

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 117

Autumn

March 2014



In This Issue

Cicadas

Amid the Sierra Nevada

Currawong Crescent Billy Cart Derby

The Bowen Mountain Newsletter is a quarterly publication compiled by a sub-committee of the Bowen Mountain Association Inc. and delivered free to residents of Bowen Mountain, Horans Lane, Westbury Road and Carters Road, Grose Vale.

For verification purposes, articles submitted for publication are to include the author's name, address or phone number. Unacknowledged articles will not be published.

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**DEADLINE for June Issue
1 May 2014**

**COVER
"Cicadas"
by Marian Hanly**

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Editor's Letter

The Mountain is now a quieter place as we seem to have farewelled the cicadas, which are a feature of this issue. Diane Fairweather has written a lighthearted article about these noisy creatures. Pauline Vizzard shares some very interesting facts about them, and Marian Hanly's delightful cover says it all!

Lots to read in this issue:-

Howard Mitchell writes about an unusual walking trip with Judith in the High Sierra Mountains of Spain....

Ron Gray reports on a fun filled day of bilycart racing in Currawong Crescent....

Finn Jakobsen has some advice on Natural Therapies for pets....

Michael Campbell profiles our well known botanist-in-residence...Robin Woods....

Congratulation and good wishes from us all to Tom Campbell, our Printer and his wife Kerrilie on the birth of twin girls...Maddison and Isobel.

See you at the Carboot Sale and Sustainability Fair on March 15...and check out the BMA Calendar of Events on the opposite page

Sylvia Moorcroft

Newsletter Editorial Committee

Sylvia Moorcroft, Marian Hanly, Sue Hoare, Geoff Moorcroft,
Michael Campbell, John Wulff

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BMA Committee meetings are held in the Park Community Room on the second Monday of each month at 7.30pm

BMA Mailing address:

PO Box 3141, GROSE VALE NSW 2753

FROM THE PRESIDENT

Hello EveryoneWelcome to 2014, after a wonderful cool Christmas and some welcome rain. I look forward to meeting you at our BMA functions, especially new arrivals on the Mountain. We need your input and energy with the many activities the BMA is involved in. A calendar of events is published in the Newsletter which is issued every season. This is the best way to keep up with what's going on around the Mountain...also you are most welcome to come along to our monthly meeting in

the hall, held on the second Monday of each month. GOOD NEWS.....Planning for the kitchen refurbishment is under way and work will hopefully be completed in time for the Arts Festival in May.

Hope to see you in the Park for the Sustainability Fair and Car Boot Sale on March 15.

Cheers to all

Geoff Moorcroft

President, Bowen Mountain Association

SECRETARY'S REPORT JANUARY – FEBRUARY 2014

Happy New Year!!! I hope you have had a relaxing and refreshing holiday break and that 2014 is a peaceful, rewarding and satisfying year!

The Bowen Mountain Association has been busy planning a fun filled year of events for you. You can check the calendar of events further on in this newsletter and ensure you note the dates of these events on your calendar. The BMA will kick off the social calendar with the Market Day and Sustainability Fair on March 15th that was postponed from last year due to bushfires.

As you drove home from holidays you would have noticed the Council road works on Bowen Mountain Road and Serpentine Lane where drainage was installed and completed. The Council funding for this much needed upgrade to Bowen Mountain Road was \$125,000 and was as a direct result of action from nearby residents and the Bowen Mountain Association Roads Committee.

My husband Bill and I were invited by the Kurrajong Comleroy Historical Society to present the Australia Day talk. We chose the history of the

first white inhabitant of Bowen Mountain, George Meares Countess Bowen. Bill and I proudly represented the BMA, and our talk and powerpoint presentation were well received. This history has been published in the 1988 book 'A Cook's Tour of Bowen Mountain', copies of which reside in the Windsor library, Mitchell library in Sydney and the National Australia library in Canberra. I have uncovered some further history of the mountain and am keen to write the next chapter.

We look forward to our 2014 adventure with you to ensure Bowen Mountain is as George Meares Countess Bowen said:

"When we travel through the great mountainous county of Cook, gaze spell-bound over this grant at the easterly view from Mount Tomah, or wander with delight through the orchard dotted slopes of the Kurrajong and Bowen Mount, let us remember, among others that striking personality".

Alison Kerr

Secretary, Bowen Mountain Association

Message from the Newsletter Committee

We invite you to submit stories, articles and recipes to the Newsletter. Please send entries as plain Word documents or similar to the editor of the BMA newsletter: <bmanews@bowenmountain.org.au>. Even text in an eMail is OK.

To speed up the layout of Word documents, it helps if you use "Times New Roman – 11 point" font and separate paragraphs with a single Carriage Return (not two). Spacing between paragraphs will be arranged by formatting paragraphs to have a .20 cm space between paragraphs (actually below the paragraph). These points are not essential – it just makes laying out much easier.

Thanks *John Wulff*

BMA 2014 Diary

MARCH	Monday 10 th	BMA Meeting - Bowen Mountain Park Hall
	Saturday 15th	Car Boot Sale & Sustainability Fair - Park
APRIL	Monday 14 th	BMA Meeting - Bowen Mountain Park Hall
	Tuesday 15th	Thai Angelina – North Richmond – everyone is welcome
MAY	Monday 12 th	BMA Meeting - Bowen Mountain Park Hall
	Fri 2nd - Sun 4th	Arts Festival - Bowen Mountain Park Hall
JUNE	Monday 9 th	BMA Meeting - Bowen Mountain Park Hall
	Sunday 15th	Winter Interlude - Bowen Mountain Park Hall
JULY	Monday 14 th	BMA Meeting - Bowen Mountain Park Hall
	TBC	River Orchid – North Richmond
AUGUST	Monday 11 th	BMA Meeting - Bowen Mountain Park Hall
SEPTEMBER	Monday 8 th	BMA Meeting - Bowen Mountain Park Hall
OCTOBER	Monday 13 th	BMA Meeting - Bowen Mountain Park Hall
NOVEMBER	Monday 10 th	BMA Meeting - Bowen Mountain Park Hall
	TBC	Kurrajong Kurries
DECEMBER	Monday 8 th	BMA Christmas Party - Bowen Mountain Park Hall

Park Report

Hire Fees- Community Room

New Fees will be: \$15 per hour or \$70 per day.
Bond: \$100

starting for bookings from the 1st April, 2014.

Recycling Bin

Please put only recyclable material (glass, paper, cardboard, cans) in the recycling bins that are now in the Community Room.

Kitchen Refurbishment

The kitchen in the Park Community Room will be upgraded by the Park Committee (BMPMC) and the Bowen Mt. Association (BMA) in time for the Art Festival opening 2nd May. There will be more

cupboards & bench space. A moveable island bench, that can be used as a serving bench, will be added.

Playgroup in the Park

Playgroup is on again. Come and meet other carers and let your children make new friends. Every Tuesday morning starting 9.30am in the Park during school term.

New Park Committee Members Welcome

If you are interested in helping to maintain and improve our Council park and becoming a committee member of the BMPMC contact me on 4572 1710.

Colin Chesterman

Bowen Mountain Park Management Committee

Membership fees are now due.

They are payable by cash or by cheque to Secretary – PO Box 314, Grose Vale 2753 or by direct debit:

Account:	Bowen Mountain Association Inc.
BSB:	633 – 108
Acc. No:	1182 44003

Please email the Secretary to notify us of your payment: <secretary@bowenmpuntain.org.au>.

BUSH FIRE INFORMATION

Greetings to all

My name is Terry Hoare and I live in Currawong Crescent Bowen Mountain where I have lived for the past thirteen years with my wife Sue. I am a member of the Grose Vale Rural Fire Brigade and am the current Brigade Treasurer. I am also a member of the Hawkesbury Rural Fire Service based at Wilberforce and am a part of the Hawkesbury Rural Fire Service – Communications Support Group. Our Group Leader or Captain is Mrs. Susan Owens who also lives on Bowen Mountain and is the Secretary of the Grose Vale RFB.

Following the untimely death of Rick Jamieson, also a former resident of Bowen Mountain, I have been asked to succeed Rick as the Bowen Mountain Association Bush Fire Liaison Officer and produce articles for the seasonal BMA Newsletter. This I will attempt to do as best I can.

The following information concerning Australia Day Awards in the Hawkesbury may be of interest to some Bowen Mountain residents and is taken from an E-mail sent on 31 January 2014.

Hawkesbury Rural Fire Service was a recipient of an Australia Day Award at the ceremony held at the Richmond Club on Australia Day.

Hawkesbury RFS received the award for “Community Organisation of the Year” and a congratulatory letter from the Mayor was attached. Photos of the plaque and certificate were also received and are on display at Fire Control (Wilberforce).

Further, two current members and one former member of the Rural Fire Service also received individual awards.

Sally Hatcher of Yarramundi Brigade received “Sports Person of the Year Award” for her success at the World Police and Firefighter Games.

Jasmine Breeze from Oakville Brigade received the “Young Citizen of the Season (Summer)” Award for her community work at her local school and her efforts as a volunteer with Oakville Brigade.

Previous member of the Catering Group, Leanne Keevers, received the “Young Citizen of the Year Award.

We congratulate all the individual winners on their success and all members on their joint effort towards the “Community Organisation of the Year” Award!!

Best regards

Terry Hoare

BOWEN MOUNTAIN SPRING MARKET DAY SUSTAINABILITY FAIR AND CAR BOOT SALE

Come buy or sell your plants, seedlings, fruit, vegies, pots, small bri-a brac, jams, cakes, biscuits, flowers, pies

WHEN: SATURDAY 15th MARCH 8.30am - 2.00pm
(mark your calendar now)

WHERE: BOWEN MOUNTAIN PARK

Book your car space or market stand at \$20.00

HOW: Phone Alison: 4572 1309
Phone Sylvia / Geoff: 4572 1842

THE PLAN: A fun family day with games, activities, face painting, BBQ, music, raffles, displays, children's animal treasure hunt, live animal and insect displays.

Demonstrations of composting, building a sustainable vegie garden, planting drought tolerant plants.

This event is organised by your Bowen Mountain Association. Join your neighbours and friends for MARKET DAY and CAR BOOT SALE in our wonderful park!

Cicada Symphony

Pauline Vizzard

The shrill pulsing sound has been deafening both day and night on Bowen Mountain and can reach 120 decibels up close. It is interesting that cicadas can turn off their hearing so they don't deafen themselves.

Experts say the cicada class of 2013 is already louder than anything NSW has heard for at least 10 years. The organs which produce sound are called tymbals - ribbed membranes at the base of the abdomen. Only males call to attract mates.

After lying beneath the earth for up to 17 years (most species 6 - 7 years) cicadas venture above ground as a massive group to shed their shells, tilt backwards and free their beautiful wings which have conspicuous veins, ready to sing for a mate. This was clearly evident in Bowen Mountain Park as they left their shells along branches like miniature camel trains - some even hitching a ride on the backs of others in their skywards march.

The name is a direct derivation of the Latin, cicada, meaning "tree cricket" but they are related to leafhoppers and spittlebugs. Cicadas belong to the superfamily cicadoidea. But their exotic nicknames take us back to childhood exploring suburban trees and bush tracks for them after school.

Black Princes, Floury Bakers, Yellow Mondays, Green Grocers, Razor Grinders, Cherry Noses, Masked Devils and *Double Drummers* (one of the largest in Australia) and one of the loudest of all cicadas. Its high-pitched erratic whine has been described as a bit like a bad bagpipe player!

The *Masked Devil* is a type of *Green Grocer* common in the Blue Mountains and Southern Highlands. Sometimes called *Blue Moons* (turquoise form) and *Chocolate Soldier* (dark tan form).

For communication, dusk is the usual time to hear

the male calling but they sing in the morning on warm days. Song of the male Floury Baker is a distinctive hiss that can be heard at any time of the day. It starts with one-second hisses and speeds up into a long continuous hiss that on warm evenings can last for up to 20 minutes.

Cicadas spend several years underground as nymphs feeding on sap from tree roots. Females deposit eggs into branches and the eggs hatch after 4 months into spidery-looking, long legged nymphs that burrow into the soil.

In Taoism the cicada is the symbol of hsien, or soul, disengaging itself from the body at death. They also feature in Japanese carvings on small medicine boxes and they are mentioned in ancient Hindu law as long ago as 200 BC.

Singing in chorus makes it more difficult for predators to locate an individual and the sound produced by some communal species can act as a defense against predatory birds and this is obviously painful to the human ear as well.

Cicada shells are employed in the traditional medicine of China. They are also eaten in Malaysia, China, Burma, Latin America and Congo. Female cicadas are prized for being meatier.

The Mexican mariachi song "La Cigarra" (the cicada) romanticises the insect as a creature that sings until it dies.

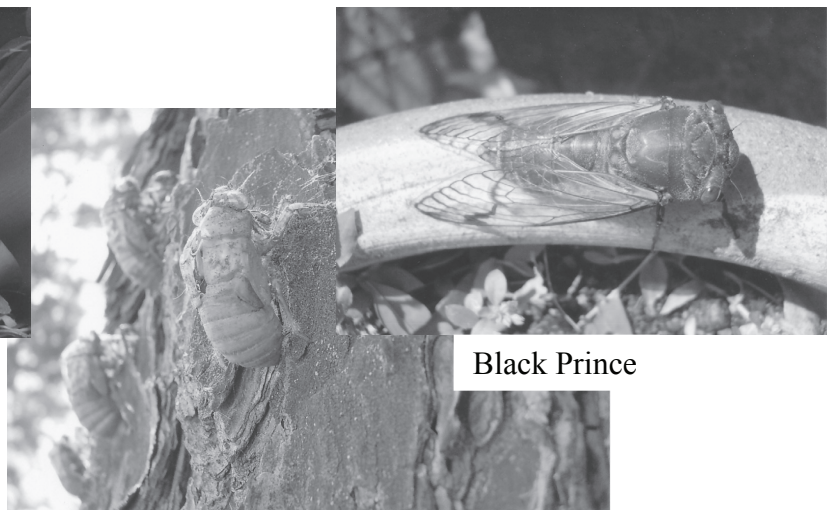
I am a cicada enthusiast too until my ears start ringing. What about you?

For kids: google "cicada life cycle"

For older or big kids: Explore Australian Museum and we have experts there like Dr Dave Britton, Collection Manager, Entomology and Max Moulds Australian Cicadas NSW University Press (Senior Fellow at the Australian Museum



Masked Devil



Black Prince

Cicada Shells

The Sound of Cicadas

Diane Fairweather

Bowen Mountain is alive with the sound of cicadas and the volume is equivalent to a jack hammer working in next doors yard, I am sure. They reach 120 decibels to attract mates.

In November it was amazing to see the amount of cicadas during my early morning walk in the park. The birds were having a field day leaving the evidence of half eaten cicada bodies. Cicadas emerge en masse to deter the predators – good strategy. The birds are now so sick of eating cicadas, they can't eat another one. The noise? I can't hear you over the cicadas in my own home with the door shut. Apparently only male cicadas sing and they have a special trick where they turn off their hearing so they don't deafen themselves. Has this evolutionary process crossed species to the male human or to their young offspring? This tendency to not hear Mum giving out orders to put clothes away, set the dinner table or fix the leaking tap, falls on deaf ears. If only I can master this special trick of cicadas, I might be able to use it to block out fighting children etc.

There is a famous urban myth that a chemist would pay money for a Black Prince. This may have been the case in my grandfather's generation but not

today. Probably another excuse my grandfather would use to get us outside in the hot summer. However, Dr Moulds has suggested that this myth originated from the gold rush days when there were many Chinese entering the country. He suggests that "traditional Chinese herbal medicine made use of cicadas for a variety of medical purposes. They believed they could do all sorts of things for you if you ate them or crushed them to make a poultice"

One of the interesting research pieces I found was that cicadas make a very tasty meal. The recipe anyone? The female cicada is usually best because they are the meatiest. After pulling the wings off, throw them onto hot coals for about a minute. Turn them over once or twice and they're ready to eat. We will take Dr Moulds evaluation of the dish as 'they are remarkably soft. Their taste is not very strong and is probably closer to chicken than anything else.' So let's celebrate the emergence of the cicadas from their burrows in 2020 by adding roasted female cicadas to the menu. I dare you! Might even cure hubby and children of their selective deafness.

Natural Medicine For Animals

Finn Jakobsen

In the September edition of the Newsletter, I wrote about natural medicine and I mentioned that we also used natural medicine for our dogs, so I will write a little about it.

Our German Shepherd was cured by natural medicine from a Naturopath in Bathurst.

When the neighbour's dog Charlie got sick, the vet said that Charlie would be gone within three weeks. We had some of the left-over medicine which we had given to our dog Rikki, our other German Shepherd. Charlie got the medicine and it helped, so some more was ordered and Charlie got three more years of good life.

Futte, the Labrador had a form of epilepsy. Futte was our oldest son Jon's dog, he offered a lot of money to Vets, Professors and specialists but nothing helped. Jon contacted the Naturopath in Bathurst and got natural products and after a while Futti became a healthy dog, and epilepsy never affected him again.

'Junior' had problems with arthritis in the hind- legs. Again the natural product from Bathurst helped him. We could really see the difference after he started on the natural medicine.

Another little 'fairy tale' story.

A couple of Magpies came with a baby Magpie. It was affected with some kind of wart on the feet and around the beak. We talked with the Vet and were told it was a disease that attacked all baby birds in this area and they would die if they caught the disease. We talked with the Naturopath in Bathurst and we started to put natural medicine in mince-meat and fed the bird with it. It was cured and its life was saved.

We have given the name and phone number. to several dog owners we meet in the Park.

For details, please contact Finn Jakobson on 4572-2887



Hello Neighbour

Michael Campbell

This is from a chat I had with Robin Woods at her home in Bellbird Crescent on Monday 3rd of February 2014

Q. Robin can you tell me a little about your early childhood?

I was born and brought up in Katoomba in my very early years and went to school in Leura and so was very much a bush kid.

We left Katoomba when I was seven and moved down to the south coast to Corrimal near Wollongong.

Q. What happened after that?

After finishing high school at Corrimal, I ended up at Sydney University doing a Veterinary Science degree until the second year when I fell ill. I took 18 months off to recover and while I did that I worked as a technical assistant in animal genetics at CSIRO in Delhi Road North Ryde. I was counting the hairs on the scutella of drosophila flies.

When I had recovered, I went back to university and studied two of the subjects I really loved: zoology and physiology. I'd always been involved in studies of nature since childhood, when my maternal grandmother showed me how to handle blue tongue lizards and we watched ant trails out in bushland. Two of my earliest books still have my colouring in of drawings of native plants!

I finished the science degree, did a diploma of education and went to teach at the high school that I went to in Corrimal. After teaching at Corrimal High school I taught at Wollongong High, then Riverstone High.

While teaching at Riverstone High I married Paul Vermeulen, moved to Kurrajong and had two children, Emily and Jennifer. We lived on 20 acres in Hermitage Rd. During a later period we divorced. After the divorce I bought this home in Bowen Mountain in 1994 and started teaching at Colo High and then Hawkesbury High at Freeman's Reach.

While at Hawkesbury High I discovered something special about the bush there. The school contains an aboriginal quarry and we discovered two species of endangered terrestrial orchids that only appear in September. I took a sample to a botanist I knew who said that these orchids were only known to occur near the Cooks River over near Liverpool.

After some interesting investigation I determined that the site is an old aboriginal midden containing bits of chert and flint and it was explained by an aboriginal person I consulted that the orchids, whose tubers are edible, were there, because they were



traded for the rocks at this place, which were used for tool making. So the orchids were propagated to be used as bush tucker.

I was inspired by all of this to do the four year TAFE Certificate course in Bush Regeneration. After completing the course, Peter Mobbs who coordinated the course and who had come to investigate the site, invited me to teach the ecology subject within the course, so I was then teaching high school and TAFE at the same time.

After living on Bowen Mountain for a couple of years I moved to Mount Tomah to live with Hans Oberstebrink, a German chap who had built up enormous knowledge of the bush and plants from his solo bushwalking trips. When he died of cancer in 2002, I moved back and lived here for a few years until I met John, in 2009. We married in the park on 8th January 2010.

So I was teaching part-time casual at TAFE and stopped teaching high school after forty years in 2001. I think it was in about 2002 that I retired officially from teaching high school.

I really loved teaching senior classes at high school and taught physics, chemistry, a bit of geology when it was available. I also really enjoyed teaching the advanced junior classes.

Q All this time you were involved in bush regeneration?

Yes, I was teaching bush regeneration (restoration ecology) at TAFE and this involved taking various teams of students out into the field. The students consisted of really diverse groups ranging from disenchanting school kids who had finished at year 10 and couldn't go back to high school, right up to people who were retired bank managers - and it changed their lives and mine.

Q How did it change their lives?

They quite often took off into the industry themselves and started working as bush regenerators. Restoration ecology is about working with bushland that may have become degraded through disturbance such as clearing or grazing and

is weed infested; to assist its recovery by selective weed control or revegetation, watching the changes happening and modifying the practice based on what changes indicate about the natural resilience of the bush (ie its ability to 'bounce back' after disturbance). It's an almost contemplative practice to be involved in, and not as stressful (nor as well-paid) as most other careers!

Q. Where do you focus your energy now in bush regeneration?

Over the years I have met many others whose interest lies in the ecological area. Botanists, naturalists, birdwatchers, plant collectors, bushwalkers and propagators. Many also had come to live as I did, on old farms which were no longer productive, and were looking at what they could do with the land which in my case was badly affected by lantana. Some of us started a group in 1987 called Hawkesbury Rainforest Network (HRN) which itself had morphed from Hawkesbury Society for Growing Australian Plants (started in 1983).

We started to look into what the bush consisted of out here in the Kurrajong foothills from the back of the Hawkesbury out behind Richmond, all the way through Kurrajong/ Grose Vale – that it's not just eucalypt forest it's actually real diversity into rainforest species. So it's not just rainforest in wet gullies but actually an ecosystem called dry rainforest. An example of this is the area between Westbury Road and Bowen Mountain Road and also on the left of Carter's Road, where there is a very steep fall, very sheltered from the west and protected from fire that way too. The leaves are

small in size and quite often prickly. Many of these properties have been assisted by grants through HRN, to manage weeds by employment of bush regenerator contractors. Bringing back the bushland ecosystems with the high biodiversity of fauna such as birds, small mammals and invertebrates; looking after our land and water quality are for me, the main area of interest and work as a volunteer now. A new environmental umbrella group, Hawkesbury Environment Network (HEN), began in 2010, which aims to do some of these things as well as campaigning for sustainable living; I now see my role in that as an educator, sharing aspects about bushland ecosystems on our website and Facebook pages. The biggest concern we have amongst us now, is that our ecosystems are so badly damaged or under such great threat, that they will not be able to sustain us in the longer future. The more we can do to educate and involve our community in a holistic approach to caring for the country, the longer we can stave off this situation where soils are too degraded and water too polluted to use.

Quoting from Aldo Leopold, an ecologist, who was influential in the development of modern environmental ethics and who died in 1948: *"One of the penalties of an ecological education is that one lives alone in a world of wounds. Much of the damage inflicted on land is quite invisible to laymen. An ecologist must either harden his shell and make believe that the consequences of science are none of his business, or he must be the doctor who sees the marks of death in a community that believes itself well and does not want to believe otherwise."*

Wyanbongya

Windsor and Richmond Gazette (NSW : 1888 - 1954), Saturday 22 January 1898

A good specimen of the Wyanbongya, which is supposed to be the animal that is so often mistaken for the Bunyip, was caught last week in Big Wheeney, near the "Old Man's Hat," by a couple of local sportsmen who were camping at that place on a fishing and shooting expedition. The dorsal cuticle of the animal resembles the skin on the crocodile. This curious-looking animal has been sent on to Mr

Bray, the Sydney naturalist, to see whether it is a mammalian or an oviparian.

The find is a rare one, and as a specimen it will be valuable to the owners. It is believed that there are more of the animals at the place mentioned.

I thought this might be interesting to the local residents near Wheeney Creek – Bruce Simmons

Another snippet from the same 1898 issue.

The Richmond Cricket Club, since the competition matches ceased, is practically dead, and unless its members get into form they will not do so well as they anticipate in the second round.

I guess they won't be called to help out in South Africa - John

Facsimiles courtesy of NATIONAL LIBRARY OF AUSTRALIA <trove.nla.gov.au/>

A good specimen of the Wyanbongya, which is supposed to be the animal that is so often mistaken for the Bunyip, was caught last week in Big Wheeney, near the "Old Man's Hat," by a couple of local sportsmen who were camping at that place on a fishing and shooting expedition. The dorsal cuticle of the animal resembles the skin on the crocodile. This curious-looking animal has been sent on to Mr Bray, the Sydney naturalist, to see whether it is a mammalian or an oviparian. The find is a rare one, and as a specimen it will be valuable to the owners. It is believed that there are more of the animals at the place mentioned.

Lost in Time Amid the Sierra Nevada

Judith and I are inching our way up a mountainside in Andalusia. High above are the snowy peaks of the Sierra Nevada where we hiked yesterday. In the distant spring haze below us is the Mediterranean. We are in that verdant band between heaven and sea where there's a smell of freshly crushed herbs underfoot.

And there's this fellow slashing at some long grass. I thought he was a shepherd at first. His warm comfortable tone of voice and gentle Australian accent revealed one who has for many years found peace and made his home here in paradise of massive Spanish-grandeur. He guides us uphill slowly as the age is creeping on his bones.

Beyond steep fields of wild flowers we stop at the limit of this plot where a snow fed channel gushes. We sit, pondering on an ancient stone wall at its edge. We let perfumed air fill us with life. He tells

us of wonderful days building yachts and sailing in the Far East in days long gone by, and we share our traveling tales with him.

He asks the price of teak these days and I tell him. He asks the state of the boat building world in Australia and I tell him. Time stands still for a while 'til we say a fond goodbye.

Then he asks one more thing. He asks if we could tell our boating friends at home who may like reading all things nautical to take a look at his friend's website www.marinequarterly.com. We leave him there in his ragged clothes promising to do so and continue on our way over the mountain to a white mountainside village, both it and us lost somewhere between antiquity and the modern world.

Howard Mitchell (Shipwright Boat Builder)



**The Bowen Mountain Association proudly
presents the**

2014 COMMUNITY ARTS FESTIVAL

MAY 3 and 4

in THE COMMUNITY ROOM Bowen Mountain Park

**Our guest artist is the POPULAR PAINTER
SANDRA BORONYAK**

OPENING NIGHT, FRIDAY 2 MAY, 7.30PM

**Join us for supper, drinks and the music of local musicians
Rohan and Gina Mansley
\$5 entry pp Opening Night**

**THE FESTIVAL WILL CONTINUE SATURDAY and SUNDAY
10am - 4pm**

Bring the family – Free BBQ facilities, free tea and coffee

Sausage sizzle Saturday and Sunday 12noon to 2pm

Children can make a painting for Mother's Day.

Paint and paper supplied. Cost 50c.

Live Music throughout the weekend

**THE WORK OF LOCAL ARTISTS AND CRAFTSPEOPLE WILL BE ON DISPLAY.
ALL WORK WILL BE FOR SALE.**

CHILDREN'S ART EXHIBITION

Local school age children are invited to take part in the Community Arts Festival and may submit an original painting or drawing in any medium. Great prizes will be awarded for the winning entries which will later be exhibited in the Deerubbin Centre, Windsor.

THE BUNYA BUNYA PORTRAIT PRIZE

We invite local high school students to participate in the
"Bunya Bunya Portrait Prize" Competition:

For more information please contact Jenny 4572 2554 or Marian 4572 1510

Currawong Crescent Community Billycart Derby

Ron Gray

In late September last year one of our mates advised us that he was going overseas for his employer in November.

As a result of this information it was decided that as a going away present, that a billy cart derby should be held to see him on his way.

The organiser "Big Al" got together with the other big boys in the street to map out the conditions of entry I.e type of permissible carts, propulsion, categories of events, entry fee etc. One main criteria was that the cart must be physically made by the entrant, and not one pre made.

There were around fourteen households that turned out for the derby on the 2nd of November to see quite a variety of carts turn up in all shapes and sizes, but by the end of the day a number of the carts were in need of some severe reconditioning.

"Big Al" worked his little heart out on the morning of the day in putting up bunting, starting and finishing line markings, making sure that any dangerous areas were made safe by putting bags of chicken feathers and other stuff that comes from

chickens as a barrier. Luckily no one come to grief in that area. However, there were a number of spills that some of the Big Boys incurred, leaving a number of them with the memory of the day for some time after. Overall everyone involved, the adults and the children agreed that they had another magnificent day. One of the many that occurs in Currawong Crescent throughout the year.

The Community of Currawong Crescent is I think, very unique and believe that there is none other like it on Bowen Mountain. This can be shown by the gesture made by "Big Al" at the end of the day by presenting me with an amount of \$215.00 which was to be donated to the Grose Vale Rural Fire Brigade, as a token for all the the work they were involved in during the bush fires in October/November 2013.

The money was gratefully received by the Brigade, stating that it would go towards the purchasing of much needed equipment.

Maybe there could be a similar event held sometime in the future with other streets around Bowen Mountain being involved, who knows?



Culinary Corner

Pesto

This is a very tasty dish that is easy to prepare. It's even better when you use basil from your own garden.



Serves: 4-6

Preparation: approx 20 mins

Ingredients:

2 ½ cups of fresh basil leaves
6 tablespoons olive oil
1/3 cup pine nuts
¾ cup Parmesan cheese
Salt to taste
Black pepper to taste
Garlic to taste (1-2 cloves)
Cooked pasta (e.g. fettuccine)

Method:

1. Place the basil leaves in a blender or food processor.
2. Add the olive oil. Process.
3. Add pine nuts, cheese, garlic, salt and pepper. Blend some more.
4. Add to cooked pasta as you want. Yum!

Note: Excess pesto can be stored in the freezer until needed.

submitted by Michael Campbell

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Zucchini Slice

Ingredients:

375 gr Zucchini (about 2 or 3)
3 rashers of bacon
1 cup of S.R. Flour
5 eggs
1 large onion
1 cup of grated cheese
½ cup oil
salt and pepper to taste.

Method:

1. Grate the un-peeled Zucchini
2. Finely chop onion and bacon
3. Combine zucchini, onion, bacon cheese, sifted flour, oil and lightly beaten eggs.
4. Season with salt and pepper.
5. Pour into Pie Dish (10")
6. Bake in a moderate oven for 30-40 minutes or until golden brown.

Delicious hot, or cut into squares when cold.

submitted by Sue Hoare



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Do you have a tried and tasty recipe? Send it to the BMA <bmanews@bowenmountain.org.au> and share it.

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WELCOME

The Bowen Mountain Community extends a warm welcome to the new proprietors of the convenience store at Grose Vale which has been closed for a number of years.

Youssef Sleiman and his family have made extensive changes to the old store over the six months since they purchased the property. However, there are still further changes planned and soon we will be able to enjoy morning coffee al fresco style. The range of produce will be expanded to include fruit and vegetables and cold meats in the near future.

Youssef has a degree in computer engineering but decided to follow a different course in life and, since 1991 has opened similar stores in Parramatta, Wollongong, Picton and Lithgow. He decided to come to our corner of the world attracted by the potential for the business as well as the area.

We wish Youssef and his family all the best in their enterprise.

Community Care

The Community Care committee invites any members of our community in need of assistance with transport to medical appointments or to local social events to

contact us.

Phone: Liz Rowan 4572 2416
or Terry Hoare 4572 1140

Services available in the Hawkesbury

Meals On Wheels

3/36 Riverview St North Richmond

Shirley 4571 1633

Janet 4571 1655

Is a not for profit organisation that provides meals to residents who are frail, aged or have a disability, and their carers who reside in the Hawkesbury L.G.A.

An assessment will take place after your initial request for service and you will be assisted in the most appropriate way.

Special diets and food requirements will be fulfilled. eg. Diabetic, Low Fat, Pureed, Allergy and Culturally appropriate dishes and are home delivered by volunteers.

There is a fee for this service, though you will not be refused this service if you are financially disadvantaged.

An interpreter and translation service is available by phoning

131 450 (24 hours).

Get Well

to **Pauline Vizzard**, who fell and broke her ankle and to **Rita Rutkovskis**, who is still recovering from a long bout of ill health.

Good wishes from all your friends – especially the Sunday morning Tai chi group and the Art Festival and the Newsletter committees.

Hawkesbury Neighbour Aid

4587 3934

Offers support with a trained volunteer to give practical assistance, social support and companionship

Peppercorn Community Transport

4504 7022

Provides transport to residents for shopping trips, social outings and medical appointments.

Seniors Information Service

Phone Referral Service: **131 244**

HOME CARE SERVICE

1800 350 792

Helps people live in their own homes independently. Their services include domestic assistance, personal care and respite care.

Peppercorn Lawn Service

4587 0208

Subsidised lawn mowing service available to the frail older people, and people with a disability.

The Women's Cottage

4578 4190

is a community based support and resource centre, run by women, for women (and their children) who live, work or study in the Hawkesbury LGA.

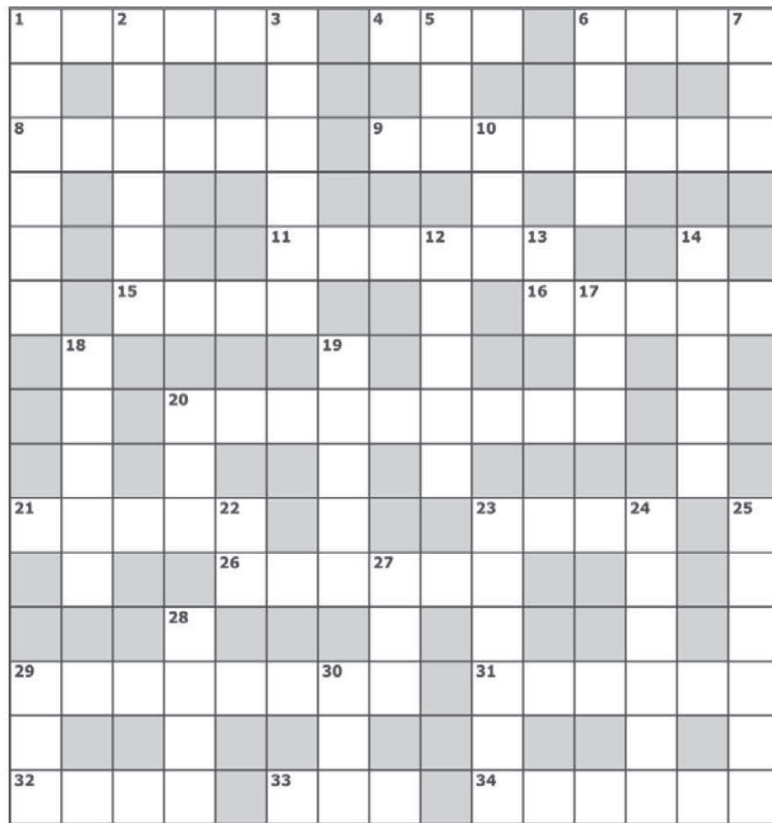
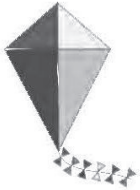
AVON ON BOWEN MOUNTAIN

Hello !!!!

We are the new Avon representatives, Alison and Mel Kerr on Bowen Mountain. If you would like a brochure, please phone 45 721 309.

AUTUMN CROSSWORD

by Lesley Carbery



ACROSS

1. Not as hot (6)
4. Order of the British Empire (*Init*) (3)
6. Sail-like toy used in Autumn (4)
8. Foliage that drops in Autumn (6)
9. Something next to is to (8)
11. Autumn Christian Festival (6)
15. Direction in which sun rises (4)
16. Type of heron with long feathers (5)
20. Entertainment (9)
21. Dull pains (5)
23. My mother's sister is my (4)
26. Component of the air that we breathe (6)
29. Long distance race (8)
31. Put a craft to sea (6)
32. Mark as correct (4)
33. Not dry (3)
34. Person who participates in 29-Across (6)

? = Cryptic Clue (where you need to find the way of reading the clue that leads to the solution)

DOWN

1. Round pillar (6)
2. ? Citrus fruit colour (6)
3. Reddish brown colour of leaves in Autumn (6)
5. Make an offer at an auction (3)
6. ? Put the boot in (4)
7. Dine (3)
10. Joseph (*colloquial*) (3)
12. Thick short digit on hand (5)
13. With regard to (2)
14. Started (5)
17. Acquired or received (3)
18. Seating position (5)
19. Written assignment (5)
20. Winning serve in tennis (3)
22. Therefore (2)
23. Fisherman (6)
24. Chemical used to tan hides (6)
25. ? Small metal ring to bathe with (6)
27. Weapon that fires bullets (3)
28. Target ball in lawn bowls (4)
29. Small piece of carpet (3)
30. ? Single number (3)



DECEMBER SOLUTION

S	U	R	F	B	O	A	R	D	S	T	T				
	O			I						S	R	O			
V	W			L			F	T	H	U	M	B			
		B	I	C	Y	C	L	E	E	C	O				
A	O					R	A	K	G						
P	L	A	N	E	S	T	R	A	M			G			
E	T					T	Y			Y	O	G	A		
T			C	A	R					O			N		
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I	A			M	I	N	E	O	K		T				
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Personal Column

Please join us in welcoming our beautiful little additions to our wonderful community!

- Congratulations to Sarah and Ray Morgan of Lt Bowen Rd, on the arrival of their beautiful daughter Leila Roko born 27/10/13 at 9.38pm weighing 2.7kg and 46 cm long. Leila has a lot of friendship and support from her older siblings, Ben, Flynn, Olivia and Caithlin.
- Congratulations to Wendy and Robbie Waldon on the birth of their daughter Ruby Anne on November 14. Ruby has an older sister Alexis who is 6 years old. Wendy says that Ruby is 'everything everyone asks for'.
- Congratulations to Nina and Steve Hardy from Lt Bowen Dr who were delighted on the arrival of Eloise Mia Hardy on 13/12/13 at Nepean Private Hospital weighing 2.5Kg. About their first addition to the family, Steve says that 'Nina and I are over the moon and happy to have her up here on the mountain.'

Welcome to the mountain our new residents;

- Norm and Mary Ienna and their deaf cattle dog Sally to Bunya Crescent. Norm is an avid vegetable gardener and says that Bowen Mountain' is a nice area with nice people'.
- Jeremy and Bel McIntosh with children Chloe, Kade, Blake and three dogs, Roxy,

Ralph and Millie, who moved from Penrith to Bowen Mountain just before Christmas. You may have seen Bel, chef at Café Relish, Richmond. Jeremy says that 'we love the area and won't move away from here.'

- Annah and Neil Sorrenson-Cox who, with their children Michaela, Noah, Jasmine and Isaac, have moved to Waratah St. They say 'it is like being on holidays every day'. They hope to finish the renovations soon and be able to 'enjoy this wonderful place'.
- Neighbours dobed in new arrivals - Rob and Charlotte Dodd with their children Erin and Coby to Lt Bowen Rd.

Congratulations to the 2014 new leaders of Grose View Public School from Bowen Mountain. Jaylen Bilbija (School Captain), Zali-Ann (Vice-captain) and Erica O'Brien (Prefect).

A special mention to all Year 12 who graduated in 2013. We wish you the best of luck in your future endeavours.

A message to the cicadas of Bowen Mountain, Cheryl would like you be more considerate and leave town before she suffers permanent hearing loss.

Remember to let me know your joyous news by text with your name and phone number titled BMA on 0414905875, drop it into my letterbox- 16 Bunya Cr or put it on the Bowen Mountain Facebook page.

Diane Fairweather

Easter Services Kurrajong Anglican Church

Celebrate all that Jesus Brings this Easter!

10am Saturday 29th March 'A very shaky Easter' Kids concert

2:30pm Sunday 30th March Easter in the Hills concert in old St Stephens

Good Friday 18th April 'Jesus brings Forgiveness'

8am Traditional service in old St Stephens

9:30am Contemporary service

Easter Sunday 20th April 'Jesus Brings Life'

8am Traditional Celebration Service

10am Family Celebration Service

7pm Youth service

Kurrajong Anglican Church, 1005 Grose Vale Rd, 4573 2183

www.kurrajonganglicanchurch.org.au

St Andrew's Uniting Church RICHMOND

Maundy Thursday

17 April 8.00pm Service of the Shadows

Good Friday

18 April 9.00am Combined Service

Easter Sunday

20 April 8.30am Traditional Service

10.00am Family Service

6.00pm Contemporary Service

Address: 25 West Market St. Richmond

Web Site: www.richmonduniting.org.au

Enquiry: (02) 4578 3820

PROGRAM OF WALKS FOR HAWKESBURY WALKERS

March – JUNE 2014

PLEASE NOTE: Starting times may vary throughout this program

ALTERNATE WALKS ARE PRINTED IN ITALICS

THURSDAY DATE/TIME	MEETING PLACE	EXTENT OF WALK	DESTINATION/ RETURN	WALK LEVEL	CONTACT	PHONE CONTACT
6/3/14	7.56am train from Richmond to Lindfield	All day. Bring lunch	Two Creeks track	Easy	Margaret V	4574 1430 0427 956504
6/3/14 8.30am	<i>Whitmore Road Longneck Lagoon Maraylya</i>	<i>2 hrs</i>	<i>Longneck Lagoon</i>	<i>Easy</i>	<i>Jan Mc</i>	<i>4578 5507 0411 726758</i>
13/3/14 8.30am	Mountain View Close at The Islands entrance	2 hrs	Kurrajong Hills	Easy	Pat O	4573 0601
20/3/14 8.30am	End Clear view Parade Woodford Rt hand turn lane off Great Western Highway travelling west.	All day. Take lunch	Woodford Lake Dam Woodford 1 steep descent and 1 steep ascent, rest easy on fire trail	Easy/ medium	Sally & Jim H	4776 1073 0488 761073
20/3/14 8.30am	<i>Fruit Bowl Bilpin</i>	<i>2 hrs</i>	<i>Bilpin, walk down Browns Ridge Fire Trail</i>	<i>Easy</i>	<i>Liz A</i>	<i>4588 5248 0414 467957</i>
27/3/14 8.30am	Car Pool from McDonalds McGraths Hill or meet r/h end of York Street, Beecroft. ----->	All day. Bring lunch ----->	Bush & history walk Turn r/h off Copeland into York St & drive to end.	Easy	Margaret V	4574 1430 0427 956504
27/3/14 8.30am	<i>Londonderry School Londonderry Road Londonderry</i>	<i>2 hrs</i>	<i>Walk around Londonderry</i>	<i>Easy</i>	<i>Marguerite W</i>	<i>4576 1371 0406 907911</i>
3/4/14	7.56am train from Richmond to Burwood	All day. Take lunch	Historic Walk, Burwood	Easy	Mary M	4571 3087 0429 671719
3/4/14 9.30am Winter Time	<i>Opposite St Matthew's Anglican Church, Moses St. Windsor</i>	<i>2 hrs</i>	<i>Walk around Windsor</i>	<i>Easy</i>	<i>Wendy D</i>	<i>4571 4791</i>
10/4/14 9.30am	Meet 1.2km down Winbourne Rd Hazelbrook	2 hrs Bring lunch	Hazelbrook	Easy/ medium	Margaret V	4574 1430 0427 956504
10/4/14 9.30am	<i>Richmond Club Car Park, Richmond</i>	<i>2 hrs</i>	<i>Richmond Lowlands</i>	<i>Easy</i>	<i>Marguerite W</i>	<i>4576 1371 0406 907911</i>
17/4/14 9.30am School Holidays	Cnr Floyd Rd and Wisemans Ferry Rod, South Maroota	2 hrs+	South Maroota	Easy/ Medium	Shirley H	9627 3182 0412 960541
24/4/12 9.30am School Holidays	Old Rouse Hill Shops Windsor Road Rouse Hill	2 hrs	Rouse Hill	Easy	Gaye C	9836 0665 0404 418514
1/5/14 9.30am	End Parks Road, Lawson	½ day bring lunch	Empire Pass Lawson	Easy/ medium	Pam W	4573 6333 0417 478564
1/5/14 9.30am	<i>Cnr Warrigal & Comleroy Roads Kurrajong</i>	<i>2 hrs</i>	<i>Walk to Creek & return</i>	<i>Easy</i>	<i>Jan Mc</i>	<i>4578 5507 0411 726758</i>
8/5/14 9.30am	Rural Fire Service Station, Kurrajong	2 hrs	McMahon Park & Kurrajong	Easy	Marguerite W	4576 1371 0406 907911
15/5/14 9.30am	Locked Gate Victoria Falls Road Mt Victoria	2-3 hrs Bring lunch	Asgard Swamp	Medium	Pam W	4573 6333 0417 478564
15/5/14 9.30am	<i>Tennis Courts, Richmond</i>	<i>2 hrs</i>	<i>Ham Common</i>	<i>Easy</i>	<i>Jan N</i>	<i>4578 2061 0427 782061</i>
22/5/14	Fagan Park 38-48 Arcadia Road Galston (\$5.00 per car entry fee)	Half day. Bring lunch	Walk around extensive gardens	Easy	Pamela H	9651 2402 0422 286166
29/5/14 9.30am	Putty Rd 5.8km from service station at Colo Heights	All day. Bring lunch	Colo Heights. Fire trail	Easy/ medium	Margaret V	4574 1430 0427 956504
29/5/14 9/30am	<i>Rickards Road Agnes Bank</i>	<i>2 hrs</i>	<i>Agnes Bank Nature Reserve</i>	<i>Easy</i>	<i>Liz A</i>	<i>4588 5248 0414 467957</i>
5/6/14	7.56 Train Richmond to Wollstonecraft	All day. Bring lunch	Wollstonecraft to Milsons Point	Easy approx. 10kms	Pat O	4573 0601
5/6/14 9.30am	<i>Castlereagh Nature Reserve Entrance Thomas & Northern Road, Berkshire Park</i>	<i>2 hrs</i>	<i>Castlereagh Nature Reserve</i>	<i>Easy</i>	<i>Sally H</i>	<i>4776 1073 0488 76107</i>

Community Notices

BOWEN MOUNTAIN BUSHWALK BOOK

5th Edition now
available from

Kurrajong Newsagency
\$8



**Join the BMA facebook Page and connect
with other people from Bowen Mountain.**

To go to the BMA facebook Page
Go to <www.facebook.com>

Create your facebook account (this is free)
Search for 'Bowen Mountain'
(the logo is the Bunya Tree)
Send a 'Friend' request to get accepted.

CRAGO OBSERVATORY

The Observatory is operated by the Astronomical Society of NSW and is located at the northern end of Lt Bowen Road, about 200 metres past the gate on the fire trail.

Residents are welcome to attend our stargazing evenings on the listed **Saturdays** - subject to weather.

Saturday 22 March
Saturday 19 April
Saturday 17 May
Saturday 21 June



Please remember to cover your torches with red cellophane as you approach the observatory.

White light causes the pupil of the eye to contract and it takes 20-30 minutes to regain dark adaptation.

***For further information, and to confirm
Friday openings, contact Adrian Saw on
4572 1568***

Grose Vale Licensed Post Office

Your local post office provides everything (except passports and parcels) that the largest PO can do – just a bit better. Come and see Licensee Mark Martire who will happily process all your bill payments, daily banking needs (personal and business) and, of course postal requirements. There is a good range of basic stationery and gift lines including gift cards and a complete supply of packaging products.

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Tai Chi

Come and join us in Bowen Mountain Park

On Sunday mornings - weather permitting

Start at 10:00 am

Break – 8th Dec – brunch at Moorcrofts 10:00 am

Resume 12th January

For more information,

Phone Sylvia on 4572 1842

or Rita on 4572 1769

WANTED



**Volunteers for Adopt-a-Road Program
(Hawkesbury City Council)**

**to help improve the safety
and attractiveness of our road**

**Bowen Mountain Road
Section of road from Wattle Street**

Contact Geoff - 4572 1842



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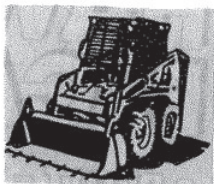
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