



PITCHFORK

Pappinbarra Valley Monthly News
Pappinbarra Progress Association

April 2024

Valley Happenings



First Friday BBQ: Friday 5th April, 6 pm at the Hall.

Mental Health First Aid Training: Saturday 6th April, 9 am to 1 pm. RSVP by April 1, see next page for details.



Fire training Pappinbarra and Hollisdale: Sat 13th April, 8am

Pappinbarra Valley Emergency Management Committee: Wed 10th April at the Hall

Women's Group: Wednesday 10th April, 9 am at the Hall



All Saints Church Service Sunday
28th April at the Pappinbarra Church, 2 pm

Rock and Roll Dancing: April 28, 2 to 4 pm

Coming up in May!

Pappinbarra Trivia Night!

Always a fun night of a battle of the brains. Dredge up your trivia and join in the games!

25th May - Save the Date.



Last year's winning table taking home the trophy

President's Report

April, bring on the cooler weather I say.

Events this month: Community BBQ 5nd April. MNC Community College are holding a Food Hygiene & Safety Course Sat April 13 - 9 to 4pm at the hall. RSVP to ppa.secretary2021@gmail.com by 8 April. Limited numbers so get in early. The course SITXFSA001 is accredited. This certificate would be good for any young adults wanting to get into the hospitality industry. April 28 -Rock and Roll dancing, come along to watch or have a crack. 2 – 4pm. RAMHP Mental Health First Aid Training 6 April at the hall 9-1pm RSVP April 1: 0400 013 803. Normally for frontline responders, but open to the public if you would like to attend. Numbers limited so get in early.

Save the Date: May 25 Trivia night bought to you by the Smith Family. Bush Dance with Lick the Spoon July 27.

St Patricks Family Day was a great turnout. Looks like this will become an annual event. Thanks to all who came along and made it a great day. Special thanks to the Smith family for cooking up a treat, Kelly Miller and her mum for the best

deserts ever, the Frost family for donating the pig on the spit, the wonderful musicians that kept us all entertained and all the helpers that did a great job cleaning up at the end of the day.

Shout out this month goes to the Hollisdale RFS Captain Chris and Training Officer Pete for training all the new recruits that have joined up and for ensuring that all the RFS members are still actively training and improving their skills even when the chance of a bush fire is very low due to the wet season we have had. Well, done!!

Thankyou, I have enjoyed my 2nd stint as President of the PPA and am proud of all that has been achieved over the last three years with the wonderful and committed committee members and others who are always lending a hand. It is however time to step down at the July AGM. I encourage you to think about joining the committee and maybe even taking up the President role.

Lisa McLeod

Hollisdale & Pappinbarra Rural Fire Brigades

As of 1st April Fire Permits will not be required to carry out Pile Burning, until next fire season. However, landowners still have a legal responsibility to provide the Fire Control Centre and all their neighbours with 24 hrs notice of the proposed burn. Neighbours include all those across the road, watercourse or boundary. Notification can be as simple as a note in the mailbox.

Regards, Andy Jarrett
Captain, Pappinbarra Brigade

IN CASE OF FIRE CALL 000

Fire permits now required and you must notify your neighbours 24 hours in advance

You need the permit # to go online to do your burn plan www.rfs.nsw.gov.au/notify

Permit officers:

Upper Pappinbarra: Andy Jarrett 6587 6181, Steve Ostler 6587 6090, Anthony Wall 6587 6127

Hollisdale: Chris Roelandts 6585 6700 or 0429 310 933, Peter Michael 6587 6022 or 0400 013 803

Beechwood: Steve Taylor 0429 458 653



March Women's Group enjoyed a morning of basket weaving. Many thanks to Mel from Mid North Coast Community College. Women's Group meet monthly on the second Wednesday. Contact Sue Frost on 65876129.



The first singing event at the Hall with Craig Wood was well attended and lots of fun! There will be another one in May, details in next Pitchfork.

Mental Health First Aid training

During emergencies, natural disasters or times of hardship, many of us will have conversations and dealings with people who are doing it tough.


The Pappinbarra Valley Emergency Management Team has organised for training for anyone at the frontline in supporting others in our community during these difficult times. You do not have to be a 'first responder', but simply someone wanting to help and support others in their time of need. The training is free and delivered by the Rural Adversity Mental Health Program – RAMHP. For more information on RAMHP, please go to www.ramhp.com.au

Orry Berry from RAMHP will lead attendees through their **RAMHP Support Skills** module. The course develops the

knowledge and confidence of participants to identify and approach people they suspect are struggling with their mental wellbeing or are at risk of suicide. Mental health problems are common and treatable. With 1 in 5 people experiencing a mental health problem in their lifetime, it's important to have the skills to recognise the signs that someone may be struggling. The training also focuses on taking care of yourself and practicing self-care.

The training is on Saturday 6th April from 8:30-12:30 at the Hollisdale Hall. If you would like to register to attend or would like further information, please call or text Peter Michael on 0400 013 803.

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To Sheep or not to Sheep

We started with 4 sheep; Cheryl, Beryl, Feryl and Shaun. Last year we sold 33. Of course, Shaun has been swapped or replaced several times or else our sheep may now be sporting 5 legs or 3 ears.

Sheep on the coast, how does that work? Aren't they prone to a range of diseases because of the humidity and wetter soil? We often get asked these questions. The answer is Yes, sheep are more prone to ticks and diseases such as foot scald and Barber's Pole worm on the coast. Sheep do require significantly more husbandry than cattle.

They carry a **tick** burden on the coast not seen west of the divide. Late lambs are easily killed by our coastal ticks particularly if they have a paralysis tick. Last spring, we collected over 100 ticks off one three-week-old lamb that consequently passed. As sheep age they seem to develop somewhat of a resistance to ticks, as they have much fewer and are less affected. The tick burden can be managed by limiting lambing to June and July.

Sheep have to be well managed for **Barber's Pole worm** (so called because of the red spiral stripe seen under the microscope), especially during a wet spring/summer. The adult worm lives in the stomach of sheep and feeds on the blood, causing anaemia. Sheep can die very quickly once anaemic. If not addressed quickly others will soon follow. The adult worm lays eggs which pass out in the faeces, the eggs hatch and larvae move onto the pasture where they are eaten by the sheep where they develop into adult worms. A rotational paddock program can be quite effective at managing Barber's Pole, resting each paddock for a few months so the larvae die before being ingested by the sheep. Whilst we do rotationally graze as far as possible, we have been thwarted by dog attacks



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The ticks from a one week old lamb

as it has limited the number of paddocks, we are prepared to allow sheep to access. So, we monitor sheep by checking their eyes for anaemia. This is a simple process by pressing your finger under the bottom lid exposing the inside of the eyelid and comparing it to a Famacha chart (the eyelid can be pink to white, the whiter, the more anaemic and this indicates a higher worm burden).



An individual may need to be drenched or if several are anaemic, we drench the herd. It is also important to rotate drench types, to avoid resistance developing in the worm.

Foot scald is another disease affecting some sheep during wet times. It is caused by a bacterium and causes lameness. Foot bathing with a zinc sulphate solution is the most commonly used treatment. Some sheep are more prone to this disease and may need to be culled. We had a big problem with foot scald several years ago, we culled the affected sheep and now we rarely see it.

My better half (wife of course!)

prefers working with the sheep as they are easier to handle and less imposing. They are certainly easier to make room for in the freezer. We are never asked for beef but we are often asked for lamb!

Lazy Dog



Suffolk sheep and lamb in Pappinbarra

St Pat's Day pics



Thanks to Harvey and Sophie Smith for the delicious spit roast! Started cooking at 5:30 am!

Live Irish music from our local musicians



Thanks to all the helpers in the kitchen!



Our token Irishman welcomed us in Gaelic - Thanks George!



Best dressed - Blair



To connect with Pappinbarra Valley residents for trading, swapping, selling, information and other services go to **Pappinbarra Community Connect** on Facebook

Pitchfork

Do you have suggestions for items in *Pitchfork*? Contributions welcome. Contact Angela by email angfrost@hotmail.com or phone 65876035. (Copy may be edited for reasons of space or clarity. The views expressed in *Pitchfork* are not necessarily those of the PPA).

Advertising Contact Caroline Hemmings, 0439 016 071, caroline.13@bigpond.com.

Circulation: 225 hard copies; over 100 by email. Comes out the Wednesday before First Friday.

Production: Angela Frost angfrost@hotmail.com

PPA

President: Lisa 0418 220 138 ppa.president2021@gmail.com

Next PPA Committee meeting – April 16th 6:30 pm at the Hall. Interested members welcome.

Hollisdale Hall Hire - booking essential. Contact Harvey 0414 375 333.

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