



# PITCHFORK

Pappinbarra Valley News  
Pappinbarra Progress Association

March 2015

## Valley Happenings

**New members always welcome** to Pappinbarra Progress Association! Do you enjoy *Pitchfork*? You can support PPA in this and other activities to benefit our community by becoming a member. Join at **FF** - only \$5 per adult. Members can have free classified ads on a casual basis.

**March First Friday (FF)** barbecue and get-together next Friday March 6 at the hall from 6 pm. Our chefs have something to suit every taste - steak, prawn satay, vege burgers, chicken rissoles, chicken satay, eggs or sausages, all with onions and/or sauce. Soft drinks and juice for sale; BYOG. People new to the valley will be made especially welcome.

**February First Friday** saw the members' draw jackpot for March, while Neil won the raffle and chose the Hastings Fruit and Veg voucher. Thanks to the very efficient and hard-working barbecue team - Graham, Michèle, Callum and Renton.

**Anyone for tennis?** The Wednesday night social comp is off and running at Upper Pappinbarra Recreation Ground. Enquiries: Robyn Flanagan 65 876 011 or Lisa McLeod 0418 220 138. Court and facilities are available for hire. See back page for details.

**All Saints' Pappinbarra** invites all to join in the 2 pm service on March 22 and/or bring a plate to share off the back of the ute for arvo tea around 2.45 pm.

**Wildlife photography** talk by Silva Vaughan-Jones on Sunday 1 March. Last chance to hear and see her amazing material. Three sessions at Sea Acres were packed! See poster this page. Entry \$5.

**Hollisdale Rural Fire Brigade** training on Wednesday March 4 at 5 pm. Meet at the hall in full uniform.

**Pappinbarra Rural Fire Brigade** meeting at the shed at 10 am on Sunday 8 March. Main business is election of group officers. The fire shed now has a phone: 65 876 070.

**Cheese-making workshop** at the hall on Saturday 21 March 10 am to 3 pm. Learn how to make soft and hard cheeses with Liz Gough and George Hegarty. Bookings essential 65 876 077.

**Hollisdale Hall** is available for use by the community - \$30 members and \$50 non-members plus \$50 bond. There is a lot of demand for the hall so advance booking is essential; contact George 65 876 077. Many thanks to Mary Walker and helpers for the successful working bee.

**Pappinbarra Craft Corner** will happen on the second Wednesday of each month at 7.30 pm up to 10, starting 11 March at *Oakvale*, 1024 Pappinbarra Road. Bring your craft of choice and a sense of humour! Tables and power provided. Enquiries Heather 65 876 057 or 0419 466 005.

**Cleanup Australia** working bee on Pappinbarra Road this Sunday 1 March from 10 am. Wear gloves. Bags available at the hall or use your own; filled bags can be returned to the trailer at the hall. Enquiries: Paul Pollett | 0419 424 575

come to a talk on  
**photographing wildlife**

by wildlife  
photographer  
Silva Vaughan-Jones



topics covered include  
ethics,  
animal behaviour,  
impacts on wildlife

Sunday March 1 4pm \$5

@ Hollisdale Hall

Issue 84

## Alert of the month: Mammalian Meat Allergy (MMA)

Most locals, asked to nominate the serpent in our Garden of Eden, wouldn't hesitate to name the paralysis tick *Ixodes holocyclus*. Its nymphs (1mm), larvae (2mm) and adults (4mm before engorgement) pose a constant threat to us in more ways than we've hitherto been aware of!

Did you watch the ABC's *Catalyst* program on ticks recently? In addition to paralysis from tick toxin, allergic reactions (itching and swelling) at the site of tick bites and transmission of infection (Lyme Disease), there is also a very real possibility of developing a life-threatening allergy to all mammalian red meat. The Australian east coast has the highest incidence of MMA in the world - 1,000 cases now diagnosed - on top of the most toxic native tick species in the world.

*Ixodes* lurk in low vegetation and hop onto animals as they brush past, then walk around the animal to find a good place to insert their long mouthparts. I often find ticks exploring my dogs and sometimes feel them bumbling round my hairline. They especially like the points of the dogs' shoulder blades on the front of their chests, their armpits and belly. On humans, round the hairline, nape of neck and throat are favoured spots. After being in tick habitat it's a good idea to discard clothing straight into the washing machine and have a shower before the hitchhikers find bare skin. If a tick penetrates your defences, in spite of using a DEET-based repellent, wearing long pants and long sleeves, and maybe even treating clothes with permethrin, the received wisdom dictates removal with tweezers. Professor Sheryl Nunen, allergy specialist interviewed on *Catalyst*, stressed that this is wrong! Tweezers are tick squeezers and a squeezed tick regurgitates some stomach contents straight into your bloodstream - not good! Instead, freeze don't squeeze; ticks should be frozen using Wart-Off Freeze<sup>®</sup>, Medifreeze Skin Tag Remover<sup>®</sup> or Elastoplast Cold Spray<sup>®</sup> and brushed off ten minutes later. People have used kero, teatree oil or Aerostart to kill ticks but these are not recommended because they may



Engorged female paralysis tick  
- *Ixodes holocyclus*

contain chemicals which irritate some people. For the infestations of tiny nymph-stage ticks in autumn, lather with permethrin cream (as used for scabies); dab, don't grab.


Anaphylaxis, or toxic shock syndrome, the most severe form of allergic reaction, occurs in susceptible people within an hour of contact with the allergen - be it peanuts, prawns or penicillin, wasp or bee stings. The anaphylaxis triggered by a tick bite can be similar, or occur hours later. Growing numbers of people are allergic to the tick toxin. 25 times as common as an allergic reaction to bee stings, it is sometimes very serious - grade 4 - the "Is your will in order?" variety. First aid employs an EpiPen<sup>®</sup> or Anapen<sup>®</sup> and emergency hospitalisation is often required.

The anaphylaxis identified recently by Prof Nunen as MMA occurs some hours after eating red meat following a tick bite - typically 'in the middle of the night'. The tick bite needn't necessarily be recent. All mammals except humans, great apes and Old World monkeys have a blood sugar called alpha-galactose - alpha-gal. A tick feeding on any non-human mammal in Australia will ingest blood which contains alpha-gal. Incorrect removal of the tick causes it to disgorge some of the previous meal into the human bloodstream - alpha-gal plus tick protein. The immune system primes itself for reaction to the alpha-gal and the tick protein, and next time the human ingests alpha-gal - present in all red meat - there will be an allergic reaction, often minor at first but more commonly severe to the point of life-threatening. Mild MMA manifests itself as gut upsets or an unwell feeling after eating red meat.

More information: <http://www.abc.net.au/catalyst/stories/4177191.htm> and [www.tiara.org.au](http://www.tiara.org.au) (website

  
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## Rural Fire Brigade (RFB) Update

### Hollisdale

This weather has certainly given the fires and fires a good rest. We haven't had a callout since December. Mark Durham and Peter Michael are doing their Crew Leader courses, with the final assessment in May. We are pleased they are giving it a go and hope everything goes well. Training is on Wednesday 4 March at 5 pm.

### Pappinbarra

The postponed meeting will be held at the shed at 10 am on 8 March. Main business is election of group officers. The fire shed now has a phone: 65 876 070.

The bushfire danger period ends this Sunday 1 March. Fire permits are no longer needed after that date.

Fire Permit Officers: **Upper Pappinbarra:** Steve Ostler 65 876 090; Bob Ostler 65 876 180; Anthony Wall 65 876 127 or Andrew Jarrett 65 876 181. **Hollisdale and Lower Pappinbarra:** Peter Michael 65 876 022; Chris Roelandts 65 856 700. **Beechwood:** Sam Elphick 0428 856 222.

## Recreation ground working bee

The Upper Pappinbarra Recreation Ground was buzzing with lawnmowers, whipper snippers, clippers, brooms and a gurney on Sunday 8<sup>th</sup> February. A big clean-up of the grounds and the tennis court was achieved and thanks go to all those who came to help - it was a great turnout.

After the working bee a meeting was held with Jarrod Smith, the Council Sport & Recreation Officer, to discuss the future maintenance of the tennis court. There are problems with the new surface of the court cracking and breaking up. The surface was laid in 2011 and has already been patched. It appears that drainage is the problem and one suggestion was that better drainage around the perimeter of the court would help take water away. Creating such drainage would be a big job but is probably something our community could take on with help from someone with a digger. A grant may have to be obtained to meet any costs.

Sue Frost

## Pappinbarra tennis

Our first night back at tennis this year was a very balmy evening. Some highlights:

The Gould boys were outstanding. Steven who is a veteran from last year played extremely well and covered the back line like a pro. Young Martin was a swinger, had a cracker of a game and was serving like a demon at the end of the night. He has now been selected as team 2's #4 full time player. Look out Dan, they are looking for your spot at #2! Pansy has a way of lulling you into a false sense of 'we can hit it past her', then bang - she sends it down the sideline for a winning shot. Keep your eye on her - she's a dark horse.

The crowd was particularly vocal and kept a keen eye on the umpire. No mistakes were tolerated and advice was swift and quick when an error was detected in the scoring.

A surprise arrived late in the evening. Darcy, Lisa's partner, is real! He came to have a beer with Steve and George and, true to form, his ute was full of stuff.

We have a great time each week; turn up for look and a chat! Stay posted for more updates...

The Umpire



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## Meet the neighbours: Helen Watts and Carmel Perks



Helen was born in Moree, the second eldest of six siblings. Her parents ran the general store in Moree and were passionate about wildlife and conservation. After completing primary school in Moree, she was sent to board in Armidale; she disliked boarding school as it was very regimented and there was no freedom. Helen completed nursing and midwifery training in Sydney then headed overseas where she travelled extensively doing three months nursing to three months travelling. She spent three months in Spain although she can't speak a word of Spanish!

Born in Charters Towers in North Queensland, the seventh of ten children, Carmel was her mother's favourite (she says). She did all her schooling in Charters Towers with the nuns and was always 'the teacher's pet'. According to her, this was 'thirteen wasted years'. Carmel took time off and travelled overseas when she had completed her nursing and midwifery training in Brisbane. As she had family scattered far and wide, she didn't need to work and there was always a bed somewhere. When younger her great passion was her BMW motorbike; she and her trusty bike covered many miles together.

Helen and Carmel met each other at the Gold Coast Hospital; they had many things in common: swimming, cycling, adventuring and a passion for native wildlife. They travelled around Australia for 18 months, working in nursing and staying with relatives where they could and had a fantastic time going off the beaten track to remote areas. To replenish their dwindling funds, they returned to two years of nursing on the Gold Coast.

They lived and worked in NSW in the Kingscliff area for the next twenty years and purchased a house there, although they both went to Perth WA to complete a two-year Neonatal Intensive Care course. On their return to NSW they set up a tourism business where Carmel operated as a guide for evening tours in the rainforest with dinner in the rainforest, made from locally sourced ingredients. During this time Carmel was on the committee for Ecotourism in Australia and, driven by her passion for nature, she established

training for guides in Ecotourism. Unfortunately Australia wasn't quite ready to embrace the concept, so it was financially very challenging but gave them both a wealth of knowledge, an abiding passion for nature in general and birds in particular and a desire to include others in their discovery of all that Australia has to offer.

Helen and Carmel go on many well-researched camping trips. Before they set off they contact the local ranger and download any information on the native species in the area. Then they compile a list of what they hope to see and set about identifying each species and ticking it off the list. What fun!!!

In 2007 they sold the Kingscliff property. Looking to do something different, they set off to travel the eastern side of Australia. Working only when absolutely necessary, they stayed with family and friends or free camped in remote areas over the next two years. They also house sat in Sydney; Carmel went down to the harbour every day in search of adventure and to view the wildlife for 'a wonderful three months'.

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They were able to care for their ailing parents in the last years of their lives and both are grateful that nursing gave them the means to travel and ultimately the knowledge to look after their parents. When the time finally came to settle down and buy a house, they moved to rental accommodation in Port Macquarie and set about finding their perfect home, looking in ever-widening circles. The car kept heading for the dirt! They didn't want to live on a road that had a white line in the middle and they eventually found the perfect spot in our beautiful valley. The house and land wasn't up to much, but the view is breathtaking. Thanks to the local tradies and with the help of Esme from the Beechwood Post Office, the house is now magnificent, very comfortable and welcoming, and the front garden has had the benefit of some much

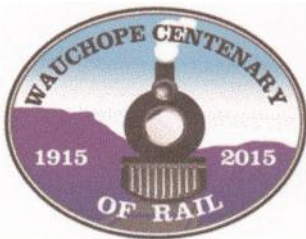
needed landscaping. They have fantastic neighbours and a wide circle of friends. Hoping to repay some of the hospitality they received on their travels, they have separate guest accommodation and ample room to park a caravan. Carmel and Helen are both pretty adept in the kitchen.

Carmel has a voracious appetite for learning and facilitating change and has several more projects to complete before she retires. Helen is very happy pottering in her garden and has a prolific veggie patch, although she still enjoys working in midwifery.

At the end of the day you will find them on their back verandah, beer in hand, something yummy on the table to nibble, and a spectacular view of Bago Bluff with abundant bird life frolicking in the trees in front of them.

Mary Walker

### Wauchope railway centenary



This falls in the April school holidays and there will be lots of activities to celebrate the coming of the railway to Wauchope one hundred years ago. For information go to [www.wauchoperailcentenary.com.au](http://www.wauchoperailcentenary.com.au)  
 Would you like to join *Pitchfork* readers for a shuttle in a historic Tin Hare rail machine on Sunday 12 April at 4.30 pm? Bring some nibbles to share on the way to Kendall and back and we'll have some music and singing - great family holiday fun. Cost \$20 adults, \$10 juniors and under-threes free. Drinks included for PPA members if we fill the carriage! Register with Jean 65 876 077.

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## Bird of the month: Crimson Rosella - *Platycerus elegans*

Size: 32 to 36 cm.

Other Names: Crimson Parrot, Mountain or Red Lowry.

Status: Secure in all states that it occurs.

The Crimson Rosella that we are accustomed to around the Pappinbarra district has a rich crimson body, blue on the wings and tail and blue cheek patches. The body colour in young birds is green/olive with some mottled red at the throat and head. Our Crimson Rosella is found in NE Qld then SE Qld, through NSW and Vic to SE South Australia including Kangaroo Island. In the yellow form of the Crimson Rosella, the crimson body colour is replaced with yellow. This 'Yellow Rosella' is found along the Murray and Murrumbidgee Rivers west to SA. An orange form, the 'Adelaide Rosella', is found around Adelaide and the South Flinders Ranges. The defining characteristic of all these birds is the distinct blue cheek patch.

Crimson Rosellas inhabit Eucalypt forest and rainforest, farmland and parks where they feed on seeds, fruits, nuts and insects. They are often seen at seed tables near tourist sites where they can become very tame. Their voice varies between clucking and chattering whilst in a small group to clear, bell-like whistling contact calls.

The breeding season is from September to January. The female lays four to six eggs on a floor of decayed debris in a tree hollow at least three metres above ground. She incubates them for about 20 days. The male supports her during this time and both raise the young to fledge after 35 days.

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



## Ovarian Cancer Fundraiser

Meg Allison wants to thank all the wonderful people who rocked up for the garden party on February's black Friday at Quarry Road. Refreshments and finger food were served in a big marquee in the garden, with a bookstall and pre-loved items, old jewellery, kids' clothes and veges for sale. Fortunately they had two smaller marquees ready to put up when it started to rain. The bookstall alone made \$150!

Ovarian cancer is a 'silent killer'; there might be nausea, bloating and a feeling of constipation or no symptoms at all. The evening raised almost \$2000 for ovarian cancer research - 'everyone was so generous'.

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**Cheese Making Workshop**  
 Saturday March 21  
 Hollisdale Hall  
 10am - 3pm

**\$30** includes ingredients and you can take home the delicious cheeses you make!

**Bookings essential call George on 6587 6077**

**Plant of the month: Brush mistletoe - *Amylotheca dictyophleba***

Until a colleague introduced me to the large variety of mistletoes (Family Loranthaceae), the only ones that had attracted my attention were the huge, pendulous masses of foliage drooping from eucalypts in the Riverina where I grew up. Although these parasitic plants are familiar to the traveller, farmer or bushwalker and even suburban dweller, little is known of their ecology or identification.

At this juncture I'll happily step back, leave that aspect and instead focus on a common and widespread mistletoe in our region. Brush mistletoe is found on a wide variety of local trees, not only in 'brush', (rainforest, scrub,) but also in paddocks, on the margins of hardwood forest, and around homesteads. Added to this is the fact that mistletoes can establish on quite young trees, so they can pop up almost anywhere.

Germinating seedling  
[www.anbg.gov.au](http://www.anbg.gov.au)



Brush mistletoe flowers in spring with flower sprays like red-hot poker followed by orange to red fleshy round fruits, very attractive to birds. The seeds (one per fruit) pass through the frugivores to land, perchance, on branches where a sticky string attached to the seed firmly glues it to the tree. Germination sees a root grow into the host tree where it taps nutrients and water and where the growing mistletoe will spend its entire life.  
 Peter Michael

**NSW Government Community Service Award**

Dedicated worker for the community, Jeannette Rainbow was nominated by Andrew Stoner, who presented her with the award and official certificate on Monday 16 February. He said: "She is tireless in her commitment to making our area flourish economically and takes enormous pride in showcasing Wauchope and the hinterland in the best light possible. [She is] highly regarded amongst her peers for her commitment to civic leadership."

Pappinbarra punches well above its weight when it comes to community involvement; Jeannette is busy coordinating the Wauchope Railway Centenary celebrations right now. No matter how vast one's capacity for volunteering - and Jeannette's is truly amazing - support is needed. Show yours and enjoy yourself on the railmotor trip to Kendall with us! See p5.



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gardening. Ring Steven 65 876 167.



**Hastings Landcare** is participating in a Land  
Management Expo at Kempsey Showground  
on March 22 in conjunction with Macleay  
and Nambucca Landcare, North Coast Local  
Land Services and a range of rural services  
including NSW Farmers, Workcover and the  
Rural Assistance Authority.  
Cathy Eggert

## PPA Matters

PPA Committee Meetings - the second last Friday of each month at 6pm. All welcome.

General Meeting - Friday March 20 at the hall at 6 pm. All welcome.

Facilities for Hire

Hollisdale Hall - Booking essential. Contact George Hegarty 65 876 077

Upper Pappinbarra Recreation Ground tennis court and pavilion - contact Damian Privett 65 876 185 or Sue Frost 65 876 129

## Pitchfork

Circulation

Pitchfork has hard copy circulation of over 300 plus email of over 100. It comes out the weekend before  
First Friday - Friday 27 March for the April issue. Material for the April issue should be sent to the Editor  
by Thursday 19 March.

We run both casual and regular advertisements at very competitive rates. Contact Sharada.

Production Team

Editor: Jean Hegarty jeanmay@bluemaxx.com.au 65 876 077

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## Pappinbarra Progress Association Committee

Executive:

President: Jean Hegarty 65 876 077

Vice President: Mary Walker 65 876 055

Treasurer: Sue Frost 65 876 129

Secretary: Suzanne Pollett 0419 242 575

Other Committee Members:

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