



PITCHFORK

Pappinbarra Valley Monthly News

Issue 117

March 2018

Dying to get home

An old-timer delivering a tank from Tamworth, commented unfavourably on our road. "The engineer must have been paid by the curve!" he reckoned. The road was built to go from homestead to homestead: house to house along the valley, and often provided the internal mustering track to link paddocks on the early properties. Vehicles were slow then, and everyone was happy to stop for a chat as the cows crossed the road to get to the dairy. Going to town was a weekly, monthly or annual event. Our road was built to serve those needs, not our needs today. We could ask government to build a superhighway to nowhere, but the modest improvements have been good and we can change our way of using the road by being conscious that this is NOT an urban commute. We are the lucky ones; this is a leisurely country drive to and from work. Let's enjoy our part of the world and appreciate the changes that come with each season, the early morning fog and the changing light throughout the day.

Pappinbarra Rd is not a safe road. It has so many blind corners, narrow sections, a road surface that breaks up where it has been pummelled the most. The dirt, of course, is only as good as the last rain has left it... This is the stuff of car rallies, not commutes to and from work. But we come and go daily and become used to the crazy irregularities of the journey. Cows on the road; a tree down; the milk truck; a kangaroo; a thousand variables, let alone the driver just as anxious to get somewhere, coming the other way, or passing on a corner. We get away with it mostly. New cars are well designed. They get us out of a lot of trouble.

There's been discussion in social media about our driving. I doubt there is anyone who doesn't have stories of hairy driving and near misses. The way human nature is, it's other driver that is the *bad driver*.

We have also been given a road sign that may be one of the great enigmas of modern times in NSW: **END 80 Reduce speed to conditions**. What does that mean? Traveling from town, this is just before Roach's cutting, one of the most dangerous, bendy and difficult parts of the road. Did they mean it's a good idea for everyone to take the curves at 100 km/h? Or maybe a bit slower because of "conditions". If we look at the state

government's Speed Zoning Guidelines it turns out that this is a sign used on the poor quality country roads out west, where it's straight, there is little traffic and the distances are great. Not quite Pappinbarra Rd.

This is part of what the Guideline says, "The default speed limit is often inappropriate for unsealed roads. Allowances have been made to reduce speed limits on rural undivided roads with sealed pavement less than 5.6 metres wide and unsealed roads may be considered in a similar manner. Unsealed roads in a rural environment can be speed limited to 80 km/h... Nevertheless, in some locations the default speed limit may be the preferred option, and in such cases, the Reduce Speed To Conditions sign (G9-318-1) can be used to remind drivers to drive to prevailing conditions on unsealed roads."

(NSW Speed Zoning Guidelines, 2.2.4 Unsealed roads)

Our valley is beautiful, with constantly changing views of rural pastures framed by timbered hills. It is the Australian idyll. Admire it and don't hurry. If some of your neighbours or visitors are not in a rush, don't be surprised. Driving on our road is hard work for some drivers who are less sure of themselves or whose vehicles don't handle the road so well. - **Adrian Guthrie**

80 km/h is the recommended speed limit in NSW on lower quality, undivided rural roads that have either a sealed surface that is less than 5.6 metres wide or no marked dividing line.

(NSW Speed Zoning Guidelines, Table 2.1)

Permits are required for burning off.

To get a Fire Permit ring a Fire Permit Issuing Officer in your local brigade - listed on p 2.

When you have a Fire Permit, and at least 24 hours BEFORE LIGHTING THE FIRE, give notice to the Fire Control Centre in Wauchope: 6588 9000, and to all the adjoining property owners/occupiers, including those across roads or water-courses. You must always give this 24 hour notice to neighbours, even outside the Permit season.

Rural Fire Brigade report

News from Hollisdale Brigade

It has been quiet on the fire front for the Hollisdale brigade; most fires we attend are from escaped hazard reductions or pile burns. The downturn in fires in our area is a credit to everyone who checks that the weather conditions are favourable before lighting up.

Callum and Renton Malseed-Smith have just completed their Bushfire Fighting course and they are now qualified to attend all call outs. WELL DONE GUYS! Its great to see young people joining the rural fire service and helping to protect the community.

Chris Roelandts,
Hollisdale Captain



Callum and Renton Malseed-Smith

Message from Andrew Jarrett, Pappinbarra Brigade

Fire Permit Issuing Officer (FPIO) in your local brigade:

Upper Pappinbarra: Stephen Ostler 6587 6090, Anthony Wall 65876127, Andrew Jarrett 6587 6181.

Hollisdale & Lower Pappinbarra: Peter Michael 6587 6022, Chris Roelandts 65856700

Beechwood: Sam Elphick 0428 856 222

PPA President's Message

The year is well under way and in many ways we are on a roll. Kids are excited to be back with their friends at school after the long summer break, and I can hear a sigh of relief from their parents! Most of our lives are busy. Perhaps too busy? But we rise to the occasion, hurry off to work, pack as much as we are able into every day. Remember, in all this, to be kind to yourself and take time to enjoy that we live in such a beautiful place! The Pappinbarra valley is a treasure. Savour everything it has to offer. Look after your wellbeing. And look after those around you. It is too easy to take one another for granted. Enjoy, share and celebrate the last of the hot days and the change of the season.

I would like to thank many members of the community and the PPA committee who have worked hard already this year. It can be a wonderful way to engage with others and find new challenges that are personally rewarding and stimulating. Thanks to the folks at the recent working bee, the helpers improving the shed and the grounds, mowing lawns, installing the fire fighting water tank, doing a bit of gardening, cooking food, and being there to share memories with the ABC live broadcast acknowledging it is a full year since the disastrous fires



Finally, there are several families new to the area and I welcome them! Make yourselves know to them. I hope we can all get together at the BBQ on the First Friday of each month and at the monthly Market on the first Sunday of each month.

It has been said, "There is a little bit of everything, and something for every one at our market." PHOTO Jean Hegarty

Kind regards,
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. We prefer unformatted Word documents with any photos as separate files. Sam Neale is responsible for Pitchfork advertising email neales21@gmail.com, Angela Frost does the design and layout.

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- Bush regeneration and tree planting
- Endemic tubestock supply
- Project planning and grant application advice

Not all driver are the same

The state government in Victoria has had some success in limiting road fatalities through educating people about road trauma. They're the people who devised the effective, "Bloody Idiot" campaign. Here's some background facts about risk.

Our bodies are fragile

Impact forces of 30km/h or more cause our fragile bodies to break. This fragility makes us vulnerable in a crash where these forces are often much greater. Vehicles give some protection from the full brunt of a crash thanks to safety features like airbags. But there are still some of us who are more vulnerable than others.

Who is most vulnerable on our roads and why?

Cyclists, motorcyclists and pedestrians, are more vulnerable in a crash than people in cars. Even though motorcycles only make up 4% of registered vehicles, riders account for a staggering 15% of deaths and serious injuries on our roads.

Older drivers are more vulnerable because while they tend to be experienced and capable drivers, the physical and mental changes of ageing can affect reaction times, vision, hearing, muscle tone and our ability to recover from a crash. Prescription medication can also have an effect.

Younger drivers are more vulnerable because of a lack of experience and tendency to take more risks. During the first year of driving on P Plates, young people are 30 times more likely to crash than at any other time.

<https://www.towardszero.vic.gov.au/news/articles/how-were-making-roads-safer-for-those-most-vulnerable-in-crashes>

Why safe speed matters

We feel protected in our vehicles. Safe from the outside world. But the research shows that it doesn't take very high speeds to reach the speed threshold over which lives are lost. Speed kills.

For our fragile bodies, even a small difference in speed can mean the difference between life and death. Your chances of losing your life are increased at the impact speeds listed under each of the collision types below.



30KM PER HOUR 30KM PER HOUR

Side-impact with tree



Impact with pedestrian



50KM PER HOUR 70KM PER HOUR

Side-impact



Head-on

<https://www.towardszero.vic.gov.au/safe-speeds/why-safe-speeds-matter>

Fork and Plate

No-Knead Bread

Love the smell and taste of home baked bread but don't have time to spend kneading and waiting for bread to rise? Well, while no-knead bread is all the go at the moment (see YouTube), some recipes require long proving times (up to 24 hours followed by a further 2). But help is on the way. This recipe, based on one from a 1988 Keith Floyd cookbook, fits in perfectly with busy lifestyles. It's all based on the simple principle that water activates gluten just as efficiently, and more quickly, than kneading.



Basic ingredients are:

4 cups of flour (I use 2 Hi-Fibre Grain and 2 White

Bread mix - available from the IGA)

4 level tsps Instant Dried Yeast

1 tsp salt

2 cups of warm water

I usually add a handful of sunflower kernels and pepitas (pumpkin seeds) for a savoury mix; or try something sweeter with sultanas, mixed peel and mixed spice.

Method:

In a large mixing bowl add the dry ingredients. Mix well. Add warm water and combine well.

The mixture will be quite wet and sticky. Transfer to a large loaf tin lined with baking paper. It's best to do this with a big spoon to prevent it sticking to the paper. I like to sprinkle some additional pepitas on top. Cover with cling film or a teatowel and set aside to rise to the top of the tin – usually 30-40 minutes this time of year. Preheat oven to 200°C (fan forced 180°) and bake for 40-50 minutes or until it looks nicely browned and sounds hollow when tapped on the base. Cool on a wire rack and enjoy!



Farewell Peter Wall

2 September 1946 – 28 January 2018

I first met Peter almost 20 years ago when I was appointed to the local Catchment Management Committee. He knew all about the issues under consideration and was always ready to express his views logically and succinctly. No-one ever had cause to doubt what side of the fence he preferred. Nonetheless, he was always ready to listen to others. This was just one of his many community involvements – he worked closely with people of all political persuasions on all sorts of bodies to improve the lot of his fellow men and women. These included the Holiday Coast Credit Union, Regional Development Board and Landcare, as well as State Committees for Acid Sulphate Soils, Weirs, Catchment Management, Wetlands, the Coast, Bore Capping Program, Farming for the Future, NSW Farmers, Wauchope Show and Hastings 2000.

With Pappinbarra, in spite of his first house, *Willow View* on the Left Arm, having been burnt down, he was one-eyed – he loved the place. After retreating to Sydney for twelve years to earn money to survive, he and Jenny returned to live at *Riversleigh* in 1980, only moving to run the show at *Timber Corner* about the turn of the century.

The hall had a fancy dress party years ago; painted green, Peter came as 'the hulk'. That was fine until the gentle giant stood up, started screaming and flexed his biceps...

Peter's gig as Santa at PPA's Christmas party led to his being asked to do it again and again. The kids, like his three children, ten grandchildren and one great-grandchild, all loved him. He had lots of stories about what they whispered confidingly in his ear. Some, brave enough to give his beard a tug, decided he must be the genuine article!



Everything about Peter was larger than life. When his first daughter, Julie-Anne, was in Year 2, a homework task was tracing the outline of fathers' hands and feet on a piece of paper. Peter's hand just fitted; his foot took two pages. The teacher found it hard to believe!

Peter was a can-do, cup half full – or even brimming over – kind of person. When a second-hand Smeg oven wouldn't go for want of a \$500 timer clock, he hotwired it! When a pump refused to pump he coaxed it into action. If you were in a sticky situation, an appeal to Peter brought practical, unstinting help. He went driving for hours through countless gates to a remote property inland from Wingham to collect a load of furniture for the Pappinbarra fire relief effort, transported a caravan for a single mother to Nimbin for the cost of the petrol, sent a hothouse for assembly in Nepal, provided emergency accommodation for the desperate, and, along with the wholehearted help of Jenny and his own children, fostered 32 sexually and physically abused kids – kids no-one else would take on board, who still keep in touch

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with the family. 'Dad and Mum always believed in each other and everyone they came in contact with.'

Peter was progressive – ready to trial new ideas. He did a Biodynamic Farming course 30 years ago, grew hydroponic tomatoes and cucumbers, helped Ricardoes set up, provided tea trees for plantations, crossbred cattle, and was always happy to share what he knew. He was a great one for a yarn.

Not little when he was born – an understatement – he grew rapidly and at two, when he broke a leg, was the size of a five-year-old. Very protective of his older brother, he never liked bullies, dealing with them with his fists. He didn't like restrictions either, escaping by clearing off home. He went to multiple schools, but never went off the tracks.

The family (his father was a policeman) were regulars at Como Catholic Church. Peter talked to the priest on his morning walks, was an altar boy and felt he had a calling - he never failed to help if anyone needed him.

A big man, his big voice had practice in the family Kingswood. Years later, he re-found it in Bella Bago choir and went on to sing *basso profundo* in many venues, including Hollisdale Hall as a worthy character in our local play 'Bushed' in 2013.

Relationships with others were important to Peter. He lives on in the hearts of the many who remember him with fondness and respect. Our community misses him.

- Jean Hegarty

The PPA extends heartfelt sympathy to Peter's widow Jenny, children Julie-Anne, Anthony and Angela and their families.

Horse Talk

Everything's Archie! ... well that used to be a comic book saying. I had the great privilege recently of fostering this handsome chestnut fellow. Archie came to me in a dream first and then in an email from a lovely family who needed help with his relocation. Archie's owner Alan, had just passed away from a stroke. This horse had not only lost his buddy but also his confidence. Just like people, horses respond to gentleness, presence and love so that's what we gave him while he was being brushed, walked, saddled and sung to. Well, you have to make a fellow feel at home and so he did, then fell in love with my mare Jessie, his gentlemanly, smooching ways in the paddock providing us with great daily entertainment.

Archie has just been placed at Bellrowan Valley Horse Riding in Bellangry and the owners there, Julie and Mark, could not provide a better home for such a boy.



He loves people and he loves being around other horses. With his big heart he will reach a lot of adults and children. I would encourage anyone to go and experience Bellrowan. If you don't have your own horse, this is a fantastic way to learn and get closer to horses, while in the company of very warm and accomplished horse people—it is as much a social atmosphere as it is a horse atmosphere. I should know, (and these are the circles I just love in life), I took my five-year old daughter for her first horse ride ever with me there, some ten years ago. Leilani has never forgotten the magic of 'Princess Ellie' and I was thrilled to learn from Julie & Mark, that the mare has now been retired and is the resident nanny in the paddock for all the young horses. Beautiful! The amazing website www.bellrowanvalleyhorseriding can give you all the details on pub rides, chicks in the sticks, trail rides, birthday parties, even overnight stays and if you should see Archie there, then please give him a kiss on the eyelid for me. We just adored him.

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

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March Gig Guide

Wauchope Arts

Celebrate International Women's Day

Friday 9th March 7:30pm - **London Klezmer Quartet**
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Tickets \$25 (members \$20) **Trybooking.com** or at the door.
 Friday 23rd March 7:30 pm - **Flats and Sharps**
 Support - Spiral time (Susan and Tom)
 Flats and Sharps blur the lines between Bluegrass, Folk and Country. These five incredible young musicians honed their skills in more than 300 live performances over four years charming and wowing audiences along the way.
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The Old Butter Factory (Telegraph Point)
 Friday 23rd March – 7pm
Lost Legends Showcase (Dead Singer Band)
 Colin Burgess, AC/DC's first drummer, Denny Burgess, fellow Masters Apprentices' member, Roger Faynes from Stevie Wright's band, and Golden Guitar nominee, Vanessa Lea, perform a salute to iconic Aussie singing stars who are no longer with us.
 Tickets \$35 from **Trybooking.com/348071**



Twilight tastings with Hastings Co-op
 The popular Hastings Co-op Twilight Tastings is back
 On Friday, March 16 at 5-9 pm
 At Wauchope Showground

The stage is set for Hastings Co-op's annual Twilight Tastings at Wauchope Showground, with a record number of exhibitors and family-friendly entertainment.

Entry is \$5 and children under 18 are free. Featuring beer, wine, spirits, fresh produce and food from near and far, this year's event is all about getting together in a relaxed environment where suppliers can share their products and locals can try something new.

Live music includes Troy White Music School from 5-6pm and Chris Rose from 6-9pm.

Come and talk with producers and suppliers, wander through the market stalls, listen to live music, celebrate the area's farm-fresh produce and most importantly, enjoy tastings and exclusive offers.

The taste buds will be tempted by everything from chocolates, salamis, cheese and strawberries to award-winning wines, well-known spirits and boutique beers.

<https://www.facebook.com/events/542011019524918/>

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In the Veggie Patch



Autumn planting is the other great roll-over in the veggie garden rivalling spring. The bedraggled remains of the spring planting, that thrived over summer, can now be removed and added to the compost heap. Manure and seasoned compost can be added to veggie beds, topped with generous mulch in preparation for the lush, nutritious vegetables for the winter table. Think soups and roasts and delicious casseroles.

HERBS – plant chervil, chicory, coriander, fennel, garlic bulbs, lavender, marjoram, oregano, parsley, rocket, sage, sorrel, rosemary, thyme, winter tarragon and yarrow.

VEGETABLES – plant broad beans, cabbage, English spinach, brussels sprouts, kale, green beans, broccoli, winter lettuce, onions, peas, radish, shallots, leeks, spinach, silver beet, spring onion, pak choy, rocket, potatoes and turnip.



<http://www.aboutthegarden.com.au/>

Can you help?

The local ABC Mid North Coast has set out on a quest to find the artist who did the numerous caricatures of locals that grace the bar of our local pub in Beechwood...

Does anyone know Alan J Lester?



Alan J Lester PHOTO: Richard Bloomfield

Where is he from and where might he be now?

Richard Bloomfield became the publican of the Beechwood Hotel about a year ago, and he's keen to continue the tradition of cartoons depicting the local drinkers hard at work... drinking.

Assistance is welcome on all fronts - finding the artist, critiquing his work over a drink, and, of course, providing new subject matter for other aspiring

cartoonists. If we can't find Alan J Lester, or he has hung up his pencil, other artists and aspiring cartoonists should approach Mr Bloomfield – the smiling man behind the bar – who is only too willing to see life and art thrive in our part of the world. (Thanks Gabrielle Lyons of ABC Mid North Coast)



Beechwood Hotel with Publican Richard Bloomfield PHOTO: ABC

<http://www.abc.net.au/news/2018-02-19/missing-ink-mystery-of-the-missing-bar-stool-cartoonist/9455392>

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Valley Happenings

2 March- 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 March- 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 220138. www.facebook.com/grownandgatheredcommunitymarket/

7, 14, 21, 28 March – Social Tennis every Wednesday evening from



7pm. Bring a racquet and the teams will be put together on the night. \$5 per game to cover lights and balls. All levels of playing skill accepted! Upper Pappinbarra Recreation Grounds. Contact Robyn Flanagan 65 876011 or

Lisa McLeod 0418 220 138.

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.



25 March - 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.



30 March Good Friday - Blue Moon. A blue moon is the second full moon in a calendar month. A blood moon happens when the



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

PPA wishes Michael Fowley all the best for a complete recovery after his heart operation in Sydney.

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

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