ITCHFORK

Pappinbarra Valley Monthly News Pappinbarra Progress Association

President's Report

We now have 101 members in the PPA and plan to day or \$30 for members. You can join the PPA now for just celebrate in style. Plans are already afoot: your Vice President, Treasurer, and I have been busy culling cockerels with the aim of offering a May First Friday (FF) special: chicken curry, rice and all the trimmings for a bargain basement \$5. So if you were one of the large crowd that joined us at the last FF, or we haven't seen you for a while, or even if we have never seen you, come along, meet your fellow Pappinbarrans, and join in the celebration. In addition to curry, the usual budget barbecue with vegetarian and gluten-free options will be on offer. Children are very welcome. Bring your own beverage. We have a generous prize for the raffle and a special members' draw of \$50.

You will note from the 'Grants Update' that we have been very successful in our submissions for funding for various initiatives to enhance our prime asset - the Hollisdale Hall. The hall is available for hire for the modest sum of \$50 for a

\$5 and be financial to 30 June 2014.

Something we have been careful to emphasise in our bids for funding is that the Pappinbarra Valley is changing - many properties have changed hands in the last decade and more are presently on the market. People who come here from the city or large towns may feel isolated and lonely. Many folk here take the initiative and visit new arrivals, introducing themselves and welcoming neighbours. This happened to me when I arrived thirteen-odd years ago with two dogs; George was still working in Canberra. As well, I met many folk at All Saints', more at PPA meetings and events, and more at Landcare and Catchment Management meetings. I was thrilled at the sense of community that prevailed. I think that sense of community is growing; your PPA committee is trying to nurture it through FF, the upcoming 'Trivia Night', a dance in June, and our monthly newsletter - Pitchfork. Hope to see you at FF!

Jean Hegarty

Hastings Co-op Meet and Greet

Tuesday, 7 May - Hollisdale Hall 5.30pm; cheese, fruit and crackers and juice, tea & coffee provided. Tuesday, 28 May - Beechwood Hall – 6pm; cheese, fruit and crackers and juice, tea & coffee provided. See details next page.



Special and Forthcoming Events

Pappinbarra Trivia Night - Saturday 18 May. See poster (left) for details.

A night of Bush and Old Time dancing with Russell Churcher -Saturday, 29 June – mark it in your calendars and watch this space for details.

First Friday get together

Come along to the First Friday get together at Hollisdale Hall on the 3rd of May. Enjoy a BBQ dinner with vegetarian and gluten free options. Meet some new friends and catch up with some old. BYO drinks. May FF is our 100th member celebration! Chefs this month will be Emma Frost, Darren Rowley and Elly Franchimont.

Cheese making

Ever wanted to make your own cheese? Well, Kelly Miller and George Hegarty are happy to share their new found skills. They will put on a demo of soft cheese making including quark, ricotta, fetta and camembert. They will also discuss what gear you will need to get started. The demonstration will be held at the Hollisdale Hall on Saturday, 11 May from 1-4pm so the new island bench will get a good workout. Any other cheese makers who want to share their skills are most welcome. Gold coin donation to cover hire costs. Ring George (6587 6077) if you are interested or have any queries/ suggestions.

Vale, Joyce Ditchburn 31.1.1939 - 13.4.2013

On Saturday 13 April 2013, Joyce, sadly, died suddenly and when we moved into the unexpectedly at home. She had lived in the Pappinbarra Valley Valley in 2006. After trying for 24 years, moving here in 1989 with her late husband Arthur. Joyce was never afraid of hard work. Her early life, in Gippsland on the previous owner's Victoria, saw Joyce bring up three sons on her own as well as phone number, she turned milking 45 cows of her own and a neighbour's herd of 250 cows. up on our doorstep, in her In her spare time she rode track work for a local horse trainer!! Life took a turn for the better when Joyce met and married her gumboots, late husband Arthur, who was a skilled Engineer with his own sponge cake to welcome us successful business. Arthur retired when they moved to to this beautiful valley. A few Pappinbarra leaving his wife to handle the farming and her weeks later, she arranged a dinner party so that we could meet Charolais stud. Joyce and Arthur enjoyed the 'good life', some of the lovely people of the Valley. travelling extensively and enjoying good food and life in general. Joyce single handedly prepared all the desserts for the very grass and pick fresh citrus to feed her. She especially loved Cricket match! grapefruit! Joyce had many visits from the RSPCA, as a result of With her long time friend Joan Egan, Joyce loved to go to the calls from 'well meaning' passers by who thought Lillian was Friday Night meat draw at the Wauchope RSL. If her luck was in, being mistreated. Joyce always maintained that she would have she always shared her many prizes with her friends. Joan recalls Lillian put to sleep at the first sign of suffering, which she did how Joyce would go out of her way if someone needed a lift. She when Lillian was 22 years old.

Joyce used to recall how, when she arrived in Pappinbarra, local times with lots of laughs. Joyce also had a passion for frogs, stock and station agents refused to deal with women and were insistent on dealing with the 'man on the land'. Her husband Arthur would say "I know nothing about cows; you'll have to talk While tending to her cows about four weeks ago, Joyce broke her to the missus". After a while they got the message!

Joyce could never be called a 'shrinking violet'. She had strong and unshakeable opinions on some subjects such as raising children etc, and was never afraid of a good 'verbal stoush'. She also had a wicked sense of humour, often at her own expense.

Over the years Joyce saw many people come and go in the Valley and those that have known her all comment on her generosity her leg. Nothing keeps a good woman down. Joyce will be sadly and hospitality. Her dinner parties and get togethers are missed by the people of the Pappinbarra Valley and beyond. legendary. A great cook, she excelled at desserts - her pavlova Vale Joyce was 'to die for'.

Joyce will be remembered for many things by many different people. We particularly remember her kindness and generosity

to contact us unsuccessfully 'trackies' and clutching



Joyce was a forthright woman with a prodigious knowledge of successful production of 'Dimboola'. Most people will not be dairying and animal husbandry which she was happy to share aware that she refused re-imbursement for ingredients. with others. She put great effort into saving any farm animal that Whenever there was a function at the Hollisdale Hall, such as a was suffering or in need of extra care. Many of us will remember Pot Luck Dinner, you could rely on her to bring something Joyce's old cow Lillian who won many ribbons at local shows. For yummy. On Australia Day, she was hard to beat at gumboot a few years, as the cow had no teeth left, Joyce used to hand cut throwing and wielded a 'mean bat' at the Annual Dirt vs Tar

> and Joan travelled overseas together on a few occasions - great especially the Green Tree Frog, and collected them!

> ankle, which required surgery to insert a metal plate. She was recovering well with the help of a team of friends and she still managed to get to the weekly raffle at the RSL assisted by her great friends Jan and Daryl, and neighbour and friend Dale. In typical determined Joyce style, she also managed to get up and downstairs on her bottom as she was unable to weight bear on

> > Mary Walker and Jan Childs



The Hastings Cooperative has been running since 1916, beginning as a butter factory employing 8 people. Over the past 95 years it has grown into a major retail company employing 300 staff with 12 different businesses all falling under the ONE umbrella. The Coop is one of the largest and most diverse companies in the region and we are still very proud to call ourselves a community co-op, locally owned & operated. Co-op Membership is only \$20 and it gives shareholders direct discounts and special benefits to all of its shareholders, every day. Are you a member?

The Co-op Board appreciates how important communication is with its members and the public so please join us for a CO-OP MEET **& GREET** session at a venue near you:

- A great opportunity to join up as a Hastings Co-op Member
- A FREE light lunch or cheese platter [evening sessions] for all who attend
- An opportunity to see and discuss your Hastings Co-op's future plans and ideas
- Your chance to meet senior Co-op managers & Board Directors

Saturday, 27 April - Wauchope Farmers Market 12pm – 2pm

Tuesday, 7 May - Hollisdale Hall 5.30pm; cheese, fruit and crackers and juice, tea & coffee provided

Tuesday, 28 May - Beechwood Hall - 6pm; cheese, fruit and crackers and juice, tea & coffee provided

Hastings Farmers' Market

Come and experience a truly rural market at the Wauchope Showground, the home of the Hastings Farmers' Market. This market offers shoppers the opportunity to talk with the people who grow the produce or make the product and you may even get to try before you buy. Much of the produce is picked and packed the day before the market and it has travelled from a local farm to the market leaving only a small carbon footprint in its wake. You can't get much fresher or better than that. The next Hastings Farmers' market will be on **Saturday**, **25 May** rain, hail or shine. The showground gates open to the public from 8 am to 12 noon. Apart from an abundance of local produce and product, the local men's choir Blokes Notes will provide entertainment from the stage of the main pavilion at 10.30 am. See you there!

Elly Franchimont, Market Coordinator

Days Gone By

It's that time of year again!

Each year as winter approaches we are inundated with advertising for pills and potions to reduce the discomfort of coughs and colds. However, medical researchers face an ever-present challenge to remain one step ahead of constantly mutating influenza viruses to minimise the possibility of seeing again an influenza epidemic such as occurred in 1919. It killed millions worldwide and in Australia led to borders being closed, the cancellation of interstate trains. closure of cinemas and consequent unemployment for many. Failure to wear masks in the street was cause for prosecution.

Not surprisingly, newspapers carried frequent advertisements for 'remedies' and on February 1, 1919, the following public notice appeared in the Port Macquarie News:

The New South Wales Government Health Authorities recommend for protection against the germ, the use of a solid inhalant from the formula of which

Wawn's Wonder-Balm is made, apply this up each nostril 3 or 4 times a day (price 2/- a tube).....

The manufacturer claimed that "Wawn's Wonder-Wool" stops pain the moment it is applied. A medicated cotton-wool, every fibre is thoroughly impregnated with specially selected pain-



relieving the essences soothing virtues and healing properties of which are felt immediately. For such reason it is known everywhere as the "Magic Wrap." It never fails. It cannot fail. It stops pain in influenza, bronchitis, quinsy, ordinary coughs and colds; in headache, backache, neuralgia, and toothache; in rheumatism, lumbago, sciatica, strains, sprains, stiff joints and cramp".

When the epidemic had subsided, the manufacturer did not miss another opportunity - it seems if you rubbed the magic salve into your head, it also reversed an after effect of the flu, hair loss!

Now, where can I get some of that stuff!

Mary Wagg





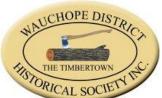




Found - and Needing a Home!

We were found one night recently by a very handsome and friendly black and white cat, which miaowed loudly at the door for a long time and was still on the verandah when we got up next morning. We suspect he was dumped, as Steve and I both thought we heard a car come up the drive not long before. When no-one knocked on the door I went outside to check - no sign of a car, but very soon after pussy cat arrived. We have checked with a few neighbours and they are not missing a cat. Ursula Kaldor across the road (853 Pappinbarra Rd 6585-6448) has taken him in and will care for him until we are sure that he isn't lost. If not claimed, she would be very happy to give him to a good home. She already has cats and can't take any more. He is a big male, we think desexed, black and white with long white legs and a white nose.

Community Announcements



Wauchope District Historical Society – Walking Tour Friday, 3 May 9.30am-12.30pm; Town Clock, High Street, Wauchope; \$10pp includes morning tea. Bookings essential Ph. 6585-1895 or 6585-2692

Wauchope District Historical Society - Coach Trip to Wingham and Taree for the Railway Centenary celebrations on Saturday, 11 May; \$25. Leaving Wauchope 8 am. Bookings essential Ph. 6585-1895 or 6585-2692.



The Carers Listening Post 2013 – a Forum for families, carers, and other stakeholders to examine issues in respite care and associated services; Tuesday, 28 May 11-00am -1-00 pm; Mac Adams Music Centre, Burrawan St (between town pool and Council Offices), Port Macquarie. To register phone National Respite Association 9789-1348 or email Kevin Marron kevinm@nationalrespite.com.au

Dealing with Difficult Emotions - one day men's health training program, XXXX May 17 9.00 am – 4.00pm; Kempsey Shire Council Chambers, 22 Tozer Street West Kempsey. Registration jen.haberecht@industry.nsw.gov.au 0400-160-287

Pot Holes

Add a pebble to a pot hole When next you pass one slowly by Now that hole's a rocky hole Exactly flat and not too high If our Council added Super Glue To hold those rocks in one by one It would be best for you and me Than that old tar and chewing gum Now when you see a large pot hole Looking sad and feeling lonely Just fill its tummy up with rocks And it will love you only So – would we miss those wretched holes If they were gone for good and all? What would we talk of when we meet? Just too much rain and aching feet!

Anne Waugh – Pot Hole Dodger Extraordinaire

In the Vegie Patch

There's still plenty of time to plant winter vegetables - cauliflower, cabbage, kale, broccoli, spinach snow peas and carrots. Why not think of companion planting with your veggies garlic chives, pyrethrum daisy and French marigolds can be used as pest



deterrents. Vegetable of the month is Spinach Red. This spinach is easy to grow. It has reddish arrow leaves with fuschia undersides. Also known as French spinach, the flavour is finer than that of green spinach. The health benefits of Spinach Red:

- most vitamin rich vegetable of all includes folate and Vitamins A, B1, B2, B6, C and K; also high in Iron
- red vegetables help memory function and reduce skin damage from the sun.

Here's to good health through gardening!

Alison Robinson

echwood General Store & Café







0424 220 937

elly@vocalpointevents.com



Podiatry

In an average lifetime most people will walk the equivalent of 31/2 times around the world.

As our bodies age we naturally develop health problems associated with wear and tear and slowing down of the natural repair systems. This is also true for our feet with many people developing heel spurs and aching feet in their early 40's.

By the time we reach senior years the combination of aged muscle and tendon tissue with wear and tear in the small joints of the feet increase the likelihood of osteoarthritis and instability in the foot. The good news is that there is a lot that can be done to help maintain foot health, reduce instabilities and keep you walking. A change of shoe style, exercises, cushioned insoles or simply having bulky nail tissue and corns reduced can make your feet feel quite young again!

Exercise is an essential part of staying active and independent. Loss of mobility brings with it increased episodes of depression and increasing risk of falls due to loss of balance. A foot health check with a registered podiatrist should include monitoring your circulation, balance, footwear, and foot care habits and can include removal of corns, hard skin and reduction of long or bulky nails if needed. Your podiatrist will know where you can find suitable footwear and can help you apply for funding for medical grade footwear if needed to fit feet with deformities.

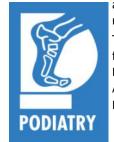
Podiatrists can refer for splints for those who have paralysis from strokes and can help you with rehabilitation exercises after a broken leg or foot to get you back on the move again. Loss of fatty padding and increasing discomfort under the ball of the foot can be improved with cushioned and moulded insoles which may be made to measure or generic devices adjusted for your condition. Toe deformities can be padded or off loaded with various devices as can corns between toes.

For the increasing numbers of people diagnosed with diabetes, regular checks with the podiatrist can literally save your legs. Maintaining a daily simple foot care and foot wear check and knowing your circulation or sensation is reduced can help you remain pro-active in your foot health and prevent a simple scratch or blister ending in an amputation.

Your feet are essential for your mobility and independence. If you take care of them, your feet will support you through the

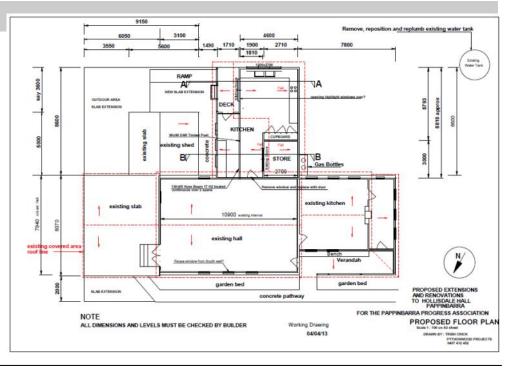
> activities and sport you enjoy and help you maintain your independence.

> This article was produced in the interest of foot health by Sara Coombes Accredited Member of the Australian Podiatry Association (NSW & ACT) and podiatrist in Kempsey and Wauchope.



Revised Plan for the New Kitchen

Trish Crick has provided the PPA with a revised plan for the proposed new kitchen for Hollisdale Hall. The new plan has the store moved to the other side of the room and the creation of an open space in the entrance to the kitchen. The new plans were on display at the April First Friday.







Great holidays. Lasting memories.



Grants Update

for Rural and Regional Renewal (FRRR) has been used for the hall. We are most grateful for the Cancer Council's involvement materials to build the post-and-rail fence now gracing the front in this cancer control measure for our rural area. of Hollisdale Hall. As the materials came in under the estimate, thanks to careful sourcing by Jim McGahey, FRRR has agreed to let us use the rest of the grant money to provide a concrete path from the carpark area through the small gate. This will facilitate disabled access. PPA acknowledges with thanks the Chay Khamsone and Elly Franchimont for grant submission! We contribution of FRRR to our community-owned facility.

With \$3,850 from Port Macquarie Hastings Council's 2012 paths and barbecue area. Community Grants Program, we have been able to improve the old Ellengrove schoolroom to better meet kitchen standards. The hardwood floor has been sanded and sealed, and a new island bench constructed to replace the tables previously used for preparation and serving of food. We really appreciate Council's help in this upgrading.

Shortly, Damian Privett, Jim McGahey and volunteer assistants will use the \$1088 from the Northern NSW Cancer Control **Grant Program** to install shade sails over the sandpit at the hall. As a result, children will be able to play in a sun-safe - see details page 2.

The Keep our children safe grant of \$3,560 from the Foundation environment, easily supervised while parents socialise at the

\$5,325 has just come to PPA from the NSW Government's Community Building Partnership for extending the concreted area at the hall. This will result in a more welcoming space for outdoor events, especially the First Friday barbecues. Thanks to hope to co-ordinate the concrete pour for shadesail posts,

Writing of the musical play Bushed - the subject of our Community Arts Support Program grant - is proceeding. More news soon.

Last but not least, PPA were fortunate in gaining \$320.33 from the Hastings Co-op's Community Chest Program. We thank both the Co-op for their generosity to local community and volunteer organizations and people of the valley for submitting their IGA Community Chest vouchers, nominating PPA Inc. as the beneficiary. Come to the Co-op's Meet and Greet at the hall

RFS Pappinbarra Training Day

A big thanks to Captain Stephen Ostler and our training officers Peter Davison and Phil Cordell for running the training day on Sunday. There was a great turn out for the day which Hollisdale RFS were also a part of. These days are designed to keep up skills for those who are already active, and those who are looking to join as a basic fire fighter. It was great to see people sharing their experience; this will in turn benefit the entire valley. Everyone who attended was spoilt by the special guest "mystery chef" who served a banquet of food to all. We will continue to have more events in the near future once some of our new members have finished their basics courses. These will be training days and hazard reduction burns. Once again a special thanks to Stephen and all those that make these events happen.



Our Firies old and new practice their skills at Upper Pappinbarra

Damian Privett

Fire Permits to burn off are not required until further notice.

Prior to a burn you are required to give your neighbours 24 hours notice in advance.

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: Lyn Blythe 6587-6186; Beechwood: Sam Elphick 0428-856-222.







To advertise here for just \$10 a month please contact Chay Khamsone on 6587-6022

kwanchay@hotmail.com

Plant of the Month - Cape Ivy Delairia odorata (Asteraceae)

Cape Ivy is a fast-growing vine originating from southern Africa that is now widely naturalised throughout the world's temperate to tropical regions. On Australia's East coast, its spread can be largely attributed to gardening and plant enthusiasts. However, once plants establish and reach maturity to flower, they have the capacity to rapidly spread by dispersal of their airborne, dandelionlike seeds as well as from stem fragments which can take root if mobilised in flood waters or on contaminated vehicles machinery.

In Pappinbarra, Cape Ivy appears to remain restricted to homestead sites and the riparian zones of the river and major tributaries. As a fleshy, somewhat 'succulent' plant, it does not flourish in hot, exposed sites without at least being rooted in damp soil (eg shaded forest environments, managed garden beds). In the riparian zone it flourishes because of soil disturbance in floods, plenty of moisture and abundant trees and shrubs over which to climb, flower and set its seeds to blow away.

The impact of Cape Ivy is similar to that of many other smothering vines in that it competes with natives and can contribute to transforming forest and riparian ecosystems by breaking down tree canopies and altering conditions such as light penetration, humidity and temperature.



Smothering habit (small daisy-like flowers)

www.northcoastweeds.org.au

Control of Cape Ivy infestations requires a well-thought-out plan, usually involving 3 main stages: 1) initial control of the climbing and smothering by either cutting or hand pulling or foliar application of herbicide; 2) control of the remaining ground and understory layer by the same techniques as above; and 3) ongoing inspection and treatment.

The plant is winter-flowering and, once flowers are visible, can set viable seed even if the plant is cut off or sprayed with herbicide. Therefore, treatment prior to flowering is preferable.

FURTHER INFORMATION

Port Macquarie-Hastings Council (Noxious Weeds Officer or Municipal Ecologist) 6581 8111.

Or, feel free to drop any plant ID specimens in my mailbox (sealed plastic bag please, 2011 Pappinbarra Rd) with your details and I'll get back to you.

Peter Michael



shaped, fleshy leaves (strong smell when crushed)

http://keyserver.lucidcentral.org/weeds/

Hollisdale Fire Brigade Working Bee

The Hollisdale Rural Fire Service Brigade will be holding a working bee at the Hollisdale shed for ground maintenance. Please come along and lend a hand. All members are invited to attend.

When: 11 May 2013, 8am start Where: Hollisdale Hall fire shed Contact: Chris Roelandts 6585 6700









Regular Events

First Friday

When: First Friday of the month, 6pm onwards

Where: Hollisdale Hall

What: BYO drinks and nibbles, low cost BBQ including vegetarian and gluten free options, members' draw (cash prize) and raffle,

table tennis, all ages welcome *Contact:* Jean Hegarty 6587-6077

Yoga

When: Every Saturday morning, 8-9.30AM

Where: Hollisdale Hall

What: \$15 (mats are provided)

Contact: Amy Hubers stillpointyogamassage@gmail.com 6585-

3470

Pitchfork Choir

When: Second Saturday of every month, 10am -12md

Where: Hollisdale Hall

What: \$10 (\$5 of which goes to the PPA); bring something

delicious to share for lunch if the urge takes you Contact: Elly Franchimont 6587-6097 or 0424 220 937

www.vocalpointevents.com

Exercise

When: Tuesday afternoons 1:30—2:30pm

Where: Hollisdale Hall What: Equipment provided

Contact: Lyn Blythe 6587-6185 or Beverly Kilpatrick 6587-6112

PPA Matters

<u>PPA Committee meetings</u> – Usually the Friday before First Friday at 6pm. All welcome.

General Meetings – quarterly. Next meeting after the AGM in early July. All

welcome

Facilities for Hire

Hollisdale Hall – contact Jan Childs 6587-

6055

Upper Pappinbarra facilities and tennis court - contact Sue Frost 6587-6129

Classifieds

Got something to sell? Want to buy something? Why not advertise here? Contact Chay 6587-6022.

Wanted

Garage for storage of car and motorbike. Must be on the tar. Phone 6585 6163 or

0407 073 071

All Saints Church

Services are held every fourth Sunday at 2 pm with a cuppa 'off the back of the ute' around

2.45p.m. All welcome.



Pitchfork

Circulation

Pitchfork has hardcopy and email circulation of approximately 280. It comes out on the weekend **before** First Friday – **Friday, 31 May** for the **June** Issue. Material for the **June** Issue to the Editor by **Wednesday, 22 May.** We run both casual and regular **advertisements** at very competitive rates. Contact Chay Khamsone.

Production Team

PPA Executive: Jan Childs <u>janmary1301@bigpond.com</u> 6587-6055 Editor: Bev Sibthorpe <u>bsibthorpe@bigpond.com</u> 6584-0051 or 6587-6075

Production: Angela Frost angfrost@hotmail.com

Advertising: Chay Khamsone kwanchay@hotmail.com 6587-6022

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: Jan Childs 6587-6055 Secretary: Elly Franchimont 6587-6097

Other Members:

Kelly Benson Chay Khamsone Lyn Blythe Bev Sibthorpe

Sue Frost



PPA Membership 2012-2013 \$5 per adult

PLEASE PRINT

Payment amount: ___

Member Names:		
Address:		
Email:	Phone:	

Send cash or cheque made out to "Pappinbarra Progress Association" to: Jan Childs, 1301 Pappinbarra Rd, Pappinbarra NSW 2446.