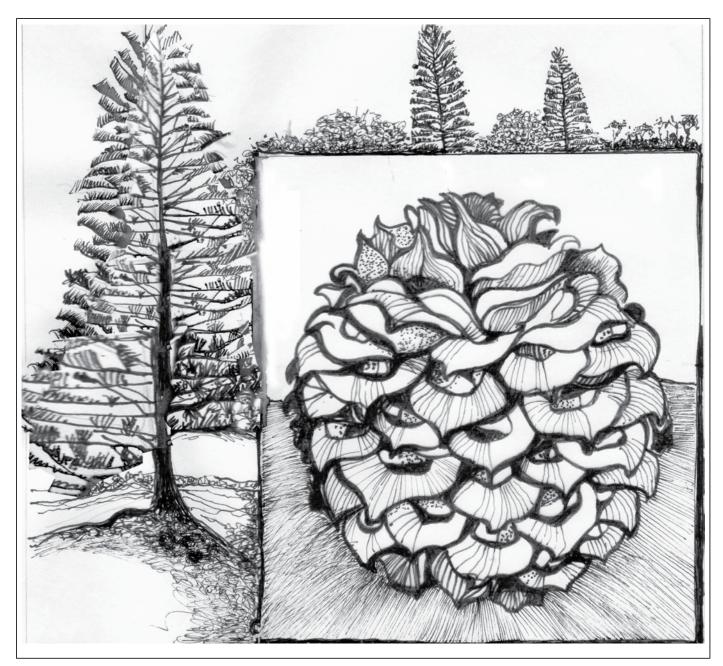
The Bowen Mountain Association Inc.

# NEWSLETTER

Issue No 126

Winter

June 2016



In This Issue

Winter Musical Interlude
Childrens Newspaper
Environmental Report - Lantana

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 Unacknowledged articles will not be published.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.

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Terry Hoare - 4572 1140

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DEADLINE for September Issue 1 August 2016

COVER **Bunya Pines -old and new**Kay Wulff

Subscriptions to the Bowen Mountain Association Inc. can be forwarded to: The Treasurer Bowen Mountain Association PO Box 3141, GROSE VALE 2753 \$10 - family \$5 - single

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Account name: BOWEN MOUNTAIN ASSOCIATION INC.



### Editor's Letter

#### Greetings

It's difficult to believe that weather-wise, this is a Winter edition of the Bowen Mountain Newsletter.

The weather has been unusually warm for this time of the year, and although coastal areas of NSW have received reasonable falls of rain, our mountain and surrounding areas have recorded minimal rain-fall. This has resulted in particularly dry undergrowth and you will see from the Fire Liaison Officer's Report how easily a fire can start, even at this time of the year.

My sincerest thanks go to residents of the Mountain who have submitted articles for inclusion in this edition of the Newsletter, and I'm sure everyone will find something of interest to read.

Obviously the temperatures are falling, so look after yourselves and try to keep warm and well. Looking forward to a short winter and the advent of a beautiful Spring which isn't too far away,

Sue Hoare

#### **Newsletter Editorial Committee**

Sue Hoare, Judith Mitchell. Robin Woods, John Wulff, Terry Hoare. Distribution Coordinator: Colin Chesterman 4572 1710.

#### **Bowen Mountain Association Inc. Executive**

President - Bill Kerr
Secretary - Alison Kerr
<secretary@bowenmountain.org.au>
Treasurer - Terry Hoare

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Colin Chesterman, Sue Hoare, Liz Rowan, John Wulff

#### **Sub-Committee Coordinators**

Newsletter – Sue Hoare Environmental & Planning – Robin Woods Community Care – Barry Hanly, Terry Hoare, Liz Rowan

Webmaster – Chris Duckworth 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

# COMBINED PRESIDENT'S AND SECRETARY'S REPORT MARCH – MAY 2016

After the prolonged heat wave of a long summer, the colourful autumn leaves that make Bowen Mountain special and chilly nights that prompt the smoke of wood fires to fill the air were indeed welcomed. March heralded a scrumptious all-you-can-eat dinner at Thai Angelina in Richmond, which was a farewell to Geoff and Sylvia Moorcroft, long time residents of Bowen Mountain. Geoff was also President of Bowen Mountain Association and Sylvia was Editor of the newsletter for many years.

Recently, the fourth Bowen Mountain Market Day, Sustainability Fair and Car Boot Sale was held. Although it was a chilly autumn day, fifteen stall holders set up their wares throughout the Park. A range of Environmental Sustainability activities including the popular Rangers on the Run - Bugs display and demonstration, vegetable gardening, native plants for a sustainable native garden, Earthcare and Council displays were the highlight of Market Day. Judith Mitchell engaged children and adults in interesting and challenging craft activities throughout the day. Thank you to Robin Woods, and her team, especially for organising the interesting, informative and productive sustainability and environmental section of the fair. The ever-popular Bowen Mountain sausage sizzle, which also produced mouth-watering bacon and egg rolls, provided much needed sustenance during a fun filled family day.

Members of the Bowen Mountain Association represented Bowen Mountain at the recent Council

meeting on May 5<sup>th</sup> where the Council unanimously approved the further development of residential lots from 96-322 Grose Vale Road,Nth Richmond. The developer now has the okay to destroy over 350 trees, with more to go. Also there are 400 trees under threat at Navua Reserve.

After the wonderful success of the second Winter Musical Interlude last year a third Winter Musical Interlude is planned for Sunday June 26th featuring a range of artists on instruments such as harp, guitar, saxophone, drums and voice. Home made Devonshire teas will be served. Bookings are essential. For further details please see the advertisement further on in the newsletter.

We wish Doug and Lesley Carbery all the best in their move off the mountain and thank them for their major contributions to the Bowen Mountain Association over the years. Doug played a major role in organizing the Park hall extension, and the Art Show. For many years Lesley was a major contributor to the newsletter and also complied the children's page. Best Wishes in your new endeavours Doug and Lesley.

Curl up by the fire and enjoy the autumn weather.

Bill Kerr President

Alison Kerr
Secretary, Bowen Mountain Association

#### BMA 2016 Diary

#### REPEAT ITEMS: BMA COMMITTEE MEETING: Second Monday of every month.

DATE		ITEM
JUNE	Monday 13 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 26 <sup>th</sup>	Winter Interlude – Bowen Mountain Park Hall
JULY	Monday 11th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
AUGUST	Monday 8th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 14 <sup>th</sup>	BMA AGM
SEPTEMBER	Monday 12 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 10 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Monday 31st	Halloween Happenings – Bowen Mountain Park
		Hall – All Welcome
NOVEMBER	Monday 14th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Monday 12th	BMA MEETING – Bowen Mountain Park Hall
	-	Christmas Party

#### **BUSH FIRE LIAISON OFFICER'S REPORT**

Dear Residents of Bowen Mountain – Welcome to the Winter edition of the Bowen Mountain Association Inc's Newsletter and of course the cooler weather, especially here on the Those of you who travel down Mountain. Bellbird Crescent may have noticed the large pile of tree mulch piled up on Council land next to my property at No. 2 Currawong Crescent. The pile was created a couple of weeks ago by somebody clearing tree rubbish, possibly a contractor working for the Hawkesbury City Council or maybe the Council itself. Anyway, a very good neighbour and friend of mine who knows I am a member of the Grose Vale Rural Fire Brigade alerted me to the fact that there was smoke issuing from the ground very close to the pile of mulch. My neighbour and I armed ourselves with a bucket and a large watering can and extinguished the fire closest to the pile of mulch. I then decided to alert our Rural Fire Brigade District Headquarters at Wilberforce because of the suspicious nature of this fire in that it had started to burn half way down a steep bank in another neighbour's property and was possibly deliberately lit. In due course a large tanker and three Fire Fighters arrived on the scene and fully extinguished the fire with rake hoes and water. I wanted to share this little incident with you all to illustrate the need to keep a vigilant eye on not only your own property, but also that of your neighbours and any suspicious persons wandering around the neighbourhood.





There is an ongoing programme of Hazard Reduction being run in the Hawkesbury District. This means that the Hawkesbury District is frequently covered in smoke. For those of us who suffer from smoke inhalation, it's a good idea to wear a mask or scarf when out and about, especially those people suffering from Asthma or other respiratory related problems.

**Terry Hoare** Bush Fire Liaison Officer, BMA Inc.

# BOWEN MOUNTAIN ASSOCIATION ANNUAL GENERAL MEETING

# SUNDAY $14^{TH}$ AUGUST 2016 2.00pm

## TO BE HELD IN THE PARK HALL



# Come and hear the Musical talent of Bowen Mt. at a Winter Musical Interlude



on **Sunday 26th June 2015, 2pm - 5pm** 



**Bowen Mountain Park Hall** 

Admission: \$ 5.00 includes a home made **Devonshire tea** Reservations essential on:

Alison: 45 721 309

A range of Musical genres featuring artists on piano, harp, guitars, drums, saxophone, voice and choir.





#### AVON ON BOWEN MOUNTAIN

Hello !!!!

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

#### CRINKLING NEWS

A Newspaper for Children 7 - 14.



Crinkling News is printed each week down at Fairfax - formerly Rural Press - in North Richmond. From there, it is mailed out across the country and around the world via Australia Post direct to subscribers' home letterboxes and schools.

The idea is to give children that tactile experience of news, Ms Howden, the newspaper's editor, said.

"We want Australian children to be able to hold Crinkling News in their hands, to take time with it, to contemplate the interplay between words and photographs and graphics," she said.

The weekly paper is aimed at seven- to 14-yearolds. Its goal is to tell all the news adults consume without the boring or scary bits.

"We all know kids are curious about the world around them. They want to be a part of it and they want to have a say, but there are precious few ways for them to access child-appropriate news in Australia," Ms Howden said.

In its first five editions, the newspaper has profiled young athletes heading to the Olympic Games,

explained climate change, championed the efforts of youngsters excelling in science, social enterprise and exploration, interrogated the omnipresence of palm oil, started a conversation about healthy eating, and covered the alarming rate of species extinction in Australia.

But Crinkling News also gives its readers a chance to see their name in print.

"All our opinion pieces are written by kids. And our book and movie reviews are also contributed by children." Ms Howden said.

"It's so important for children to feel that what they think is being taken seriously. So we mix highquality news journalism, produced by professional journalists and photographers, with kids' views.

"That way we can be a trustworthy source of information used by teachers and librarians, as well as a forum for kids' ideas."

For more information about Crinkling News, or to subscribe, go to <a href="https://www.crinklingnews.com.au">www.crinklingnews.com.au</a>



Happy Crinkling reader



Crinkling News reporters Leilani, left, and Anouck inspecting books at the Sydney Writers' Festival



FIRE SAFETY DOOS DO NOT DESTRUCT The Crinkling News reporting team at the Sydney Writers' Festival

### From the Market Day at Bowen Mountain Park



Eden's Lemon Butter



The cutest Coffee Van



Martin Gauci from the Community Nursery



Eric Brocken from the EarthCare Centre



GoodProduce from the **EarthCare** Community Garden



Robin Woods from HEN



#### FROM THE BMA NEWSLETTER 20 YEARS AGO

### SATIN BOWER BIRD

A common resident of the Bowen Mountain bush is the Satin Bowerbird. The male's bower, or playground is commonly seen in our gardens and surrounding bush and is used primarily to attract females.

The bower is an area of around a square metre. Sticks and twigs are laid flat on the area and two paralleled walls of thin twigs are built to a height of 30 to 40 centimetres. The bower is decorated with blue objects such as pegs, pens, straws and bottle tops. Prior to European settlement these blue objects would probably have been berries, flowers and leaves. After decoration, the whole structure is painted with a mixture of saliva, dry bark and berries. Males will sometimes destroy bowers of rival males and unsuccessful males will sometimes rebuild their bowers to make them more attractive.

#### **DETAILS**

Size:

27-33 cm

Colour:

Male: Glossy blue black; blue eye.

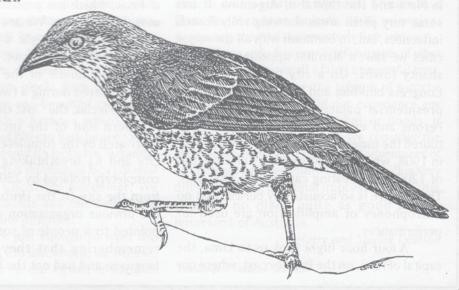
Female and Immature birds: dull green, rufous wings

and tail, scalloped green and brown grey.

Diet:

Leaves, grass, fruit and insects.

- 1. The two bower walls each contain exactly the same number of sticks.
  - 2. The channel between the walls always faces exactly North and South.



#### LETTER FROM A FORMER BMA NEWSLETTER COMMITTEE MEMBER

Dear Sue and Newsletter Committee.

I was pleased to read that the newsletter still functions.

Congratulations to the B.M.A. on your award for Community Welfare. It was richly deserved.

My husband Ron and I left the Mountain at the end of 1998, after spending 10 happy years there. Ron passed away in 2007. His abiding passion for his taxi was with him until the end.

I am no longer connected to the taxi industry, but have been involved in many other local activities and often meet somebody who lives on the Mountain.

I know that Geoff and Sylvia will be missed after all their years on the mountain and I wish them much happiness in their new life.

Best wishes for the future

Yours faithfully,

Julienne Steward

#### **Garden Herb Teas**

#### submitted by Laura Rittenhouse

Herbs are always great in the garden. They're easy to care for and work in pots or in the ground. They're not only handy to spice up a meal, they also make tasty and healthy teas. You can pluck a few leaves as you stroll through your garden and be sipping a tea made from your own produce within minutes.

To make herbal teas (called infusions) you can use freshly cut leaves with or without stems. Wash the herbs to get the dust and any visiting critters off before use. Dried leaves also work for teas. Put the herb - 3 or 4 leaves is often enough - into a cup and top up with boiling water. Let stand for a few minutes to steep. Drink and enjoy.

Herbal teas taste pretty much like they smell so the list below focuses on properties and effects of various herbs rather than the flavour of the tea.

- ✓ Mint aids digestion and soothes troubled tummies, good at fighting colds
- ✓ Sage improves cognitive functions, antibacterial and astringent properties make it great against sore throats and mouth ulcers
- ✓ Rosemary memory herb, improves alertness, high in vitamin A, B, C, E
- ✓ Chamomile (flowers, not leaves) calms nerves, aids sleep
- ✓ Lemon Balm calms anxiety, aids sleep
- ✓ Thyme good against colds, clears lungs and calms coughing spasms, soothes sore throat

And the list goes on and on and on. Some of these (and many other) herbs have been studied by health professionals and the value of their essential oils is well documented, some of the effects are more anecdotal (for now:-). If you're interested, a few

quick internet searches will give you plenty to chew

#### <u>Tips to help you get the most from your garden</u> herb tea

Some herbal teas taste even better chilled and they can be dressed up with fruit juice and slices of whole fruit or berries.

Combining herbs brings new flavours and properties to your cuppa, there are no hard and fast rules, experimentation is part of the fun!

Try adding lemon or honey (or both) to change the taste and to match your mood.

Putting a saucer on top of the cup while steeping helps retain the essential oils with their various health benefits.

Add more leaves to your pot and make enough tea to share!

#### **Drying your herbs** (for use in teas or cooking)

Dried herbs are easy to prepare, simply cut stems from the plant and hang them upside down in bunches in a well ventilated spot for a couple of weeks. They dry themselves!

There are other methods for drying herbs that may work better depending on the weather, time constraints and space. First pick the leaves from the stems and wash them. Then try one of the following:

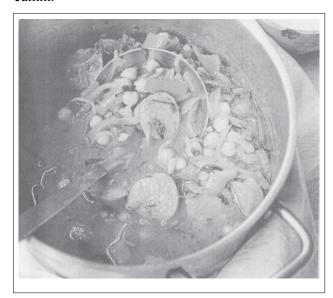
- Spread the leaves on a tea towel and put them in the sun (turning occasionally).
- Microwave the leaves between sheets of paper towels (in 30 second bursts, blowing away the steam between each bout).
- Place the leaves on a baking tray and turn the oven on very low (checking and turning often) until dry.

#### **Culinary Corner**

#### **Spanish Staple**

# High in protein and nutty in taste, chickpeas are a perfect fill-me-up for winter.

In Spain, the chickpea (garbanzo) is a staple ingredient, frequently used in cocidos, or one-pot meals. The tasty legume has a great affinity for the strong flavours in Spanish cooking, such as pork, sausages, tomatoes, garlic, onions, pimenton and cumin.



Dry chickpeas soaked overnight, or for at least eight hours in cold water, then simmered slowly until tender, for about two hours. When properly cooked, they are tender but never mushy, with a delicious nutty flavour no other dried legume has. In Spain, where chickpeas are cooked daily, home cooks often use a pressure cooker to reduce cooking time. In the

pressure cooker garbanzos are done in about 40 minutes, and as long as they are cooked with other flavoursome ingredients, it is hard to tell the difference from simmered chickpeas.

In Australia I always look for kabuli chickpeas from the Ord River region of Western Australia. The soup is a perfect winter warmer, and so simple.

#### Chorizo and chickpea soup

350 g chorizo sausage

1 large brown onion, thickly sliced

1 red capsicum, seeded, cut into 1 cm pieces

6 cloves garlic, minced

1 tbsp sweet paprika

2 tbsp fresh thyme, minced

 $1\frac{1}{2}$  cups checkpeas, soaked overnight then cooked till tender

400 ml tin chopped tomatoes

1/4 cup flat-leaf parsley chopped

Salt and pepper

Add the chorizo-sausage whole, onion and capsicum to a heavy based 5-litre pot with a small amount of oil, and cook for about 10 minutes on medium heat or until soft. Add the garlic, paprika, and thyme and cook for another couple of minutes. Add the cooked chickpeas and tomatoes and cover with cold water. Bring to the boil then lower to a simmer for about half an hour. Before serving, remove the chorizo, chop into 1 cm slices, then return to the soup with the parsley. Season with salt and pepper then serve.

Serves 6

Frank Cammora - goodfood.com.au

### **Making Marmalade**

Here's a simple (though not quick) method to use with any combination of citrus. It produces sweet but tangy marmalade which is soft but still has a bit of texture

- 1) Wash & cut fruit into thin slices. Leave in the pips (they contain pectin for thickening). A good batch size is 4 cups.
- 2) Cover fruit in water and let stand overnight.
- 3) Put fruit with water into a pot, boil on low for 1 hour to soften peels. Let stand several hours.
- 4) Add sugar (3 cups for 4 cups of fruit) bring to low boil. Simmer for about 1 hour without lid until a dollop placed on a cold plate begins to gel. Remove pips during this stage.

5) Fill into sterilised jars. Set filled jars on rack in pot of water, boil for 15 minutes to seal and sterilise.



the marmalade is ready to k

Once cool, the marmalade is ready to be eaten, stored or given away. That's one of the best things about gardening, having something to share with friends!

#### An epistle from Syl & Geoff

Thank you to all our friends on Bowen Mountain

for the 45 years of friendship, which can never be replaced,...for the memorable farewells and for the parting gift vouchers. We will always have cherished memories of the many happy days we have spent at the Park and at The Hall. We miss the closeness and loyalty of the Bowen Mountain community....the fun and sometimes traumas associated with the Newsletter .....the companionship of working at the Arts Festival, Market days and the many BMA functions we have been associated with over the years. Life is good at Jervis Bay. We are close to the beautiful beaches

(great for a Bondi girl), and we've already enjoyed many scenic bushwalks and Tai Chi on the beach. We have yet to move into our new villa (bureaucratic bungling!!!), but have settled into Heather & Bruce's comfortable holiday rental, which is also on the Bay.

Our new address (if we ever move!!) is 1/57 Argyle St., Vincentia phone 0408 503 603 (landline to come). It has great guest accommodation...a garden the size of our Grose Vale bathroom (no mowing)...and we hope to enjoy many visits from our Mountain friends.....Thank you all and much love.... Geoff & Syl



Community Choir presents

# Winter Concert

## with

Kurrajong Public School Children's Choir

**Adrian Bryden recites Poetry** 

**Venue:** Community Centre, McMahon's Park

**Kurrajong** 

Date: Sunday 19. June 2016 @ 11am

**Tickets:** Family \$25, \$15, Con \$10 - Brunch included

Martha 4572 1778 Sue 4572 1140 chorellachoir@gmail.com

**Great Raffle** 

## Robinswood Bushcare

#### LANTANA

#### or how I learned to stop worrying and love the weed!

In 2000, Rose Irvine, a third year student of Landscape Management and Conservation at the University of Western Sydney, and also a resident of Bowen Mountain, undertook a huge research project to find out what proportion of the Bowen Mountain community knew and understood about lantana. The process took several steps: a survey of residents (149), formation of a focus group, survey of representative sites on roadsides and properties, soil sampling, collection of data on weed species, native plants of the area, and bird lists. Her report and methods were assisted through funding by BMA committee and through advice by the various authorities (as stakeholders); including Hawkesbury City Council, Noxious Weed authorities, Catchment Management Trust and various scientific advisers. Rose also met with members of the Hawkesbury Rainforest Network which had been undertaking some work on lantana on properties in the area beyond as well as at Bowen Mountain. Some readers of this edition of the BMA Newsletter may have been part of the survey and its follow-up. As this was an action research project \*, a workshop was to have been undertaken as part of the final stages of the project. Its dual objectives were:

- To provide the landholders in the target area with information about lantana related issues
- To provide a forum for the development of community priorities..for community-based lantana control: development of a strategy to effect a co-ordinated community approach to lantana control.
- \* Participatory Action Research "Essentially when you want a strategy, a plan for action, a plan for change, it has to come from the person, place or society that has the problem". (Peavey 1992)

The planned workshop plan didn't come to fruition unfortunately, despite Rose's work and good planning. It was essential to have a good proportion of interested people and groups attending; this was not possible given the time constraints imposed by the project.

#### A weed loved, loathed and misunderstood.

What was known about lantana? Its origin is Central and South America, and as a highly prized ornamental plant, it was spread through many countries by plant collectors since the 1600s, and brought to Australia in 1841 to Port Macquarie where by 1848 it was recognised as a nuisance. It still catches the eye of novices including one friend who drove up a driveway to her newly purchased farm property through 'wonderful banks of pink,



Lantana - beautiful but deadly!

orange and yellow flowers'! She now spends days on end steadily working to eradicate it from the acres, but needs to leave it in slopes where it is the only plant holding loose soil. Lantana is toxic to most herbivores and is responsible for death of cattle, but is also deadly to native herbivores such as wallabies. It provides shelter for rabbit and fox warrens. It has an allelopathic quality that appears to inhibit the growth of native seedlings which start to grow beneath its canopy, possibly due to chemicals in its leaves. And yet it also forms a buffer for the protection of soil and more sensitive species such as rainforest plants which need greater shade and higher humidity. In any case it also has enormous impact on native vegetation by shading out or smothering it. Its seeds are spread by birds. It provides great habitat for many species of small birds which are noticed especially on the roadside corridors of the weed under tree canopy..why is this? Is it because the adjacent land is now almost completely cleared of native shrubs and small trees? That was one reason why some of Rose Irvine's work became so difficult on Bowen Mt Rd: one species which uses the weed to nest is the Bell Miner (Bellbird), whose bell chorus sounds are much appreciated by many in the community. And therein lies an enormous problem which is now really rampaging...where the Bell Miners forage is for lerps (the sugary secretion of psyllid insects) on the leaves of eucalypts amongst the lantana..these sap-sucking insects benefit from the bell miners which drive other insectivorous birds away..so the trees show steady decline as the insects multiply, and will eventually die altogether. The bell miner associated canopy dieback was finally researched in the late 1990s and has led to co-ordinated attempts to develop strategies to stop the decline before we lose whole forests and their habitat for fauna. The beauty of this weed plant, combined with appreciation of a native bird now create greater deforestation risk than was ever thought possible in the first place!

#### **LANTANA** - or how I learned to stop worrying and love the weed!

# Rose Irvine Action Research Project around the peri-urban community of Bowen Mtn.

Rose was on the right track to undertake this research on social lines. Not only because of the complexity of attitudes of the local populace, but also because of its impacts on social systems: including land use, aesthetics, recreation, tourism, conservation, economics, and responsibilities at all levels of government. As population spreads more and more into the peri-urban area we live in, these issues will become even more urgent. More roads, more power line easements, more clearing of land, all open the door to invasion by lantana and many other invasive weeds, at great expense to council and land managers. Even despite listing a weed as the most noxious and invasive in the country through legislation, landowners are still powerless and cannot continually suppress weeds if their neighbours won't; and that includes powerful authorities and their relevant line managers. One reaction to Rose was the comment that the project could lead to a lantana 'witch hunt'!! Time and money, access to the best advice, community empowerment and a strategic approach for the longer term are required.



Geoff and Sylvia Moorcroft slashing lantana and watering native plantings (about 1997)

#### How whacking the weed begot a network.

While Rose was gathering her research, others were steadily gathering groups of friends and family to assist at weekends on whacking the lantana with all our might. We were owners of properties which in the early 70-80s were becoming popular as "lifestyle" choices (tree-changers); after having often been in long-term ownership by several generations of families who farmed the land for vegetables, fruit, dairy or beef. The transition was not necessarily direct from one style to the new but may have gone through a gradual loss of fertility of the soil, drought and bushfire, and deterioration of the markets. Old photos from the Kurrajong-Comleroy Historical Society archives are a valuable

resource which assists in seeing how the landscape has changed. What is harder to elicit is the record of timber trees and other species being cleared in those very earliest settlements in the 1800s. Only the remnants in steep or unworkable terrain such as gullies or on sandstone country can give a glimpse. So we inherited country that may have been heavily worked, compacted, soil depth lost to erosion, and smothered in weeds of all types. In my own case, when we moved to our 20 precious acres in Hermitage Rd, we could see the old ploughed ridges, hear the water trickling from a spring fed creek, and pick hard-as-nails pears from the ancient tree. The lantana continued to spread! How I became involved in forming a network is not for this article, but it certainly happened and was one of the great social times for me and my family as more enthusiasm built up around weekend workdays on various properties always with lunch to relax around. Young, fit and physically active, we didn't need gyms to workout..there were no grants; and advice about weed control came via some of the most intelligent and savvy experts in the field. Peter working at the Hawkesbury-Nepean Catchment Management Trust in Windsor at that time was on the board of the original Association of



Col Levy and bush regenerators in a cleared patch of lantana – note its height amongst trees

Bush Regenerators (AABR). Toni May was a semiretired bush regenerator who had moved to Grose Vale from Mosman where she worked with the highly acclaimed Bradley sisters. Her husband Bill was regularly in touch with Doug Benson, now semi-retired senior ecologist at the Botanic Gardens in Sydney, who had documented the vegetation of western Sydney in the early 70s as part of a CSIRO survey of soils and vegetation including areas of value for recreational or scientific purpose. Doug has since followed up on one of the most important rainforest sites studied originally by a lecturer at Hawkesbury Agriculture College (HAC) in 1913 ..this remnant of limestone vegetation between 'the bends' on Grose Vale Rd and Westbury Rd became a focus for gathering more momentum to make up plant species lists on any scrappy bit of remaining bush we could get access to! All of it was smothered in lantana; but as we worked to remove it by steady hand control, up came new plants we had not previously seen! Restraint on our drive to demolish the lantana was cautioned by the experts..they knew from experience that each patch cleared had to have follow-up weeding so overclearing was counterproductive, especially using machinery or as some of us later realised by broadly spraying the areas. Nothing beats the original concept of the Bradley method to let the bush dictate the rate of work; 1.secure the best areas first. They are the easiest to work with the best results. They are the core areas that can then be expanded. 2. Minimise disturbance to the natural conditions (e.g. minimise soil disturbance and off-target damage). 3. Don't overclear - let the regeneration of the bush set the pace of clearance.

At its height in the mid-eighties we had established the **Hawkesbury Rainforest Network** and began campaigns and publications to share the knowledge..this group still exists amongst us. People still work quietly on their own patches or in bushcare or landcare. Many of them have assisted others in finding financial assistance to record their vegetation and employ trained bush regenerators, or lately, to host Green Army or its previous forms to use their training and youth to do the work. The development of Bush Regeneration certification courses at TAFE was a big step to bring the science up to date. However, we aren't seeing the numbers of new land owners taking it up as much, which may be a sign of the economic stresses and state of time-poverty we are under now. But not all is lost however..as digital technology has shown, we can expand our knowledge via beautiful photography, demonstrate techniques via video and have it all online to share more widely. Already, our plant lists are now on living atlases so that simply putting your locality into a search can bring up lists and even images of plants growing near you. Plant keys can assist you in identification and apps on mobile phones can work with these too. The danger in all of this is that unless we get out into the real world of the bush around us to appreciate it, learn from it, and take care of it, our knowledge is simply cerebral, AND we still need to collaborate and work with our neighbours!



**PART TWO:** Good and bad management techniques and consequences. The bush regenerator's work with whole ecosystems and their resilience. And how to become involved on lantana control for Bowen Mountain. For more information on bush regeneration see AABR's website:

http://www.aabr.org.au/learn/what-i-bush-regeneration/

Robin Woods

#### **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

#### Exercise.

Advertisement

How an Accredited Exercise Physiologist can help you.

Does the thought of exercise make you feel tired?

Maybe you've had a bad experience, are worried people may judge you or maybe you feel you are too old to start. Exercise isn't just about heading to the gym and doing weights or running on a treadmill for half an hour. Exercise is about getting you moving to help your overall health and well being. When it comes to exercise there are no age limits. Whether you are 6 years old, 106 years old or anywhere in between, exercise and/or physical activity is as important as brushing your teeth. It's all about making a plan and finding what works for you.

Here is where an Accredited Exercise Physiologist (AEP) can help. AEPs are University trained specialists delivering exercise for the treatment and management of chronic diseases, disability and injury. We cover a variety of areas including, but not limited to diabetes, obesity, arthritis, hypertension, cardiovascular disease, musculoskeletal injuries and metabolic syndrome.

Quite often we place our health and well being on the back burner as our priorities and circumstances change. It is so important though to begin and maintain some form of exercise or physical activity throughout our lives. Many times we carry some form of injury or disorder that prevent us from moving well and we become weary of performing movements that may cause us pain or discomfort.

More than 2/3 of Australians aged over 65 years are currently not performing enough exercise to reduce the risk of developing chronic diseases and/or disability. On average 30% of adults over 65 years will also experience at least one fall annually, which can lead to detrimental health outcomes such as hospitalisation, loss of mobility, reduced confidence and loss on independence.

To assist with reducing the risk of falls, improve independence and to build the social interaction of our older adults within the Bowen Mountain

# Invitation

Community Care Christmas in July Lunch Lunch

# Wednesday 27<sup>th</sup> July 2016

11:30am - 2pm
Bowen Mountain Hall
(transport available if needed)

RSVP Liz 4572 2416



community, Soul Unity will be conducting group exercise classes for residents 60 years and up. Classes are looking to commence at the end of June at the Bowen Mountain Park hall. Bookings are essential as group sizes will be limited, so if you or someone you know are interested in improving your strength, balance, confidence or wanting to meet new people and have fun then give Elka a call on 0450 964 008, email soulunity@bigpond.com or check out our Facebook page to book your spot.

If you are also interested in commencing an exercise program or would like help achieving your fitness and well being goals feel free to contact Elka on the above details.



AEPs are allied health professionals so you may be eligible for Medicare or Health Fund Rebates too.

By *Elka Cruz.*Accredited Exercise
Physiologist and
Exercise Scientist.

### **KIDS KORNER**

Down! Down!

Down, down!

Yellow and brown

The leaves are falling over the town.

Eleanor Farjeon Joan's Door Sung Under the Silver Umbell



#### **Community Notices**

#### **BOWEN MOUNTAIN BUSHWALK BOOK**

5<sup>th</sup> edition

Ring Yane 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 a relaxing hour

For more information phone Sue: 4572 1271

#### 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.

> 25 June Saturday Saturday 30 July Saturday 27 August

Saturday 24 September Saturday 22 October

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 Carlos Ortue on 0422 300 649

#### Tai Chi Shibashi

is held at CWA Richmond Mondays at 2:00 pm contact U3a office on 4578 2333

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- The rain gauge can be mounted on a Ø26 mm pole (not supplied).



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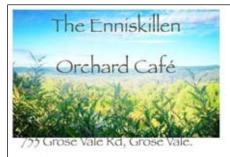


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#### Call 0488 200 111 for information

Australia Blue Mountains Group Pty Ltd ABN 16 167 139 746 11 Grandview Lane, Bowen Mountain, NSW, 2753, Australia

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Web: <a href="mailto:www.springwater.com.au">www.springwater.com.au</a>

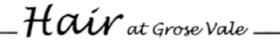
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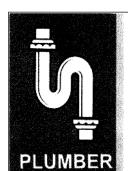
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### Justine Popple LREA

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