



# PITCHFORK

## Pappinbarra Valley Monthly News

Issue 116

February 2018

### Times Past: Did you know?

We are planning celebrations this year for the **Centenary of the Ellengrove School**. It was closed in December 1954 and is now the kitchen of Hollisdale Hall. Wauchope District Historical Society would like to interview anyone with memories of the school and to copy any old photos people may have. A 'Back to Pappinbarra' weekend is planned for later in the year and we would love to hear any suggestions from interested people - current and former residents of the valley. We can be found in the Local Studies area of Wauchope Library every Tuesday and Wednesday morning.



WDHS committee is Mary Wagg, Jeannette Rainbow, Daphne Salt, Sue Frost, Rob Tickle, Jean and George Hegarty; all but one Pappinbarra Valley people!

2018 also marks the bicentenary of the European arrival in the Hastings region when John Oxley's party turned East toward the Pacific after it failed to find an inland sea. WDHS will be organising the commemoration of his journey from Mt Seaview to Port Macquarie with a varied program of events in September. - **Jean Hegarty**



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# Rural Fire Brigade report

## Message from Hollisdale Brigade

Happy 2018 to all! On 8th of December the Hollisdale Brigade presented Suzanne Leigh with a Certificate of Appreciation for her kind donation of a parcel of land to the Council so that we can extend our shed. Thank you, Suzanne!

It has been quiet on the fire front for our area up to the time of writing. Hollisdale had two call outs in December. We helped with the large fire on the North Shore at Port Macquarie; and attended the fatal accident on Pappinbarra Road on Boxing Day.

Cheers

**Chris Roelandts**, Hollisdale Captain (temporarily on sick leave)



## Message from Pappinbarra Brigade

The AGM for the Pappinbarra Brigade is to be held at the Fire Shed (near the Junction) on 30th April 2018 at 19:30. This is your local Brigade if you live on the gravel road or beyond the tar road and this is your nearest Fire Shed. It is in your interest to be involved with the Rural Fire Service, to seek advice on fire prevention, and to volunteer to protect life and property in the valley. This is the service that will protect you in the face of bushfires, domestic fires and any other crises.

**Kelly Benson**, Secretary [kelly@wtng.com.au](mailto:kelly@wtng.com.au)

# President's Note:

Firstly, I would like to wish everyone the best for 2018.

This time last year we were hitting some very high temperatures and then the catastrophic fires were upon us. Many people's lives were turned upside down and the impact of these events is still being felt. I would like to take this opportunity to remind everyone to stay vigilant through this fire season. If you don't have a fire survival plan please prepare one and make sure your family is familiar with it.

The funds from this month's market will go to Hollisdale and Pappinbarra Rural Fire Brigades. Thank you to the men and women who volunteer to protect our valley and other communities; you do a great job.

Last year PPA raised over \$3,000.00 from the Grown and Gathered Market raffle for worthy causes in the region. Heartfelt thanks to you, our local residents, and visitors for contributing to this wonderful effort. Many people in need benefited from these funds. Well done.

PPA's grant of \$4020 from the Foundation for Rural and Regional Renewal (FRRR) for a 'Mow and Grow Shed' and of \$3500 from Australia Post for a gas hot water system and shower have enabled us to complete two major upgrades to Hollisdale Hall. Phil Kempers of *Farmland Solutions* built the shed; Pat McInherny (*McInherny Plumbing*) the 'disaster readiness' addition to the disabled toilet. *Timber Corner* and *Bennett's Steel* were very generous with discounts on materials; Sue Frost and Jean Hegarty wrote the grant applications. PPA thanks all involved; we have great support from our local community.

Thank you to Heather Smith from *Write Approach Marketing* for looking after publicity for the Grown and Gathered Market for the last two years. Instrumental in its success, Heather is now handing over to Indy. PPA welcomes her to the role.

Sadly, on Boxing Day last year a gentleman lost his life in a motor vehicle accident on Pappinbarra Road. A family's life has been forever changed. We feel for you, as you learn to live without him in your life. God Bless.

**Lisa McLeod**

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 submission to the editor, Adrian Guthrie [adrianguthrie@gmx.com](mailto:adrianguthrie@gmx.com). We prefer unformatted Word documents with any photos as separate files. Sam Neale is responsible for Pitchfork advertising email [neales21@gmail.com](mailto:neales21@gmail.com), Angela Frost does the design and layout.

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- Endemic tubestock supply
- Project planning and grant application advice



## TREE OF THE MONTH – RED BLOODWOOD

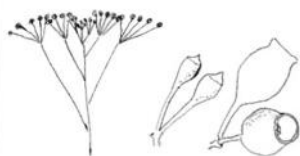
Common trees from coastal Victoria to Queensland, bloodwoods are flowering now in the Pappinbarra valley, their dense cream blossoms producing copious nectar, eagerly sought by birds, gliders, and many insects including both native and introduced (European) bees.



Bloodwoods grow quickly in ideal conditions, reaching 45 metres or more, less in poor soils or exposed positions. The rough, tessellated/scaly bark persists to the smallest branches, which are smooth. Bark is light brown, but very dark after fire. Gliders scratch the bark to access the heavy, resinous red sap, or kino.

Because of gum lines, bloodwood timber is generally used in the round - for piles, posts, sleepers and fencing - rather than sawn, though some appreciate the character imparted by the red veins. Bloodwood has been used for house stumps. Though it isn't particularly resistant to termites, it can last up to 25 years in-ground, 40 above.

Bloodwood leaves are dark green and lance-shaped, 10-16 cm long. Like other Myrtaceae, bloodwood blossoms feature the male stamens as the coloured attractant part, and after



pollination and fertilisation, the ovary beneath them develops into a hard, woody, distinctively urn-shaped capsule about 15mm long. Small mature seeds fall when the valves below the neck of the capsule open.

Named for its bleeding gum from wounds, bloodwood was classified as *Metrosideros gummifera* very early in the exploration of Australia, then transferred to *Eucalyptus*, and more recently (1995) moved to a new genus as *Corymbia gummifera*, though not all taxonomists are happy with the splitting. (Some are 'splitters', some 'lumpers'!) — **Jean Hegarty**

## Wellbeing: Herbalist Pat Collins to talk in Kendall

*Some will be interested to hear of this talk in a nearby community.*

Pat Collins, a well known herbalist from the Hunter Valley, is coming to Kendall Community Hall (19 Comboyne St Kendall ) to share her vast knowledge of many common weeds and herbs that she uses to improve health. Pat has a range of her own herbal and cosmetic products made from garden and bushland ingredients with no hidden additives. She runs the Total Health and Education Centre in Muswellbrook and share her practical knowledge about using weeds and herbs in through workshops and courses. The Talk and Demonstration will be on Monday 26 February 26, 2018 from 10 am to 12.30 pm. Cost \$15, and \$10 concession.

If there is enough interest on this day Pat may return to run practical workshops. See the workshop section of her website [www.patcollins.com.au](http://www.patcollins.com.au) to see the sorts of products you can learn to make from weeds and also the books she has written.

Bookings essential by Thursday 22 February. Phone Marg 0438 626 803 or email [margaret.wallin@gmail.com](mailto:margaret.wallin@gmail.com). -- **Margaret Wallin**, Community Global Garden at the Community Centre, Kendal. [patcollins.com.au](http://patcollins.com.au)

## In the veggie patch

Summer has been kind to the garden, if you have been able to keep the water up to the demand of your plants during several dry weeks; tomatoes, corn, beans and summer greens will have thrived, with aubergine (egg plants), melons, pumpkins and the other veggies of late summer developing to full ripeness. These abundant summer veggies and fruits will continue until heavy rain or cooler weather start the transition to autumn plantings.

**HERBS**, that you can sow or plant as seedlings, include – chervil, chicory, chives, coriander, fennel, garlic bulbs, lemongrass, lavender, marjoram, mint, oregano, parsley, rosemary, rocket, sage, shallots, sorrel, rosemary, thyme, winter tarragon and yarrow.

**FRUIT & VEGETABLES** – plant beans, broad beans, beetroot, cabbage, carrot, cauliflower, Chinese broccoli, Chinese cabbage, English spinach, leek, lettuce, broccoli, lettuce, onion, parsnip, peas, potatoes, radish, shallots, silver beet, spinach, spring onion, swede and turnip.

**Companion planting** Vegetables that will *do well* together at this time of year include: Beans, broccoli, lettuce, onions, peas, and radish. Source: [aboutthegarden.com.au](http://aboutthegarden.com.au)

# Sounds of summer: Cicadas

One warm evening in late October, a large, wingless cicada nymph burrowed up from its subterranean cave to crawl up a lemon myrtle shrub just near our back door. There, clinging to a slender branch, it split down the back, to metamorphose magically into an emerging creature with crumpled wings which soon expanded, hardened and greened. Only two or three vertical metres from where he spent his last few years, the giant bug started feeding on plant sap and calling for a mate with his incessant, deep, guttural song. The male Bladder Cicada (*Cystosoma saundersii*), may sing fruitlessly for an evening or so, continuing till absolute darkness, its leaf-like wings lifted and abdomen pulsing with sound until a female was attracted to the song her species has been producing and responding to for aeons. While you could miss the dusk music of *Cystosoma*, none but the truly deaf would fail to hear Double Drummers (*Thopha saccata*) once they had left the muddy nymphal skins which yet cling to the trunks of the gums whose root sap had sustained them for the last four or more years. The largest Australian cicadas, Double Drummers are among

harsh calling - like grinding metal - of huge numbers of Razor Grinders (*Henicopsaltria eydouxii*) all day and sometimes through the night. They are agile, fast flyers and - believe me - very hard to catch.



Adult Double Drummer

While the song of a solitary cicada might pinpoint his position, there is strength in numbers with more cicadas to go round hungry predators like birds, spiders, bats, lizards, small snakes, insectivorous mammals and other insects. Humans find the sound ear-splitting and perhaps birds do too!

After mating, female cicadas lay eggs in tiny slits they make in the bark of branches or twigs. Pro-nymphs emerge, shedding their skins as they leave the slit, then leap to the ground as nymphs, ready to burrow down to a suitable root to tap for the next several years of feeding.

Many Australian cicadas don't have common names and many more are, as yet, unclassified, with not even a scientific name. There is lots of research to be done. Just google for more info!

Jean Hegarty photos George Hegarty



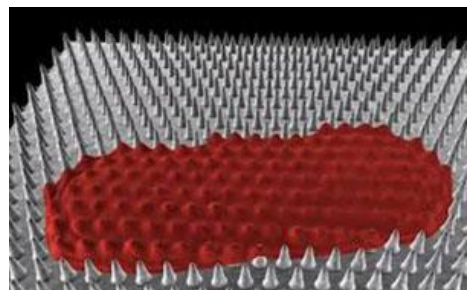
Adult Double Drummer emerges

the noisiest, reaching 120 decibels *en masse* in the heat of the day and in the evenings. The high-pitched male whine comes from two large drums on the underside, covered by large orange opercula. Female cicadas are silent except for wing clicking in some species.

Cherry Noses (*Macrotristia angularis*) and Greengrocers (*Cyclochila australasiae*) joined the chorus in December, only to be outdone by the loud,

## Science Corner

When a cicada dies, why are the wings left intact when the body disintegrates? Australian scientists have discovered that the wings have nano-spikes on their surface 1/1000 the thickness of a human hair. These can puncture the cell membranes of microorganisms that land on them; the hyaline cicada wing is the first naturally occurring surface with physical properties which are bactericidal. Research is proceeding with hopes of application to artificial joints to prevent infection.



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# Horse Talk

What is it like when a horse dies? I believe horses are one of the hardest animals to lose because they have such big hearts and strong presence in our lives. But losing a loved animal is part of the deal of owning and caring for such a companion. I lost my first horse Beau when he was 30 years old, and ironically, I was also 30. Nobody wants to see their mate suffer. When I had to make the decision for the vet to put him down, there was only one choice. As he passed, I felt all the great moments we had shared together rush through my heart and I know for sure that they were never lost between us. We can



imprint with our horses in such a way, even at the end.

A few years ago our miniature pony, Mudcake had a still-born foal on our farm. She was a beautiful bay filly, perfect in form but died in

-utero. It was the

hardest of days. We had been excited in anticipation of a new baby and here now was an absolute tragedy. What I found astounding was the way in which the mother coped. Mudcake needed time with her foal. We gave her that important time while we dug a grave.

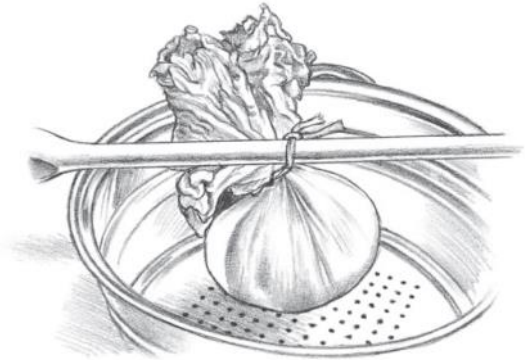
We named her baby Thumbelina and wrapped her in my grandmother's blanket. Taking the foal away from Mudcake created panic and sadness in the little mare so we put her into the bigger paddock with our other mares. As we buried the foal we could hear crying. All the mares were crying. I have never heard this from horses before—a kind of wailing, baying. By the end of the day Mudcake had accepted the story—no more grieving, she was back to chewing grass. I cried for three weeks after that loss and realised that this little mare had so much to teach me about courage, truth and acceptance. It all comes down to love in the end. Love your horses through every single lesson you will share and they will love you back in the most miraculous ways. Mudcake is living proof that love endures all things.

If you have a horse question or a story you would like to contribute, please email Bronwen Kalea, [tahomabooks@gmail.com](mailto:tahomabooks@gmail.com)

# Fork 'n' Plate:

## Yoghurt cheese or Labneh

With cooler days ahead, the urge to entertain is still running strong. The time stressed among us are always on the lookout for new food adventures which have a bit of the wow factor yet are simple and easy to prepare, require no special gear, and are sure to please. If you relate to any of the above why not give yoghurt cheese (or labneh if you want to impress) a go?



All you need is cheesecloth (muslin), 1kg of plain yoghurt, a wooden spoon and a pinch of salt. First line a container with two layers of cloth, pour in the yoghurt, gather the ends together, tie with a piece of string and attach to a wooden spoon or a chopstick. Leave to drain for 12-24 hours over a container in the fridge by which time the whey will have completely drained. Keep the whey - as well as a health drink it has multiple uses in things such as bread making, as well as fermented dishes such as kimchi and sauerkraut. Add a level tsp of salt to the fairly firm curds and mix in well.

Now comes the exciting part. If you simply can't wait you can decant the mix into a number of smaller dishes and add a range of exciting flavourings such as sweet chilli sauce, coffee and chicory essence, ginger or maple syrup or something wild and crazy you've just made up yourself. This cheese works well with dukkah and can be served with biscuits, crisps, or veggie sticks.

Alternatively you can line a ramekin with a double layer of cloth, weigh down with a can of beans to compress and put back in the fridge to age for a few days. Turned out on a plate with the muslin pattern on top it has a more complex mature taste and can be topped with any of the above or simply drizzled with honey and topped with chopped pistachios.

Illustrations: [homebrewandbeer.com](http://homebrewandbeer.com)

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# Orchids of Pappinbarra

It being the New Year, and still close to Christmas, the first orchid of this article is *Calanthe triplicata*, the Christmas Orchid.



If you go for walks in the rainforest around this time, you may see waist-height flower stalks rising from amongst the clumps of broad, pleated leaves that grow in colonies near riverbanks, especially in the humus. The flower stalks bear up to thirty pure white flowers, with a warm yellow centre and a spur sticking out the back. The lip is many-lobed and sticks out at an angle from the pointed oval, or *falcate*, petals behind. At the top the buds often cluster into a low pyramid, with the green bracts enclosing the white stems. The flowers have an interesting property: if bruised or scratched, the petals

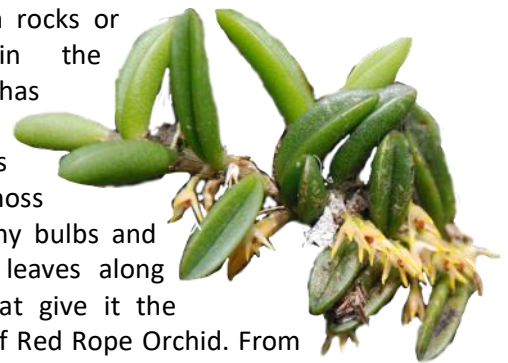
turn a vivid blue. One of the largest orchids in Pappinbarra, it is a beautiful sight and not hard to spot on rainforest walks.

Another one that you may also see around is a ground orchid as well – but this one has no leaves! *Dipodium variegatum*, the Hyacinth Orchid, has a single mauve-burgundy stem around 30 cm tall emerging



out of the leaf litter, upon which are borne many cream flowers with deep reddish purple blotches. The petals are oblong coming to a point, and the lip has pastel red fuzz along the top. This orchid has fungal threads attached to its thick roots; these supply it with nutrients, but, unlike some other plants, it does not give anything back to the fungal network, (mycelium), that sustains it. Plants like this are called saprophytes. Some species of orchids, like *Rhizanthella*, flower underground and are pollinated by termites. If you brush away some of the leaves from the base, you will see purplish bracts arranged in a bulb that looks slightly plaited.

An epiphyte called *Oxysepala schilleriana* can often be seen growing on rocks or tree trunks in the rainforest. It has



fleshy, almond-shaped leaves nestled in the moss at the end of tiny bulbs and forms ropes of leaves along the branches that give it the common name of Red Rope Orchid. From spring all the way through January it has tiny orange petaled, three-point-star flowers with a tiny vivid red tongue sticking out from the centre. It is quite common if you look, and you should, because its tiny blooms are truly jewels of the forest. — **Morrow Taplin**

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## Attract the Right Birds to Your Garden or Farm!

Hastings Landcare has had many enquiries about the spread of the Common or Indian Myna across our region, and in response we will run a workshop on their control, and also how to attract native birds to your garden or farm. The workshop will be held at Wauchope RSL Club on 15 February 2018 from 9am to 12 noon.



A local native Scarlet Honeyeater on the left and an invasive Indian Myna on the right

Indian Mynas compete for nesting hollows with native birds, destroy their eggs and chicks as well as interrupt natural breeding. These birds will also evict small mammals from their hollows and leave them unusable due to their messy nesting habits. Trainers Laura and Kevin Noble from Clarence Valley Conservation in Action say, "It is great to see a community band together to help control this pest species for the benefit of our native wildlife".

Indian Mynas tend to become dominant in urban areas and the number of different bird species found in and around your home is a good indication of the health of your surrounding natural environment. Sue Proust from Hastings Birdwatchers says, "You can increase the types of birds and the frequency that they occur in your garden by providing them with native plants, shelter and water".

Hastings Landcare invites everyone interested to attend this workshop, which is free of charge. RSVP by 12 February 2018 on 02 6586 4465 or by emailing [office@hastingslandcare.org.au](mailto:office@hastingslandcare.org.au)

Stephen Allwood, Local Landcare Coordinator, 6586 4465

## February Gig Guide

### Wauchope Arts

Saturday 10 February 7:30 pm

**Fred Smith accompanied by Liz Frencham**

**Local support: John O'Shaughnessy and Heather Humphrey**

Fred Smith has been a favourite on the Australian festival circuit for years, much loved for his gentle wit, gift for story and melody, and sublime collaborations with Liz Frencham and The Spooky Men's Chorale. ([www.fredsmith.com.au](http://www.fredsmith.com.au))

Tickets \$25 (members \$20) from **Trybooking.com** or at the door.

Friday 16 February 7:30 pm



**Tim McMillan and Rachel Snow**

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# Valley Happenings

**2 February - 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.



**4 February- Grown and Gathered - Pappinbarra Community Market.** Join us and bring the family from 9 am to 12 mid-day Sunday 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. Grown and Gathered Community Market on Facebook.



**10 February - 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.



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

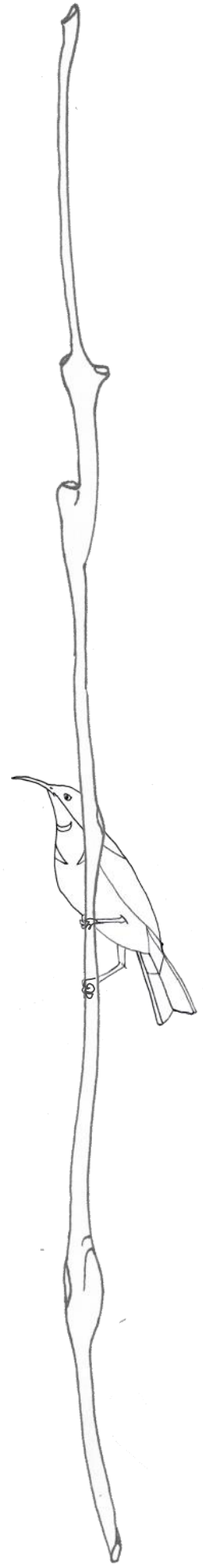
**18 February – Social Tennis** from 4 pm at Upper Pappinbarra Recreation Grounds. Bring a Picnic or a BBQ (but watch the fire regulations). Fun for young and old. Everyone welcome. Gold coin to play. Keep our courts open and meet the neighbours! Contact Robyn Flanagan 65 876011 or Lisa McLeod 0418 220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



**25 February - 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.



**31 January – Super, Blue, Blood Moon.** After more than 150 years these three phenomena will occur at the same time. A **super moon** happens when the moon's elliptical orbit brings it closest to Earth, so the moon is big and bright! A **blue moon** is the second full moon in a calendar month. A **blood moon** happens when the moon passes through the Earth's shadow and the atmosphere filters the sunlight leaving mostly red light (like sunset) to illuminate the moon. **Where?** Global, but best in the eastern hemisphere.



## 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