



PITCHFORK

Pappinbarra Valley Monthly News

Issue 114

November 2017

Frugal Forest at Sea Acres

The Frugal Forest exhibition launched at Sea Acres Rainforest National Park in September and has had a steady stream of visitors and workshop groups coming through. It will be on display at Sea Acres well into the summer of next year and throughout that period we are bringing different groups through.

We have three workshop series: Schools, Adults and School Holidays. Schools Workshops will run throughout Term 4 and there are still a few slots left so if you know of any school groups (from ages 3 to 16) that might be interested please feel free to get in touch with me to find out more.

Our Spring school holiday workshops were a real hit and our workshop leaders were run off their feet crafting and corralling. We will be running even more of these in the Summer school holidays so book your kids in early - they fill up quickly!

Our adult workshops ("crafternoons") for the rest of the season are:

- Sat 11 Nov - Wire Sculptural Forms
- Sat 25 Nov - Produce & Beeswax Bags (changed due to popular demand)
- Sat 2 Dec - Racket Weaving
- Sat 9 Dec - Eco Dyeing
- Sat 13 Jan - Packing Strap Stool
- Sat 20 Jan - The Art of Slow Stitching



Some of the beautiful botanical prints made at an adult 'crafternoon' workshop.

These are all being run by eight of our talented local Frugal arty-farties, and feature tea and baked goodies.

To find out more: chay@frugalarts.net or 65876022 or to book call Sea Acres 65823355.



Fungi for the Forest made by kids at a school workshop

**Permits are required for burning off. Call 6588 9000.
You also need to give your neighbours at least 24 hours notice.
IN CASE OF FIRE – CALL 000**

RFB Report

All brigades have been kept very busy over the last month with many fires burning out of control. Hollisdale was on its way to Taree at the beginning of the month when it was diverted to Lemon Gum Rd and then to the large fire at Comboyne where many properties were impacted and several houses and out-buildings lost.

The following week a large fire burning on the Hastings Forest Way near the Wilson River Reserve kept Hollisdale and Pappinbarra very busy. Over several days more than 30 fire appliances were required to fight this fire, as well as three helicopters. To make a fast turn-around for the choppers, two large portable swimming pools were set up near the Field Study Centre (at the top of the Left Arm) and water was pumped into them from the Pappinbarra River. There was also a fuel tanker on hand.

The little bit of rain we have received at the end of the month has certainly helped slow things down, but we need a lot more!

At the time of writing (18 October), all Fire Permits are cancelled, but check with Fire Control on 65889000 to hear the latest updates — **Chris Roelandts, Hollisdale Captain**



President's note:

The year has rushed by for many of us as it is less than nine weeks till Christmas, and that's really hard to believe. It may be my age but the years are going super fast.

Some of us have had or are having a year that has tested us like never before. Many would gladly walk on hot coals to go back in time and change the past. I think we can all relate to wanting to do this at one time or another.

If you are like me, you wish for the calm to settle in and for life to be a little less busy and less stressful.

What I have realised is that we need to find a little bit of good in every day, no matter how small. It's what can get you through a rough spot and keep you moving forward. Take time to concentrate on yourself and your needs. **You** are very important. Reach out if you need a hand, don't go it alone if you are having a rough time. There are people that are willing to help you if you need it. Be kind to yourself.

I tell you all this because it's important to recognise that some people put on a good appearance but underneath they are suffering. If you see someone that is not their normal self ask them if they are OK. You can then help them or guide them in the direction to get help and they will be forever grateful for your care and consideration.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Kind regards,

Lisa McLeod

"Abundance is not something we acquire. It is something we tune in to." — Wayne Dyer

Pitchfork is the newsletter of the Pappinbarra Progress Association. The view expressed in Pitchfork are those of the authors and are not necessarily those of the PPA or its members. Your contributions are welcome. Please send submissions to the editor, Adrian Guthrie adrianguthrie@gmx.com. We prefer unformatted Word documents with any photos as separate files. Liz Gough coordinates advertising lizabeth52@hotmail.com. Angela Frost does the layout.

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- Endemic tubestock supply
- Project planning and grant application advice

Native frangipani – *Hymenosporum flavum*

Spring offers many delights to the senses, and some local plants rival the sweetest European flowers for their scent... Two local treasures, that are in flower in the bush right now, are native frangipani and the wombat berry (*Eustrephus latifolius*); they both have abundant white blossoms and perfume to better *Daphne* and *Gardenia*. Native frangipani will have modest seed pods later in summer, packed with papery seeds. Here is what the Australian Native Plant Society web site says:



Hymenosporum flavum is the only member of the genus *Hymenosporum* and is closely related to *Pittosporum*. The name derives from Greek, *hymen*, a membrane, and *spora*, a seed, referring to the winged seeds, and *flavum*... from Latin, *flavus*, yellow, referring to the typical flower colour.

It is native to the coastal brush forests of eastern Australia from the Hunter River in New South Wales to Atherton in Queensland and extending to New Guinea.

It is usually only a small, very slender and upright tree up to 10 metres high. Bark is grey and roughish, and the branches are sparse, radiating in whorls from the main stem. The deep lustrous green leaves, which resemble those of *Pittosporum*, are alternately grouped at the ends of the twiggy branchlets, oval-oblong in shape, and 7-15 cm long.

This is a very fine flowering tree that begins to bloom in early spring, when the fragrant, open, tubular flowers are cream-coloured. They darken with age to a deep sulphur yellow before they drop. Fruit capsules are hard and brown, containing numerous closely packed layers of brown, papery seeds.

Australian Native Plant Society web site: <http://anpsa.org.au/h-fla.html>

What's in the veggie patch?

It's Spring in the veggie garden so it's on for young and old to get all the goodies planted to feast on over Summer! Capsicums, aubergines and tomatoes promise delicious summer dinning; asparagus, beetroot, kale, peas and beans add to the banquet in store; lettuce, snow-peas, and greens complete the temptation of salad days ahead.

And to add to the ideal roast there is rosemary!

Rosemary is an attractive, and drought tolerant, perennial herb that gives off a subtle, sweet aroma.

This evergreen shrub can grow to around 1.5m, producing small pink, blue or white flowers in the warmer months.

The rosemary bush makes a great decorative plant in the garden and can be used to add flavour to roast dinners, to make delicious stuffing, or added to veggies.

This plant likes a sunny position with well-drained soil and can thrive either in the ground or in a pot.

Now is the time to get your rosemary into the garden and enjoy its benefits.

Kristin - Greenbourne Nursery

Social Tennis

Sunday 19th November

Upper Pappinbarra Recreation Ground

Bring a BBQ



(or picnic – watch the fire regulations!)

From 4pm. All welcome

Gold coin to play

Help keep our courts open and meet your neighbours!

Questions?

Robyn Flanagan 65 876011

Lisa McLeod 0418 220138

Meet the neighbours: Joe, Ben and Lily Bianco

Joe was born in Malta sometime in the 50s (he refuses to name the year). He is the middle child of four brothers and one sister in a working-class family. His mother had a basic education but his father never went to school. Joe says that, "Dad could turn his hand to anything, and was always on for a challenge. He came to Australia in the 50s on a dare! He could speak no English, knew no-one, and didn't have a job! But in two years he managed to earn enough to bring his whole family out to join him!"

The family lived in Revesby and Joe attended De La Salle College. When he left home, aged 18, to make his way in the world, he was already no stranger to hard work and to making a go of things. Joe had worked in and around motor mechanics workshops and petrol stations since he could read and write. He says that he remains a "petrol-head," to this day! He learned his work ethic from his hard-working father.

Joe took up an apprenticeship as a toolmaker and then went on to study industrial hydraulics and mechanical engineering at night school at TAFE. He worked as a project manager for a firm manufacturing electric motors, and they sent him to Germany to appraise machinery used in the making electric motors. A big responsibility for a man in his mid-twenties! He worked for this firm for 9 years, but eventually left as he was becoming unwell with chest pains due to stress. Joe is a self-confessed workaholic! He had bought land and built his first house by the age of 24! Even working as many hours as he could every day, he still managed to play competitive squash in the evenings! No wonder he had chest pains!

An engineering company made Joe an offer he couldn't refuse, so he worked there for two years and in this time the company turnover increased tenfold. But it was time to go out on his own, so, after studying at Granville TAFE and getting his Builders License in the late 80s, Bianco Building Services was born. Joe has never advertised but word of mouth has given him all the work he could manage.

In 1987 he saw a house in The Oaks which was structurally sound but very run down, so he bought it for a song. He lived in it, and renovated it; then sold it for a huge profit. This little venture set him up for life! He then bought a block in Camden, built a home and lived there for five years before again selling it at a profit. Joe then moved out near Mittagong, where he built another large house and met his future wife, Susan, who was a school teacher. They lived there for over a year before moving to the Hastings Valley in 2000. They bought a property in Redbank and Joe set about clearing the regrowth. Susan took some casual work teaching and then took up a permanent post at Beechwood Public School. Joe put a small advertisement in the Yellow Pages as a Bathroom Specialist and the work came flooding in.

In 2006 their son, Ben, was born and Susan reduced her hours to two days a week. Then in 2008 their daughter, Lily, was born and their family was complete. In 2017 they sold their house in Redbank and Joe and the children started frantically looking for a house and land, preferably with river frontage, somewhere in the area but there was nothing available that ticked the boxes. Then Ben and Lily searched on Google and found the perfect place, a bit far out perhaps but still on the tar. In June this year Joe settled on their perfect patch of Pappinbarra and they are still unpacking.

Both children attend Wauchope Public School, Ben in year five and Lily in year four. They have settled well and made local friends. They travel on the school bus each day and Lily is looking forward to a school camp at Taronga Zoo where they get to sleep the night at the Zoo! Ben likes nothing better than zooming around on his motor bike, a petrol-head in the making! Joe keeps himself busy on the farm and enjoys making a home for his children. He is quite happy to take on small jobs now and again but there is no rush!! — **Mary Walker**



Foodies' World: Preserved Lemons

Wondering what to do with your overabundance of lemons this year? Well how about Middle Eastern preserved lemons? Easy to prepare, ready to go in three to four weeks, and keeps for months – if not years. Select your best lemons for this gourmet treat (smooth skin such as Meyer work best) and give them a good scrub using cold water. Any that are a bit soft or discoloured can be used for juice.



Thoroughly wash jars and lids, then sterilise. Put lids in boiling water for 10 minutes and sterilise wet jars in the microwave on high for 60 seconds or dry and place upright on a tray in the oven at 180°C for 10 minutes.

Cut the end off lemons so they will sit flat, then cut into wedges, dredge in salt, and pack into jars, curved side out, compressing them with the back of your hand. You can add peppercorns, bay leaves, cloves at intervals and finish off by inserting a cinnamon stick. Top up jars with lemon juice, wipe necks free of salt, screw lids on tightly and store in a cool spot (not the fridge). Invert jars a few times over the first week to ensure salt is evenly distributed.

The lemons are ready to use in three to four weeks. Most recipes say discard the flesh (very salty) and use the sliced preserved peel in Middle Eastern or any savoury cookery. A roast chook stuffed with whole preserved lemon wedges tastes amazing.

Once opened store in the fridge. Use a clean fork to extract sections and do not contaminate by decanting into another container.

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Horse Talk

Are you new to horses? Have you ever had a fall from a horse? Falling off a horse can be frightening, traumatic, or dangerous, but it can even be fun. The fact is, it's bound to happen unless you ride with super-glue! Did you know that horses get a fright too when a rider falls? They have just got used to the feeling of your body on their backs, and then along comes a kangaroo, a bird, a pot-hole, a leaf, a bit of plastic, or the rider (you) just loses the plot and falls off. For an instant, they will panic and must decide whether to run far away, kick out, trample, shake or to just snooze. One thing I have learned, is that time invested in your horse, building up a trust, will make a big difference when things get tricky. A horse is a *fright and flight* animal, they must run from danger to survive. But if they believe that you are a *safe haven*, that you love them and would never hurt them, they are most likely to put you first and do what they can, to help you. Use your voice... talk to them, soothe them... it will help calm you as much as your horse.



It's a good idea to have a plan, in advance, when you are out riding. Ask yourself, what would I do if I fell off? Who knows where I am? Most recently I watched my daughter come out of her saddle and onto her horse's neck, after going over a jump in the bush. Shanti was facing downhill, feeling alarmed and ready to run... it was about to get really nasty. But she changed her mind, quickly raised the muscles in her neck and gently put Leilani back into the saddle. It was a Disney moment! How wonderful are these animals to go against their own deeper nature which is fear and flight, to respond with care and love? — **Bronwen Kalea**



If you have a horse question or a story you would like to contribute, please email me, tahomabooks@gmail.com

November Gig Guide

Wauchope Arts

Wednesday 1st November 7-30pm

Mile Twelve

Since their formation in 2014, Mile Twelve has performed extensively throughout the U.S., Ireland and Canada. They are a fresh, hard driving young band walking the line between original and traditional bluegrass.

Support act are Mel and John.



Thursday 9th November 7-30pm

Wallis Bird

Originally from Ireland, now based in Berlin, Wallis Bird has recorded five albums in nine years. Her latest album *Home*, released this year, has enjoyed critical acclaim across the world. Her songs meld together traditional Irish folk music and unorthodox guitar playing. According to the Irish Times, "The sheer visceral energy of Wallis Bird could kick start an entire economy"



Sunday 26th November 6-30 pm

Festival of Small Halls – Vance Gilbert and Liz Stringer

Vance Gilbert is an American folk singer-songwriter with Jazz roots and a flair for story telling. He has recorded 12 albums and has played support for Aretha Franklin and Arlo Guthrie. Liz Stringer, from Melbourne, is one of Australia's most respected and versatile songwriters and musicians. Her melodically rich, story-based songs have delighted audiences and festival goes around the country.

Save a Turtle – Buy a Bag!

After a very successful sewing day in September, we now have our lovely PPA shopping bags ready for sale at the November market.



Our aim is to encourage shoppers to take their own re-usable cloth bags when shopping and so reduce to use of single-use plastic bags. A University of Queensland researcher has revealed more than half the world's sea turtles have ingested plastic or other human rubbish, mistaking it for food. It is

estimated four million to 12 million tonnes of plastic enter the oceans annually. CSIRO has found that more than 60 per cent of seabird species have ingested human debris.

Let's do our bit – small though it is – to reduce the amount of plastic entering the oceans via our rivers and coastlines by not using plastic shopping bags.

Thanks to the thirteen lovely sheilas who worked at our sewing day at the hall.

Sue Frost
Say NO to Plastic





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Valley Happenings

3 November- First Friday BBQ and get-together from 6 pm at Hollisdale Hall, Pappinbarra Road. Come along and enjoy the company. Don't worry if you don't know anyone – we will make you welcome! Vegetarian and gluten-free options included in a tasty low-cost menu. BYO drinks. Cooking team this month will be Emma Frost, Bev Sibthorpe, and Robert Williams.



At the last First Friday Chris Roelandts took out the big jackpot on the member's draw! Many thanks to the cooking team Michael, Alice, Robert Williams; and to all who helped with the set-up and clean-up.

5 November - Grown and Gathered - Pappinbarra Community Market - is on Sunday 5 November.



Join us and bring the family from 9 am to 12 mid-day for a bush brekkie, a bit of a chat, some local treasures, yummy food, coffee and live music! Stall enquiries to Lisa on 0418 220 138. [grownandgatheredcommunitymarket](#) on Facebook.

11 November - Rural Fire Brigade training for Pappinbarra and Hollisdale members is on the second Saturday of the month at 8 to 10 am. Meet at Hollisdale in full uniform. The RFB is run by volunteers and new members are always welcome.



19 November – Social Tennis from 4 pm at Upper Pappinbarra Recreation Grounds. Bring a Picnic or a BBQ (but watch the fire regulations). Fun for young and old. Everyone welcome. Gold coin to play. Keep our courts open and meet the neighbours! Contact Robyn Flanagan 65 876011 or Lisa McLeod 0418 220 138.



26 November - All Saints' Pappinbarra: Service on the 4th Sunday at 2 pm with afternoon tea around 3.00 off the back of the Murphy's ute. Everyone is welcome. Please bring a plate to share.



Hollisdale Hall and grounds are smoke free - please don't smoke at any of our functions.

Join the Pappinbarra Progress Association It's not too late for 2017-18 membership. Join for only \$5 per adult per year to support *Pitchfork*, Hollisdale Hall, and PPA activities in Pappinbarra and district. We want to hear your voice and have your participation in our diverse community.

Pappinbarra Community Connect : on Facebook
for trading, swapping, selling and keeping in touch with other Valley residents.

Hollisdale Hall hire: phone George 65876077

Support your local community - join the Pappinbarra Progress Association!

For only \$5 per adult per year to support *Pitchfork*, Hollisdale Hall, and PPA activities in Pappinbarra and environs. We would love to hear your voice and have your participation in our diverse community. Your name will also go into the membership draw at First Friday each month. Just fill in the form below and post to the treasurer Sue Frost at 2751 Pappinbarra Rd.

Pappinbarra Progress Association membership form 2017/18

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

