

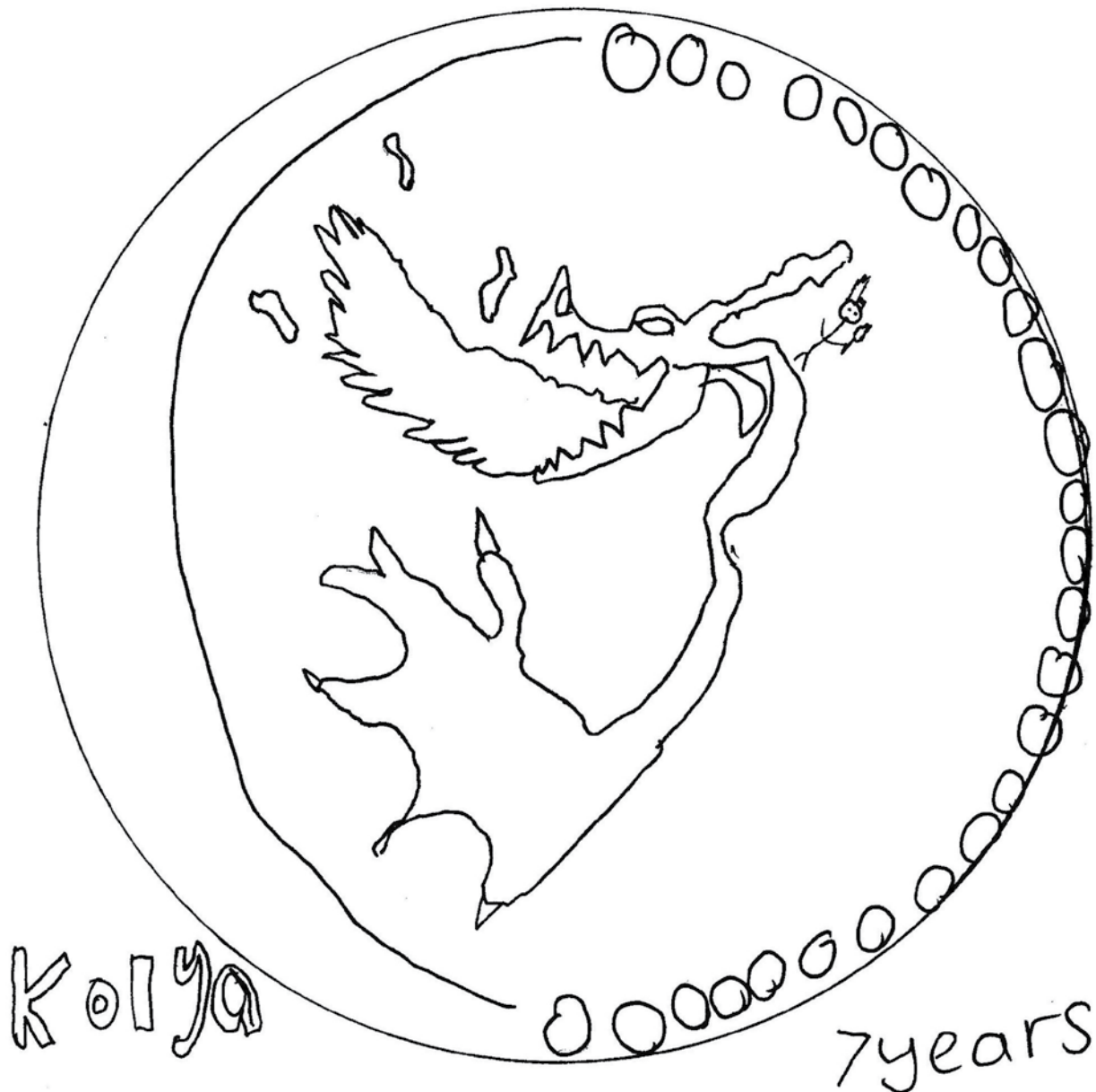
The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 122

Winter

June 2015



Dragon Shield

In This Issue

Arts Festival

Car Boot Sale

What is Landcare to you?

he 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 and to Grose Vale Post Office.

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 Unacknowledged articles will not be published.

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BMA Newsletter Committee
PO Box 3141, GROSE VALE 2753**

Website: <www.bowenmountain.org.au>

**DEADLINE for September Issue
1 August 2015**

COVER

Dragon Shield

Kolya Soudakoff (7 years old)

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Editor's Letter

Greetings and welcome to our Winter Newsletter – a big feature of which is the recent Arts Festival. The cover of this issue titled Dragon Shield has been drawn by Kolya Soudakoff, one of our junior exhibitors.

As our regular contributor Lesley Carbury was unavailable for this issue (enjoying a well earned holiday in the Top End) we have reprinted a page from a 1986 newsletter for our junior readers.

Thank you to all who were involved in this festival especially the hard working convenor, Marian Hanly, who is currently a patient in Nepean Hospital, after undergoing major surgery, not long after the Art Show. We all wish Marian a full and speedy recovery.

There is a full report of the Arts Festival in this issue – thank you Yola – with photos from the talented Denise Nixon, who each year provides us with a good record of the event. There are also photos from the Car Boot Sale and Sustainability Fair in April and the last Community Care Morning Tea.

We have included an article on “What to do if you are alone and experience symptoms of a heart attack”, with the hope that it is never needed!

Cheers to all,

Sylvia Moorcroft

Newsletter Editorial Committee

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

Bowen Mountain Association Inc. Executive

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Community Care – Barry Hanly, Terry Hoare,
Liz Rowan

Webmaster – John Wulff

Facebook Administrator – Lance Mitchell

**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

President's Report

Hello everyone and welcome to the Winter Newsletter. I am constantly amazed how quickly each year goes – sign of age I know. The BMA has recently presented the 2015 Arts Festival, which requires many long hours of work and organization by the dedicated committee.

This show encourages talent from local artists, and many from outside the area, to exhibit a variety of art and craft forms such as painting, jewellery, photography, wood work and textile work. It also allows our children to show their many talents – including hospitality from the wonderful students from Colo High who with their teacher helped to cater for the big crowd on Friday night.

In April the Car Boot Sale and Sustainability Fair proved popular in spite of bad weather conditions, which did cause a drop in numbers. We never seem able to control the weather and have had to cope with fires, rain and cold over many years.

We invite you to our Winter Interlude on Sunday 14 June which will include musical items from local artists and a delicious home made Devonshire tea.

The Annual General Meeting originally scheduled for June 14, will now be held on August 9th 2015.

THE COMMITTEE NEEDS YOUR HELP.

We are aware that we will be losing at least two members and maybe more from our present management team and we do ask for people to come forward and join the Committee. We appreciate that a lot of the hard work is done by individuals 'on-the-spot' and people always come forward to help at functions – but we need people to help organize and play a part in vital roles that ensure a successful organization continues as such.

Maybe you have recently retired or are a new mountain resident or reduced your workload and might have a few spare hours. You are very welcome on any of our committees. Please contact me on 4572 1540 or our Secretary Alison Kerr on 4572 1309.

Geoff Moorcroft
President

BMA 2015 Diary

MARCH	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 17 th	St Patrick's Day Dinner– Richmond Brasserie
APRIL	Saturday 11 th	Car Boot Sale and Sustainability Fair - Park
	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
	Monday 20 th	Community Care Morning Tea
MAY	Friday 1 st – Sun 3 rd	Arts Festival
	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
JUNE	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 14 th	Winter Interlude
July	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 21 st	Banquet Dinner – Thai Angelina – Richmond
	Monday 27 th	XMAS in July – Community Care Lunch for Seniors – Bowen Mountain Park Hall
August	Monday 3 rd	BMA MEETING – Bowen Mountain Park Hall
	Sunday 9 th	Bowen Mountain Association AGM
September	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
October	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
November	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
	Date/Venue TBC	BMA Dinner
December	Monday 14 th	BMA Christmas Party – Bowen Mountain Park Hall

Bush Fire Liaison Officer's Report – May 2015

Dear residents of Bowen Mountain and Grose Vale. It is my pleasure and privilege to act as your Bush Fire Liaison Officer on behalf of the Bowen Mountain Association Inc.

The recent Grose Vale Rural Fire Brigade Fund Raising Appeal – known as the Annual Door Knock Appeal, raised in excess of \$11,000 for the Grose Vale Rural Fire Brigade. This money is extremely important to the Brigade as it is used to purchase many items of equipment and pay for a variety of services and repairs which are not paid for by Hawkesbury Council and/or the NSW Government. The Grose Vale RFB sincerely thank all residents and land holders for their generous donations.

I have been advised by Mr. Greg Walker, the Community Liaison Officer from G.V.R.F.B that

work is shortly to commence on the Asset Protection Zones (APZ's) on the western side of the Lt. Bowen Drive and up to the Observatory at the end of Lt. Bowen Road – Duffy Fire Trail. Hawkesbury Council will clear approximately 50 metres of land at the rear of all properties along this route. Mr. Michael Patterson of Hawkesbury Council will contact residents along the western side of the Mountain in due course to establish if there are any problems with the proposed land clearance. When completed, this project will allow the Grose Vale RFB a 50 metre buffer zone for back burning if and when necessary.

Very best regards

Terry Hoare

Bush Fire Liaison Officer – BMA Inc.

Dangerous Dogs on the Mountain

I would like to comment on dangerous dogs being allowed to roam freely, by their owners, on the mountain. I have had one of my cats dragged from my front yard this morning by 2 pitbull/staffy type dogs - one tan and one black and white. We have not seen our cat since and have little hope for her. She is a full white cat if anyone happens to see her please can you let me know. The same dogs attempted to attack our neighbour's son on Tuesday morning while he was waiting for the school bus. He had to run and jump over his fence back into his yard to get away from them. We live on Lieutenant Bowen Drive near Waratah Street. If anyone knows where these dogs live can you please let us know as something needs to be done. Contact has been made with the Police and the Council and we will be calling the pound tomorrow. These dogs are dangerous - if you see them stay clear.

We have lived here for 13 years and the problem with dogs roaming the streets, without their owners, has always been evident but now it's dangerous breeds who are attempting to attack people as well as innocent pets in their own front yards – it's not on and the owners need to be made accountable as well as the dogs removed from the community.

I have also commented on the Facebook page.

Kind Regards

Fran Simpson

PS. One of our chooks was bitten by a roaming dog in Bellbird Crescent recently. It was grazing peacefully in the front garden under supervision. It had strayed briefly out of sight when it happened. Fortunately it survived although it has not laid any eggs since.

John Wulff

Enjoy a wide range of dancing styles with the

JH Dance Band

We play popular music for Latin, Old Time, Traditional, New Vogue, Ballroom, Quadrilles, Circle and Set Dances and more for your dancing and listening pleasure. Available for clubs, parties and functions.

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**YOU ARE INVITED TO ATTEND THE
BOWEN MOUNTAIN ASSOCIATION INC.**



ANNUAL GENERAL MEETING

TO BE HELD IN BOWEN MOUNTAIN PARK HALL

SUNDAY AUGUST 9TH 2015

COMMENCING AT 2:00 PM

INVITED SPEAKERS FROM THE HAWKESBURY

"BOWEN MOUNTAIN REFLECTIONS"

**COME JOIN US FOR SOME LIVELY DISCUSSION AND
ENJOY A DELICIOUS HOMEMADE AFTERNOON TEA**

**AN INVITATION TO ATTEND THE MEETING IS
EXTENDED TO ALL RESIDENTS AND LANDOWNERS OF
BOWEN MOUNTAIN**

**IF YOU WISH TO NOMINATE FOR A POSITION ON THE
BOWEN MOUNTAIN ASSOCIATION MANAGEMENT
COMMITTEE - PLEASE CONTACT THE SECRETARY
ALISON KERR ON 45 721 309**

2015 Bowen Mountain Arts Festival

Our 15th Community Arts Festival was well attended from its opening on Friday 2nd May till Sunday 4th May. The committees have met and meticulously planned since early this year but worked particularly laboriously on Thursday and Friday setting up signs and labels for works, hanging paintings and photographs, organizing craft displays, preparing paperwork and tables for the silent auction and drinks, and with the help of a group of men who erected the hessian covered display stands, further water proofed the marquee, arranged all the furniture and set up all the electrical needs. Many thanks to John, Bruce, Finn and Des and others in the community who lent a valued hand throughout the weekend and on the closing Sunday, as well as those who guarded the premises through the cold nights.

It was grandly opened by Trevor Hitchcock from the Hawkesbury Community Financial Services at the North Richmond Branch of the Bendigo Bank and our guest Hawkesbury artist, Don Brown, who revealed his beginnings as a brilliant sign writer and air brush designer which he later taught. About ART he said "What do you want to say? After all, what is anything without capturing the spirit" Likewise about technique, he felt that "without light-there is no colour and line". His large display of delightful paintings certainly embraced colour and line to reveal the central spirit of his subjects. Master of Ceremonies was performed by Bill Kerr with his masterful drum rolls gaining our attention. Sumptuous food platters were mostly donated by local restaurants & cafes: Seasons of Kurrajong Café & Antiques, Blue Box Café & Patisserie, Sassafras Creek Restaurant and Kurmond Deli-were served by students from Colo High School: Maddy and Laini with their teacher, Kendall Briggs. Copious amounts of red and white wine, generously donated by Kurmond Bottle O, which added to the

convivial atmosphere.

Other entertainers throughout the weekend were Lyn Trappel and the Green Tree Serenade Group and the Chorella Choir singing enjoyable a cappella music. Later in the evening Pauline Vizzard delicately played the Celtic harp. Gary Reagan with his guitar music rocked some of us into dancing. A lovely image was of Marian Hanley, the Coordinator of the event, laughing and moving to the beat considering only a few days later she suffered a brain aneurysm and is in hospital for some time yet. Our best wishes go out to her, Barry and the family, though the good news is that there is little that stops her in her tracks as she still worries and makes sure all is being finalised in her absence.

Through the bleak weather people from all over Sydney enthusiastically ventured to the exhibition; even being undeterred by the torrential rains of Saturday after Denise's interestingly presented spiel on ABC radio. Though the sausage sizzle fizzled out due to the wet conditions, it was replaced with three hearty pots of soup made by volunteers from the Bowen Mountain Association to warm our chilled bodies. There were packets of Anzac biscuits and protein balls washed down with coffee, tea or wine to enhance our keen perusal of interesting creative works. The high standard was sustained this year over the fifty plus entries diversely ranging from oils, acrylics, pastels, pen and ink, and air brushed paintings with a range of photography. Local artisans provided a wide range of crafts from varied jewellery, wood objects of pens, boxes, table and canes, ironstone and chun pottery, wool items with hand knitted shawls, hand printed Persian cloths for tables and beds, some handmade photo cards and some woven objects. Potted small and large azaleas were for sale and one bountifully blooming one was donated by Mark Calphy for the silent auction.



Don Brown and Bill Kerr with the Arts Festival Committee

2015 Bowen Mountain Arts Festival

A special thanks to all the sponsors. Apart from those already mentioned: Hawkesbury City Council, from Kurrajong - Carey & Co; Don Brown Signs; Kurrajong Builders Supplies; Kurrajong Butchery; Kurrajong Natural Medicine Centre; Kurrajong Friendly Grocer; Bennett Property Group & Geoff Luscombe @ Ray White; from North Richmond – Bendigo Bank; Natrad; Hawkesbury Plumbing Supplies & Kathy McManus Real Estate, from Richmond - Crazy Beautiful Life & Richmond Art Supplies, from Windsor – Kable St. General Practice.

The marquee of primary and high school creative works was a highlight for their amazing potential - especially the Bunya portraits which all showed talent. On the next page are the numerous awards handed out after a 3pm judging by Hawkesbury Regional Art Gallery Activity Organiser, Adrienne Richards. The People's Choice for the Primary section was won by Harrison Smith for his "Black Lab"; whilst the High School section was won by Lucy Bird for her "Flower Girl". The organisers, Jenny Mansley and Judith Mitchell, were busy

throughout the weekend with their children's activities making either a card or painting for a Mother's day gift. The Lolly Jar with an unspecified number of jelly beans was donated by Goody Goody Gumdrops in Kurrajong and Blain Calphy won with guessing it held 426 lollies.

The successful raffle raised funds for the next Arts Festival and for the Association. First prize was Don Brown's kindly donated painting and was won by ticket Blue A18 - Charlotte Cunningham; second prize of a comforting body massage was donated by Kurrajong Natural Medicine Centre and won by ticket Blue F40 – Pat Cunningham; a basket fill with gourmet goodies and wine from various donors mentioned above with the ticket Purple D36 – Andrew Dorrington.

It was a fantastic three days of culture in the Mountain and volunteers are always welcome to assist and new exhibitors are keenly accepted to involve themselves with the Festival in 2016.

Jolanta Walczynski



BOWEN MOUNTAIN ARTS FESTIVAL SCHOOLS ART COMPETITION AWARDS 2015

Email: bma.artsfest@gmail.com

Primary Schools Competition:

5-8 years old

● First Prize \$35 – Natrad, North Richmond	Kolya Saudakoff Bee	Grose View PS pastels.
● Second Prize \$30 – Natrad, North Richmond	Jasper Sinclair My friend Melba	Kurrajong PS pastels
● Third Prize \$20 – Carey & Co, Kurrajong	Finn Mansley Lion	Grose View PS pastels
● Highly Commended	Ashton Evans Australian animal	St. Monica's PS sketch
● Encouragement Award	James Allan Hornet and Nest	Kurrajong PS watercolour and sand

9-12 years old

● First Prize \$40 voucher – Richmond Art Supplies	Jonathan Wade Landscape	Kurrajong Nth PS pastels
● Second Prize \$35 Crazy Beautiful Life, Richmond	Hailee Quince Joey	Glossodia PS acrylic paint
● Highly Commended	Oscar Sinclair Bella	Kurrajong PS pastels

Overall

● People's Choice \$50 – Kurrajong Butchery	Harrison Smith	Kurrajong PS “Black Labrador”
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High Schools Competition:

Years 7-9

● First Prize \$50 – Ray White, Kurrajong	Brooke Hansen Cha Cha	Colo HS pastels
● Second Prize \$40 – Kathy McManus Real Estate	Charlotte Cunningham Tree Study	Richmond HS paint, mixed media

Years 9-12

● First Prize \$50 – Seasons of Kurrajong	Sarah Thompson Inner Reflection	Kuyper CS pastels
● Second Prize \$40 – Kurrajong Pharmacy	Jasmine Capel Streetscape	Richmond HS mixed media, watercolour
● Highly Commended	Caithlin Murray Natural Bridge at Cave Creek Qld	Colo HS pastels

Bunya Bunya Portrait Prize

● First Prize \$100 – Kable Street General Practice	Stephanie Speirs My little Sister	Kuyper CS acrylics
● First Runner Up \$50 – Kable Street General Practice	Jessica Said Portrait of my Mother	Kuyper CS acrylics
● Second Runner Up \$50 – Kurrajong Hardware	Samuel Reeve Self Portrait	Kuyper CS acrylics, lead pencil
● Highly Commended	Eliza Ecob Portrait	Colo HS mixed media, watercolour
● Highly Commended	Kathryn Moreira Is that Gandalf?	Bede Polding HS Acrylic paint, texture paste

Overall


● People's Choice \$50 – Bowen Mountain Assocn - <i>in memory of Rita Rutkovskis</i>	Lucy Bird	Colo HS “Flower Girl”
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BOWEN MOUNTAIN ASSOCIATION INC.


ABN 22 676 606 273 – PO Box 3141 Grose Vale NSW 2753

www.bowenmountain.org.au – secretary@bowenmountain.org.au

BMA Outings



**Come and hear the
Musical talent of Bowen Mt.
at a
Winter Musical Interlude
on
Sunday 14th June 2015 2pm -5pm**



Bowen Mountain Park Hall

Admission: \$ 5.00 includes a home-made Devonshire tea

Reservations essential on:

Sylvia: 45 721 540

Alison: 45 721 309

**YOU ARE INVITED TO ENJOY A DELIGHTFUL FUN FILLED
EVENING WITH FRIENDS AND NEIGHBOURS AT A SPECIAL
BANQUET DINNER AT**

**THAI ANGELINA - RICHMOND TUESDAY 21 JULY 2015
AT 6:30 PM FOR 7:00 PM**

**\$ 22.00 PER PERSON INCLUDES MIXED ENTRÉE, FIVE MAIN
COURSES, CHINESE TEA.**

BYO Soft drinks available to purchase.

**BOOKINGS ESSENTIAL: PHONE: ALISON ON 45 721 309
SYLVIA 45 721 540**

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.**

Windsor Red Cross

Meets the 2nd Tuesday of every month
10am @ Richmond Club

New members welcome

What we do
Knit Trauma Teddies
Red Cross Calling
Raffles

For more information contact Lynda 0411789428



Australian Red Cross
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power of
humanity



KNITTERS

Can you assist by making Trauma Teddies?

If you are a willing and able knitter we would love to hear from you.

Trauma Teddy is a special Teddy knitted by Members and Volunteers.

Trauma Teddies are donated to Hawkesbury Hospital and to The Emergency Services and given to people during traumatic times.

Red Cross will provide pattern and wool.

For further information, please contact the regional Liaison Officer Lynda Husar on 0411 789428.





DOT - TO - DOT

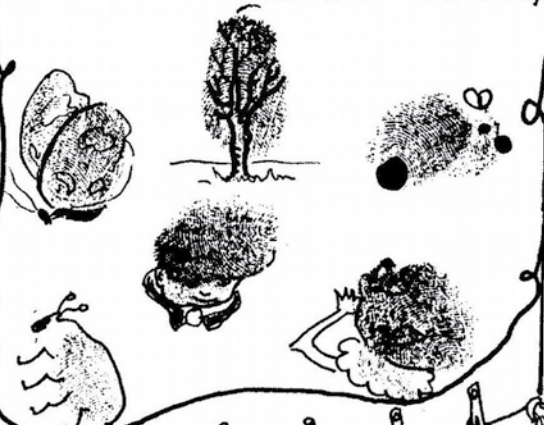
Who is usually wicked but here is friendly? Join the dots to find out.

The Silliest Joke

SCOUTMASTER: Now, Bruce, if you stand with your back to the north and face the south, what do you have on your left hand?

BRUCE: Fingers.

How many funny drawings can you make using your finger-prints (ask mum for a Stamp pad)

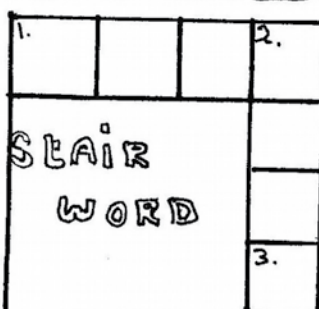


CHILDRENS PAGE



Send your poems and riddles to me;

Curly Currawong
11 Red Gum Crescent
Bowen Mountain
NSW 2753



CLUES

1. Female Child
2. Large Pond
3. Opposite to West.
4. Slim
5. Midday

Q. Why do we have armies?

A. To hold up our little fingies.



ANSWERS 1. GIRL
2. LAKE
3. EAST
4. THIN
5. NOON

Autumn Car Boot Sale and Sustainability Fair

It was a cool damp start to the Market Day on 11 April. Over 20 stall holders and a number of Sustainability Groups helped make it an enjoyable and sociable day. The barbecue and the coffee van were very popular and did a brisk trade.



Lorraine Paynting and Saveria McCann visited the Hawkesbury council plant stall run by Marty Gauci while below Lorraine is back resting at her bookstall.

Above - Rhonda Mathie and Sheila Fisk sold clothing and Bric-a-brac.



Geoff Moorcroft and Bill Kerr cooked a sumptuous breakfast and lunch of sausages or hamburgers and eggs on the barbecue from 8:00 am till 2:00 pm.

Culinary Corner

Thai Style Roast Pumpkin Soup

This recipe was adapted from the famous chicken 'Thom Ka Gai' recipe but adapted for vegetarian purposes during a sojourn in Paris at the Cite de Arts in 1992 while living on a shoestring budget (well a gals gotta have spices). It became an instant hit at the Buddhist Film Festival in Camperdown since 2003 and is now an established tradition with our Sangha.

submitted by Barbara Wulff

Ingredients

- 1 medium pumpkin (Japanese or Queensland Blue)
- 6 dried slices Galangal (Laos powder or Red Ginger)
- 2 fresh stalks Lemon Grass crushed (lemon or lime zest will do)
- 3 kaffir lime or other citrus leaves
- 2 cans coconut milk
- ½ teaspoon ground black pepper
- 2-3 coriander roots crushed
- 3 fresh green chillies (or red or chilli sauce)
- 1½ teaspoon salt
- 2 tablespoons fish sauce or veggie stock cube if cooking for vegetarians
- lemon or lime juice to taste
- 5 tabespoons freshy chopped coriander leaves



Method

1. Roast the pumpkin (preferably ahead of time) in an oven dish at 220 degrees for about 40 mins or until the pumpkin is well caramelised but not burnt.
2. Remove from oven and allow to cool.
3. After the pumpkin has cooled enough to handle scoop out the flesh from the skin using a large spoon and place in a large saucepan.
4. Soak the Galangal slices, lemon grass and other spices in a small amount of boiling water and strain this 'tea' into the soup.
5. The pumpkin should puree by itself but can be helped along with a potato masher, barmix or pushing through a sieve.
6. Pour in the thinner part of the coconut milk (unless the contents is fully homogenized).
7. Pepper chilies and citrus leaves can stew in the soup and be removed later.
8. Add the coconut cream but don't allow to boil.
9. Balance 'creamy', 'sweet', 'salty', 'hot' and 'sour' sensations in the fine Thai Buddhist tradition.
10. Sprinke with the fresh coriander for a final aromatic touch.

Special notes: Dried sices of Galangal are more potent due to fermentation (I have tried both fresh and dried and dried slices are best)

This recipe courtesy of the Zen Open Circle Cookbook edited by Bowen Mountain Resident Michael Campbell 2009

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Out and About

What is Landcare to you?

By Robin Woods [HEN Secretary and Project Co-ordinator]

On the peri-urban fringe of greater Sydney where we live, we still enjoy the sounds and sights of wildlife such as birds, possums, and wallabies. Some even catch a glimpse of koalas or the shy lyrebird. Hearing two whipbirds in my garden for the first time in all my 20 years here was a real delight.

But are these wildlife appearing more and more because their natural habitat is shrinking faster? We believe that is the case with koalas which are increasingly appearing on roads and in backyards. Land management for wildlife habitat conservation seeks to hold onto remnant bushland, and establish connectivity to other 'good bush' and to the National Parks behind us. We don't necessarily need to plant trees, but just encourage the natural regenerative tendency of native bush through removing degrading impacts eg culling invasive weeds, closing old trails, stopping soil erosion, laying branches and fallen leaves across bare ground, and protecting the banks of our creeks.

Hawkesbury Environment Network [HEN] is involved in partnership with several groups and agencies for these causes, as a Landcare organisation. Our work is broadly informative, but

also we aim to hold events such as birdwatching, water testing, and assisting landholders through sponsoring the Green Army teams who undertake some of these activities on-ground. Approximately 250 families have been involved just in the area around Grose Vale –Kurrajong and more widely, since landcare started in the district in the early 80s. For those who lack the larger areas of bush, there is still a chance to become involved on working bees, or through the Bushcare program in our public reserves. Contact our well-known and welcoming Council Bushcare officer, Marty Gauci, if you would like to find out more.

Contacts:

HEN: email: info@hen.org.au
or phone Robin 0414 672 014.

Website: www.hen.org.au

Martin Gauci: email:
mgauci@hawkesbury.nsw.gov.au
or phone 4560 4525

Website: <http://www.hawkesbury.nsw.gov.au/>

There is a Bushcare Calendar at this site. Marty also sends out an excellent newsletter and informative emails so ask to be put on his list!



Demonstration on the evils of privet by Peter Mobbs (Tafe teacher of Bush Regeneration) to a large group at McMahon's Park

Personal Column

Bowen Mountain has been a hive of activity with an influx of new residents to Bowen Mountain. We hope you find the great community spirit we all enjoy.

- The Newsletter team is sorry to lose Michael Campbell and Dianne Fairweather, and would like to thank you both for all the time, effort and great skills you have given us. We will miss you both and welcome you back any time you are available to help out. Dianne will continue to assist with proofreading, before the newsletter goes to print. Kate Stockdale has offered to help out on the committee and any other residents interested in working with us can contact us at bmanews@bowenmountain.org.au or phone on 4572 1540.

- Congratulations to Lance Mitchell of Bunya Cres. On the completion of his bicycle ride from the top of Mt Kosciusko to Coogee Beach – 500 kms. He was assisted by his wife Hope and children Jack and Maisie and parents Howard and Judith Mitchell, who completed the support team. Lance highlighted awareness of Downes Syndrome NSW during his ride and raised over \$10 000 for the cause. Thanks to everyone for your donations.

Lance, maybe in a future issue you could tell us “The story of your Ride” *Ed.*

- I would like to thank the Bowen Mountain community for making us feel so welcome. My son and I moved here from the Northern Rivers 6 months ago and it has been a really wonderful experience; largely due to the strength and welcoming nature of the people and groups we have come in contact with. We have found the community to be very inclusive and supportive of us as newcomers, we truly appreciated these qualities and hope you are aware of these strengths. As I see it the community has some huge assets; the BMA Newsletter, Community Hall, regular events (such as the recent Art Festival) and the beautiful and well attended Park with its free BBQs, old trees, play ground, rope swing and spectacular views. Sunday mornings at the park have become a special part of our week; Where else could I attend free Tai Chi with interesting people of varying ages and feel confident that my son will find other kids to play with and have fun in a safe and beautiful environment, our dog enjoys the outing too! Thank you, *Kate Stockdale*

- Congratulations to Barry Hanly who celebrated his 85th birthday recently. Barry was joined by

Marian and daughters Lisa and Megan at Nepean Hospital, where Marian is recovering from major surgery. It's great to know that Marian, who has been so involved with the Art Festival is on the road back to good health and will hopefully soon be back home with Barry at Redgum Crescent. PS. Marian is back home and doing well as we complete this newsletter - “We missed your input Marian – see you for the Spring Issue”.

- Long time Bowen Mountain residents Doug & Lesley Carbery took off in their family car in March to visit their daughter Lyndal and their grandchildren in Katherine NT.

They travelled via Broken Hill and Port Augusta Coober Pedy, Alice Springs and Tennant Creek staying a few days in each town.

One of the highlights was meeting their most recent granddaughter Audrey aged 3 months, sister to Ramdy aged 8 and Ava aged 6. They remained in Katherine for three weeks and during that time witnessed remarkable changes in Audrey as she rapidly gained eye contact and began smiling and then laughing. Why she even recognized her Grandma after two weeks.

The trip home included Mt Isa, Longreach, Bourke and Dubbo. Altogether they travelled about 9,000 kilometers and were saddened to witness ‘000’s of kangaroo carcasses in western Queensland, that didn’t learn to look both ways before crossing the road.

As Diane is unable to continue with this column, we rely on our readers to keep us informed of local news, birthdays, new residents and new additions to the family.

- Syl and Geoff Moorcroft have a “new addition” to their family in the form of a beautiful silver Toyota Yaris, which arrived on the 29th of June.

Contact us by email:

bmanews@bowenmountain.org.au or phone on 4572 1540. the *Newsletter Committee*

“Welcome to the Mountain” kits.

If you are aware of new residents recently moved onto our Mountain, we now have an updated version of the original “Welcome to the Mountain” kit for these people. The kit consists of relevant information for newly arrived residents which hopefully will answer some of their queries, or give them a starting point from which to seek specific information. To secure a kit please contact Sue Hoare on 4572 1140.

Community Care

Community Care assists residents of our community in need of assistance with transport to medical appointments, local social events, or general information regarding Hawkesbury Community Services.

Community Care organises social morning teas and luncheons for residents in the Bowen

Mountain Hall. Transport is available if needed. Please check the newsletter and web-site for social events.

Phone: Liz Rowan 4572 2416
or Terry Hoare 4572 1140
or Barry Hanly 4572 1510

Community Care Christmas in July Lunch All welcome

Monday 27th July 2015
11:30 am – 2:00 pm

Rsvp Liz 4572 2416 by 25th July



Services available in the Hawkesbury

Meals On Wheels
3/36 Riverview St North Richmond

Shirley 4571 1633
Janet 4571 1655

Hawkesbury Neighbour Aid
4587 3934

Peppercorn Community Transport
4504 7022

Seniors Information Service

Phone Referral Service: 131 244

HOME CARE SERVICE
1800 350 792

Peppercorn Lawn Service
4587 0208

The Women's Cottage
4578 4190



The lunch in April was very enjoyable as always !

Community Notices

BOWEN MOUNTAIN BUSHWALK BOOK

5th edition

Ring Yana Jamieson
4572 1321



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.
You will find lots of up to the minute
information from the Mountain.*

Tai Chi

Come and join us in Bowen Mountain Park on
Sunday mornings - weather permitting
Start at 10:00 am

For more information phone Sylvia: 4572 1540

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 13 June
Saturday 11 July
Saturday 8 August



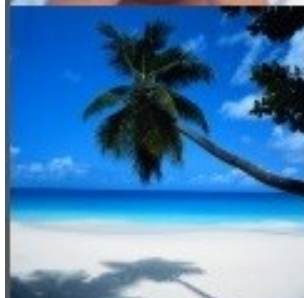
Please remember to cover your torches with red cellophane as you approach the observatory. White light causes the pupil of the eye to contract and it takes 20-30 minutes to regain dark adaptation.

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

Tai Chi Shibashi

is held at CWA Richmond
Mondays at 2:00 pm

contact U3a office on 4578 2333



Seasons For Growth

**FREE 9 week group
For Kids Dealing with Loss**

This is a FREE 9 week group for primary aged children ages 9—10 years old who are dealing with significant loss or change including death of a loved one, parental separation/divorce, experience of a natural disaster, moving home or school and other life changes/losses. They will learn:

- How to think and respond to change and loss in new ways
- How to understand the grief process
- How to communicate strong feelings
- Decision making and problem solving skills



9 x Tuesday afternoons, 4—5pm

14th, 21st & 28th July,

4th, 11th, 18th & 25th August,

1st & 8th September 2015

At:

Richmond Community Services Inc.

20 West Market Street

Richmond

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e: admin@rcsi.ngo.org.au



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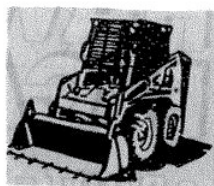
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02 4572 2327



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Mob: 0404 887 931
Fax: 02 4573 0372
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Kurrajong NSW 2758
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