

PITCHFORK

Pappinbarra Valley Monthly News
Pappinbarra Progress Association

October 2015

Valley Happenings

Pappinbarra Progress Association welcomes new members! Do you enjoy *Pitchfork*? You can support PPA in this and other activities to benefit our community by joining at First Friday - only \$5 per adult. 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 October at Hollisdale Hall.

October First Friday community get-together and barbecue is on 2 October from 6 pm at Hollisdale Hall, Pappinbarra Road. Come along and meet your neighbours and enjoy the company, the fire and the food. Vegetarian and gluten-free options included in a tasty low cost menu; soft drinks available; BYO.

September First Friday saw Liz Gough win the members' draw and Patrick McEntee the raffle. Team Barnes did a fantastic job on the barbecue assisted by Liz and Kelly Gould. Thanks go to such able chefs and to those stalwarts who helped set up and clean up - your help is really appreciated.

Move over Mrs Markham is on in October. Four performances: Fri 16th, Sunday 18th (matinee), Fri 23rd and Saturday 24th at the **Beechwood Hall**. Tickets are selling fast at *ecoWild!* Some available at the door. See poster.

Anyone for tennis? Tennis comp started again on Wednesday 23 September at the tennis courts, Upper Pappinbarra. More players are needed. Contact Lisa 0418-220-138 or Robyn 0438-876-011.

New Community Market at Hollisdale Hall will begin on November 1. Locally grown produce and other market stalls. See details poster pg 2.



Move Over Mrs Markham

a 1960's comedy classic
at the Beechwood Arts Hall

October 16th 18th 23rd & 24th 2015
7pm 2pm 7pm 7pm

Adults \$15 Kids (under16) \$10

Tickets available at *EcoWild (Wauchope)* or call 6587 6055

Move over Mrs Markham mixes three separate couples all seeking illicit liaisons unknowingly at the same time and place. Add a straight-laced children's author, a sexy au pair and a flamboyant interior decorator... stir in misplaced love notes, ringing phones and a full liquor cabinet... and the game is on!

PMH Council - Engaging and Communicating with Our Community. An opportunity for us to meet with Council and discuss matters of concern. Afternoon tea provided at the hall at 5.30 before the meeting on Wed 14 Oct at 6pm. Lodge your questions before 7 October via pmhc.nsw.gov.au/communitymeetings or by phoning 6581 8111.

Photographers! Before 1 November, please send your valley photographs to Sharada (sharadaboyce@yahoo.com.au) for possible inclusion in our **2016 Pappinbarra Valley calendar**, which will be on sale at December First Friday.

All Saints' Pappinbarra, our little historic church, welcomes all to the service on Sunday 24 October at 2 pm with a cuppa around 2.45 off the back of the ute.

Hollisdale Hall, owned by the community, is available for community use - 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. Book with Bryan Gough on 0473 170 761.

PMH Council has just announced recipients for Round 1 of its Community Grants 2015-2016; PPA has been fortunate in obtaining \$6394 for re-painting the hall inside and out. Your committee will need help with preparation and painting, as well as loan of trestles, ladders and scaffolding. Please ring PPA Vice-President, Mary Walker, to register your willingness to volunteer.

Cricket Match

The 2015 Greg Ostler memorial cricket match was held on Sunday 13 September at the Upper Pappinbarra Recreation Ground. What a beautiful spring day out was enjoyed by all!

For people who have never been and played, let me give you an insight. I myself will be the first to admit that I'm not a big cricket fan - played as a kid in backyards, but never watched it on TV. It was just not a high enough impact sport like footy or motor sports for my liking. About as boring as watching paint dry.

Well how wrong I was on this day. Everyone there had a ball.

Let me explain the rules. If you can't run you may have a runner. You hit the ball and some else will run on your behalf. Twenty runs and you must retire, however if you get to 19 runs and hit a four this counts as 23 runs and you retire. Hit the road, the fire shed or into the bush on the full and you're out. You can't get out for a duck. You must get at least one run. Everyone must run, field and bowl, and giving your mate/neighbour a bit of lip is all part of the fun.

At half time there was a BBQ and a fruit and veggie raffle which was put on by the PPA. All the profits of the day will go to Hollisdale and Pappinbarra fire brigades. Thanks to Jim McGahey for helping out with the cooking of the BBQ.

The final score was Lower Pappinbarra (The Tar) 154 and Upper Pappinbarra (The Dirt) 194. Congratulations to Upper on taking out the 2015 match.

Junior player of the match was Jye Cooper Certificate of encouragement went to Emily Barnes - not bad considering she followed Steve Ostler around saying 'I'm not playing'! She did play, had great fun and didn't want to stop!

Person of the match was Tiffany Ostler Best fielder was Tamkia Cooper Congratulations to all those people - great effort.

I must say bad luck to Sid Cooper, bowled out on 19 by me, Todd. Sorry mate you didn't get that four to get to 23 runs - better luck next year. Both Belindas from Upper and Lower had stacks trying so hard. Great efforts. Sorry girls - all part of the day's fun.

So mark it on your calendars for next year and come out and play cricket Pappinbarra style. It's a great day out for family and friends. Even if you don't play or like cricket come and relax in the shade of a tree with a nice drink. Maybe you could be the one giving the lip to others? Next year we need more people from the Lower end. Their pride is at stake!

A big thankyou goes to all those people that helped with the working bee on the Saturday before the match. Thanks to Steve Ostler for arranging the day. Thanks to everyone who came and had fun and shared in a laugh.

Todd Barnes

Live music!
kids activities
PPA fundraisers
home-grown produce
reuse and recycle

PAPPINBARRA COMMUNITY MARKET
GROWN & GATHERED

Community market at the Hollisdale Hall
Creating community with local ingredients

1st Sunday of each month 9am to 1pm

Run a stall or come and shop or browse. There will be a variety of stalls including home-grown produce, jams and pickles, recycled clothing. Come and enjoy a scone and tea or bring a picnic and listen to the live music.

Next Market: *Sunday 1 November*

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PPA President's Note

We know we don't have the traffic to warrant an upgrade like the approaches to Bain Bridge (sigh), but our valley road is nevertheless a contentious issue. It's narrow, potholed in places, eroding on the downhill side of almost every bend on the gravel, with trees overhanging here and there and lots of activity from wildlife that don't know the road rules.

Some have had serious accidents and I am sure all of us have had near misses over the years. We all need to take care and share the road and try to stay on our own side. Many a time I have had to veer off the road to avoid a collision. We all tend to hog the road on occasions; one day this will cause a tragedy.

Let's make our road as safe as we can by driving cautiously and letting cars overtake when possible. Safe driving!

Lisa McLeod

Rural Fire Brigade News

We have attended a couple of fires and some hazard reductions. Our sector training was well represented and was very well organised. We had our open day on 12 September

at Beechwood School. It attracted a lot of interest including a couple of new members for two brigades. Fire permits are now required.

Chris Roelandts,
Hollisdale 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, Jim Adams 65874414, Chris Roelandts 65856700; Beechwood: Sam Elphick 0428-856-222.

Healthy Soils with Healthy Earth

With our deeply weathered clays and our rainfall the loamy soils in Pappinbarra are generally depleted of minerals. Both plants and soil microbes suffer as a consequence. Minerals in the soil are vital for healthy plant growth and resistance to pests and diseases.

There is a great product which is made with volcanic rock dust produced by Australian company Healthy Earth and available from Greenbourne Nursery in Wauchope. It is easy to apply and will restore minerals to your soil, giving garden plants strength, disease resistance and drought tolerance and making your vegetable crops sweeter and richer in nutrients. Microbes in the soil and composts also benefit from mineral enrichment.





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Meet the Dasyures

What in the Pappinbarra is a Dasyure? They are carnivorous marsupials – pouched mammals of Australia and New Guinea with sharp teeth and a taste for flesh. The largest living Dasyure is the Tasmanian Devil that weighs up to 15 kg. The smallest, a tiny shrew-like animal called the Long-tailed Planigale, weighs no more than 7 gm and is an ferocious hunter of insects, centipedes and small lizards. All Dasyures are most active after dark and most are rarely ever seen except perhaps as a fleeting glimpse as they dash across the road at night. What was that? A mouse, a rat, or perhaps some kind of Dasyure?

In the Pappinbarra Valley we are lucky to have populations of at least four kinds of Dasyures. The largest is the Spot-tail Quoll (sometimes called the Tiger Quoll or Tiger Cat) – a magnificent animal with reddish-brown fur and creamy white spots that extend onto its tail. Males can weigh up to 5 kg but females only attain half that weight. Most activity occurs on the ground although they can climb well. They are active hunters, feeding on many kinds of mammals, reptiles and birds, and also on carrion. Breeding occurs in late winter to spring when females rear litters



of up to 6 young. However, outside of this period, they are solitary creatures that maintain large territories of several hundred hectares of forest. Females breed in the first or second year and both sexes probably live no more than 5 years. Occasional sightings of this species are made along Pappinbarra Road at night – so please, drive slowly to avoid killing a Spot-tailed Quoll.

At least three other Dasyures are present in the valley. The Brush-tailed Phascogale is the closest thing we have to a marsupial squirrel. They are about the same size (weighing up to 300 g), have a bushy tail, and are remarkably acrobatic, dashing about the treetops. However unlike squirrels that feed on seeds and nuts, the Brush-tailed Phascogale is a fierce hunter that will tackle prey almost its own size. Sadly, they seem to be now either extinct or quite rare across most of their range in eastern Australia which once extended from South Australia to Cape York. Luckily they are still here with us in the Pappinbarra Valley, although not many people are fortunate enough to see one.



The Brown Antechinus is quite often seen as it has adapted to



living in and around our houses and sheds. It is usually mistaken for a rat – an understandable mistake given the fact that it is a rat-sized mammal (weighing around 50-70 g) with reddish-brown fur and a long tail. However, if you can get close enough (usually only possible after the 'rat' has met with an untimely end), a quick look inside the mouth will settle the

identity – rats have only one pair of gnawing teeth in each of the upper and lower jaws, while the Antechinus has a mouthful of small, sharply pointed teeth which they use to capture and shred insects and other invertebrates. The pouch of a female is also a dead give-away – rats and mice never have a pouch but instead have a row of teats along the sides of the body. Antechinuses are most famous for their dramatic reproductive cycle which is invariably lethal (to the males). Every year in August to September communal nest sites that were occupied through winter are abandoned and both males and females become increasingly agitated. Mating bouts are frequent and prolonged (6 hours or more!) and most females have multiple partners. This process leaves the males so exhausted that they all die at the end of a single breeding season. The females then get on with bearing the young (10 or more, born 27 days later) and rearing them through to independence (usually around 90 days after birth). Some females live long enough to go through this a second time!



Last and least of our local Dasyures is the mighty Common Planigale – huge ones weigh around 15 g. These amazing creatures dash around at breakneck speed in pursuit of insects and other invertebrates, small lizards and perhaps even mice. Planigales are known to make nests of grass or leaves among rocks and fallen timber. Otherwise, almost nothing is known about the lifestyle of these tiny marsupials. They may well be very common but they are too small to be captured in most kinds of traps, and too small and fast-moving to get a reliable sighting by torchlight. In our time in the valley, we have encountered a Common Planigale only once – a tiny headless body that our dog snuffled out beside a track.

Other possible Pappinbarra Dasyures include two other kinds of Antechinus: the Dusky Antechinus usually found in the wetter forest types; and the Yellow-footed Antechinus usually in the drier forests and woodlands. The Common Dunnart is another possible resident and has been found just outside the valley.

Ken Aplin

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Tree of the Month

Pecan



The nuts are harvested during autumn and need to be dried for a few weeks to improve flavour and lengthen shelf life. We store ours in single layers in a rodent proof cabinet. The shells are quite brittle and easy to remove. Once shelled, the kernels keep well in an airtight container, and also freeze well in plastic resealable bags. They don't stick together in the freezer so you can easily remove just as many as

After a bumper crop this year I've been asked for tips on growing and cooking with pecans. Firstly I must say that I'm not a horticulturist - I'm not really much of a gardener, so what I know about pecans is limited to my enquiries of Professor Google and a few years of watching them sometimes flourish, and sometimes fail.

The trees themselves are large (to 25m) and beautiful. They are a member of the Hickory family, native to central and southern USA. They tolerate high summer temperatures but need good water during late spring and summer while they are setting nuts. As we rely on rainfall only for watering, our crop is variable. We keep the grass away from the base of the trees and use the leaves that drop in autumn as mulch.

you need. The nuts are rich in antioxidants and purported to decrease the risk of stroke and heart attack, and protect the body from disease, including cancer. They are a good source of Vitamin E, B complex vitamins and minerals.

Another very good reason for eating pecans is that they are delicious - raw or roasted, as a snack with dried fruits and seeds, in salads and in cakes, biscuits, slices and cakes. Pecans are perfect in any recipe calling for walnuts.

Roasting is simple: just put the kernels on a baking tray, crack over some sea or rock salt if desired, and bake in a moderate oven (around 180 degrees) for eight minutes. Cool and store in an airtight container.

Pecan Pie

This is a hybrid of recipes - the pastry is one I make at Christmas for fruit mince pies. It always bakes well - the bottom is crisp (no doubt because it's loaded with butter) and there's no need to blind bake if you are cooking the filling. You may have your own favourite recipe for shortcrust pastry. The filling I found on the internet (Old-Fashioned Pecan Pie). This recipe is enough for two 24 cm pies.

Rich Shortcrust Pastry

425g plain flour 250g butter 2 tblsp sugar 1 egg ¼ cup iced water	Rub butter into flour (I use food processor) and add sugar. Mix egg yolk with iced water and add to dry ingredients. Knead a little. Divide into two, roll thinly and place into lightly greased pie dishes. Prick pastry with a fork and put in the fridge while preparing the filling.
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Filling

85g unsalted butter 1¼ cups brown sugar ¼ cup light corn syrup (I used Karo, available at supermarket) 2 tsp pure vanilla extract or use vanilla beans ½ tsp grated orange zest ¼ tsp salt 3 large eggs Pecan halves	Melt butter in a small heavy saucepan over medium heat. Add brown sugar, whisking until smooth. Remove from heat, and whisk in corn syrup, vanilla, zest and salt. Lightly beat eggs in another bowl, then whisk in corn syrup mixture. Arrange pecan halves in pie shells and pour syrup over. Put pie dishes on a baking tray and bake in moderate oven - about 35-40 minutes, til golden. Cool completely.
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Mary Wagg

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Editor's musings



Back in Pappinbarra after seven weeks in the UK and Ireland, I am stunned at the changes wrought by tourism since our last visit. It seems to me that streams of visitors are the lifeblood not only of cities but also the many small towns that have embraced them with open arms. Where the tourists don't go, shopfronts are boarded up, streets are littered, locals lurk indoors or if spotted are dour and unsmiling and the atmosphere is bleak and dreary, matching the weather.

Tourists flock to those places where folk have seized opportunities to attract them and informed them on the net - the lochside hotel with an enticing array of whiskies, the village pub with local food or traditional music sessions, the old post office resurrected and ensuited as a holiday cottage, the local museum repurposed as an interpretive centre, walking trails and campsites with signage, parking provided at viewing points, guided tours, climbing, hang gliding or horse rides on offer, hostels for backpackers, public conveniences and picnic tables along quiet country ways.

During the week we spent with Sue and Rob Frost in the Old Post Office at Kentallen, we took the Jacobite Train - a round trip of some five hours with glimpses of spectacular highland scenery, all the sound effects expected from a steam engine, open carriages and plenty of smoke, soot and cinders. Truly a blast from the past and one we would have missed if we hadn't booked weeks ahead on the net from Australia! The Jacobite daily drew hundreds to Fort William for boarding to disgorge

them at Mallaig for lunch, drinks, fishing, sightseeing, walking or souvenir hunting before the return trip.

The net awaits all who want to 'have a go' (to use the local vernacular) at providing attractive packages for tourists. Some of this happens already - macadamia farms, trail rides, vineyards, cafes spring to mind - but the possibilities are unlimited. Tourists want an authentic experience, be it of scenery, wildlife, food, culture, history or all of the above. They want to research their trip on the net, and are happy to pay for the real thing.

The Wauchope Gateway Project hopes to attract tourists to the Hastings hinterland, to the benefit of local businesses and to anyone with the energy, enthusiasm and expertise to get a website up and running with offers too good to miss. After all, we have everything, as well as the weather they can only dream about over there!

Jean Hegarty

My Place Film Festival

Port Macquarie Hastings Council is again running the *My Place Film Festival* encouraging the production and presentation of short films about 'things you feel connected to' and wish to share with others about the region in which we live. Films only need to be two minutes long. This is a great

opportunity for the district to be showcased to the wider community. They don't have to be amazingly shot pieces of cinematography; i-pads, phones and such recording devices are OK.

Entries close January 15 2016. For more info go to pmhc.nsw.gov.au and type My Place Film Festival into the search bar.

To have your say on local arts, culture, creativity and culture, go to <https://www.surveymonkey.com/r/PWQGS7Q> or drop in to PMHQ offices and fill out a hard copy of the survey.

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Cocky's Corner Barber's Pole Worm

Haemonchus contortus

Sheep, goats and alpacas suffer from this most pathogenic species of worm. The worms can build up in such large numbers that they cause anaemia in the animal as they suck the blood in the fourth stomach of these ruminants. The female worm, approximately 2.5cm long, has red and white stripes like the poles outside old-fashioned barbers' shops - hence the name. The highest

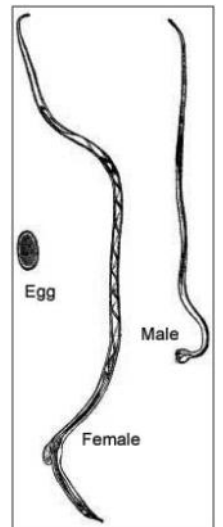


egg producer of all of the sheep worms, she lays eggs which pass out in faeces. The eggs hatch, usually within a few days of being laid on the grass, and the larvae migrate onto pasture where they are eaten by the grazing animals, often when the pasture is 25 to 100cm long. In the animal's gut they develop into adults in about three weeks. Development of the eggs into larvae is more common during the warm, moist months of the year.

It is possible to tell if a sheep is anaemic by pulling back the eyelids and gums of the animal. If they appear pale and greyish rather than pink this is an indicator of anaemia and could mean the animal has barber's pole worm. Additionally, the animal can become

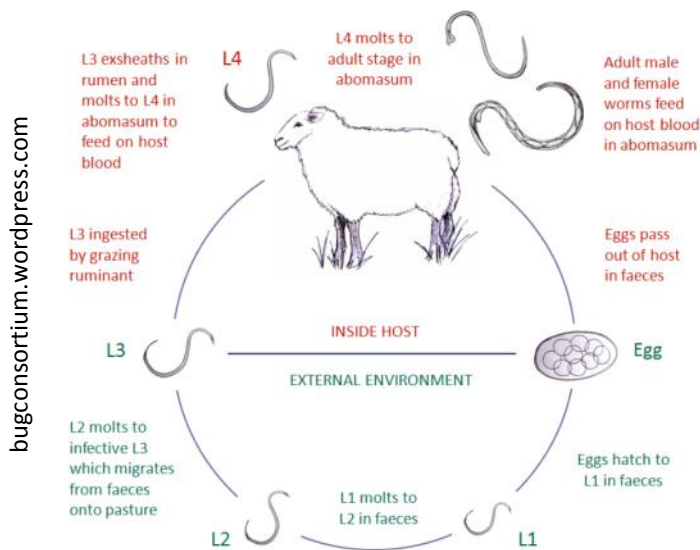
weak, lose weight and in the later stages fluid may build up under the jaw, causing bottle jaw. At this stage treatment needs to occur as soon as possible as death may be the next stage.

Controlling this parasite is difficult as the eggs can survive up to 12 months on an un-grazed pasture. There are a number of drenches approved to control the parasite but they must be rotated in their use due to worms developing resistance. Grazing management aims to reduce paddock worm load by excluding sheep during certain months. Sheep in good condition manage worms better because of improved resistance and resilience.



For further information visit www.dpi.nsw.gov.au

Mark Hickson



Life cycle of the Barber's Pole worm

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Wanted

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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 24 September for the October issue.

PPA Matters

PPA Committee meetings – the second last Friday of each month at 6 pm. All welcome.

Facilities for Hire

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

Contact Bryan Gough 0473 170 761.

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 30 October for the November issue. Material for the November issue to the Editor by Thursday 22 October 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.

Pappinbarra Progress Association Committee

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Vice President: Mary Walker 6587 6055

Treasurer: Sue Frost 6587 6129

Secretary: Suzanne Pollett 0420 329 841

Other Committee Members:

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Liz and Bryan Gough

Nat and Will Mrowka

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