitoring and control strategies include use of remote sensor cameras and collaring, baits, grooming traps (use sensors

to detect the presence of a feral cat and spray toxic gel onto the fur of the animal which grooms the gel from its body and ingests a lethal dose of poison), phasing out cat ownership in targeted areas whereby residents don't replace cats when they die (the 'last cat' policy), requiring cats to be registered, desexed and micro-chipped (e.g. the WA Cat Act 2011), and moving populations of threatened species to safer areas. <http://www.environment.gov.au/system/files/resources/8bde0309-4f18-4bab-bda8-fc3d78bb5c75/files/factsheet-tackling-feral-cats.pdf>

At the same time, there are new calls for domestic cat ownership rules to be tightened, including 24 hour confinement which was recently proposed for the entire ACT where domestic cats have been found to prey on 67 local species of wildlife. According to TV's Bondi Vet Dr Chris Brown, indoor cats are often healthier, live longer, and are more comfortable than outdoor cats. "Probably the most reassuring statistic for people is that the average lifespan for a cat that is kept indoors alone is 14 years and for a cat to be let outside as much as it likes the average lifespan is just four years." <http://www.abc.net.au/environment/articles/2014/10/31/4118217.htm>

At a minimum cats should **always** be kept inside at night and it looks like scrunchies could make a big difference during the day!

Cats, scrunchies and wildlife

Copy of ABC News article by Stephanie Dalzell 20 March, 2015

A fashion relic of the late eighties and nineties, the humble scrunchie has found a new lease on life preventing the slaughter of wildlife by domestic cats. In a new study, West Australian researchers found putting a scrunchie-like collar on cats reduced the amount of native wildlife killed by more than half. Murdoch University PhD student Catherine Hall spearheaded the research which observed the behaviour of 114 cats for two years. Over the course of the study, the owners of the cats froze everything their pets caught, both with and without the collar. She said the results showed the scrunchie-esque neckwear reduced the number of birds, reptiles and amphibians captured by the cats by 54 per cent. "Bright colours are very noticeable to songbirds, they should see the cats further away, allowing them to escape earlier," Ms Hall said. "Because it's based on colour and vision, cats won't be able to learn to make it stop working. "Unlike what people say about bells. [They say] that cats can learn to make them less effective over time." The study found the collar did not make a difference to the

number of mice and other mammals caught as their colour vision was not as good, meaning owners could still use their cats to catch garden pests. "For people who want their cats to catch small rodents like rats and mice but don't want them to catch birds, this is an effective device to use," Ms Hall said. Serpentine resident Robyn Brown's two cats, Chocco and Milo, were recruited for the study. She said they used to be active wildlife hunters and would often leave birds like wrens on her doorstep. "We were very concerned about that. We've tried everything. We've tried double bells and all kinds of things and we've tried locking them in at night time," she said. But she said since the collars were placed on her cats more than two years ago, they had not caught a single bird. "We just can't believe it. We're very happy," Ms Brown said. "I've always loved cats ... I didn't want to give up cats because I had birds as well, and I loved having them in the environment, but now I can have both."



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Growing carnivorous plants

You've probably heard of the Venus Fly Trap, *Dionaea muscipula*. It is one of the most commonly grown, known and shown carnivorous plants. But ...that isn't all. There are many kinds of CP, including some that hardly anybody's heard of. Most of them grow in very poor soils, such as marshes, forests, plateaus and bogs. Because they can't get the necessary nutrients, they catch bugs instead! Or, in the case of *Nepenthes rajah*, rats! All CPs catch bugs in some way.

Now, if you wanted to *grow* one of these spectacular plants, it's probably a good idea not to get ones that are probably going to die. Some of the ones that *won't* die, including hybrids (that's the ones with an x in the middle of the name) are:

<i>Nepenthes</i> hybrids	<i>Sarracenia</i> hybrids	<i>Drosera capensis</i>
<i>Nepenthes sanguinea</i>	<i>Sarracenia flava</i>	<i>Drosera binata</i>
<i>Nepenthes alata</i>	<i>Sarracenia leucophylla</i>	<i>Drosera spathulata</i>
<i>Nepenthes gracilis</i>	<i>Sarracenia purpurea</i>	<i>Utricularia vulgaris</i>
Venus fly trap	<i>Sarracenia alata</i>	<i>Utricularia gibba</i>

I have had first-hand experience with all of these species, except *Nepenthes gracilis* and *alata*. With *Nepenthes*, the best way to grow them is in orchid mix (bark mulch) and sphagnum for moisture retention, somewhere with high humidity, like a greenhouse or terrarium, where *N. gracilis* is a good grower. Some, like *N. alata* or *N. truncata*, will grow happily on a windowsill. You should water them very regularly. With the *Sarracenia*, a mixture of peat with sphagnum on the top is adequate. The Venus Fly Trap grows best in the same conditions. The same goes for the *Drosera*, although *D. spathulata* grows best in sand and peat. The bladderworts mentioned are good in the same mix as *Sarracenia*, although I prefer to grow them in an aquarium with a layer of peat on the bottom and some *Azolla* water ferns growing on top. They have BEAUTIFUL yellow flowers. Happy growing!

Morrow Taplin

Places to go: Abundance Nursery, Sancrox; Wauchope Tip; Rainbow Beach

Websites to visit: <http://cpphotofinder.com/> ; <http://www.nepenthesaroundthehouse.com/> ; <http://www.cpjungle.com/nepenthesuniversity.htm> ; <http://www.sarracenia.com/faq.html> ; https://en.wikipedia.org/wiki/List_of_carnivorous_plants



Clockwise from left: *Nepenthes sanguinea*, *Nepenthes gracilis*, *Sarracenia leucophylla*, *Drosera capensis*, *Utricularia vulgaris* (traps and flowers)

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Bird of the Month

Rufous Fantail

Scientific Name: *Rhipidura rufifrons*

Size: 15cm

Status: Secure in all states that it occurs.

Rufous Fantails attract attention because of their colouring and constant movement. They are small birds with a



A small, finely woven wine glass shaped nest is built on a thin fork in a vine or tree up to 5 meters above ground, but often lower and sometimes over water. Two to three eggs are incubated for approximately 14 days. All nest duties are shared by the adults. More than 1 brood may be raised in a season.

For further information or questions relating to this or other species contact can be made through this email address peter_fac@yahoo.com.au

Peter Fackender

constantly fanned tail and an attractive Rufous-red colouring on the rump and tail feathers. The forehead is also similarly coloured. The remainder of the head, back and wings are grey-brown in colour. The throat is white, with a sharply defined black chest band which becomes dappled with white towards the belly. Both sexes are similarly coloured. Juvenile birds are similar in appearance, but much duller.

Rufous Fantails are found along the east coast of Australia from Cape York south into Victoria. They are summer migrants to the southern states of NSW and Victoria, arriving in late September or October. They inhabit wet forests and show a preference for deeply shaded areas, where they actively seek their insect food at or near the ground.

Its voice is very high pitched and thin, being described as ascending whistles and "chip-chip" calls.

The breeding season is from October to February, but mostly November to January.

Anyone for tennis?



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PPA President's Note

Team work was evident when we had our first working bee with the new committee. Everyone put in a great effort and lots was achieved on the day. Our August First Friday was a great night with new residents

attending and a fantastic crew on the BBQ - their culinary skills were outstanding and the food flowed fast and tasty. Thanks to all the families that attended - it's great to see everyone enjoying themselves in our beautiful community.

Be safe in the coming season as it's shaping up to be dry. Please make sure you have a fire evacuation plan ready just in case.

Lisa McLeod

Local partnership for privet control

Forest Corp, the Rural Fire Service (RFS), Port Macquarie Hastings Council (PMHC) and Pappinbarra Landholders Conservation Group (PLCG) are currently discussing an arrangement that we hope will see PLCG able to run some community working bees at the Pappinbarra Field Studies Centre to help the RFS (which is leasing the site from Forest Corp) to manage the privet growing there. Both Large Leaf Privet and

Narrow Leaf Privet have recently been classified as Class W4 Noxious weeds in the PMHC LGA with the control requirement being: *The growth of the plant must be managed in a manner that continuously inhibits the ability of the plant to spread.* The Privet growing on the riparian zone at the Field Studies Centre is a potential source of infestation downstream so all parties are keen to see work done to control it. A meeting of the four parties is planned for early September and an update will be published in the October issue.

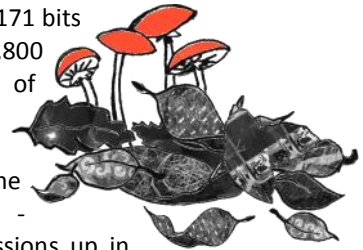
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Rural Fire Service
Port Macquarie Hastings Council
PLCG

FRUGAL FOREST UPDATE

Last week, Nambucca Heads Public School filmed a how-to video about making forest floor out of old clothes, and Aldavilla Public School in West Kempsey put on a shadow play about the nutrient cycle in a forest, with shadow puppets and musical instruments made from recycled materials. We were blown away by Aldavilla Public School's composting systems, extensive garden, and magnificent kitchen carriage where kids learn to cook and eat together.

This brings us to the end of the second year of Midwest-funded workshops in schools, festivals, community groups and markets -

820 participants, 37 workshops, 10,171 bits of precious junk donated, over 3,800 hours spent and almost 2 years of exhibitions for the finished Forest already booked! If you'd like to get involved in construction contact me on bryony@oneoffmakery.net.au - we'll be having regular making sessions up in the hills of Pappinbarra.



Bryony Anderson

<http://frugalforest.oneoffmakery.net.au/>

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2015/16 PPA memberships now due.

Social Tennis

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19 & 26 September

See ad page 6 for details

Needed urgently – Table Tennis Table for Hollisdale Hall

Our table tennis table is broken beyond repair.

Have you got a table in good condition that you would like to donate or sell at a bargain basement price?

Contact Mary Walker 6587 6055

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 24 September for the October issue.

PPA Matters

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

Facilities for Hire

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

Contact Bryan Gough 0473 170 761.

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 September for the October issue. Material for the October issue to the Editor by Thursday 17 September please. We run both casual and regular advertisements at very competitive rates. Contact Liz Gough 0473 170 761.

Production Team

Editor for September issue: Bev Sibthorpe bev.sibthorpe@bigpond.com

Production: Angela Frost angfrost@hotmail.com

Advertising: Liz Gough 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

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

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

