

The Bowen Mountain Association Inc.

# NEWSLETTER

Issue No 129

**Autumn**

March 2017



**In This Issue**

**St Patricks Day Dinner, 17<sup>th</sup> March**

**Sustainability Fair, Car Boot Sale, 1<sup>st</sup> April**

**Wetland Conservation Operations**

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 Unacknowledged articles will not be published.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.

## Editor's Letter

Greetings to our readers

Welcome to the Spring edition of the Bowen Mountain Newsletter. We are already well into February, and the year seems to be speeding along very quickly. I hope our readers were not too adversely affected by the extreme heat which was detrimental to health, and the overall care of livestock and gardens. Let's hope the cooler weather will restore life on our Mountain back to near normal.

---

### Editor

Sue Hoare - 4572 1140

### Advertising

Terry Hoare - 4572 1140

Email address for lodgement of newsletter contributions:

**<bmanews@bowenmountain.org.au>**

**Newsletter Mailing address:**

**BMA Newsletter Committee**

**2 Currawong Crs, Bowen Mt. 2753**

**Website: <www.bowenmountain.org.au>**

**DEADLINE for June Issue  
1May 2017**

---

### COVER

**Children enjoying the tree in the park**

Nola Woods

---

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

**Bendigo Bank**

**BSB: 633 000**

**Account No.: 1182 44003**

**Account name: BOWEN MOUNTAIN ASSOCIATION INC.**

---

As you will have noticed, the Summer Edition of the Newsletter was somewhat different to that which we usually are able to produce. However, had it not been for the gallant efforts of our Bowen Mountain President Bill Kerr and our Secretary Alison Kerr, residents would not have received the Summer edition at all. As our Composer John was one of our Committee members unable to participate in the production of the Newsletter, due to his ill-health, Alison and Bill used their own programs to produce the Newsletter which was subsequently delivered to residents albeit a little late, but not too late for most of the BMA activities.

To those members of the Newsletter Committee and any other BMA residents who were hospitalized, or confined to bed over the Christmas/New Year break, we wish them a full and speedy recovery. 2017 is another year and hopefully will be one of good health, productivity, and camaraderie. As you will be aware, there are a few new items of interest within this Newsletter, and we hope you will find them both interesting and useful.

As Editor, I look forward to receiving articles of interest to our readers. If you have something of general interest you'd like to share, then please send it to [bmanews@bowenmountain.org.au](mailto:bmanews@bowenmountain.org.au)

Thank you *Sue Hoare*

---

### Newsletter Editorial Committee

Sue Hoare, Elaine Leahy, 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>](mailto:secretary@bowenmountain.org.au)

**Treasurer** - Terry Hoare

### General Committee

Colin Chesterman, Sue Hoare, Stacy Jenkinson,  
Liz Rowan, John Wulff

### Sub-Committee Coordinators

Newsletter - Sue Hoare

Environmental & Planning - Robin Woods

Community Care - Barry Hanly, Terry Hoare,  
Liz Rowan

Art Festival - Stacy Jenkinson

Webmaster - Chris Duckworth

Facebook Administrator

**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 AND SECRETARY'S REPORT JANUARY – FEBRUARY 2017

Happy New Year!!! The Bowen Mountain Association has been busy planning a fun filled year of events for you. You can check the calendar of events further on in this newsletter and ensure you note the dates of these events on your calendar. The BMA will kick off the social calendar with a St. Patrick's Day dinner and the Market Day and Sustainability Fair on April 1st in Bowen Mountain Park. As a result of the recent hot weather we have moved the Market Day and Sustainability Fair from March to April.

We were proud to see several of our residents featured in local newsletters and papers. Congratulations and warm wishes to **Robin Woods** for her award of Environmental Volunteer of the Year. Robin was recognised for her exceptional and untiring achievements with the Hawkesbury Environment Network (HEN). Robin, whose article features further on in this newsletter, was honoured with this prestigious award for her "inspiring commitment and dedication to the Hawkesbury environment".

At our first Winter Interlude in the Park, in 2013, a young musician **Imogen Clark** wowed the audience with her inspirational guitar and heart felt songs. Last week, Imogen featured in the Hawkesbury Courier, which reported on the release of her final single from her album Love & Lovely Lies and her successful appearance at the recent Tamworth Country Music Festival. This month, Imogen heads to Nashville as a worthy recipient of the Talent Development Project/AEG Ogden Scholarship to begin writing and recording new music. Congratulations Imogen, we wish you well in your writing and recording endeavours. We, on the mountain, are all proud of you.

Looking forward to seeing you at our fun filled activities in 2017. We hope you have had a relaxing, refreshing holiday break and managed to stay cool. Best wishes for a peaceful, rewarding and fulfilling 2017 for everyone.

*Bill and Alison Kerr*

President and Secretary, Bowen Mountain Association

### BMA 2017 CALENDAR OF COMMUNITY EVENTS

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

DATE		ITEM
MARCH	Monday 13 <sup>th</sup> Friday 17 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall BMA Dinner – St. Patrick's Day- All Welcome at Thai Angelina, Richmond at 7 pm.
APRIL	Saturday 1 <sup>st</sup> Monday 10 <sup>th</sup>	Car Boot Sale and Sustainability Fair – Park BMA MEETING – Bowen Mountain Park Hall
MAY	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
JUNE	Monday 12 <sup>th</sup> Sunday 18 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall Winter Interlude – Bowen Mountain Park Hall
JULY	Monday 10 <sup>th</sup> Date and Venue TBC	BMA MEETING – Bowen Mountain Park Hall BMA Dinner
AUGUST	Monday 14 <sup>th</sup> Sunday 20 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall BMA AGM
SEPTEMBER	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 9 <sup>th</sup> Tuesday 31 <sup>st</sup>	BMA MEETING – Bowen Mountain Park Hall Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 13 <sup>th</sup> Date and Venue TBC	BMA MEETING – Bowen Mountain Park Hall BMA Dinner
DECEMBER	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall Christmas Party

## This Newsletter's Advertisers

Right from its inception, this Newsletter was designed to be a self supported, community magazine. Sure, the first issue in 1986 was financed by the Association, but subsequent issues were to be financed by community members. The worth of the Newsletter would be judged by the willingness of individuals and businesses to pay to be associated with it.

The ads were to be only on the back page, and not distributed through out the magazine, so they would all be visible if the magazine was upside down on a table.

I am delighted to see that the back page was filled from the second issue, and such was the demand for advertiser support, that a second page on the inside back, was started from the summer issue #36 in 1993.

The most important people for a magazine are the people who read it (that's you, thank you for taking the time). The second most important are the people who put it together, that's the Newsletter Committee

(thank you ladies and gentlemen), but it all wouldn't happen with out someone paying for its printing, the advertisers, who rarely get a mention.

Now the distribution of the Newsletter is pretty limited, about 600 copies are delivered to Bowen Mountain, Carters and Westbury Roads, so why would you bother paying to advertise in it when you could get much better value and coverage in the Gazette or Courier? Local business appealing to nearby residents, maybe. I think it is much more than that. I think it is community pride and spirit in a creditable volunteer organisation, and a desire to be part of that.

Our Community Newsletter is unique in that one advertiser has been supporting it from the beginning, for 30 years so far, and a few for almost as long. I intend to bring to your attention some of these remarkable businesses, their stories, and why they support the Bowen Mountain Association Newsletter.

*John Leafy*

### **BOWEN MOUNTAIN AUTUMN MARKET DAY SUSTAINABILITY FAIR AND CAR BOOT SALE**



Come buy or sell your plants, fruit, vegies, seedlings, pots, small bric-a brac, jams, cakes, clothing, demonstrations, coffee cart, raffle.

**WHEN: SATURDAY 1st APRIL**  
8.30am – 3.00pm

**WHERE: BOWEN MOUNTAIN PARK**

Book your car space or market stand at \$20.00  
**HOW: Phone Alison: 4572 1309**

A fun family day with games, children's activities, BBQ, music, live insect and reptile displays. Market stalls. Demonstrations of composting, building a sustainable vegie garden, planting drought tolerant plants, weed eradication.

Another event organised by your Bowen Mountain Association.

## BUSHFIRE LIAISON OFFICER'S REPORT, FEBRUARY 2017

Welcome to the Autumn edition of the Bowen Mountain Association Inc. newsletter.

While we experienced some extremely hot days over the summer period, the area surrounding Bowen Mountain and Grose Vale was most fortunate to have not had any serious fire events.

There have however, been the odd illegal "pile burns" conducted by residents that required extinguishment and it is timely to remind you all that the Official Fire Season will finish at midnight on the 31st March, 2017. Pile burns that have "escaped" due to poor supervision and or a lack of control continue to contribute to fires in the District which require significant resources to bring them under control and extinguishment. Therefore, if you are planning to undertake a pile burn it is a requirement that you notify Hawkesbury City Council all year round and during the fire season, obtain permit by contacting Hawkesbury District Fire Control Office. Further information is available from the Hawkesbury District Fire Control Centre on 4560 6400 and the Hawkesbury City Council website

[www.hawkesbury.nsw.gov.au/environment/health-and-safety/open-burning](http://www.hawkesbury.nsw.gov.au/environment/health-and-safety/open-burning) or contacting Hawkesbury City Council on 4560 4444.

Apart from attending local fire events, your local brigade, Grose Vale, has been busy during the summer period assisting brigades from other districts with their bush fires. Where the fires have been large and difficult to control, requiring additional resources beyond that which the local District can provide, Grose Vale Brigade has, on a number of occasions, combined with other brigades from the Hawkesbury District to form Strike Teams to assist the local Districts with these fires. Of note have been fires in The Hills area, the Llandilo and Londonderry fires and most recently, the Sir Ivan

fire near Coonabarabran which burnt over 55,000 hectares, destroyed numerous homes and property and killed a significant number of livestock and wildlife.

As we begin to leave the Summer season and move into Autumn, we should continue to remain vigilant for the threat of fire. If you have not done so for a while it is a good opportunity to review your Bushfire Survival Plan in the event that should a bush fire threaten Bowen Mountain and the Grose Vale areas regardless of the time of year, you may then activate your plan. If you have not prepared your Bushfire Survival Plan you can download a copy from the NSW Rural Fire Service website at <http://www.rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan> or by contacting Hawkesbury District Fire Control Centre or the Grose Vale Brigade Community Engagement Officer.

Finally, now is the time to check and test your smoke alarms ensuring you have an adequate number of suitable smoke alarms installed throughout your home. You should also change the battery at least every 12 months. More information is available from the NSW Rural Fire Service <http://www.rfs.nsw.gov.au/plan-and-prepare/home-fire-safety> or the Home Fire Safety page at Fire & Rescue NSW <http://www.fire.nsw.gov.au>

Grose Vale Rural Fire Brigade welcomes new members and if you are interested in joining your local Brigade please contact Hawkesbury District Fire Control Centre on 4560 6400.

*Greg Walker*

Community Engagement Officer

Grose Vale Brigade.

### Beautiful English

I called on an old school friend and asked what he was doing.

He replied that he is working on "Aqua-thermal treatment of ceramics, aluminium and steel under a constrained environment".

I was impressed.....

On further enquiring I learnt that he was washing dishes with hot water.....  
under his wife's supervision.

## Easter Services

### Easter Services, St. Andrews

Maundy Thursday 13<sup>th</sup> April: 8pm Tenebrae

Good Friday 14<sup>th</sup> April: 9.00am worship service

Easter Sunday 16<sup>th</sup> April: 8.30 am worship service

10.00 am worship service

6.00 pm Celebration service

### hvbc North Richmond

Easter services times

Good Friday, 9.30am

Good Sunday is 9.30am and 5pm

### Kurrajong Anglican Church

#### Easter Services

##### Good Friday

8am Traditional service

9:30 am Family Service

##### Easter Sunday

8am Traditional Service

10am Family Service

7pm Youth Service



1005 Grose Vale Road, Kurrajong. 4573 2183 [www.kurrajonganglicanchurch.org.au](http://www.kurrajonganglicanchurch.org.au)

### Kurrajong Baptist Church

Good Friday, 9 am

Easter Sunday is 10 am

 **Kurrajong Anglican Church**

# Easter Hat & Mask Making WORKSHOP



**\$5**



**Saturday 1st April**  
**2:00-4:00pm**  
Kurrajong Anglican Church  
1005 Grose Vale Rd  
Kurrajong

Forget the mess! Let the kids unleash their creativity here and enjoy our games, music and light refreshments, and hear about why Easter is something to celebrate! Parents and carers are welcome to join us for complimentary Devonshire tea in our Garden Café. Pre-school children are welcome with a supervising adult.

RSVP by Sunday 26th March to secure your place or register at the door (limited numbers available)

For more information about this event visit [www.kurrajonganglicanchurch.org.au/easterhat](http://www.kurrajonganglicanchurch.org.au/easterhat) or contact us on 4573 2183 or [admin@kac.asn.au](mailto:admin@kac.asn.au)

designed by freepik.com

## FINN'S LETTER NO. 2

The 13th July 1981, 6.30a.m. we arrived in Australia, Sydney our port. We got a white round tag to put on, so the Customs could see we were migrants.

The first thing we heard in our new country was 'Mr. Jakobson – this way please'. We went into an office and a lady behind a desk looked through our papers and put a lot of stamps on. I asked her "what now, where can we go?" "Mr. Jakobson, you are a free man, and this is a free country. You and your family can go wherever you like". We went in to the arrival area and here there were some friendly people from the banks. One of them seems to be alright. He got us into a taxi and sent us to Westbridge Hostel in Villawood.

We were very tired and had a shower and got a meal. We were given a two bedroom unit. About 6.00p.m. we went to the kitchen e.g. dining hall. It was similar to an old hanger-like building – it was shocking to come in here. There was more noise than in a pigsty at feeding time.

The tables along the walls were free, nobody was sitting here - we did but soon found out why. We put our dishes on the table and a lot of big cockroaches came to have a look. Next mistake – we found a spot and put our cups and cutlery on the table. When we came back some of our cups and cutlery

was missing (stolen). Cockroaches were one thing, but there were insects in the kitchen, dining area and around the buildings. The food was very bad, but we survived.

It was best when the staff in the kitchen went on a strike, as we were paid \$18.00 so we could buy our food. So we went to Chicken take away, e.g. Hamburger with 'the lot' was \$1.00. We could order a lunch pack. We got a paper bag and wrote numbers on it, No. 1 could be cheese, number 2, sausage etc, but any number we wrote, it was always the same thing, some kind of sausage.

There was a laundry, but not all knew how to use it. A spinner was installed. We were glad now it was easy to get the clothes to dry quicker. When Ula came in to the laundry and opened the Spinner, it was full of rice. Asian people thought it was a rice cooker! After a week, our two boys started school (Guildford Public). The education was in English (of course) and in Spanish. Kids cope very fast and after 2-3 months, they spoke English or should I say – Australian. There was a meeting in the Hostel and we were informed about the social system. The teachers had different opinions as they did not know what really happened in the world (or in Australia).

*Finn*

### Rainfall for Bowen Mountain- 2013-October, 2016

<i>Year</i>	<i>2016</i>	<i>2015</i>	<i>2014</i>	<i>2013</i>
<i>Jan</i>	372	183	62	230.5
<i>Feb</i>	15	117.6	110.5	288
<i>Mar</i>	25	85.5	156.5	113.5
<i>Apr</i>	20	382.5	71.5	76
<i>May</i>	2	54	0	76
<i>Jun</i>	200.5	45	33.5	140.5

<i>Year</i>	<i>2016</i>	<i>2015</i>	<i>2014</i>	<i>2013</i>
<i>Jul</i>	70	30.5	11.5	4.5
<i>Aug</i>	60.5	20.5	148.5	9
<i>Sep</i>	53	33.5	26	28.5
<i>Oct</i>	19	68.5	67.5	17
<i>Nov</i>		207.5	33.5	180
<i>Dec</i>		120.5	310	58
<b><i>TOTAL</i></b>		<b>1348.5</b>	<b>1030.5</b>	<b>1145.5</b>

## Not so long ago?

*While rummaging in my attic in search of some long lost memorabilia, I happened across my Elementary Text Book of Cookery and Home Management (reprint 1954), published by the New South Wales Cookery Teachers Association. Being somewhat amused by its contents and how we have 'progressed' in my lifetime, I thought I would share a few excerpts from it.*

The first is on how to set the table for dinner. An attractively set table is an excellent invitation to a meal. The following points should be observed:

1. A protective cloth or mats should be placed on the table, and over this the well laundered damask cloth spread smoothly and evenly and to cover the protective cloth completely; or individual mats may be used.
2. Fresh flowers should be artistically arranged in clean vases; table centres, if used should harmonise.
3. Salt and pepper shakers; water-jugs, sugar basins, butter and jam dishes, if required, should be freshly filled and wiped before being placed on the table.
4. Cutlery, glassware and silver should be brightly polished and set neatly in order.
5. Table mats should be arranged for hot plates and dishes.
6. A chair should be in position at each place.

To set cutlery for each person for dinner

Place forks on the left-hand side with the prongs

upward. Knives and spoons at the right-hand side, in the order of the courses, commencing at the right-hand side. The handles of these should be in a straight line and 2.5 cm from the edge of the table. The space between the inner pieces of cutlery should be sufficient for a large plate. Place the tumbler with the top upwards at the point of the knife. The table-napkin should be placed at the left-hand side of the diner's place.

Waiting at Table

1. Have a tray, tray cloth and table napkin in readiness.
2. Serve foods quietly and punctually, using a table napkin to hold hot plates.
3. All hot foods should be served hot.
4. Serve beverages and soups to the right of the diner.
5. Serve other foods to the left of the diner.
6. Remove plates from the left of the diner.
7. Remove dishes in one course before serving another.
8. After last course, place dishes on a tray and remove from the table.
9. Remove the crumbs from the tablecloth with a crumb brush and tray.
10. Fold cloth in correct folds.

*Elaine Leafy*

Next time: The Laundry

### St. Patrick's Day



**Come and celebrate  
St. Patrick's Day at  
Thai Angelina, Richmond**

Friday March 17th at 7pm  
Delightful 2 course dinner - \$ 22

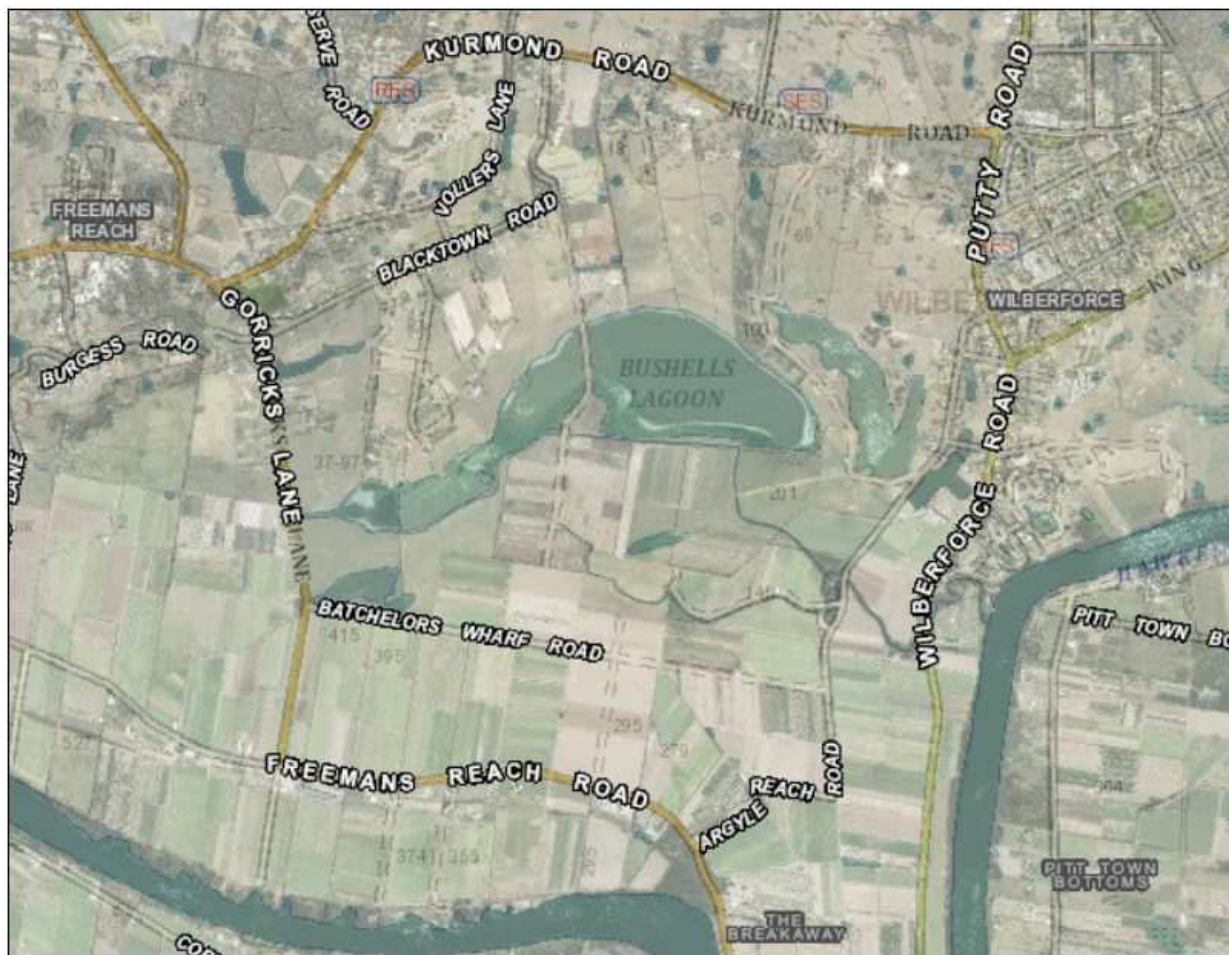
Wear something green- prizes for best dressed  
All Welcome

Reservations essential on: Alison: 45 721 309



# BUSHELLS LAGOON – WETLAND CONSERVATION OPERATIONS

Robin Woods – HEN Project Co-ordinator



## ABOUT HAWKESBURY WETLANDS:

Our low-lying floodplains of the Richmond-Windsor area were rapidly taken over by earliest arrivals from Britain in the 1790s, with resultant displacement of local Aboriginal tribes which depended on them for waterfowl, fish, reed beds (fibre), and food plants. The newly settled families enjoyed the security of good farming land and fresh water, as well as the food resources already there; hunting duck, shooting kangaroos, clearing bushland for cropping and grazing.

At some time in the more recent past, the Bushells Lagoon was subject to modifications to its drainage pattern so that the low-lying land could be farmed sooner after flooding. There was also a Wildlife Refuge status on part or the entire Lagoon. Land uses changed from clearing for grazing cattle, farming crops such as corn, and growing citrus, to more extensive market gardens and more lately, to turf farms. The higher ground still has some grazing for horses and cattle. Many of the landowners have settled over several generations here, and seen changes including floods and droughts. The extensive reed beds gradually disappeared as they were overgrazed during drought; this then led to bank collapse and increased muddiness of the

lagoon which made it difficult to establish any new aquatic vegetation.

Wetlands have important characteristics which are not so well known: they store water from flooding and high rainfall, but also slow down the run-off from floods back into the main river flow. They also have properties which make them useful for management of pollutants; example being the nutrient-stripping of the outflow from McGraths Hill Sewerage Treatment Plant by wetland plants before the waste water enters South Creek.

Bushells Lagoon and other large wetlands in our district act as drought refuges for waterfowl. Cumberland Bird Observers Club bird recorder Keith Brandwood has now listed over 130 bird species around Bushells Lagoon, including many which are endangered both nationally and internationally. [Several of these species are recorded migrating from as far away as Siberia, China, Japan and Korea and are listed under agreements between these countries and Australia. Under the Ramsar Convention which is an international treaty for the conservation and sustainable use of wetlands, it would be hoped to have our main wetlands listed, but so far efforts to do this have been unsuccessful. The nearest Ramsar

## WETLAND CONSERVATION OPERATIONS cont.

sites in NSW are Towra Point Nature Reserve on Botany Bay, and Hunter Estuary Wetlands]

**THE PROJECT** The Bushell's Lagoon Foreshore Rehabilitation for Habitat project is a partnership of landholders, bird watchers, Landcare groups, fishers, historians and local farmers coordinated and overseen by the Hawkesbury Environment Network [HEN] which has sponsored three Green Army projects, to undertake wetland rehabilitation works, learn more about the role and significance of wetlands in the region and share this knowledge with the community. The project is an opportunity to restore some areas for wildlife habitat in and around Bushell's Lagoon and the heritage lagoon in the Australiana Pioneer Village, using local and expert knowledge of the ways in which wetlands work, while maintaining the area for its existing productive land uses.

### THE HOST:

#### HAWKESBURY ENVIRONMENT NETWORK

HEN is the leading representative organisation for environmental information, advocacy, education and action in the Hawkesbury region with targeted support from The Australiana Pioneer Village, Western Sydney University and the Australian Museum through student research into water quality, carp impacts and foxes. Robin was project co-ordinator and with HEN engaged Conservation Volunteers Australia (CVA) as the Service Provider for the entire 18 months.

A significant Australian Government grant through Greater Sydney Local Land Service (GSLLS) Water

in the Landscape – Community Engagement in the Hawkesbury, enabled HEN to work with experts and WSU to establish the two-day wetland symposium and bus a large group around wetland sites. This also links local landowners with the recently appointed Hawkesbury Landcare Co-ordinator, Sonia Lee, to enable workshops and advice on management of wetlands and riverbank properties.

### OUR RESULTS:

- Wetlands of the West symposium – team presented on the work and Citizen Science used in the project.
- Habitat construction – frog hotels, fish hotels, lizard hotels.
- Planting – around and inside the lagoon, using cages and guards to protect plants from carp.
- Weed treatment.
- Community participation – Willow Warriors, Birdlife, Cumberland Bird Observers, Glossodia Public School, Australiana Pioneer Village, Hawkesbury High School, Australian Museum Streamwatch.
- Fauna surveys with community members – Keith Brandwood / Birdlife, Mark Fuller / Cumberland Bird Observers.
- Advice and assistance on carp and native fish habitat by Alan Izzard of Bass Sydney Fishers
- Fencing – protecting the lagoon and plantings from horses and livestock.

*Wetland symposium tour group*

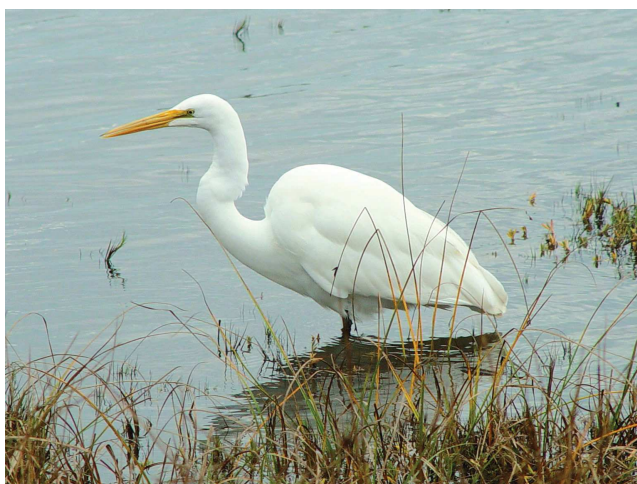


*Green Army team dip-netting at Bushells Lagoon*



- Recording and collecting information – soil testing, water testing, aquatic macro-invertebrate testing, observing carp behaviour, bird surveys.
- Three Green Army teams have completed revegetation with a suitable mix of reeds, macrophytes, shrubs and trees on participant properties. Green Army and landholders have been working on weed control, re-snagging suitable areas, replanting wetland species and undertaking monitoring for wildfowl and other bird and fauna species as the works progress.
- Benefits to the lagoon include:
  - o bank stabilisation
  - o increased biodiversity
  - o reduction of silt and turbidity
  - o improved nesting and feeding areas for birds and aquatic organisms.

*Egret at Bushells Lagoon*



UPDATE 2017: Since the final works by Green Army and start of 2017, planning is now under way to proceed with activities to engage more landowners and others around wetland education and restoration works. Jade Paton who supervised the third Green Army team is interested in forming an active Wetland Warriors group around the stayers from that team, and several landowners are keen to share their experience with others as they saw what progress was made on their own sites. Hawkesbury Landcare Network (HLN) will become the main contact point for future events and resources.

*Meeting of wetland landcare group*



## 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

### Stepping On Program

Several mountain folk have taken advantage of this excellent program for building confidence and reducing falls and comes highly recommended for over the 65's.

Learn to step outside your home with confidence

Learn with your peer group

Become more aware of fall hazards and that falls risk can be reduced

Up to date information on falls prevention

The course covers:

- Balance and strength exercises
- Vision
- Medication management
- Pedestrian safety in the community
- Safe footwear
- Reducing home hazards
- Nutrition

The program is run by Hawkesbury District Health Service clinicians, which includes physiotherapists, occupational therapists, dieticians as well as vision, pedestrian safety and medication experts.

Anyone over 65, living at home and able to walk independently or with a stick can take part in this **free** seven-week program at Hawkesbury Community Health Centre, Hawkesbury Hospital, Windsor usually on a Monday morning. Register your name and contact details on 4560 5714 or in person at the Centre. A coordinator will contact you to discuss the program and book you into the next available course.

## Invitation

### Community Care Morning Tea

**Monday 10th April 2017**  
**10am – 11.30am**

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

**RSVP Liz 4572 2416 or**  
**0412 196 724**



### CONGRATULATIONS TO THE WINNERS OF THE WISHING YOU MERRY CHRISTMAS COLOURING COMPETITION

5-8 Years Category

Alyssa Shirley GORDON

9-12 Years Category

Courtney BOWYER

**Well done! Both Alyssa and  
Courtney receive a Gift Voucher as  
their prize.**



## 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](http://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

## Tai Chi Shibashi

is held at CWA Richmond

Mondays at 2:00 pm

contact U3a office on 4578 2333

## 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 in 2017** - subject to weather.

**Saturday 18 March**  
**Saturday 22 April**  
**Saturday 20 May**  
**Saturday 17 June**  
**Saturday 15 July**



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 Paul Hatchman 0413 047 782 or VP\_Crago@asnsu.com***

## Community Advertisements

### For Sale:

1996 Subaru Impreza Sportswagon™. All wheel drive. White with grey trim. 1.8L petrol engine. 5 speed manual transmission with H/L range. A/C. Roof racks. Tinted windows. 3 months rego. Regularly serviced. Excellent working condition. 1 owner. Near new Sony stereo system with remote control. Excellent car for learner/ provisional driver.

**Contact Alison or Bill Kerr, (02) 4572 1309.**

### For Sale:

One King Size single bed, plus mattress – all in excellent condition – together with a trundle under bed, again complete with mattress. Ideal for a home where space is limited. The trundle fits neatly beneath the larger bed for storage.

**If interested, please call 4572-1140.**

### 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.**

This space is available  
contact

[bmanews@bowenmountain.org.au](mailto:bmanews@bowenmountain.org.au)

or

**Terry at 4572 1140**



### HOURS

**9am - 4pm Monday to Friday**

3a East Market Street Richmond NSW 2753

P. 4588 6288

E. [enquiries@printersofrichmond.com.au](mailto:enquiries@printersofrichmond.com.au)

# BOWEN BUSINESS



**Bardi Management Group Pty Limited**

*Business or Taxation worries getting you down?*

*Call us today and discuss how we can help you achieve the Next Step in Business Development.*

**Business Advisors – Accounting & Taxation - Bookkeeping**

Suite 5, 57 Bells Line of Rd  
(Cnr of Grose Vale Rd)  
North Richmond, NSW 2754

PO Box 129  
North Richmond, NSW 2754

T: (02) 4571 3599  
F: (02) 4571 2548

[bardi@bigpond.net.au](mailto:bardi@bigpond.net.au)  
[www.bardi.com.au](http://www.bardi.com.au)

## Matt Hawkins Water Cartage

**Servicing the Mountain since 1987**

**Mobile: 0418 407 994**

**Phone: 4572 1578**

**57 Bowen Mountain Road  
Bowen Mountain**



**Fuel at competitive prices!**

**All grocery needs  
Open 7 Days**

**4572 2771**

**ATM available**

**Corner of Grose Vale Road and  
Grose Wold Road, Grose Vale**

*— Hair at Grose Vale —*

*"Professional Hair Care for all the Family"*

Phone Sally on

**(02) 4572 2227**

**Shop 1/659 Grose Vale Road, Grose Vale**

## FINN JAKOBSEN ELECTRICAL CONTRACTOR

*Licence No. C32199*

**18 Bunya Crescent BOWEN MOUNTAIN 2753**



- \* Industrial
- \* Commercial
- \* Domestic



**Mobile 0438 463 115  
4572 2887**



**PLUMBER**

## Paul W Dodds

ABN 48 012 014 100 Lic No. 19400001

**Licenced Plumber • Drainer  
Gasfitter • LP Gasfitter**

Mobile: 0410 538 092  
Phone: 4572 2257  
35 Bowen Mt Road  
Bowen Mountain 2753



**Habitat  
Energy  
Systems**

Financing A Cleaner Future

Financial specialists in supplying  
residential and commercial solar energy

### Why Habitat Energy Systems?

- ✦ ZERO upfront costs
- ✦ Guaranteed long-term savings
- ✦ Sustainable energy source
- ✦ Locally owned & operated
- ✦ Reduced electricity bill
- ✦ Full customer ownership upon agreements end

Speak to one of our consultants on how you can finance a cleaner future!  
**1300 116 965 | [habitatenergysystems.com.au](http://habitatenergysystems.com.au)**

## PharmaSave KURRAJONG COMPOUNDING PHARMACY



**Kurrajong Compounding Pharmacy**

74c Old Bells Line Of Road

Kurrajong NSW 2758

**Ph: 02 4573 0931 Fax: 02 4573 0932**

### Trading Hours

Mon - Fri - 9.00am - 6.30pm

Sat - Sun - 9.00am - 4.00pm

**OPEN 7 DAYS**



## Blue Mountains Natural Spring Water

**Special offers for our local community:**

Buy 25 X 15L bottles and get  
Free Bottle Rack

Buy 35 X 15L bottles & get

Free Brand New Hot & Cold Water Dispenser

**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

Email: [sales1@springwater.com.au](mailto:sales1@springwater.com.au)

Web: [www.springwater.com.au](http://www.springwater.com.au)

## Kurrajong Blinds & Awnings

Blinds, Awnings, Shutters, Flyscreens,  
Security & Flyscreen Doors.

Call today for a free measure and quote.

Phone: 0435 135 077 or 4572 2221

**Covering your window is our  
speciality**

# BOWEN BUSINESS

## KURRAJONG BUILDERS SUPPLIES

Open 7 days per week 4573 1326

We have refurbished the whole store and now carry a much larger range of hardware and building materials including:

Timber \* Plumbing Supplies \* Gyprock \* Paint  
Steel Reinforcing Mesh \* Doors \* Power Tools  
Treated Pine Logs & Sleepers \* Insulation batts  
Fencing Wire & Mesh \* Farm gates \* Garden Dept  
Delivery Service \* LPG Gas Bottle Refills

78 Old Bells Line of Road, Kurrajong  
Jeff & Sue Smith

## A & A FARRELL'S CARPENTRY SERVICE



Specialising in

- All Aspects of Building Construction
- Custom Design & Installation
- Bathroom & Laundry Renovations

**ANDREW**

0407 932 255

Email: [andrewscarpentry@bigpond.com](mailto:andrewscarpentry@bigpond.com)  
Servicing The Hawkesbury 25 Years

FREE QUOTES Bowen Mountain Lic. 201719c

## KURRAJONG FRIENDLY GROCER

NEW Continental Deli

Open 7 Days

for all your grocery needs

74b Old Bells Line of Road, Kurrajong Village  
4573 1267 ATM available

North Richmond & Districts **Community Bank®** Branch

Banking that's good for **U**  
**AND** your community

With every product or service Bendigo Bank offers, money goes back into the community to support local projects and initiatives.

**So make a difference - to your own banking and to your community.**

Drop into your nearest branch at McNair Shopping Centre, North Richmond or phone 4571 2988.

Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879, G4U22 (186523\_v2) (20/05/2013)

**Bendigo Bank**

## KURRAJONG CELLARS

CHRISTINE MEAD J.P.

Wines with a difference, Beers, Spirits & Ice

**VOTED BEST BOTTLE SHOP  
IN THE HAWKESBURY**

76 Old Bells Line of Road  
Kurrajong Village NSW 2758  
4573 1231

## Wallace & Wallace Distinctive Signwriting

Mobile 0415 281 525

Traditional Hand painted signs or Full colour Digital Imaging  
• Changeable Lettering Signs

- Stickers
- Screen Printing
- Banners
- Honour Boards
- Boats
- Car
- Trucks
- Horse Floats
- Billboards
- Horse Drawn Vehicles
- Shopfronts
- Real Estate Signage Etc.

Email: [wallacesigns@bigpond.com](mailto:wallacesigns@bigpond.com)

Unit 3/6 Charles St. North Richmond

Behind Peps Auto Spares

## Put Your Feet in Our Hands Call 4571 2800

advanced  
PODIATRY

Podiatrists  
Renee Calphy & James Cresswell

- Corn & Callus Removal • Ingrown Toenail Treatments
- Heel Pain & Spur Solutions • Lower Limb Acupuncture
- Diabetic Footcare & Advice
- Arch Support Products

**Proudly treating patients since 1996**

15 Riverview Street, North Richmond



*Lillians*

Beauty Salon

Make 2014 your most relaxing year yet!  
Nimue and Botanical Extracts

Body Piercing Formal Make-Up - Facials  
Body Treatments Waxing & Electrolysis  
Hot Stone Massage Indian Head Massage  
Electroporation Spray Tans \$25

5/36 Riverview Street, North Richmond NSW 2754  
4571 1294

**Student Discount Tuesday & Wednesday**



4573 1333

BEEF - LAMB

PORK - CHICKEN

Fresh Seafood - Bondi

521 Bells Line Of Rd  
Kurmond 2757

[Info@hgbk.com.au](mailto:Info@hgbk.com.au)

[hawkesburygourmetbutchery.com.au](http://hawkesburygourmetbutchery.com.au)

**Do you need affordable,  
flexible home care?**



I'm a social support worker for respite, activities, outings, companionship, Dr. appointments, shopping etc.  
My rates start from \$25 p/h. Fully verified & insured.

Contact:

[www.bettercaring.com.au/paulinei](http://www.bettercaring.com.au/paulinei)  
or call: 1300 73 65 73

