



PITCHFORK

Pappinbarra Valley Monthly News

Pappinbarra Progress Association

April 2016

Valley Happenings

Do you enjoy *Pitchfork*? It is published by **Pappinbarra Progress Association (PPA)**. Membership is only \$5 per adult. If you join you support PPA in this and other activities to benefit our community. Members can have free classified ads on a casual basis and are also invited to attend committee meetings; next one is at 6pm on Friday 22 April at Hollisdale Hall.

April First Friday community get-together and barbecue is on 1 April from 6 pm at Hollisdale Hall, Pappinbarra Road. (Now that it has been newly painted you can't miss it!) Come along and meet your neighbours and enjoy the company, the fire (if it's cool) and the food. Vegetarian and gluten-free options included in a tasty low cost menu; soft drinks available; BYO other beverages.

March First Friday saw James Flanagan win the members' draw. Since he wasn't there it jackpots to \$30 for April First Friday. Angela Frost won the raffle and chose the Wauchope Country Meats voucher. The barbecue team - Darren and Kerry Rowley and Adrian Guthrie did a great job. Thanks go to them and the volunteers who helped set up and clean up - your help is really appreciated.

Pappinbarra Community Market - 'Grown and Gathered' is on Sunday 3 April at the hall. Come along between 9 am and 12 pm to be entertained and tempted. Stall enquiries to Nat 6587 6174 or 0432 762 393.

All Saints' Pappinbarra, our little historic church, will be the scene of a heritage church service and WWI tribute on Sunday 24 April at 2 pm as part of the 2016 Heritage Festival. Transport from Wauchope costs \$10; this includes afternoon tea at Hollisdale Hall after the service. Enquiries and bookings with Jeannette Rainbow on 6585 1895 or 0424 226 258.

Card night at the hall on Saturday 16 April at 6.30 pm with 500, euchre and other card games depending on the numbers. Adults only please. BYO drinks and a plate to share for dinner. Cost \$5.00 to play. Contact Mary 6587 6055 or Lisa 0418 220 138 to book in.

Indian Cookery Class at the hall on Saturday 30 April. Places are limited so book and pay your \$10 deposit early to avoid disappointment! Indian feast with belly dancers that evening. See poster this page. Enquiries George on 6587 6077.

Anyone for tennis? Tennis comp is on Wednesday evenings at the tennis courts, Upper Pappinbarra. Join us for a yarn and perhaps a bit of a hit.

Hollisdale Hall has a re-finished dance floor thanks to a grant from Port Macquarie Hastings Council and two days hard work by Galaxy Floors. The re-painting, also financed by the grant, is ongoing with a **working bee** on Saturday 9 April. The hall, owned by the community, is available for private events - there is a new sliding scale of fees to cover cost of gas and electricity plus a \$200 bond for 18th and 21st birthday parties. Get details and book with George on 6587 6077.

Other news: The flooded gums are in bloom, the bees are still busy and autumn is here!

indian cooking class

Learn to cook some great Indian dishes at Hollisdale Hall and be the chefs for the Indian Night that evening!

\$30 pp, ingredients included
Book now, limited places
6587 6077




indian night

Saturday 30 April 7pm

Come and enjoy the delicious three course Indian meal made by the cooking class at Hollisdale Hall
Tickets available at **ecoWild** **only \$25**

Bollywood Bellydancers will be performing!

Meet the Neighbours

Phil Kempers and Rebecca Montague-Drake

Phil was born in North Sydney in 1972 and when he was two-and-a-half the whole family moved to a dairy farm in Killabakh. He has three sisters - two older and one younger. The family ran a successful dairy until deregulation, when it became difficult to make ends meet and it was much more worthwhile to run beef cattle. They gradually built up their Angus herd until property prices increased and the land was worth subdividing, so they reduced from 200 acres to only 60 acres. Pretty handy around the farm, Phil loved the life and learnt to drive a tractor when he was eight.

Schooling was at Wingham but a lot of time was spent playing about and Phil didn't really apply himself. This trend continued through university in Lismore where the sea and surfing beckoned and not much time was spent in academic pursuits. He did, however, complete a Bachelor of Applied Science in Coastal Management but never really worked in this field. In 2nd year he started working for a builder and continued this for several years.

Then Phil went all over the place - Barrington Tops, Dungog and Louth (out the back of Bourke) - working with National Parks and Wildlife. At Louth that he managed a large property, lived alone with his trusty dog, and learnt to fix things and rely on his own resources. He was there in the gigantic floods in 2012 and spent three months with a boat as his only means of transport! He is the proud father of Aimee who is now ten and a half.

Bec was born in Hornsby in 1974 and lived there until she was twelve when she moved to Kendall with her mum, dad and younger sister. The school in Kendall grew as she did; she remembers there being only two students in one class and she did well. Her parents set up a business called *Norfolk Punch* which flourished and became well known. They also had herb gardens and a wildlife refuge. Bec developed an abiding love of all animals and pursued a career in this field.

ANU in Canberra was Bec's university of choice. She completed a BA (Environmental Science) and worked for a short time as an environmental consultant. This did not suit her at all, so she returned to University of NSW to do her Honours year and went on to complete a PhD in Wildlife Ecology. During this time she moved to Tibooburra and lived alone in a homestead in a National Park, the perfect place to study! For company she had teams of Germans who came to help. This was the ideal job for Bec and she stayed there from 1998 to 2002, by which time she had completed her PhD.



After working for a few years with the National Parks and Wildlife Service in the Snowy Mountains, Bec worked in wildlife research for seven years with a leading ANU ecologist, travelling around NSW. She went on to Kakadu before coming to Port Macquarie to take up a position with Council as their ecologist. Bec is the proud mother of Flinders now aged seven-and-a-half and Jeddah now aged five-and-a-half - the 'half' is very important!

Phil and Bec's lives have been inexorably linked since they were four. Their parents were close friends and they were high school sweethearts until Phil spread his wings and went to Uni. Phil is a keen fisherman and Bec's parents live on a trout river in the Snowy Mountains where he used to visit quite often. Phil's daughter lives with her Mum in Forster and when he was visiting her he decided to catch up with Bec - the rest is history. That was 18 months ago. Their lives have followed a very similar path so it was meant to be!

Both of them love the country and all it has to offer and they found their piece of paradise on the Pappinbarra River in 2015. They've got the lot: river frontage, undulating land, bush, a lovely house (they are currently farming white ants), a good local school and a vibrant and caring community. They have two dogs, Angus heifers, 54 wethers, three kids, chooks and a very feisty Peking bantam rooster called Nasty. He has drawn blood on several occasions and is now only approached with an oar in hand. Bec continues to work for Council and Phil is currently on long service leave which finishes all too soon; he will then be looking for work. Their motto is to laugh at the hurdles and make the best of the unexpected.

So if you see a family running down the road with an oar in hand and an angry rooster in hot pursuit, don't stop, you could be next!

Mary Walker

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Rural Fire Brigade News

Sector training

It has been very quiet on the fire front again this month, but because of the good rainfall and resultant large amount of undergrowth it is only a matter of time before we get a bad fire season.

Our sector training will be held at Upper Pappinbarra on Sunday 10 April, starting with a briefing at 9 am. It will involve the Hollisdale, Beechwood, Bellangry and Pappinbarra brigades

plus a few others. Bring something to share for morning tea and your own lunch. We will set up the barbecue. The training will involve a simulated house fire.

It would be good to see as many firefighters as possible attend to get ready for the inevitable.

No training at Hollisdale this month.

Chris Roelandts (Hollisdale captain) and
Steve Ostler (Pappinbarra captain)

Permits are now required for burning off.

Don't forget to give your neighbours and fire control (6588 9000) at least 24 hours notice.

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: Peter Michael 65876022, Chris Roelandts 65856700; Beechwood: Sam Elphick 0428-856-222.

Unsung Heroes behind the scenes

Our valley has a first class newsletter called *Pitchfork*, which is printed and circulated every month except January; the team takes a break over Christmas and New Year.

The editor sends out an email early each month asking for contributions from her regular contributors, giving a date by which she must receive the copy. Jean often has to chase up articles - not an enviable task. She has to proofread everything, correct some spelling and grammar and make sure there is nothing negative in the text. She puts together 'Valley Happenings' to ensure that we all know what is going on in Pappinbarra and surrounds and frequently writes an article herself. Once the copy is ready she sends it all to our production guru.

Angela Frost is in charge of design and production, so has to liaise with Jean and Liz Gough, who is tireless in her admin of advertising. Ang designs new ads and does the layout so that it is easy to read and pleasing to look at. When changes are necessary, her patience is legendary! It can take a great deal of

time and many phone calls to get it just right; last month, with an expanded issue, it took over seven hours. *Pitchfork* is then sent to our printer. Ang also sends out *e-Pitchfork* to the wider community.

Jan Childs is in charge of final proofing and printing. PPA has a very good, but sometimes temperamental, printer and Jan has become quite an expert at fixing problems and changing cartridges - she tried to teach me but did not succeed! It takes quite a long time to print 300 copies of an 8-page colour publication and the language gets a bit blue at times!!

Pitchfork is then folded and delivered by two committee members. Folding takes a couple of hours and delivery covers about 80 km and takes about four hours (depending on the driver's speed). One person drives and the other either hangs out of the window or leaps in and out of the car, good fun but risky, especially at some letterboxes...

A big thankyou goes out to all the regular contributors and the team 'behind the scenes'. So while you are sipping your drink and reading this wonderful publication, spare a little thought for our dedicated team!

Mary Walker

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Lyme Disease and *Stevia rebaudiana*



There's ongoing debate about whether or not we have Lyme disease in Australia. It's a pretty nasty disease that can result from being bitten by a vector organism such as a tick. It's caused by *Borrelia burgdorferi sensu lato* [in the broad sense]. A Lyme disease update in *Ticks and Tick Borne Diseases* in 2011 <http://www.ncbi.nlm.nih.gov/pubmed/21890064> states: '*Borrelia burgdorferi sensu lato* complex is a diverse group of worldwide distributed bacteria that includes 18 named spirochete species and a still not named group proposed as genomospecies. Descriptions of new species and variants continue to be recognised, so the current number of described species is probably not final... [while] ... epidemiological data from many European countries and the USA show a dramatic increase of the diagnosed cases of LB (Lyme borelliosis) due to the development of new progressive diagnostic methods during the last decades [and] the definition of the disease has also changed. What was not considered Lyme borreliosis before might be now.'

In response to growing interest in Lyme disease in Australia, the Australian Chief Medical Officer established a Clinical Advisory Committee on Lyme Disease (CACLD) which reported in August 2015. Remaining 'concerned about many Australians suffering a chronic debilitating illness which they associate with a tick bite' they found no Lyme disease *Borrelia* bacteria (i.e. *burgdorferi*) in Australian ticks. However, out of a sample of 196 ticks, in one Australian tick collected from a wild echidna, they found DNA from a *Borrelia* species associated with relapsing fever. This resulted in the ABC news headline on 1 July 2015 'Researchers find bacteria in tick that may cause Lyme disease-like symptoms.' According to the CACLD the 'clinical significance of this finding is still to be determined [and] should not be overstated.' Clearly the debate is far from closed, as demonstrated by the CACLD's list of 'gaps in knowledge' that are to be investigated in Australia in coming years. It's quite a list!

1. Does *Borrelia burgdorferi* s.l. occur in Australian ticks, and especially in *Ixodes holocyclus*?
2. Do other Australian tick species transmit Lyme borreliosis?
3. Can Australian ticks be infected with, maintain, and transmit *B. burgdorferi* s.l.?

4. Can we find better diagnostic tools to search for Lyme borreliosis?
5. Is there an indigenous species of *Borrelia* in Australia able to infect humans and able to cause a Lyme disease-like syndrome?
6. Do other possible pathogens occurring in Australian ticks cause a Lyme disease-like syndrome?
7. Are there any relapsing fever group *Borrelia* species in Australia?
8. Can *B. burgdorferi* s.l. be detected with any certainty in EM (*Erythema migrans*) rashes following a tick bite, as demonstrated by PCR and/or culture of biopsy specimens?
9. Is there an immune response to *B. burgdorferi* s.l. or to any other possible agent in the sera of patients presenting with a Lyme disease-like syndrome?
10. Are there any *B. burgdorferi*-specific IgG antibodies in the sera of patients with Lyme disease-like syndrome?
11. If there is evidence found to indicate the presence of Lyme borreliosis or a Lyme disease-like syndrome in Australia, what is the geographic spread of cases?

Lyme disease is notoriously hard to treat and you hear stories of people going on long, debilitating courses of antibiotics. Not surprisingly then, an article that has appeared recently in the *European Journal of Microbiology & Immunology* entitled *Effectiveness of Stevia rebaudiana whole leaf extract against the various morphological forms of Borrelia burgdorferi in vitro* has attracted quite a lot of interest. The authors tested commercially available stevia leaf extracts against three antibiotics and found that they 'significantly reduced *Borrelia burgdorferi* forms' ... suggesting that ... 'stevia leaf extract could be considered as an effective agent against *B. burgdorferi*.' This is could be a significant therapeutic breakthrough. You can find plain-language summaries of the study findings on a number of alternative medicine and Lyme disease websites. Here's the link to the publication. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4681354/>

What is stevia? 'Native to Paraguay and other tropical areas of the Americas, the stevia plant (*Stevia rebaudiana*) produces leaves packed with super-sweet compounds that remain stable even after the leaves have been dried. Stevia leaves have been used to sweeten teas and beverages throughout South America for centuries. More recently, diabetics and dieters alike have turned to stevia to reduce their sugar intake because, unlike honey, maple syrup, agave or molasses, this natural sweetener has zero calories and is not metabolized by the body.'

Continued on the following page...

Susan Ashton RN



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...continued from page 4.

Stevia is especially well-suited to sweetening drinks, fruits, salad dressings, yogurt and most creamy desserts. Stevia can substitute for some, but not all, of the sugar used when baking, because it does not provide all of the multiple functions that sugar does.' <http://www.motherearthnews.com/organic-gardening/herbs/stevia-plant-zm0z13fmzkin.aspx>

We have stevia growing luxuriously in our Pappinbarra garden and can vouch for its sweetness!

If you want to know more about the symptoms of Lyme disease you can visit the Lyme Disease Association of Australia at <http://www.lymedisease.org.au/about-lyme-disease/about-ticks/>

Bev Sibthorpe

Parra Trooper Bio-control for Parramatta Grass

Nigrospora oryzae is a naturally occurring saprophytic soil fungus that helps break down dead plant material. Research has linked it to the development of crown rot in Giant Parramatta Grass and other closely related weedy *Sporobolus* grasses including Giant Rats Tail Grass.

For several years we've been queueing at field days to get our hands on crown rot affected plants to transplant into our pastures to spread the infection; the rate of spread from infected plants was painfully slow. While we waited patiently for the development of a product, our Government continued to cut funds to agricultural research; finding a way of rapidly spreading *Nigrospora oryzae* seemed further and further away.

Beechwood's Jeremy Bradley, a recognised innovator in building soil health, had the solid background in soil biology needed to develop 'Parra Trooper' soil ameliorant. Parra Trooper is a source of spores and hyphae of *Nigrospora oryzae* which you prepare in water and spray on your pastures.

In warm and moist conditions the fungal hyphae in Parra Trooper continue to grow after being sprayed out, much like runners of a kikuyu plant, and the activity of *Nigrospora oryzae* can show up as crown rot in Giant Parramatta Grass within a few weeks. The impact of Parra Trooper in the wet month of



November was nothing short of spectacular in Mick Eggert's Beechwood trial plot.

Like the seeds of a plant, fungal spores are quite resilient and may not germinate until conditions are suitable, eg. next spring rain. We are hopeful that Parra Trooper will only need to be used on a paddock once to establish *Nigrospora oryzae*.

Nigrospora oryzae will naturally spread slowly with spores transported downhill by the overland flow of water, making it possible to use the product strategically if blanket spraying is not an option. Laneways, gateways and troughs are areas to infect, as spores will be transported with water, animal and vehicle movements.

Parra Trooper is available now from Beechwood Biological Solutions (aka Jeremy and Cathy). You can get more information from www.parra-trooper.com.au or by phoning 65856202.

Cathy Eggert

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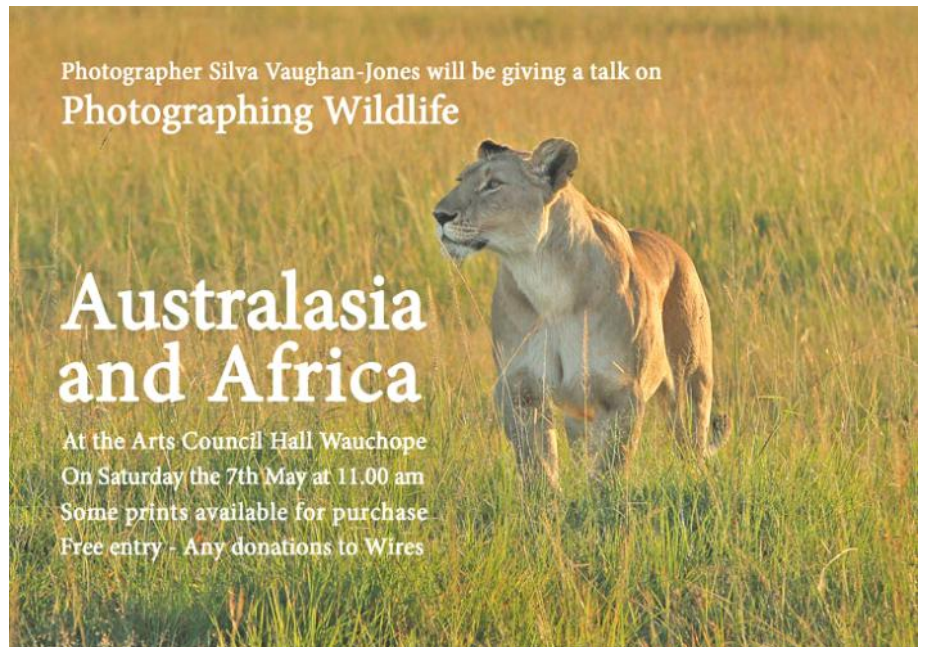
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Calling History Lovers Heritage Festival 2016

Jeannette Rainbow (65 851 895 or 0424 226 258) is organising a coach tour round Wauchope and Upper Rollands Plains for Thursday 21 April departing Andrews Park, Cameron Street, Wauchope at 9 am. Cost of \$70 pp includes morning tea and lunch, the historic sights of Wauchope, Pembroke, Telegraph Point, Rollands Plains and the rich convict history of this area.

Friday 22 April sees Jeannette lead a history walking tour round Wauchope leaving the town clock at 9 am. Cost \$25.

Bookings essential for both activities. Proceeds to Wauchope District Historical Society.



Photographer Silva Vaughan-Jones will be giving a talk on
Photographing Wildlife

Australasia and Africa

At the Arts Council Hall Wauchope
On Saturday the 7th May at 11.00 am
Some prints available for purchase
Free entry - Any donations to Wires

In the veggie patch

It's a great time to garden with the weather cooling down. Plant spinach, silverbeet, beetroot, lettuce, onion, shallots, mushrooms, cabbage, cauliflower, broccoli, kale, flower sprouts and other brassicas for autumn and winter crops. Dig your garden over and add some compost.

We now have insect hotels available that provide a secure nesting site for beneficial insects such as solitary bees, lacewings, lady birds and native wasps. They provide shelter for all the good bugs and bees. Leaf cutter and resin bees are great pollinators. The hotel will contribute to a healthier and more dynamic ecosystem in your garden. Ask a team member at your garden centre for information.



Happy gardening from Brendan

PPA President's Note

What a busy month it has been for all with the painting days, markets and bee workshops let alone what goes on in our daily family life.

The abundant talent we have in our wonderful community never ceases to amaze me. Please share your talent with us whenever you can. Hold a workshop; get up at First Friday BBQ or just tell us what you can do.

Pappinbarra people are a stand-out and often receive a mention at many of the functions I get to attend. Word is

spreading about how active and community-minded we all are. Give yourself a pat on the back.

If you are new to our area and have not yet been to our First Friday BBQ please come along. Introduce yourself as soon as you arrive and we will take you under our wings and make you feel welcome.

Quote: No matter how carefully you plan your goals they will never be more than pipe dreams unless you pursue them with gusto.

Lisa McLeod

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Bird of the Month

Lewin's Honeyeater

Meliphaga lewinii

The 'machine gun' staccato call of the Lewin's honeyeater is one of the most commonly heard bird calls in the rainforests of Eastern Australia, alerting all to its presence. It is common in Pappinbarra and its status is secure. Locals refer to it as 'white lugs'! [John William Lewin, born in England, for



whom the bird is named, was an early Australian artist, naturalist and engraver 1770 - 1819.]

Greenish-grey in colour with the plumage on the head darkening to greyish, the Lewin's honeyeater has a black bill and steel blue eyes. The distinguishing features are a prominent, large, pale yellow, crescent-shaped ear patch together with a yellow gape and feathers forming a thin line from the mouth to below the eye. Young birds are similar to adults but have brown eyes.

Lewin's honeyeaters are found in rainforests and other wetter forests on the ranges of Eastern Australia from Cape York to Central Victoria. They are generally sedentary however some altitudinal migration may take place to lower areas during winter. Feeding mostly on fruits and berries, they also eat insects and nectar.

Nesting takes place between August and January. The bulky nest of vegetation and bark strips bound together with spider web hangs by its rim in dense vegetation from two to five meters above ground. Two to three eggs are laid with incubation taking 14 days. The chicks are fed by both adults for a further 14 days before fledging.

Peter Fackender

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

Landcare Grants

There is an insert in this issue about funds available for Pappinbarra landholders from the Biodiversity Fund via Hastings Landcare, closing 29 April. Landholders can apply for

- Fencing off riparian zones
- Provision of off-stream watering points
- Biodiverse plantings

- Management and containment of weeds including chemicals for control and
- Those activities which result in enhanced connectivity in the riparian zone.

Further details on insert; contact Landcare for questions.



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Accommodation

Wanted non-smoking male to share house on land at Pappinbarra.

\$200 total per week.

Phone 6587 6123

Don't forget the Pappinbarra Community Markets - GROWN & GATHERED - on the 3rd of April, 9am to 12pm. Come and enjoy a great morning of music and food right here in the valley! Or hold your own stall - call Nat to reserve a space. 6587 6174 or 0432 762 393

If your business would like a one-off A4 advertising insert in *Pitchfork*, provide us with 300 copies and we will distribute for \$30. Contact Liz Gough 0473 170 761. Deadline is 27 March for the April issue.

PPA Matters

PPA Committee meetings – Committee Meeting at 6 pm Friday 22 April. All welcome.

Facilities for Hire

Hollisdale Hall - booking essential. New charges in operation to better cover costs.

Contact George Hegarty 6587 6077.

Upper Pappinbarra facilities and tennis court - contact Damian Privett 6587 6185

Pitchfork

Circulation

Pitchfork has hardcopy circulation of 300 plus email of over 100. It comes out on the weekend before First Friday - Friday 29 April for the May issue. Material for the May issue to the Editor by Thursday 21 April please. We run both casual and regular advertisements at very competitive rates. Contact Liz Gough 0473 170 761.

Production Team

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The views expressed in *Pitchfork* are not necessarily those of the PPA.

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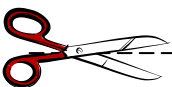
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