

PITCHFORK

Pappinbarra Valley Monthly News
Pappinbarra Progress Association

October 2016

Valley Happenings

Please join PPA (\$5 per adult) to support your committee and be part of the community that is admired throughout the LGA for its vibrant, inclusive and varied activities. PPA welcomes new members Sue and Max Hollis, Benjamin and Sonya O'Donnell, Dawn Flanagan and Charlene Tubbs and Sacha Isley. Next committee meeting is on Friday 14 October - 6 pm at the hall.

October First Friday get-together and barbecue is on 7 October from 6 pm at Hollisdale Hall, Pappinbarra Road. All welcome - come along and enjoy the company! Vegetarian and gluten-free options included in a tasty low cost menu. Cordial available BYOG and soft drink. These are the cooks for October FF: Chris Roelandts, Graham Smith, Rob Williams and Amy Hubers.

September FF saw the members' draw jackpot because Kathy Khamson was not there. Cook Adrian Guthrie was very efficient on the barbecue while Sue and Lisa assisted. Many thanks to all who helped in any way during the evening.

Working bee Sunday 9 October starting 8 am at the hall to finish the painting and do a general tidy up. All welcome!

All Saints' Pappinbarra, our little historic church, will have a 'blessing of the pets' service on Sunday 22 October at 2 pm with a cuppa around 2.45 off the back of Murphys' ute. Bring your pet and a plate to share.



2017 Pappinbarra Calendar: Please get out and about in the valley with your camera and send photos to the editor.

Hollisdale RFS Training on Saturday 8 October 8-10am. Meet at the hall in full uniform.

Tennis Spring Comp started at Upper Pappinbarra on Wednesday 28 September. Kids are welcome. Interested? Ring or email Lisa for details. Council has upgraded the court (it looks great!) and should have the drainage fixed by then too.



Other News: The bladder cicadas are starting up and the honey bees are busy!

I eat sap from eucalypts, grasses and other plants. I have a deep call like a frog #mybladderislouderthanyours



Photo credit: Arthur D Chapman

PAPPINBARRA COMMUNITY MARKET

GROWN & GATHERED

Sunday 2 October. Come along and bring the family from 9 am to 1pm (daylight savings hours) for a country experience. Baby animals, kids' games, live music! Stall enquiries to Lisa on 0418 220 138. [facebook.com/grownandgatheredcommunitymarket/](https://www.facebook.com/grownandgatheredcommunitymarket/)

Meet the neighbours

Raye and Rob Tickle

The Tickle came from Tick Hill, between Tavistock and Oakhampton in Devon. Rob's ancestor, John Tickle, a Methodist, settled at Dungog and wrote: "I rue the day I brought my family to this hellish place", but there are still Tickle on his original selection! Rob was born at Tamworth. His father had grown up near Quirindi and when the family shifted back to that district Rob was educated by correspondence with Blackfriars. He had a passion for history, so much so that one day he got a letter from their library saying, 'Don't request any more history books because you've read all we have'!

Rob joined the local historical society at Quirindi in his early 20s - all the other members were in their 60s. After completing his apprenticeship as a diesel fitter and marrying Kerry, Rob ended up working for BHP in an iron ore mine in WA. He discovered that there was a high turnover, so that if he hung around for a while he could move up the ranks and be foreman in a couple of years. He used to borrow all the workshop manuals, read them, and explain to the others how the 120- or 200-tonne capacity trucks worked. They moved mountains till the mountains were gone...

Every couple of years, Rob and Kerry had another child, so he stayed in the job for nine years, leaving to get a job as foreman in a coal mine at Muswellbrook, near Kerry's parents' home. Having been living in a mining town the three girls and a boy had no concept of 'elderly' or 'old'!

After 19 years of shift work as Maintenance Foreman at Ravensworth, Rob took redundancy at age 53. He joined the Australian Society of Historical Archaeologists and, after reading a notice in the journal calling for volunteers, went to help excavate Innes Ruins in August 2001. He was hooked and in 2002 enrolled at UNE and did an Associate Diploma in Local and Applied History followed by a BA, majoring in archaeology, palaeoanthropology and history - he wanted to cover all bases. Because he was an 'elderly' student they called him 'Uncle' at residential schools! He just wanted to potter, but the lecturer running the Archaeology prac unit told him that if he wanted to work on excavations he could get sponsorship. He secured part-time employment 5k out of Muswellbrook in his last year at uni, and when the firm landed a big contract in the Pilbara they sent Rob over.

In early days there he had to check the drill lines; they couldn't disturb any Aboriginal sites. Andrew Forrest raised \$3-4 billion in America to set up the Fortescue mine and employed Rob directly

on a 'fly in, fly out' basis till 2010. "Best job I've ever had in my life!" They were building a 260k line from the inland mine to Port Hedland in a 200metre-wide swathe. He had to educate the contractors not to go near the many sites or wander out of the corridor. Accompanied by a D6 dozer and his trusty GPS, he wound his way through wilderness, got on very well with the Aborigines and learnt a lot about their culture.

Meanwhile, in Muswellbrook with the children having left home, Kerry ran a B&B and a small business catering for 'dinner for six' or 'finger food for 60', doing the cooking at home. She didn't drive and when she was diagnosed with bowel cancer, Rob stopped working. She lasted just twelve months. Raye had stayed at the B&B when on a locum in Muswellbrook; she and Kerry got on well and kept in touch. When Kerry died, Rob sent word to those in her address book; Raye wrote back and they began corresponding. The rest is history...

Raye and her three siblings grew up on a sheep property near Ballarat in Western Victoria: fourth generation on the farm, lots of fresh air, healthy food, family teamwork and good memories. After school, she left for further education, training in Nuclear Medicine at Royal Melbourne Institute Technical College. After working in Melbourne hospitals for a while she took off on a one-way ticket for Europe and the UK - "travel seemed much less restrictive then". Many adventures later, she married an Englishman. After a while they came back to Australia and lived in Sydney for a decade. "In those years I altered career paths slightly to train in ultrasound... From watching tracer amounts of radioactivity in the body to watching sound waves bounce off internal structures in the body. Over the years of change ultrasound now assesses many and varied body parts. This keeps the mind active particularly with anatomy and physics." In 1986, Raye started work as a locum sonographer, mainly in NSW and Victoria but has had jobs in WA and far North Queensland. (continued over page)



"Very happy in our little corner of the world"

**Ged McCarthy**
Honest, reliable service
Solar Security All Electrical
Mobile 0448 393 071
www.gedmccarthy.com.au

**Mid Coast**
IRRIGATION HORTICULTURAL SUPPLIES
Need pumps, pipe, fittings, repairs, installation?
For superior service and expertise call Mid Coast Irrigation and Horticulture
6585 3230
25 Production Dr. Wauchope
Heather Cooper 0448 859 202
Alan Foster 0467 617 607

**Jamax Forest Solutions**
"We can see the forest through the trees!"
▲ native forest and plantation management
▲ harvest planning and supervision
▲ domestic and export sales and marketing
▲ private native forestry property vegetation planning
▲ bushfire prevention and mitigation
Steve 0427 990 317
www.jamaxforestsolutions.com

**LJ Hooker**
Selling? Buying? or Renting?
Talk to us TODAY!
6586 1212 / 6585 2438
14 High Street, Wauchope
Sell with Australia's
No. 1 Real Estate Network

Meet the neighbours...continued...

26 years ago, the next step was a move to a 20-acre farm in the beautiful Pappinbarra region. "I've loved the peace, the people and the chance to grow fruit and veg." Raye and her first husband eventually went their separate ways. In October 2014, Raye and Rob were married at a beautiful historic homestead near Ballarat.

Rob wanted more room but the bigger properties he looked at were 'all bush' till the place next door came on the market - 20 acres with a long-term lease on 40 acres backing a Crown reserve. He still owns the Hunter Valley house and is a life member of Muswellbrook Shire Local and Family History Society, their senior research officer and newsletter editor. Now vice-president of the Wauchope District Historical Society, he runs a consultancy which keeps him out of mischief, but has still found time to transform the property. "Best of all is the new orchard and veggie area, already very productive," says Raye, "after forty loads of stable manure".

She finds it's getting harder to leave home "because Rob is making it so lovely". Zac (a boisterous young cattle dog cross who broke Raye's ankle when he cannoned into her) helps. Why the name? Their neighbour was in the navy and names his cattle after ships. Rob thought firearms - Colt? Winchester? But Zac won the day; he was born on ANZAC Day!

Jean Hegarty

Cheese workshop follow-up

Fourteen of our twenty participants have been in contact and are making cheese!

A small group are planning a cheese-making day and if it is successful they will continue monthly at each other's homes. Some are progressing to more adventurous cheese making.

So the workshops have been a great success, not only for those who participated but also

making a bit of profit for PPA.

We are still getting enquiries about the next one and have a list of people to contact next year. It's nice to know that we were able to generate the interest and have so many continue to use the knowledge and skills they learned.

Cheers from Liz Gough



A new Government initiative: Farming Together

The Coalition Government has announced a farm co-operatives and collaboration program (FCCPP), funded to the tune of \$13.8M. 'Under this initiative, farmers will be empowered to establish co-operatives and adopt innovative business models to boost their bargaining position in the workplace.'

Minister Barnaby Joyce said, "It's all about enabling farmers to come together, whether in co-operatives or less formal collaborations, and work to improve farm gate returns. The further you reach down the supply chain, the better returns received - it's that simple. It's better for the farmer and it's better for local communities and the people who live and work there".

Interested?

Phone Nick or Andrew on 1800 00 55 55

Email info@farmingtogether.com.au

Register on the website www.farmingtogether.com.au

now available by appointment
**Regional & Rural
 Domestic and Family
 Violence**
 support worker
6584 9102

Stillpoint
Yoga & Massage
 Integrated Therapies

Sessions in Wauchope & Pappinbarra
 More info phone Amy
6585 3470
stillpointyogamassage@gmail.com

Large range of
**trees, shrubs
 & fruit trees**
 Wide range of
seedlings
Pots & giftware

NURSERY see us on
 WAUCHOPE thebusinessstree.com.au

239 High St. Wauchope
 (opposite Timbertown)
Open 7 Days 65852117
 Hayden & Alison Robinson
greenbourne.nursery@midcoast.com.au

Alex Irving Solicitor

Conveyancing,
 wills, estates,
 insurance claims

Cowal Creek Rd, Bellangry 2446
 Tel: 6587 5112
 Fax: 6587 5113
irvingsolicitor@harcourtsat.com.au

Hastings Co-op
MIGHTY HELPFUL MITRE 10

farm supplies
 pool supplies
 pump & irrigation
 animal feed
 & lots more!

**Pappinbarra deliveries every
 Friday right to your door!**

Mon-Fri 7am - 5pm 1 Carrington St
 Sat 8am - 12pm Wauchope
 Sun 9am - 1pm **6585 1655**

Times Past - Early Settlers in Pappinbarra - the Reynolds of Dilwyn

George Reynolds, born in England in 1856, migrated to Australia as a young man. After living in Sydney for 12 years, he married an Englishwoman, Miss Emily Norris in 1884. They moved to Pappinbarra, called the property *Dilwyn*, probably after the town of that name in Herefordshire, had four sons and farmed for the rest of their lives. In 1899, George was successful in tendering for a 'loose' mail service between Beechwood and Pappinbarra and operated the Post Office from the homestead.



Churchill wedding with George and Emily Reynolds and sons.

George and Emily's first-born, George Llewellyn, had been apprenticed to surveyor RB Dulhunty in Kempsey for a year when he heeded the call to enlist, aged just 18. God, King, country and Empire all brought pressure to bear on young men who often seized the opportunity for what they saw as a great adventure... A sapper, he contracted influenza and diphtheria in Heliopolis, Cairo. After two months of hospitalisation he was sent to France, where he soon (1916) developed influenza, bronchitis and measles. In July he was transferred to hospital in England where his tonsils and adenoids were removed and he remained for several months. Most of 1917 he served in Park House Camp on the Salisbury Plain in England. After this long convalescence, he rejoined his Battalion - 1st Field Company Engineers - in November, only to be killed in action at Saint Eloi a month before his 21st birthday. He was buried at Oosttaerne Wood Cemetery in Belgium. There lie 42 other Australians with 1066 others casualties of the Western Front. George Llewellyn Reynolds' parents and their friends the Churchills donated the All Saints' brass cross in his memory.



The second-eldest Reynolds son, Charles, was born in 1898. After marrying Frances

Smith in Kogarah (Sydney) in 1923, he returned to build a home and farm at Pappinbarra. His father was then in his late sixties and died twelve years later. Charles 'was a devoted and staunch member of the Church of England and always eager and ready to do his share in any movement to better the little Church by the wayside. He was also a member of the Masonic Brethren. He never missed with a helping hand with any sporting functions in the District.'

Charles and Frances had only one child, daughter Kathleen, who married Bill Paull of Sydney. In 1970 Charles 'was unable to do manual work being a victim of arthritis', so sold the property to Harry Jewiss and moved to a new brick home in Hibbard. 'He was only to enjoy three months there', dying in July. Jewiss moved Charles' house at Pappinbarra to adjoining land which was then sold to Wallers. The house now occupied by James and Robyn Flanagan was moved from Wauchope to replace it. Harold (born 1900) married Frances' cousin, Doris Smith and farmed alongside his brother Charles at Pappinbarra; his grandson Peter still dairies on the property. Their house was across the creek and reached by a marvellous 'swinging bridge'.



There was a tennis court 'about 60 yards down from the house under gum trees. All that's left of the house now is a chimney'. Harold's daughter said, "Mum [Doris] and Auntie Frances used to clean the church and brasses of a Saturday and do the flowers. Coming to Pappinbarra [from England via Kogarah] was a real culture shock. Aunt milked but Mum didn't. Total income £1/5/- a month. No money. Mum ordered a dress COD from DJ's catalogue and really got into trouble!

"Charlie and Harold drove pigs to market - down one day and back the next. Charlie went to the pub but Harold slept with the horses and never had a drink. He made more money! Charlie used to love a rum." He is remembered as saying: "Hoil fur yur hengine"! 'The Reynolds had a tractor when most were still using draughts.'

(To be continued in a future *Pitchfork*)

Jean Hegarty with thanks to the Reynolds family and Mary Wagg of Wauchope District Historical Society.

Susan Ashton RN

*Aura-Soma
*Healing Touch

0409 223 186

WAUCHOPE

www.rainbowconnection.com.au

Twinkle Toes

PODIATRY

Sara Coombes
PODIATRIST

6585 3873
Mobile 0428 623 777

toes2446@bigpond.com
3/7 High Street
Wauchope

NOW AVAILABLE MON - FRI

- * Handyman
- * Mechanic
- * Welding/Fabrication
- * Farm Equipment Repairs

FREE QUOTES
NO CALL OUT FEES
CALL HARVEY

KACTUS ENGINEERING
0414 375 333

WE DO ALL THE PRICKLY JOBS!

Write Approach
Communications

Small Business Marketing without the bull!

- * Social Media
- * Advertising
- * Websites
- * PR
- * Marketing Plans & more

Designed to make your life easier

FREE Marketing Appraisal contact:
heather@writeapproach.com.au

0419 466 005

Bird of the month: Masked Lapwing *Vanellus miles*



Other names:
Spur-winged Plover,
Masked Plover

Size: 33 to 38 cm.

Status: Secure in all states.

away from the nest. Both parents are involved in nesting duties.

The masked lapwing gives a loud rapid 'kerk-kerk-kerk' call in response to disturbance. Other calls are used for contact with its partner or young. They can often be heard calling at night.

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

Peter Fackender



The bird many of us call the spur-winged plover is known for its aggressive nature during the breeding season, when it strongly defends its nest site and chicks. At other times it is usually shy and readily gives an alarm call when approached. I have, however, encountered masked lapwings nesting next to the entrance of a high school. They tolerated hundreds of people passing nearby but always 'escorted' passing dogs to the boundary!

The masked lapwing occurs in all states of Australia. The southern sub-species (formerly known as the spur-winged plover) is brown in colour on the back and wings, the under body is white, with black crown of the head and nape and black extending down the sides of the neck to the upper breast. The face is adorned with a yellow mask and wattle. The legs are red and the knuckle or wing joint on each wing is equipped with a protruding sharp yellow spur.

The northern sub-species (formerly known as the masked plover) has larger yellow wattles but no black markings on the side of the neck.

Masked lapwings are found as pairs or small groups around wetlands, open farmland, beaches, parks, sporting fields and even grassy verges of roadways and shopping centres in urban areas. Ground dwelling birds, they search for insects and their larvae or earthworms usually taken from just below the soil surface.

Breeding occurs from June to November in the south. Three or four eggs are laid in a small scrape in the ground, sited well away from shrubbery or other cover, so affording the bird a wide view of its surroundings and any approaching danger. Like those of many ground-nesting birds, the eggs are rather large and the chicks, when they hatch, are well developed and able to move

TIME TO SPRING INTO THE GARDEN! G'day from Greenbourne Nursery

tomatoes, capsicums, eggplant, peanuts, shallots, potatoes, cucumbers, beans, beetroot and much more. Pop in to have a look!

What a great time of the year; little bits of moisture about and the weather is certainly warming up. It's time to feed the soil, prune the shrubs, spray the roses and net the fruit trees for a great summer.

Mulch the beds and feed the plants. There are liquid fertilizers for that quick hit and granules for a more controlled release. Hint: feed tomatoes and strawberries with potash powder or liquid for a bumper crop.

Spring brings on lots of new plant releases: petunias and hawthorns spring to mind. As well, veggies both familiar and unusual are available:

Happy gardening from Alison



eco Wild!
health food · organics · products from nature
organic fruit & veg
bulk flour, grain, rice, nuts
dairy, cosmetics, vitamins
groceries, bedding
dedicated to healthy living
Mon-Fri: 9am - 5:30pm 21B High St
Sat: 9am - 12:30pm Wauchope
Sun: by appointment **65852424**

Wauchope Service Centre
For all your mechanical needs

Klane Cook 6586 0016
191 High St
wauchopeservicecentre@gmail.com

Wauchope TRAVEL
a member of helloworld
Robyn Flanagan J.P.
6585 2288
31 High St WAUCHOPE

PYTHONWOOD PROJECTS
Drafting
Building Design
Project Management
TRISH CRICK 0407 412 452
trishcrick@bigpond.com

GROWN & GATHERED MARKET REVIEW

The September Market was a hit with the crowd on Fathers' Day. Sheep shearing proved very popular - thanks to Garry Annetts. The 'petting zoo' had the kids intrigued. As usual, the music was great and the crowd sang along to the popular songs that were played.

Our lucky raffle winners went home happy armfuls of gifts and local produce from the area. Thanks to all the generous supporters who donated goods and money for the raffles.

The next market is on Sunday 2 October. It's a pleasant day out for all the family and as it's the middle of the school holidays we'll have plenty of good old fashioned outdoors fun for the kids to be involved in. Coffee and cake for \$5, fresh produce, seedlings and much more available. We'll have the Kactus Engineering BBQ Smoker Stall back in October; don't miss the opportunity to taste some delicious food.

PPA runs a trash and treasure table for charity. We welcome donations for sale. The September stall takings went to the Wauchope Men's Shed. October's will go to the Nature School - a preschool held entirely in the outdoors - based in Port Macquarie. November's will go to Beechwood Public School and they will be operating the BBQ then as well. December's will be going to FAWNA.

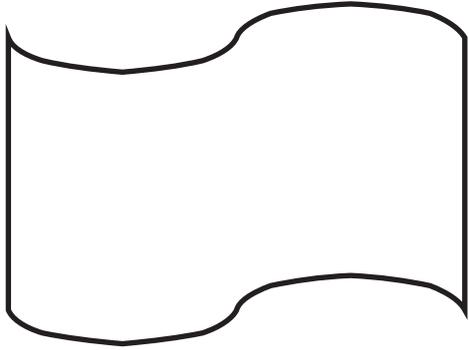
If you're keen to have a stall, please let us know at grownandgatheredmarket@gmail.com so that we can make sure we've got space for everyone.

The market will be operating from 9am till 1pm in the daylight saving months so you can relax and just listen to the music, especially if you've come a long way. See you there!

Market Committee: Heather, Lisa, Chay, Mary & Christine

OUR OWN FLAG?

It's time we had our own flag to hang on the flag pole, and we (the committee) thought it might be a good idea to run a competition. There will be a prize of course! The flag needs to be a simple design, as colourful as you like, easy to reproduce, relevant to the valley and fun! Your entry should be on A4 as it can then be enlarged to A3 and in landscape format like a flag. Entries will be judged by YOU at First Friday in December. The entry with the most votes will win and once approved by your committee, will go into production. So put on your artistic hat, let your imagination run wild and get your entries to Mary at: janmary1301@activ8.net.au by November 24th ready for judgement at the Christmas Party on December 2nd



Mosquito Dunks - a new way to control mossies

These provide a way to kill mosquito larvae before they become flying, biting, disease-carrying adults. Like 'a small beige floating donut', Mosquito Dunks slowly dissolve in water to release *Bacillus thuringiensis var israelensis* (BTI), bacteria that are deadly as far as wrigglers are concerned but harmless for all other living things. The dunks kill larvae of all species of mosquito.

Each dunk starts to kill within minutes, lasts for 30 days and treats nine square metres of surface water. The US EPA certifies that they are safe and non-toxic to use in any standing body of water. Tanks, dams, troughs, fishponds, birdbaths and poorly draining gutters all spring to mind. Mossies can spread Ross River Fever, Barmah Forest Virus and Murray Valley encephalitis, and they're about now with the warmer weather. Tossing around a few Mosquito Dunks, as well as cleaning up any containers that hold water and harbour wrigglers, sounds like the way to go.

Don't forget too, that mossies are active round dawn, dusk and into the evening. Wear light, loose-fitting clothes, socks and shoes and consider permethrin-treated clothes in high-risk areas. Make sure your flyscreens are in good repair and screen chimneys, flues and vents.

Thanks to Elly Franchimont for the info about this product. http://www.aussiepestcontrol.com/mosquito_dunks.htm

WAUCHOPE Upholstery
Lounge, dining cushion covers and recliners
Recovered and Repaired

For the best seat in the house



6585 6700
Fax: 6585 6798
Free quotes

Wauchope Osteopath
Lily Rose
BHSc, Master of Osteo, RN

If you want relief from:

- back and neck pain
- sciatica
- headaches
- joint pain
- strain injuries
- sports injuries

Or if you just want to improve your flexibility and mobility

0439 463 064 or 6586 0440
Shop 2 Oxley Lane



Port Macquarie Acoustics
Mel Gray-Thompson,
Audiologist

Over 30 years clinical practice

Your local independent Hearing Clinic

6583 9377
40 Table Street Port Macquarie



REGIONAL AND RURAL REALTY

Wauchope - Hastings - Port Macquarie
Ph: 6516-1960
office@r-r-r.com.au
www.regionalandruralrealty.com.au

RESIDENTIAL AND RURAL IN OUR REGION

Rural Fire Brigade News

The fire season is approaching fast and we have attended two escaped burns in the last month. With the large amount of fuel from the wet weather and because there were over 24 escaped burns in a two-week period up to the 24 August, the burning season has ended. You have required a permit from the 1 September for any control burns. Please don't get caught lighting fires without one because severe penalties can apply.

We had our 'get ready' day at Beechwood School on 10 September with Hollisdale and Beechwood brigades attending.

On Sunday 11 September, four of our firefighters couldn't attend the cricket match because of a commitment to supply the BBQ at Bunnings. It was a long day but raised much-needed funds to make our job easier. Pappinbarra RFB were there on Saturday 10 September.



Chris Roelandts—Hollisdale captain

PERMITS ARE NOW REQUIRED FOR BURNING OFF.

Organise a permit from one of the officers listed below and remember 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.

Dirt v's Tar – the Greg Ostler Memorial Cricket Match

Well, the annual cricket match has been run and won. What a beautiful day out! The weather was just perfect - not too hot, not too cold. Thanks to everyone who turned up, gave cricket a go and/or helped out. Thanks to PPA for putting on the BBQ.

Congratulations to upper Pappinbarra (the **Dirt**). It was a close game, since the Ostler extended family shared some people to make the sides even. The numbers were down this year, but it was still a great game. Not only does the match commemorate the life of Greg Ostler, but also raises money for our fire brigades.

So the challenge has to be set NOW. Book it in for next year (September 2017). Come on lower Pappinbarra (Tar) let's win one - there's pride at stake, not to mention bragging rights for

the year. The dirt has won it for too long. Even if you don't like cricket. Like I said last year, I personally don't think much of cricket. It's not my game - too slow. However, cricket and Pappinbarra cricket are two different things. It's a great day out for all - the kids will have a ball. It's great to see them running around just being kids and not stuck in front of a computer, TV or an i-thingy (technology).

Now to the business end of the day: Best junior player: Jessica Barnes; Encouragement Award: Rob Williams; Player of the Match: Stephanie Ostler; Best Fielder: Keeden Archibald. Good on you all!

See you at the Upper Pappinbarra Recreation Ground (what a mouthful) this time next year!

Todd Barnes

Lawnmower repairs & other small engines (no bigger than DB)

Peter Goldsmith
6586 1199

21 Woodland Grove
Wauchope

Timber Corner
New + Recycled
Hardwood Treated Pine
Decking Planks Pailings
Slabs Flooring + more

249 Beechwood Rd
Wauchope
Ph/Fax: 65852385

canvasmomentz
the artists framer

KEN & CHERYL SCARFE
9-146 LAKE RD, PORT MACQUARIE
6581 2666
0429 144 806

Specialising in:
Large format printing, canvas prints, acrylic panels & blocks, aluminium panels, custom picture framing

WWW.MOMENTZ.COM.AU
SALES@MOMENTS.COM.AU

NATIVE TREE CARE
& Landscape Gardening

Fully Qualified Arborist
23 years experience

Tree removal, stump grinding, pruning, mulching, all landscaping solutions & advice. No job too big or too small.

Tony Mailo 0404 060 377

Wild Things
Native Gardens

Kelly Benson & James Mc Gahey
0409 846 952 / 0448 379 726

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

mardeb
productions

wildlife, nature & fine art photos on cards canvas acrylic aluminium

0408 227 028

we also do photography workshops & tuition

mardeb.photoshelter.com

DARREN ROWLEY ELECTRICS

- *New Homes
- *Rewiring
- *Mini-excavation
- *Cable Locating
- *Underground Cabling

FOR ALL YOUR ELECTRICAL NEEDS
6587 6076
0418 435 189

designer living
KITCHENS

Port Macquarie Showroom
16 Milton Circuit
6581 2706

sales@designerlivingkitchens.com.au
www.designerlivingkitchens.com.au

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/)

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'

Kids Corner

The PPA would still like to hear from you if you have any ideas for fun activities that could be run at the Hall. Send your ideas to Lisa at lisa.mcleod2240@gmail.com.

President's Note



Pay attention to what you're paying attention to! So often people go through life, listening to the news, hearing friends talk about all the awful things that are happening in their lives, the lives of their friends, or in the world, and end up feeling like everything is hard, negative, and unhappy.

The reality, however, is that life is truly beautiful and amazing, and we all have so much more to be thankful for than to be unhappy about. I've come to realise that every minute of every day we have a choice. We can focus on the negative, let it control our thoughts, and

end up feeling worried, depressed and discouraged. Or, we can focus on and think about all the positive people and things in our lives and in the world.

The positive and negative, good and bad, and joyful and tragic things are all always there. What makes the difference for each of us is what we choose to look at and think about.

We each have the power to find the good and focus on the beauty and joy. This will uplift us, foster a positive outlook, and motivate us to move ahead and create more good.

So this month I'm reflecting on how important it is for me to pay attention to what I'm paying attention to, to notice and appreciate the good, and to be consciously grateful for it 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

Basic skills workshops for

Tablets on October 6th
Smartphones on October 7th
Both run from 10:30 to 12:30
Cost \$30

Anyone interested needs to give me a call, Robyn Martin 65864461, and book in as numbers limited to small groups. They will be held in the media room in the library.



Pitchfork

Contributions welcome. Email to editor Jean Hegarty jeanmay@bluemaxx.com.au by Thursday 20 October. (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 26 October for the November issue.

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

Production including ad design: Angela Frost angfrost@hotmail.com Thanks to Chay Khamson for doing this issue while Ang is away.



Fancy a million dollars? Who doesn't!

Have a Market Update before Nov 30 2016, and YOU could be spinning the MILLION dollar prize wheel

For more information please contact us or visit win.ljhooker.com.au

LJ Hooker Wauchope
☎ (02) 6585 2000
14 High Street
Wauchope

Make dreams happen™



*Terms and conditions apply visit win.ljhooker.com.au. Authorised under permit numbers NSW LTPS/16/06301, ACT T16/01521, SA T 16/1375. © LJ Hooker Corporation Limited. 0816 LC2851-03

