

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 121

Autumn

March 2015



A small selection of past Newsletter covers by Rita Rutkovskis to commemorate her artistic contribution to its publication.

In This Issue

Vale Rita

Koalas on Gregg's Road

Lance Mitchell's ride Kosciuszko to Coogee

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 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 Unacknowledged articles will not be published.

This Newsletter is published by the Bowen Mountain Association to disseminate free and charged information for the benefit of the Bowen Mountain residents.

However, the Bowen Mountain Association does not guarantee, and accepts no legal liability whatsoever arising from or connected to, the accuracy, reliability, currency or completeness of any published material.

Permission to reproduce any part of the Newsletter may be obtained by writing to the address below.

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**Newsletter Mailing address:
BMA Newsletter Committee
PO Box 3141, GROSE VALE 2753**

Website: <www.bowenmountain.org.au>

**DEADLINE for June Issue
1 May 2014**

**COVER
A selection of Rita's covers
Marian Hanly**

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The Treasurer

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Editor's Letter

Greetings to all and welcome to the Autumn Newsletter, with a very special cover, organised by Marian Hanly, to honour the wonderful work our friend Rita Rutkovskis did for the Newsletter. Rita died on 6 February and will be missed by her many friends on the Mountain.

In this issue, Lance Mitchell writes about his coming 700km solo bike ride from Mt Kosciuszko to Coogee to raise funds for Down Syndrome NSW and the story behind his decision to take on this huge task.

The new kitchen is a great facility and a credit to the hard work of Colin Chesterman and his team. It will be welcomed by all involved in catering at many functions, especially for the workers serving food and drinks at the Arts Festival.

This issue contains two new features, the Children's Page set up by Lesley Carbery, who is taking a break from the Crossword and is giving our younger readers a challenge, and the Out and About column for activities in the Hawkesbury.

Please note the Sustainability Fair and Car Boot Sale date has been changed to 11 April, where the weather should be somewhat cooler.

Happy reading and cheers to all *Sylvia Moorcroft*

Newsletter Editorial Committee

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

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<secretary@bowenmountain.org.au>

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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

President's Report – January - February 2015

Hello Everyone....Welcome to Autumn and a brand new kitchen in the Park Hall. I hope the holiday break was thoroughly enjoyed, lots of New Year resolutions were made and you are all now ready for the good times ahead in 2015. The BMA Social Committee has some entertaining events planned for the months ahead...so keep an eye on our calendar.

I am aware of how popular our park has become for tai chi, weddings, parties and for the children's play area. Congratulations to the BMA and the Park

Committee for their planning and maintenance during the past year and for facilitating the new kitchen...the word is out "Visit Bowen Mountain Park"...our website is www.bowenmountain.org.au

Thank you to all those on our various committees for their dedication and hard work and remind everyone that it's great to see "new faces" at all BMA meetings and activities.

Geoff Moorcroft
President

Secretary's Report January - February 2015

Happy New Year!!! I hope you have had a relaxing and refreshing holiday break and that 2015 is a peaceful, rewarding and fulfilling year for everyone.

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 - Sustainability Fair on 11th April in the Park. Please see advertisement further on in the newsletter.

Bowen Mountain Hall is now the proud owner of a

new kitchen. This kitchen was built by Hawkesbury Council and paid for by funds raised by the Bowen Mountain Association and the Park Committee. It is a long awaited addition to the Hall.

Work has also commenced on a new look Bowen Mountain website. Best wishes and good luck to Lance Mitchell who on March 21st is riding from Kosciuszko to Coogee to raise funds for Down Syndrome NSW.

Looking forward to fun filled activities in 2015.

Alison Kerr
Secretary, Bowen Mountain Association

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 st	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
	Date/Venue TBC	BMA Dinner
August	Monday 10 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 16 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

Park Report

Bowen Mountain Park Management Committee (BMPMC)

Park Maintenance

A steel frame has been built into the side of the old kiosk to hold it upright. Before installing the frame, this structure had a dangerous lean. Graffiti was also painted over by a Council contractor. The cracked window near the kitchen area was replaced. Branches resting on the mains power lines were removed by Endeavour Energy and the power pole has been checked. Minor repairs and graffiti removal was done on the play equipment. Additional soft fall has been added to the play area.

Working Bee Sat. 14th March 9-12 midday.

Let me know if you are able to join us and help with Park maintenance and clean up.

Park Bookings and Community Web Site

The Community Web site is in the process of being

upgraded. It should be completed within the next week. Expect some minor changes to the booking system as the updated and modified site comes on line. Go to <http://www.bowenmountain.org.au/> or put Bowen Mountain Community into your search engine. Make sure you request a booking well ahead of your function. The calendar is starting to fill up. The managing and hiring of the Park Hall is done by volunteers.

Park Committee meeting

The next BMPMC meeting will be held in the Park Hall on Thursday 9th April, 7.30pm. All welcome.

Colin Chesterman

Chairman, for BMPMC

bowenmountainpark@gmail.com

Park Kitchen Upgrade

A Community funded Project

The Park kitchen has been transformed. It is already proving to be a great benefit to people hiring the hall for private functions. I am sure it will be a great asset during the Arts Festival and other community functions. There are a number of minor outstanding jobs (more locked cupboards, switching of spot lights to the fluorescent circuit etc) that we expect will be completed soon.

The new kitchen has an island bench that can be used as a servery, additional cupboards, an instant boiling water heater, a new $\frac{3}{4}$ sized fridge, new hot water cylinder and a heating oven. The kitchen is for serving food. It is not meant to be used for food preparation.

The first meeting of the Park Kitchen Refurbishment Committee was held in January 2014 to formulate a basic design. Staff from Hawkesbury City Council (HCC) met with us on 7th March where the design was further developed and they took over managing the project. The project was completed last December after some delays. Apologies to those who were inconvenienced. Thanks to those who contributed to the project and especially to Greg, Hawkesbury City Council (HCC) who managed the project.



(l to r) Russell, Bill and Greg (Building Services, HCC) Jan. 2015

The upgrade was funded wholly by the Bowen Mountain Association (BMA) and Bowen Mt Park Management Committee (BMPMC). The GST was paid by the BMA. A letter was written to the Hawkesbury City Council (HCC) to ask if they could reclaim/not charge us for the GST but to no avail. See below for the details.

Funding:

Bowen Mountain Association	\$8,884.40
GST BMA	\$1,188.44
Park Committee (BMPMC)	\$3,000.00
TOTAL	\$13,072.84

Colin Chesterman

BUSH FIRE LIAISON OFFICER'S REPORT – FEBRUARY 2015

The following information is provided to supplement the article printed in the Summer edition (December 2014) of the Bowen Mountain Association Inc. Newsletter entitled "Are You Firewise?". This information will be included on the Bowen Mountain Association Inc. Website.

bowenmountain.org.au

There are two Rural Fire Stations located in the Grose Vale/Bowen Mountain area. These Fire Stations are located in Cabbage Tree Road, Grose Vale – known as the main station and the other is in Lieut. Bowen Drive, Bowen Mountain, directly opposite the end of Waratah Street, Bowen Mountain.

Both Rural Fire Stations are staffed by male and female RFS Volunteers on an "as required" basis and are available to respond to call-outs by pager, SMS and telephone calls including mobile Phone Communications.

The Headquarters for the Hawkesbury Local Government Rural Fire District is located in Macquarie Road Wilberforce and for general inquiries telephone 4560-6400.

The Captain of Grose Vale Rural Fire Brigade is Paul Dillon who can be contacted on 4572-1356 or

mobile 0459-259-630. The Senior Deputy Captain is David Prince who can be contacted on 4572-1943 or mobile 0420-943-728.

Permits to burn piles of vegetation (not including house-hold rubbish) can be issued by the Permits Officer, Bob Turner during the Bush Fire Season, (October to March). During the winter OFF bush fire season, permits to carry out Pile Burns must be obtained through the Hawkesbury City Council Pile Burn Authority. Telephone No. 4575-1143.

All fires and other emergencies should always be reported to the Emergency Telephone No. 000 in the first instance.\

Your local Rural Fire Brigade (GVRFB) will, if possible always respond to fire calls and other emergencies in the Hawkesbury Local Government area including Structural Fires (buildings) and Motor Vehicle Accidents.

For further information contact the Bowen Mountain Association Bush Fire Liaison Officer Terry Hoare on Tel. No. 4572-1140 or Mobile 0418-273-897.

Very best regards

Terry Hoare

Bush Fire Liaison Officer – BMA Inc.

The Newsletter needs your help

Recently our digital layout designer John spent some time in hospital, so the committee (mainly the editor) went into panic mode. Luckily he's on the mend.

We urgently need a reserve list of volunteers and their relevant skills to take on editing, proofreading, typing, design and layout tasks should the need arise.

Please contact Sylvia on 4572 1540

P.S. Good News – John is now fully recovered and hard at work on the newsletter.

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.

Ph 9476 4301 email: julia.home@bigpond.com

The Bowen Mountain Association proudly
presents the
2015 COMMUNITY ARTS FESTIVAL
MAY 2 and 3

in THE COMMUNITY ROOM Bowen Mountain Park

Our guest artist is the popular painter
DON BROWN

OPENING NIGHT, FRIDAY 1 MAY, 7.30PM

Join us for an evening of art, a glass of wine, supper and
convivial conversation
\$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
Mother's Day Art & Craft activities for the children.
50cents for material.

Live Music throughout the weekend
THE WORK OF LOCAL ARTISTS AND CRAFTSPEOPLE WILL BE ON DISPLAY.
ALL WORK WILL BE FOR SALE.

YOUNG PEOPLE'S ART COMPETITION

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 0422 975 692 or Judith 4572 1146
Entry Forms can also be downloaded from our web site bowenmountain.org.au

If you would like to take part in the Festival or need more information, please contact Marian Hanly, telephone 4572 1510

Vale Rita Rutkovskis



It was with deep sorrow that the community learnt of Rita's death on 6 February at Hawkesbury Hospital. Rita was a much loved popular and well known member of the Bowen Mountain community for over twenty years. She was a valued member of the Newsletter Committee as a "cover girl", cartoonist and proof reader – and as a trained graphic artist, ticket writer and colourful painter had a long association with the Arts Festival Committee. Rita was also the instigator of our tai chi group on Sunday in the Park. In the winter issue of 2013 newsletter Michael Campbell had a chat with Rita in his "Hello Neighbour" column, at her home in Currawong Crescent, and from this article we learn many of the fascinating aspects of Rita's long and interesting life.

Rita was born in Riga, Latvia on 9 September 1933, but after the Soviet invasion in 1940 the family moved to Germany where Rita continued her education. In 1949, after many moves around Germany, the family migrated to Australia, and spent some time in a migrant camp out of Bathurst. They finally moved to Sydney, where Rita went on to qualify as a graphic artist at the Sydney School of Arts in Darlinghurst.

While living in Revesby, Rita met and married her "Monte" (Imants) and in 1994 they moved to Bowen Mountain. Rita became involved in the activities that were to become an important part of her life. Her brilliant artistic skills were essential to the Arts Committee and to the Newsletter, where she competently illustrated many stories and covers, and with her sharp wit and sense of humour she drew a number of cartoons. Rita was also a member and leader of a number of tai chi groups in the area. She was a great lover of the bush and enjoyed bird watching, identifying native plants, and before Monte's death, going on long trips to the outback. More recently she indulged in another passion by joining a local philosophy group.

Rita was kind, compassionate and funny and a very good friend to those who were lucky to know her.

We will miss you Rita.

Sylvia Moorcroft



A typical sunny Sunday morning at Bowen Mountain Park with Rita leading the tai chi

Kosciuszko to Coogee

Veteran resident of the mountain Lance Mitchell tells how he has started a new fund raising event incorporating a 700 kilometre bicycle ride from the summit of Mt Kosciuszko to the beach at Coogee, to support Down Syndrome NSW.

Cameron Carmody and I grew up together on the corner of Crag Cr. and Lt Bowen Rd, Bowen Mountain, from the age of 4 and 3, respectively. One of my earliest childhood memories is sitting in the front yard at my Mum and Dad's place on Lt Bowen Rd, waiting for Cameron to come home from Grose View Public School. I can clearly remember walking with him to old John Edmonson's bus stop on my first day of school, waving goodbye to Dad from the bottom of the hill near Di Turner's place, with Cameron there at my shoulder. My unofficial older brother.

As with all close childhood friendships, the tapestry of our memories and the stories of our lives is both rich and detailed. We have been best friends forever, Cameron being the Best Man at our wedding. I returned a similar favour when he married another Colo High friend, Rebecca Fisher.

For as long as I can remember, Cameron has been a hero, a brother and a mate. He has rushed to my side both physically and metaphorically through all trials of life. Whilst Cameron has since moved away from the mountain we have remained the very best of friends.

Through early 2013 Cameron and I spoke regularly and excitedly about the pregnancy of his beautiful wife Rebecca. Cameron was going to be a Daddy.

During the week of Rebecca's due date there was a sudden and suspicious lack of communication. This disconcerting silence was guillotined by a notably reserved phone call from Cameron, during which he quietly explained that Rebecca had given birth to a little baby girl, Alicia.

Alicia had been born with Transient Leukaemia and Down syndrome.

As one could imagine we extended our unconditional love and support, and did what we could to help. The first and most obvious step was to help Alicia through the chemotherapy and to stabilise her health as best as possible. This was a rough time for everyone, but particularly so for Cameron and Rebecca and their families, but little Alicia showed the gumption of a weathered soldier and pulled through the storm.

Whilst clearly not a matter of life and death, the sudden and quite unexpected Down syndrome diagnosis nevertheless concerned Cameron and Rebecca greatly as they had previously had minimal

exposure to the syndrome and knew little about it. They now found themselves riding a particularly daunting roller coaster, feeling quite alone. In the darkness of their isolation a

lighthouse beam cut out from the horizon: Down Syndrome NSW.

DS NSW refer to themselves as a 'Human Rights Organisation', and that just about explains everything.

It represents the heart of all the inspiration I will ever need to complete a thousand rides. Their benevolence sparked a fire of determination in my heart and galvanised my resolve to do something... to do anything.

They champion the rights of the Down syndrome community and provide DS families with services such as network based communication and peer support groups, resourcing, advice, 24 hour support networks, emergency contacts and community events. They have an enviable library, community engagement officers and a benevolent and compassionate support crew ready to assist DS Families and individuals from all walks of life. They celebrate the amazing achievements of people living with Down syndrome and engage regularly with the community to generate public awareness and support. I held little Alicia in my arms for the first time and smiled. Never in my life have I felt so consumed by such a wave of furious resolve, mixed with inspiration, love and commitment. A ferocious conviction to do absolutely everything within my power to shine a light, to level the playing field, to challenge, fight, sing, and shout. To celebrate the amazing person Alicia is, the courage that she and thousands like her, will summon on a daily basis to be the best that they can be.

A thought struck me. What could I possibly do to champion this little princess? Little old Me. How could I help? Where would I start?

The question of why I couldn't, shouldn't or wouldn't simply never occurred to me. I just needed to find the hardest, craziest, most bizarre and gruelling ordeal to personify a 'lightning rod' of public attention for DS NSW, to generate public awareness, gather funds and meet new people. To repay the support given by DS NSW to Alicia and countless families like hers.



Kosciuszko to Coogee cont.

It was soon after this, standing in the shower one morning that I came up with the silliest idea I could. Why not ride my old push bike from the lofty summit of Mt Kosciuszko all the way to the city somewhere, stopping in as many towns as possible to talk to people about the great work of DSNSW? I'm not a cyclist. In fact, I have rarely ridden a bike since Cameron and I used to ride our BMXs to the bus stop or to the bike track at the end of the Drive. But I could make it... surely. If the bike failed I'd walk the rest of the way. If my legs fail I'll crawl. Perhaps such an outrageous idea would draw attention to the matter in question. I had an image of Forrest Gump running along a desolate alpine



highway, all alone, watching the sun rise. That would be me, just on a bike.

The idea of finishing at the beach contrasted nicely

with the idea of starting above the snow line, so Coogee was chosen. I will start on 21 March (World Down Syndrome Day) and finish over the Easter long weekend, covering over 700 kms and stopping in more than 50 mountain and coastal townships.

I will be riding solo, with my parents Howard & Judith Mitchell as my support crew. In talking with local bike clubs there is a chance I will be accompanied by the occasional cyclist. My 6 year old daughter Maisie Mitchell has even volunteered to ride some parts of a stage on her bright pink push bike, complete with sparkles, tassles and spokey-dokeys. She will be carrying a bucket asking for donations along the way.

Some people have asked me if I have a dollar figure in mind, but I don't. I just want to make a difference. If I only raise a few hundred dollars, and speak to a few hundred people about Down syndrome, then it will be worth all the blisters and hills in the world. My one regret is that I only have enough time strength and stamina to finish one ride. So much more needs to be done.

You can help!

1. Go to my website and donate now!
www.everydayhero.com.au/event/k2c
Click on 'sponsor a friend', search for Lance Mitchell and click 'Give Now'
2. Like my page on Facebook: 'Kosciuszko to Coogee, 2015' and stay in touch with me every inch metre and mile of my ride!
3. Share these links with your friends. Invite ALL your Friends to Like the Facebook page!
4. Like the DS NSW Facebook page and see how your generosity helps so many people.

By supporting Down Syndrome NSW you are actively championing people with Down syndrome right across the state. This organisation needs your support right now!

Lance Mitchell



BOWEN MOUNTAIN SPRING MARKET DAY SUSTAINABILITY FAIR AND CAR BOOT SALE



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

WHEN: SATURDAY 11TH APRIL 8.30am - 3.00pm
(mark your calendar now)

WHERE: BOWEN MOUNTAIN PARK

Book your car space or market stand at \$20.00

HOW:

Phone Alison: 45 721 309

Phone Sylvia/ Geoff: 45 721 540

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.

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

KOALAS IN KURRAJONG

For a number of years koala surveys have been conducted in the Richmond/Kurrajong area and this led to a sighting being made during late November 2008.

The Western Sydney area, including the Kurrajong district was once one of the strongholds for the koala population in early and pre-settlement days. This was probably due to the abundance of the eucalypt varieties that are their preferred food source.

Although it appears now that the presence of koalas in this area is rare, and almost extinct, there have been a number of sightings in the Lower Blue Mountains and Hawkesbury in recent months. It is not a common sight but this koala is looking very comfortable in a gum tree in Greggs Road Kurrajong in January this year.

Bruce Simmons



Support for Advertisers

To all our readers....This newsletter is published with the help and support of all our advertisers, who cover a wide range of services. It is essential that we support these businesses...as the saying goes.."? If you don't use it you'll lose it".

Remember to consult our Bowen Business pages at the back of the Newsletter - and remember we are always looking for new advertisers.

Please contact Geoff Moorcroft for advertising space.....4572 1540

Community Care

Invitation **Community Care Morning Tea**

Monday 20th April 2015
10am- 12

Bowen Mountain Hall
**(transport available if
needed)**

RSVP Liz 45722416 by Friday
17th April 2015



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



Two photos from the 2014 Christmas lunch



BMA Dinner

St. Patrick's Day



**Come and celebrate
St. Patrick's Day
at
Richmond Brasserie Dinner**

**Tuesday March 17th at 7pm
Delightful 2 course dinner - \$ 25**

Wear something green- prizes for best dressed

**Reservations essential please contact
Sylvia: 45 721 540 or Alison: 45 721 309**



All Welcome

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.**

NSW State Elections

All candidates who had nominated for the State Election were asked to submit their policies. Kate Mackaness, an Independent Candidate, was the only one to reply.

Kate Mackaness

Why become a candidate: The Hawkesbury is not being well-served by any level of government.

Policies: centre around the best interests of the residents of the Hawkesbury: no higher authority to answer to; no party politics; no ideology-driven policies, just pure local representation.

Key areas:

- ✓ twenty-first century transport infrastructure;
- ✓ a robust local economy;
- ✓ a healthy environment; and
- ✓ well-managed heritage.

Specific policies include: water quality, education, youth employment, reversing homelessness, health service delivery, coal seam gas mining and local government accountability, to name but a few.

Contact:



kate4state.com.au



kate4state@hotmail.com



Culinary Corner

Mango Fruit Cake

submitted by Inta Dinga



Ingredients

- 1 x 425 can mango slices in natural juice
- 500 g mixed dried fruit

- ½ cup water
- 1½ teaspoons bicarbonate of soda
- 1½ cups self raising flour
- 2 eggs, lightly beaten

Method

1. Grease 15cm x 25cm loaf pan; line base and sides with baking paper.
2. Combine the undrained mango slices, mixed dried fruit and water in a large pan. Bring to boil and simmer, uncovered, for 1 minute; cool.
3. Stir in combined sifted bicarbonate of soda and flour with eggs; mix well. Pour mixture into the prepared pan.
4. Cook in a moderate oven, 160°C for about 1 hour, or until cooked when tested. Cool cake in pan.

Out and About

Exploring the Outdoors

The Hawkesbury Walkers set out each Thursday for both “easy to medium difficulty” walks in bushland as well as in urban scenery. Many of these hikes are in the nearby Blue Mountains – others are around the harbour side in Sydney and on local

Hawkesbury walking trails.

Here is a sample of the walks in the Walkers Guide published regularly. For more information contact Margaret Mason on 0412 219 060 or Jan McLelland on 4578 5507 or 0411 726 758.

9/4/15 9.30am	George & Duke Street Wilberforce	2 hrs	Walk around Wilberforce	Easy	Ray Mc	4575 1694 043 9474837
16/4/15 9.30am School Holidays	Hydro Majestic Hotel Medlow	½ day	Medlow Bath	Easy	Mary M Margaret M	0418 160544 4573 2081 0412 219060
16/4/15 9.30am School Holidays	Pughs Lagoon Richmond	2 hrs	Historic Richmond	Easy	Jan Mc	4578 5507 0411 726758
23/4/15 9.30am School Holidays	Sams Way Mountain Lagoon Park opposite Rock fire trail walk	2+ hrs	Mountain Lagoon Rock fire trail	Easy/ medium	Margaret S	4577 9040 0407 061323
30/4/15	7.56 train Richmond to Granville	All day Take lunch	Auburn Gardens and factory outlets	Easy	Rhonda K	4578 6138
30/4/15 9.30am	Cnr Wisemans Ferry & Floyds Roads South Maroota	2 hrs	South Maroota	Easy	Lorelle S	4575 0015
7/5/15 9.30am	Mt Wilson Study centre	2+ hrs Take lunch	Mount Wilson	Easy	Margaret M	4573 2081 0412 219060
14/5/15 9.30am	End Whitecross Road Winmalee	All day Take lunch	Blue Gum Forest Approx 14 kms	Medium/ hard	Marg V	4574 1430 0427 956504
14/5/15 9.30am	Tennis courts Richmond	2 hrs	Ham Common	Easy	Rhonda K	4578 6138
21/5/15 9.30am	End Murray Park Road Kenthurst. Turn left at Ashton Rd then left into Murray Park Rd	Half day take lunch	Murray Park bush	Easy/ medium	Pam W	4573 6333 0417 478564
21/5/15 9.30am	Pitt Town Church Pitt Town	2 hrs	Around Pitt Town	Easy	Liz A	4588 5248 0414 467957
28/5/15 9.30am	Evans Lookout Blackheath	All day Take lunch	Grand Canyon	Hard	Mary M	0418 160544
28/5/15 9.30am	Bells Road & Grose Vale Roads, Grose Vale closest to North Richmond	2 hrs	Bells Road walk	Easy	Pat O	4573 0601

U3A Hawkesbury

University of the Third Age began in the Hawkesbury 20 years ago mainly for retired people interested in keeping both mentally and physically active.

There are over 50 coursers, which cover a wide variety of subjects including Art, Languages, Poetry, Photography, Music, Tai Chi, Genealogy, Life

Writing, Computers, IT, Ethics, Gardening and many others.

Contact the U3A Office at 23 Bosworth St. Richmond – Mon, Wed, Fri: 10:00 am – 12:00 pm.

Phone: 4578 2333

or visit the web at hawkesbury.u3anet.org.au

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. Welcome to:

- Trevor Haskins and his daughter Ashley to Lt Bowen Rd from Kurmond. Ashley says she 'liked the beautiful area full of trees and I love nature.' They have worked tirelessly over the holidays renovating.
- Andrew and Rebecca Tulk with their 2 children Kiara and Jaxon who have moved from Freemans Reach to Pamela Crescent. Rebecca says, "I love it up here. The people are friendly and the air is fresh and clean."
- Rebecca Black, Jason Holmes and son Paola, daughter Isabella and parents Richard and Janis Holmes and dog Missy. They moved to Lt Bowen Rd from Dean Park. Richard said they chose Bowen Mountain 'to escape the city life and enjoy a less hectic life.'
- Peta and Joe Miller who moved to Wattle St from Hawkesbury Heights with their children Harley and Corey. They moved to Bowen Mountain because they have 'family here and they have a good view' from their home. Bowen Mountain now has its own tow truck service as Joe has been running his business for 5 years 'TNT Tilt Tray Towing'.
- Kristy and Michael Bellamy and children Bianca, Lachlan and Madison who have moved from Kellyville to Pamela Crescent. Kristy says she is 'glad to be back in the Hawkesbury'. Kristy chose Bowen Mountain because 'it is so peaceful, has a beautiful view and everyone is friendly.'
- Patrick and Jessica Conolly with their 2 young children, Sophia and Morgan to Wattle Street. Jessica says 'we love the peacefulness of the mountain and could not believe the sense of community spirit. We are so happy we chose the mountain to raise our two children.'
- Deb and Bruce Collins to Lt Bowen Rd from North Narrabeen. Deb says they moved to Bowen

Mountain as she is working with her sister who owns Iris Property in Kurrajong Heights and have relatives in Lt Bowen Drive. They fell in love with their new house as it has a unique design and they love gardening. Bruce is a retired school teacher who is volunteering at Kurrajong Public School with reading. It didn't take long before Marian Hanly grabbed him for help at the Arts Festival this year. (Remember Marian always requires help for this event)

Introducing our new baby

- Congratulations to Doug and Lesley Carbery on the safe arrival of their 3rd granddaughter Audrey Atiama Carbery Asanema on January 14th in Darwin weighing 2.7kg. Doug and Lesley cannot wait until the family makes its annual visit to Bowen Mountain.

We would like to wish the younger residents of Bowen Mountain a 'Happy Birthday' and many pleasant surprises on the day.

- In **March**, Savannah Bilbija, Abi Bathgate, Jasmine Roberts, Sophia Conolly and Kyan Merton. Happy 80th to Geoff Moorcroft and 90th to Neil Hartley who are both celebrating their milestone birthdays this month. Maybe a fire extinguisher is required to blow out so many candles. I hope they are careful not to set off the smoke alarms.
- In **April**, Jack Mitchell, Emmerson Codd, Oliver Brown, Callum Draper, Hannah Girdler, Ellie Doyle, Bianca Bellamy, Zoe Fairweather, Tilly O'Connell and Finn Mansley.
- In **May**, Blain Calphy, Madison Bellamy, Wyatt Cassim, Skylar Terawsky, Gabrielle Walker, Keira Constable and a special **18th birthday** wish to Tamara Saliba.

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.

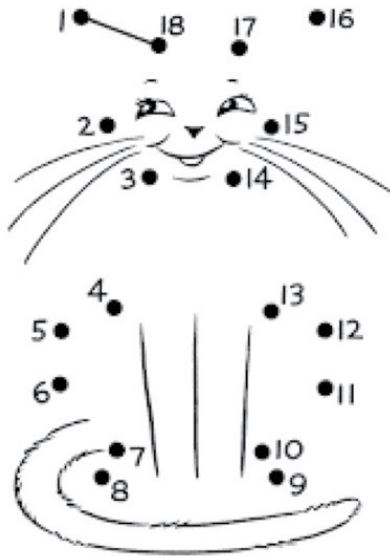
Diane Fairweather

John Holmes a former resident of Bowen Mountain died on 13 February. John and his wife Win were involved members of the local community.-John on the Park Committee and Win was President of the BMA for a number of years. John and Win left the area some years ago to retire to Laurieton on the north coast to be near their daughter and grandchildren, and we extend our deepest sympathy to Win and all the Holmes family.

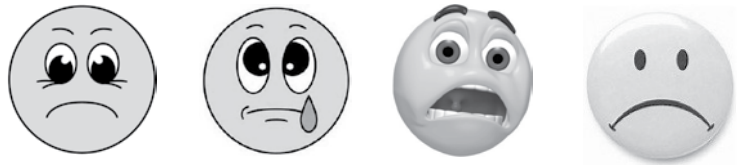
Children's Page

by Lesley Carbery

What is it?
Join the dots to find out.



How do you think these faces may feel?



What do you think these faces are doing?

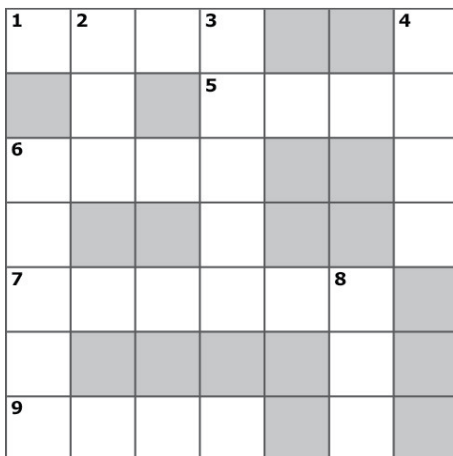


COLOUR CODE

Colour each numbered section with the following colours

1 – Grey 2 – Brown 3 – Red 4 – Purple 5 – Green 6 – Blue

CROSSWORD

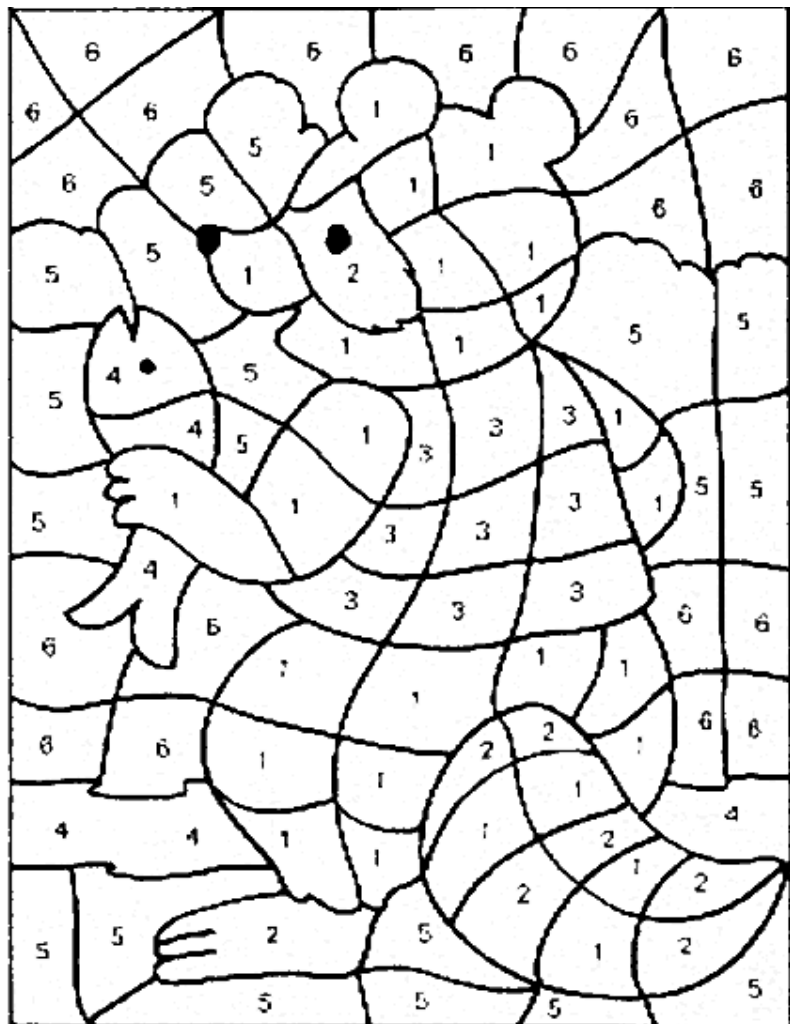


Across

1. Loud noise
5. Very large pebble
6. Colour of the sky
7. Colour and name of a fruit
9. Almonds are.....?

Down

2. Everything
3. Colour of grass
4. To exercise with rope
6. The colour of soil is?
8. You see with one of these



Community Notices

BOWEN MOUNTAIN BUSHWALK BOOK

5th edition

Ring Yena 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.*

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 14 March

Saturday 11 April

Saturday 9 May

Saturday 13 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*

Easter Services Kurrajong Anglican Church

Easter in the Hills Saturday 29th March
2:30pm - A musical concert by
local musicians

Good Friday 3rd April
8am – Traditional Holy
Communion Service
9:30am – Family Service

Easter Sunday Sunday 5th April
8am – Traditional Service
10am – Family Service
7pm – Youth Service

Centenary Anzac Day Service
Saturday 25th April
2pm

Emergency Services Thanksgiving Service
Sunday 3rd May
2:30pm

Kurrajong Anglican Church
1005 Grose Vale Rd, 4573 2183

www.kurrajonganglicanchurch.org.au

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

St Andrew's Uniting Church RICHMOND

Maundy Thursday
2 April 8.00pm Service of the Shadows

Good Friday
3 April 9.00am Combined Service

Easter Sunday
5 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

St Monica's Catholic Church RICHMOND

Easter 2015 Schedule

The Triduum

Holy Thursday April 2
Mass of the Lord's Supper 7:30pm
Blessed Sacrament reserved at the Altar of
Repose till 11.00pm

Good Friday April 3
Celebration of the Lord's Passion 3:00pm

Holy Saturday April 4
Easter Vigil 7:30pm

Easter Sunday April 5
Mass 7:30am, 9:30am, 6:00pm
Mass at Kurrajong 8:00am

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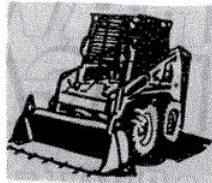
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