



PITCHFORK

Pappinbarra Valley Monthly News

Pappinbarra Progress Association

June 2017

Valley Happenings

PPA welcomes new members wherever they live. For only \$5 per adult, avail yourself of the pleasure of belonging to the group of volunteers who support the community and maintain Hollisdale Hall. Join us at First Friday .

Bushfire recovery concert with *Whoa Mule* tomorrow 27 May. Bring a plate to share and YOG at 6 pm. Free entry for all affected by the bushfires, including helpers and supporters. Donation box for others at the door.

Bushfire recovery concert with
Whoa Mule



Saturday 27 May 6pm

@ Hollisdale Hall

Old time country ballads, original songs and lively fiddle dance tunes.

Bring a plate to share for dinner and YOG. Free entry for all affected by the bushfires, including helpers and supporters. Donation box at the door.

First Friday get-together is on from 6pm at

Hollisdale Hall, Pappinbarra Road on 2nd June Come along and enjoy the company. Don't worry if you don't know anyone - we make all feel welcome! Vegetarian and gluten-free options included in a tasty low cost menu. Soft drinks available. BYOG.

May First Friday saw Barb Roelandts' number pop up for the members' draw but she wasn't there so it jackpots for June. The raffle was won by Dale Goldfinch, who chose an *ecoWild!* Voucher. Many thanks to all who helped with the set-up, barbecue and clean-up. Your willing assistance is most appreciated.

All Saints' Pappinbarra: Service on Sunday June 25 at 2 pm with afternoon tea around 2.45 off the back of Murphys' ute. All welcome. Bring a plate to share.

Rural Fire Brigade training for Pappinbarra and Hollisdale members is on the second Saturday of the month: 10 June 8-10 am. Meet at the hall in full uniform.



Pappinbarra RFB AGM is on Saturday 17 June at 1 pm at the fire shed, Upper Pappinbarra Recreation Ground.

PPA wishes Ken Aplin, Peter Wall and Trish Crick all the best for future good health.

Pappinbarra Community Market - Grown and Gathered is on Sunday 3 June. Come along and bring the family from 9 am to 12 mid-day for a country experience with beaut food and coffee and live music! No PPA jumble stall till further notice. Stall enquiries to Lisa on 0418 220 138. www.facebook.com/grownandgatheredcommunitymarket/

A celebration in the middle of Winter

Those contributing to *At Winter's Turn* include local kids in the chorus, who have been learning songs - old and new - to accompany the play. In fact, the Kids' Chorus is an important part of the event, leading the audience - literally - through the play.

At Winter's Turn is a chance for the community and friends to come together, enjoy food and a good laugh, good music and maybe even a dance.



Life isn't always that easy, but from the depth of Winter, Spring is just around the corner! 6:30 pm Thursday, Friday, and Saturday, July 13, 14 and 15, 2017.

Tickets will be available next week through <https://www.trybooking.com/book/event?eid=285427&>

Working bee at the hall Sunday 11 June. All welcome from 9 am to do painting, gardening and drainage. Bring some goodies to share for morning tea.

Thanks once again to Beechwood School! This time it is for their donation of \$335 each to Pappinbarra and Hollisdale Fire Brigades. Beechwood School ran a fundraising Colour Run on the last day of term and Chris Roelandts and Chay Khamsonne attended on behalf of the brigades to help get the kids wet & colourful with water bombs!



Peter Michael & Jim McGahey collecting cheques from Libby Hamerlok & Susie Cooper from Beechwood P&C

Issue 109

Meet the neighbours: Yunchan (Alice) Mai and Michael Fowley

Yunchan was born in China in 1983, went to the local school in Shishan, then high school at a larger neighbouring town, Huang Qj, where she was a boarder. She obtained a BA in Chinese Literature and came to Australia in 2008 where she felt like she was 'Alice in Wonderland' and promptly changed her name to Alice!

Alice is one of three children who lived with their parents in a small town in China. It was a cultural desert as the only books to read were educational or promoting Chairman Mao and his beliefs. She was an intelligent student, studied hard and excelled at school. In 1993, her dad got a job in a nearby town and the whole family moved there.

Oh what bliss - there was a book shop with real books! Alice bought her first book - Hans Christian Andersen's *Grimm's Fairy Tales* - and her life really began!

After taking an entrance exam for High School, Alice was accepted by the best school in the area, but it was over an hour from home so she boarded in Huang Qj. She finished school in 2002, took another exam for Uni in Shanghai, but failed the Maths component, so she went to a less elite University in Foshan where she could study whatever she wanted. After the best four years of her life, she had a BA in Chinese Literature. Her dream was to go on to study her Masters at an elite University but exams were still a stumbling block and she failed to gain entry.

Alice returned home to the family in Shishan and eventually began teaching Chinese in a Middle School. Although she loved her job, this was not a happy time. In China, if you weren't married and producing children by the time you were 25 there was something seriously wrong! Mum nagged, match-made and paraded an endless line of suitable young men, but to no avail, Alice had set her sights elsewhere...

Uncle Michael (Hairong), her mother's brother, had been sent to Sydney during the Cultural Revolution and was granted citizenship after the Tiananmen Square Massacre. He returned home to China for a visit in 2007 and Mum suggested that if he sponsored Alice to go to Australia, this would save her the embarrassment of having a 25-year-old spinster living at home. Escape and opportunity beckoned; Alice studied hard to pass her English-speaking exam to go to Australia. To be eligible for Australian Citizenship she needed two Masters degrees, so



enrolled at the Central Queensland University (Sydney Campus) and obtained a Masters in Art Administration in 2009.

In January 2008 Alice was having great fun meeting new people and spreading her wings. She was in Martin Place raising funds for the victims of an earthquake in China, when her eyes lit upon this handsome man who was signing people to assist with Cancer Research. Their eyes met and yes, you guessed it, it was love at first sight!! Michael Fowley and Alice talked for half an hour on the street and she took his phone number. Busy studying for exams and concerned about their difference in age, she eventually rang him a month later. They met for coffee and talked. Coffee became diner and still they talked. Michael is Irish and 30 years her senior, but none of that mattered. They moved in together later that year and travelled - South

Coast, Canberra, Wagga Wagga, Adelaide, the Snowy Mountains.

'Michael always wanted to marry me, but I didn't really want a marriage. My parents loved each other, but I would say their marriage was not a good one. It seems like marriage needs more than love. I was not sure if I was ready to work on that; I was not even sure how much I loved him.

'But I got pregnant and things started to get a bit complicated. I was holding a student visa and, even though I already had an offer from Sydney University, I was not sure I could extend my international student visa being pregnant. The main thing was I was not really ready to get married; I postponed the date a few times.

'We finally had our wedding in Centennial Park in August 2009, when I was four months pregnant. It turned out to be the happiest moment in my life! It was a very simple ceremony. We both cried when our celebrant read this to us:

When you met, you both had no idea how each of your lives were about to be changed, but then, how could you have known? A love like yours happens once in a lifetime. You are a miracle to each other - the one who was everything you had ever dreamed of; the one you thought existed only in your imagination. And when you came into each other's lives, you realised that what you had always thought was happiness couldn't compare to the joy of the love you brought together. Together, you are part of everything you think and do and feel. And by each other's side, you believe that anything is possible. Today is your chance to give thanks for the miracle of you... You are and always will be, the love of each other's life.



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Meet the neighbours continued (Tunchan & Michael)...

'I was surprised how happy I felt after the wedding. I thought it would just be signing a document saying that I could stay in Australia legally. But it was more than that! So that was it and now we have four little miracles with us.

'We still have challenges dealing with the kids, but in the last eight years, our love has grown. I love this man of my life

more and admire him in a lot of ways. I have learnt a lot from him.

'He is not perfect. For my parents, he is not good enough for their special daughter, but for me, he is the one.'

Mary Walker (The next episode will be about Michael's life, their children and their journey to reach our valley)

Editor's musings: Why volunteer?

Nearly two decades ago I 'retired' after what seemed a couple of lifetimes of teaching with a bit of running an evening college thrown in towards the end. Now I find it very hard to believe that I had time to go to work every day, quite a few weekends - and some nights too. Paid work, as well as countless hours devoted to the job but unpaid, left a bit of time for my own kids, partner and home, elderly parents, and some social life. Looking back, I suppose the unpaid weekends were 'volunteering'; I went skiing, bushwalking, horse riding, exploring and investigating, guiding and driving a busload of twenty assorted teenagers to the Royal Easter Show, Taronga Zoo, the South Coast, the Snowy Mountains, the Australian Museum, Wat Buddha Dharma, the Bahai Temple, many farms, communes, the Great Barrier Reef, Lake Mungo... Would you do it? Would I do it now? No way!

I did, however, enjoy it most of the time. In spite of being on duty all day every day of these excursions, I explored places I wouldn't otherwise have seen and challenged myself in ways not contemplated, enriching my own life and the lives of countless students. Was it appreciated? I can count on my fingers and toes the number of parents who actually made a point of thanking me. But the teenagers loved it - I had the satisfaction of witnessing their intellectual (and social) growth as their horizons expanded. Outside the national capital, Canberra's inhabitants are regarded as privileged. There was a lot of government housing and, although there was no begging on the streets, there was poverty. Some came to school without breakfast. Many couldn't afford excursions. The first time I took a busload off to Adaminaby for a weekend trail ride, we had raised the money from selling jumble at the local 'Trash and Treasure'.

Sydney Uni puts out an e-mail newsletter. To celebrate National Volunteer Week, the editor consulted experts in happiness, psychology and pharmacology, finding 'seven surprising benefits of volunteering'. 'From improving our health and happiness to promoting a sense of belonging, boosting mood and making friends, the case for volunteering keeps building.'

Volunteering opens the door to life satisfaction

Dr Tim Sharp ['Dr Happy']: "Satisfaction with life is at least partially dependent on living a life with purpose and meaning.

Volunteering provides both in spades. We feel good about ourselves when we're doing good to and for others."

Volunteering makes you feel happier

People who give - money or time - have been reported to be happier and healthier than those who don't. Dr Rebecca Pinkus: "Volunteering keeps you in a positive mood and can help lift you out of a negative mood."

Volunteering makes you feel healthier

Arthur Brooks of Syracuse Uni found givers were 25% more likely to report excellent health. Dr Sharp explains: "When we're helping others we're more likely to feel good about ourselves - not surprisingly, a contributor to mental health. Mental and physical health are highly correlated."

Volunteering gives you a 'helpers high'

Helping others triggers the reward pathway in the brain, which releases feel-good neurotransmitters such as oxytocin and vasopressin. You get a buzz sometimes called a helper's high!

Volunteering promotes a sense of belonging

It's a great way to promote strong social networks - a beneficial way to connect with your community, building positive relationships through cooperation, trust, respect, and creating social capital.

Feel-good emotions are contagious

If a person is feeling positive and enjoying the process of giving, it spreads to others nearby who become more likely to give as well.

Embrace your passions!

Peter Shaw, President of SU Alumni Council, says, "There is something about giving to others that adds enjoyment to life. Finding the organisation or cause which engages your heart and mind, and contributing to it in ways that are meaningful to you and valuable to others, is a great gift to uncover". We can't just volunteer to get the benefits - we need to find something we're passionate about, get out there and volunteer, and feel better knowing we're helping others.

For the full text: <http://sydney.edu.au/news-opinion/news/2017/05/03/7-surprising-benefits-of-volunteering>

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Times past: Patrick Roach, his cutting and his Pappinbarra descendants

William and Mary Roche arrived in NSW on the *William Jardine* in September 1849, with their children Mary and John. They were following Mary's father, Patrick Danaher, who was transported on the *Eliza* in 1827 for 'being in possession of a forged note'!

After settling on the Paterson River, not far from Maitland, they decided to move north after a series of severe floods in the 1850s. It seems they went via Gloucester by bullock waggon, 'up and over the headwaters of the Manning River'. Children were born to the couple in the Hunter and the Manning. They found land at Redbank and the last two children were registered in Wauchope in 1859 and 1862.

'Patrick was their youngest son. He grew up to be a large man - tall, very strong, an excellent boxer. He married Margaret Page, daughter of Thomas Page and Mary Clancy, at Sherwood (just south of Taree) in 1887.'

For a time Patrick and Margaret lived at Redbank. The place of birth of their children changed to 'Pappinbarra Creek' in 1896 and Patrick's occupation, given as 'farmer' while they were at Redbank, became 'Road Maintenance Man'. Doubtless he worked on the road whilst clearing his land, a nice, flat 40-acre block on the opposite side of the Pappinbarra Creek to the present road. [It is now home to Tom and Millie Cowen.] 'That block is on the map of the Parish of Pappinbarra #7. The portions of land that eventually comprised the Roach farm were: #22 (D.A. Roach), #89 (P.J. Roach), #48 (FM Roach), #109 (DA Roach), #21 (TW and PJ Roach) and #184 (PJ and FM Roach), along with Grandfather's #7.'

Further up the Pappinbarra Creek, John Roach had #14 and #62, and his wife Maria Roach #58 (purchased in 1897 from George Reynolds, original purchaser Francis Lawman, area 45 acres); John and Patrick Roach had #146; J and PJ Roach had #151 and Patrick Danaher had #49.'

'I always thought that Roachs cutting was called that because it went through our property, but it was because Grandfather was responsible for putting that piece of road through. Before that you had to go through Brombin. Different pieces of road had different names. Prior to that there was Mc Cormacks Hill, that steep hill near West Frazers Creek Road. Through here you got to Lyddington, then Bappin. It wasn't Hollisdale when I was a kid - it was Ellengrove, named after one of the Hollis girls. Then we got to the Junction and we had the Left Arm and the Right Arm. It wasn't Upper Pappinbarra, it was Cedar Scrub up the Left Arm. Because Pappinbarra Mountain, where the trig station is, is down here - our place goes onto it - our council changed the names. Our place was Beechwood. You lived on Pappinbarra

Road, but there was no such thing as Lower and Upper Pappinbarra. And they started the bridge down there in 1918 when they opened up the soldiers' settlement up the top after the First World War. My dad was nine years old and he swam across the river with the rope to start the first bridge. So when the bridge washed out and they put the new one in, my mum was invited as an official guest to the opening. Dad was long gone by then.' Patrick and Margaret Roach had nine children. Thomas William Roach was born at Redbank (1888) with midwife Granny Roach. At least 6'4" tall, a memorable orator and great spinner of yarns, he was very sweet with small children. After marrying Veronica Elsie Furner in 1916, he lived at Cundletown.

Patrick James Roach, 'Big Pat' or 'PJ', born (1890) at Redbank, was delivered by Granny Roach. Big Pat was handsome and dapper when young, driving a matched pair and wearing the gold medallion he won for wood chopping on the chain with his watch. Something went wrong, perhaps a romantic disappointment, and he became almost a recluse. He was 6', built like a bear and very strong. With his bullock team, he worked at felling and hauling timber over hilly terrain. Pat generally ignored animals and didn't involve himself in the dairy, but he loved his bullocks. Despite his tattered clothes he had a commanding presence, was well spoken and a memorable storyteller. After some years of ill health, Pat died in Beechwood at the home of his sister, Jo Monaghan, in 1959. In the tradition of the Irish, Pat was 'waked' in his coffin in the front bedroom until taken to St Patrick's for requiem mass. He was buried at Beechwood cemetery. 'Uncle Pat's favourite song was *The Rose of Tralee*. He always sang it - he'd have tears in his eyes. He was in love with Mary. When she and my cousin were working in the op shop years and years later, my cousin asked her why she never married Uncle Pat. "Because he never asked me". Mary never married.'

John Leo Roach was born at Redbank (1892), with Granny Roach in attendance. He died of influenza in the epidemic following the First World War. William Bede Roach, Billy, was born (1896) at Pappinbarra Creek and died in 1905 at Pappinbarra from cancer.

Mary Roach was born at Pappinbarra (1898), the last of Patrick's children to be delivered by Granny Roach, an old lady who would have travelled 10 miles. (After acting as midwife for her daughters, daughters-in-law and nieces, she died two years later.) Mary married John Edward Farrell and settled in Maitland.



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Johanna Roach, born at Pappinbarra (1901), married Noel Monaghan and lived at Beechwood. They had six children, including Margaret Rita who married John Shaw.

Margaret Veronica Roach was born at Pappinbarra in 1904. She married Charles Bruce.

Denis Ashley Roach, born 1906 at Pappinbarra, 'unlike his brothers, was under 6' tall and had dark hair, olive skin, aquiline features and dark eyes. He was quite athletic when young but depended on speed not weight on the football field. An excellent rider, he had Trotter, a small and very stylish bay thoroughbred of particularly mean temperament. She was sweetness and light for Denny but quite vicious to everyone else. Denny had a bright, restless mind and a keen wit. He felt acutely his lack of formal education (much neglected following his mother's death).' He married Nell Moxon, who was sent to Ellengrove in 1925 as a beginning teacher and boarded with Mrs. Craig at Hollisdale. Denny was marvellous with children in a quiet and unobtrusive way. His only child Wendy used ride to the corn paddock on the back of Blossom or Diamond, grey draught mares, then 'follow behind him as he trudged up and down the furrows guiding a single blade plough by hand - technology little changed since the Middle Ages. He never could afford a tractor.'

Francis Michael Roach, born at Pappinbarra (1909) was only six when his mother died. He was 'tall, broad shouldered and good looking, an excellent football player and axeman.' Nell Moxon's sister, Johanna, came to visit when she was nine and took a fancy to Frank, vowing to marry him. They did tie the knot ten years later! So Denny and Frank married two sisters and the two families ended up living in the same house, completed a week before Wendy was born. PJ lived in a slab-built edifice called 'the shack' nearby. For some years, before Denny got TB in about 1943, there was a tennis court beside the house and quite a social life. Jock McCarthy had a tennis court too and there were dances where uncles and grown-up cousins danced with small girls. Frank and Jo had two daughters, Julie-Anne and Mary-Lou. Frank tended to work in the bush while Big Pat and Denny did the farming.

Frank went to live in Sydney when their third child was born. Denny had already gone to Sydney for Wendy's education. Denny and Frank worked together or close by each other at ICI

and Laporte chemical factories and Frank died only three years after Denny, a dreadful double loss. They both died at the age of 60.

Margaret Roach had given birth to Denny and Frank in her forties. 'She wasn't a robust woman and had lost little Billy, who died a slow and painful death from cancer. In April 1915 she went to visit her sister Clara Monaghan at Greenhill, proudly sitting in the sulky with a black horse driven by her eldest son Tom. She died of asthma a few days later and was buried the day after her death in the West Kempsey Catholic cemetery. The white marble headstone reads: *In loving memory of my dear wife MARGARET ROACH who died April 7th, 1915, Aged 49 years.*'

Her husband, Patrick, 'an honest and upright man, jealous of his reputation was, however, probably very hard to get along with when he lost his wife.' Left with Frank 6, Denny 9, Vera 11, Josie 14 and Mary 16, he was very strict and protective with the girls. Mary had to miss boarding at the Convent in Port Macquarie and keep house and rear the smaller children. Patrick died on 25 July 1933 at the home of his daughter, Johanna Monaghan in Beechwood and was buried at Beechwood. Wendy: "When Mum went to Pappinbarra as a schoolteacher from Sydney, she said he was charming and intelligent company. He loved to talk."



Photo: Roach graves at Beechwood cemetery

Jean Hegarty, with thanks to Julie-Anne Murphy and her cousin, Wendy Walker.

Crossroads Cemetery

Do you have an ancestor buried at Crossroads Cemetery? This heritage listed historic cemetery, which dates from the 1860s, lies just west of Wauchope at the Oxley Highway end of Rosewood Road. The Wauchope District Historical Society (WDHS) is presently researching the lives of those buried there and how their stories form part of the history of the Wauchope district.

If you have ancestors you would like included in this research, please contact Sue Frost on 6587 6129 or email at suefrost6@hotmail.com.
Sue Frost, WDHS Inc.

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Tahoma Horse Rescue Centre

My daughter Leilani and I live on a beautiful mountain property in Lemon Gum Road. On the afternoon of February 12th, our hearts sank to a truly horrible place. We did not expect to find anything left after the fires and our animals, three horses, one labrador, Molly, cat and chooks were all trapped in their paddocks and yards.

Being unable to get home, I spent the night in turmoil and prayer. I just asked that the animals be spared or taken quickly. I completely let go of my home, and this surprised me, because we love our rustic cottage so much. It meant very little, when it came to our animal friends.

Through the night I had a dream about Molly, our lab, she told me that she was scared and that 'he had been rough with her'. It gave me hope; perhaps someone had handled her.

Walking back up the mountain next day in high heels and a dress, (our road bridge had collapsed), I was met by firemen. One said, "Bron, your house is saved, your horses all safe, your cat and chooks all alive and your lab is in the garage. I'm sorry I was a bit rough with her." I burst into tears; it was nothing short of a miracle.

Over the following weeks, so many wonderful people from the Valley, neighbours, friends, people from out of town, came up to our property and offered their help. I have never seen such kindness in my life. Like many people, we were in shock and still feeling scared and upset about the losses others had endured.

I was so incredibly grateful to our Rural Fire Brigade and the many volunteers that worked hard through the night to save all that we love. I was told that my pinto mare, Shanti, had run up to a firewoman and placed her nose in her chest, after being set free. I know this horse, and she is mostly anti-social. I believe that Shanti was saying thank you, and acknowledging what had just happened. She is a smart horse and she knew her life had been saved.

It's amazing what can happen after a major life event. Ten weeks on from the fires, I had my first ride on my horse, Jessie. It was a ride I will not forget in a hurry. I cried and felt extreme gratitude. Our stables exploded on the night and we lost all our saddles, bridles and horse gear, but these are all things that can be replaced. Because of this fire, I am very clear on what I would like to do with our farm.



Shanti & Leilani

Six weeks before the fire, a book on rescuing horses was placed in my hands as a Christmas present. After talking with a local vet, I am now building a horse rescue centre at our Pappinbarra property, *Tahoma*. This has been a dream of mine for many years. It amazes me how our life stories must run certain chapters before we can get a very clear sign on what we are to do.

Our horses were saved, helped, given a temporary home and loved during a time when they needed it most. How can we not give something back in some way? I would like to help one horse at a time - feeding, caring, training, then finding the horse a good home. There are 30,000 horses under

two years old slaughtered every year in Australia, for no fault of their own. This absolutely breaks my heart. There are horses stranded in paddocks, too, that need a helping hand to a new life.

Tahoma is a native American Indian word that means, 'God is the mountain'.

I don't think I ever fully understood our farm's name until now.
Bronwen Kalea



Mudcaks - our resident rescue miniature pony, 40 years old, who runs the show up here

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RESIDENTIAL AND RURAL IN OUR REGION

RFB Report

HOLLISDALE

Hi there! We had thirteen firefighters at training this month involving Hollisdale, Pappinbarra and Beechwood brigades. What a great turn out!

We had two call-outs in April within an hour to the same pile burn. You may not realise that if an 000 call is made, a fire brigade must respond. This applies even if Fire Control has been notified and neighbours have been given 24 hours' notice (as required by law). People are understandably very nervous about smoke after February.

Now that the fire danger period is over we will hopefully see plenty of smoke in the valley with residents preparing for the next fire season.

Cheers,

Chris Roelandts, Hollisdale Captain.



May training at Hollisdale with neighbouring brigades



Cheryl Wilcox & Rob Williams are congratulated on their BF certification, pictured with Captain Chris Roelandts & Training Officer Peter Michael



PAPPINBARRA

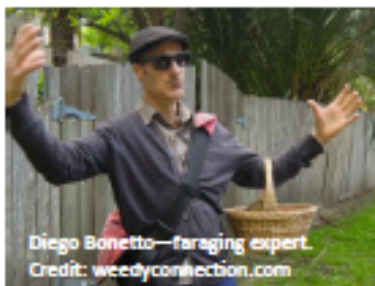
Pappinbarra RFB AGM on Saturday 17 June, 1 pm at the fire shed near the tennis court.

Steve Ostler, Pappinbarra Captain

Fire permits are not required but check the RFS website to make sure and notify your neighbours 24 hours in advance. Fire Headquarters must also be notified before lighting any fires on 6588 9000.

IN CASE OF FIRE – CALL 000

Kendall District Gardeners Biennial Horticultural Speakers Day



Diego Bonetto—foraging expert.
Credit: weedyconnection.com

Sydney's Diego Bonetto is a whizz on edible and medicinal weeds; Tony Moore, a local vet, dazzles with butterflies; Diamond Head's Terry Wright, rainforest guru, shows you how to grow

bush tucker and wildlife-attracting rainforest species. Local Greenbourne Nursery's Brendan Harris will talk about perfume and colour as he traces new, old and timeless flowers.

So eat weeds and grow a garden or rainforest patch alive with butterflies and plants from our local nursery!

All for \$15 + morning tea. A pre-ordered three-course lunch is on offer for \$15. Plants and steel garden structures for sale. Bookings 6556 9677.

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Pappinbarra Community Connect

To connect with Pappinbarra Valley residents for trading, swapping, selling and other services go to Pappinbarra Community Connect on Facebook: [facebook.com/groups/850891678290572/](https://www.facebook.com/groups/850891678290572/) (Admin Damian Privett). To find out more about our monthly 'Grown and Gathered' market (or to give us a 'like'!) go to [facebook.com/grownandgatheredcommunitymarket/](https://www.facebook.com/grownandgatheredcommunitymarket/) or google 'Grown and Gathered Market'

President's message

I have recently been introduced to TED talks. My first experience was to listen to *The Habits of Happiness* by Matthieu Ricard. Over 6.5 million people have listened to this 20-minute talk. It is well worth listening to! I hope you enjoy this as much as I did. https://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness
Quote: *Respect, encourage and lead by example. People around will be watching and listening and this might just make a difference in someone's life.*
It is time to put the fires behind us after assuring all who have helped the community deal with this disaster and to rebuild lives and properties of my own and our heartfelt thanks from all.

For the donation of time, goods or financial assistance, thank you (in no particular order) to: Wauchope Rotary; Wauchope Lions; Sorel Lions (Tasmania!); Wauchope Show Society; Beechwood School and P&C; PMHC; Cathy Eggert; Esma Waldron; ABC Radio; MMM Radio; 2-Way FM Wauchope; Jenny Wall; Wauchope Gazette; Wauchope Uniting Church; Red Shed Hire; Mick Prott; Wauchope RSL; PPA Committee; Pitchfork team; Wauchope Rural; Forest Corp; Essential Energy; Beechwood PO; Timbertown Resort; Hastings Co-op IGA Wauchope and Mitre 10; Timbertown Vets; Wauchope Veterinary Hospital; Wauchope Laundromat; Wauchope Primary School; Susan Ashton; Beechwood Store; Beechwood Pub; Wingham Beef; Coppy's Butcher; Fuzzy Duck; Local Land Services; Dept of Primary Industries; Forestry; National Parks; William Able; Rosewood Environmental; Big W; Bunnings; Graham McLauchlan; Leon Carle; Laurieton Haven Craft Group; Everything but Anchovies; Haydens Timbers; Timber Corner; Timbertown Resort; Expressway Spares; FAWNA; Neil Moy and Noel Dixon; Footprints in Ag; Whoa Mule; Port Macquarie Heritage Car Club; Redbank Organic Farm; M Louisa Rural; Wauchope Arts Council; WDHS; Willing and Able; Hope Shop Port Macquarie; Port Tender Centre; North Coast Containers; Beaurepaires at Wauchope; Wauchope Arts and Crafts; Pappinbarra residents Heather and Harvey Smith, Chay Khamson, Todd Barnes, Phil Kempers, Cathy Relf and many others, as well as those individuals from far and wide who donated money to the fundraising efforts.

For their attendance, the following Fire Brigades and their volunteer firefighters: Pappinbarra; Hollisdale; Beechwood; Wauchope; Hastings Communications; Taree Communications; Lake Innes; Camden Haven; North Shore; Bonny Hills; Sancroix/Thrumster; Pembroke; Rollands Plains; Lake Cathie; King Creek; Byabarra; Lansdowne; Johns River; Harrington; Wallaby Joe; Krambach; Nabic; Marlee; Old Bar; Huntingdon; Taree; Tinonee; Mitchells Island; Lorne; Rainbow Flat; Telegraph Point; Coopernook; Diamond Beach; Firefly; Moorall Creek; Burrill Creek. For leadership and direction: Superintendent Kam Baker; Wauchope Firecom; Taree Firecom; Group Officers John Davison; Bruce Blackburn; Andrew Knox; Andrew Tulloch and Mal Yarnold.

For moral support, advice and counselling: all the agencies that attended the community disaster response meetings and have followed up, including the police, Human Services, North Coast Health, Red Cross; Family and Community Services and Lifeline.

For the difference you have made to the life of someone in the Pappinbarra Valley - thank you all.

Lisa McLeod

PPA Matters

PPA Committee meetings – every third Friday of the month 6 pm at the Hall. Interested members welcome.

Hollisdale Hall Hire - booking essential. Contact George Hegarty 6587 6077.

Upper Pappinbarra facilities and tennis court - contact Lisa McLeod 0418 220 138 or Robyn Flanagan 6587 6011

Pitchfork

Contributions welcome. Email to editor Jean Hegarty jeanmay@activ8.net.au by Thursday 15 June. (Copy may be edited for reasons of space or clarity. The views expressed in *Pitchfork* are not necessarily those of the PPA).

Advertising Contact Liz Gough lizabeth52@hotmail.com 0473 170 761 for info on both casual and regular ads. If your business would like a one-off A4 advertising insert in Pitchfork, provide us with 300 copies and we will distribute for \$30. Deadline is 22 June for the July issue. Classified ads are free for members.

Circulation: 300 hard copies; over 100 by email. Comes out the weekend before First Friday.

Production including ad design: Angela Frost angfrost@hotmail.com—this issue: Chay Khamson

