

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 138

Winter

June 2019



In This Issue Neil Hartley's stable - Memories of Bowen Mountain

Sally Blackwell - Talented Artist of Bowen Mountain

Last summer on the other side of the world

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 Unacknowledged articles will not be published.

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**DEADLINE for September Issue
3 August 2019**

COVER

Neil Hartleys Stable

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From the Newsletter Committee

Greetings to all and welcome to the 2019 Winter issue.

This time we are able to bring you several interesting articles.

First Pat O'Toole's presentation of Neil Hartley's Mountain Memories at the Australia Day Breakfast held in January; a report from the Grose River Bridge Community Meeting; learn about mountain artist Sally Blackwell and take note of Greg's important fire report. Then how about treating the family with Suzanne's Absolutely Delicious Winter-time Pie.

So sit down with a 'cuppa' and catch up on some local news and history and don't forget to come along to the BMA's Annual General Meeting on Sunday 18 August in the Park Hall at 2pm to hear some more of our mountain history.

The Committee always welcomes any items of interest, maybe you have something to contribute. You can send your item to

bmanews@bowenmountain.aor.au. Thank you.

SUPPORT YOUR LOCAL NEWSLETTER

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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 and Secretary's Report

Welcome to the BMA's Winter Newsletter! The colours of autumn are giving way to the 'woodsmoke of winter' – a magical time on the Mountain!

This autumn was a somewhat challenging time for the BMA. Unfortunately, the date that we chose for our annual Sustainability Fair and Market Day happened to coincide with a large number of other events happening in the Hawkesbury. As a result, many of our usual exhibitors and stallholders were unable to attend. Rather than run a depleted version of the Fair, the BMA had no real option but to cancel the event for this year. The good news is that many of our storeholders have expressed interest in attending next year.

We must also report that the Winter Musical Interlude, previously scheduled for 16 June will not run this year. We hope to reinstate this relaxing winter activity next year, when we are better able to support it.

A big thank you to Lance Mitchell, BMA Vice President, for representing the Association at the Grose River Bridge Community Meeting on 11 April. This is not the bridge for the 'third crossing' that is being funded by the federal and state governments, but is the bridge that was promised to Council by the Redbank developers to get their

development approved. According to Lance, discussion was very lively and, whilst this was supposed to be a 'consultation' meeting, it was more like the presentation of a fait accompli. If it goes ahead, the bridge will cross the Grose around Yarramundi, and may have a significant impact on traffic on our local roads. Watch this space for further updates on this situation.

Finally, please save the date of Sunday, 18 August, for the BMA's Annual General Meeting. On one hand, you will be treated to an entertaining and informative presentation by a variety of speakers from the mountain representing different ages and experiences and talking on "Bowen Mountain – My Home" followed by a delicious home made afternoon tea.

As always, if you wish to attend our monthly BMA meetings, we meet in the Park Hall on the second Monday of each month at 7.30 pm. We would love to see you there. Come along and give us your ideas!

Thank you for your interest in the Bowen Mountain Association. We wish you all the best for the coming year.

Bill and Alison Kerr

President and Secretary, Bowen Mountain Association

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



**TO BE HELD IN BOWEN MOUNTAIN PARK HALL
SUNDAY AUGUST 18TH 2019
COMMENCING AT 2PM**

**A range of speakers from Bowen Mountain representing
differing ages and occupations will speak on**

"Bowen Mountain - my home"

**Come join us for a discussion and enjoy a delicious home made
afternoon tea**

**An invitation to attend the meeting is extended to all residents
and landowners of Bowen Mountain**

**If you wish to nominate for a position on the Bowen Mountain
Association management committee - please contact the secretary:
Alison Kerr on 0419 167 088**

2019 CALENDAR OF COMMUNITY EVENTS

DATE		ITEM
May	Thursday 30 th 7:30	Park Committee Meeting - Bowen Mountain Park Hall
JUNE	Saturday 1 st 1:30	Working Bee/BBQ – Bowen Mountain Park
	Monday 3 rd * 7:30	BMA MEETING – Bowen Mountain Park Hall
JULY	Monday 8 th 7:30	BMA MEETING – Bowen Mountain Park Hall
	Monday 29 th 11:30	Christmas in July - Bowen Mountain Park Hall
	Tuesday 30 th 7:00	BMA Dinner – River Orchid, North Richmond
AUGUST	Monday 12 th 7:30	BMA MEETING – Bowen Mountain Park Hall
	Sunday 18 th 2:00	BMA AGM – Bowen Mountain Park Hall
SEPTEMBER	Monday 9 th 7:30	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 14 th 7:30 Thursday 31 st	BMA MEETING – Bowen Mountain Park Hall Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 11 th 7:30 Date and Venue TBC	BMA MEETING – Bowen Mountain Park Hall BMA Dinner
DECEMBER	Monday 9 th 7:30	BMA MEETING – Bowen Mountain Park Hall Christmas Party

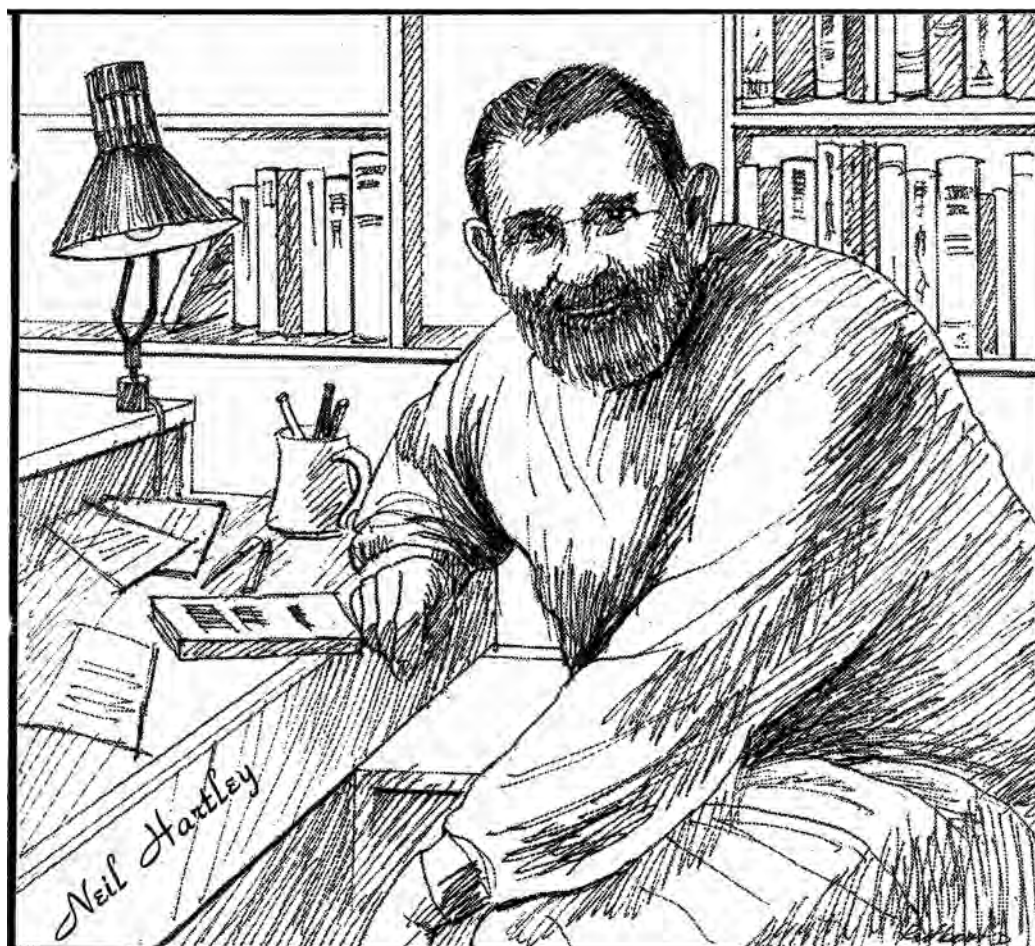
BMA COMMITTEE MEETING: Second Monday of every month * except June on first Monday at 7:30 pm

NOTE: Dates may be subject to change depending on weather and other factors. Due notice will be provided.

BMA Dinner, Tuesday 30th July, 6:30 for 7 pm at *The River Orchid*, North Richmond

Price: \$ 30 pp. 3 entrées 6 mains

Bookings essential - phone Alison 0419 167 088



Memories of Bowen Mountain

by Pat O'Toole, based on her presentation with Jenny Griffiths at the Australia Day KCHS breakfast meeting

Neil Hartley has a long association with Bowen Mountain and this article is based on some of his memories recorded in a series of articles which appeared in the Bowen Mountain Newsletter in 2000 – 2003.

Some time in 1947 Neil and his wife, Margaret, set off from their home in St Ives with a set of instructions to find their way to Bowen Mountain. They had no idea where the place was and after passing the airbase it was new territory for them both. The wooden sign at North Richmond looked very old. They passed Belmont, Duffy's Bus Depot, the General Store and then on to a dusty road. After crossing a ford they arrived at a gate and, as warned by Mark Duffy, Mr Suthers would be there to collect the toll. Neil describes him as a tall, thin gruff man, but his most striking feature was a great ring of keys which seemed to give him a lopsided appearance. After paying a shilling, the gate was opened and as they moved on Mr Suthers bellowed "close the gate when you leave".

The track passed a beautiful dam and went through a magnificent garden of trees and shrubs many times larger than today's park. The bunya pine receives a mention but much more impressive was the giant blue spruce. Any distant views were obstructed by forests of dead black wattles.

It was Margaret's father, Colin Scrimgeour and his partner, Pam, whom they had come to visit. Their house consisted of two railway pay offices bolted together to form one long room. Kitchen and bathroom were in a separate lean-to. Pam cooked them a Chinese meal for lunch and they departed with Neil failing to appreciate the beauty of the mountain.

In following years Neil and Margaret became frequent visitors. Neil met "Pud" and Flo Hough. "Pud" had harvested the bark from the black wattle for sale at the Windsor tanneries. He also cleared the dead trees to create the view from the mountain which helped Neil to like the mountain a little more. Neil spent a week working with "Pud" cutting a track from Scrim's place out to the escarpment. Scrim planned to build a house at the edge of the escarpment when his lease became freehold. This never happened and the track is now called

Scrimgeour's Trail. It must have been early spring and Neil speaks of the carpet of jonquils and daffodils



flecked with snowdrops which carpeted the park. He stayed in the Bowen Mountain Hut, still there today, as a residence.

Scrim bought Honeysuckle Cottage, so Neil was needed again to help "Pud" with renovations. After work on Friday he travelled by train, with his dog, to Richmond where he was met by Pam. Dogs could accompany passengers but one had to buy a ticket.

In the mid 50's Scrim found himself in some financial difficulty so he agreed to sell his title deeds to the mountain to Milton Grant who planned a subdivision. However Scrim was to keep three blocks and land directly opposite his blocks would be cleared as a park. A swimming pool was to be built and park and pool maintained by Scrim's son. Grant also bought Suthers' property which included the old white homestead.

Late 50's and Neil's assistance is again needed. Milton Grant planned to use the park as a cattle paddock so Neil and "Pud" spend two weeks moving as much of the garden as possible down to Honeysuckle Cottage. Pam established a nursery and garden there.

The park and some of Suthers' property became Grant's "Kurraween", Murray Grey Cattle Stud during the 1960's and 70's. Eventually the cattle were sold and Grant was now ready to subdivide his property. Colo Shire Council passed his plans but due to the objections of land holders (the beginnings of the Bowen Mountain Association), they had to be amended to create the park of today and the Belvedere Estate. In early 1981 the Belvedere Estate was advertised for sale.

Neil had little contact with Bowen Mountain during the 60's but in 1973 Scrim, in need of money, was able to sell the property to Neil who by this time had grown to love the mountain. Neil's son and daughter lived in the cottage until 1983 when it became Neil's permanent home. He retired from his city job and set up a dental laboratory in the front shed.

As a permanent resident he got to know and appreciate his neighbours. He gives special mention to the Thompsons – George, in his early eighties, nearly as deaf as Neil, would arrive sharp at 2.30 every Sunday afternoon. They would sit and shout at one another, their voices carrying from one end of the mountain to the other. Their son, Cliff turned the garage into a mini theatre. The community enjoyed Saturday night at the movies followed by a wonderful supper provided by the ladies.

It was quite a treat for Jenny and me to talk to Neil and sorry he wasn't able to come to our breakfast but we thank him for sharing his story with us.

Park Report

Bowen Mountain Park Management Committee (BMPMC)

Park Committee Meeting Thursday 30th May

The PARK COMMITTEE (BMPMC) meeting is at 7.30pm in the Park Hall. If you have suggestions or can help with the improvement or maintenance of the Park & the Park Hall Buildings please come with your ideas - all welcome.

Working Bee/BBQ Saturday 1st June

If you are able to come (1.30 – 4 pm, weather permitting) and help with improvement and maintenance of the Park and Hall Buildings. Please let the Committee know 3 days prior.

bowenmountainpark@gmail.com or ph 4572 1710.
Join us after for a BBQ and meet other residents.

GROSE RIVER BRIDGE COMMUNITY MEETING AT North Richmond Public School on Thursday 11th April, 2019.

On Thursday the 11th April members of the BMA attended the “GROSE RIVER BRIDGE” town hall meeting at North Richmond Public School. The meeting was held by Hawkesbury City Council and the RMS. The meeting was opened by Mayor Barry Calvert and run by Hawkesbury City Council General Manager Mr Peter Conroy. Mr Peter Conroy started by welcoming everyone and thanking them for their attendance and by clarifying the consultative purpose of the meeting. He began by clarifying that this project is separate to the third river crossing recently announced by Federal Government, which is estimated to have a \$200 million budget and will bypass North Richmond and include an additional bridge at North Richmond.

He went on to advise that the current VPA (Voluntary Planning Agreement) has been signed off, so the project will go ahead. The Developer of the project is “Redbank Pty Ltd”. Mr Conroy spent some time explaining that this project scope does not include or incorporate upgrades to surrounding infrastructure such as Grose River Rd, Grose Wold Rd, Springwood Rd or Yarramundi Bridge but that the Grose River Bridge will connect Grose River Rd

and Springwood Rd directly (see map) provided additional egress in times of flood.

Despite some disagreement from individuals in attendance, Mr Conroy said that the three property owners of affected land have been contacted. Mr Conroy cited maps provided on a digital projector screen showing how the Grose River Bridge will be above the “one-in-100 year” flood level, stating that the bridge project is a flood mitigation plan, not a traffic congestion mitigation plan.

The project has a budget of \$20 million and will have a 5 tonne limit as well as a 60kph speed limit imposed on it.

HCC now aims to develop detailed documentation and Design and Quantity Surveyor Report. Once the alternative alignment over Grose River is approved they will seek to amend plans to reflect outcomes of approval process, prepare construction drawings, put the project out to tender, select contractors and construct the crossing. More information can be found on the Hawkesbury City Council website:

<https://www.yourhawkesbury-yoursay.com.au/grose-river-bridge-yarramundi>



Sally Blackwell – Artist of Bowen Mountain

Sally Blackwell exhibited at the The Bowen Mountain Arts Fest – “Art on the Move” 2019 which ran from January 11th – 31st 2019 at the Village Kitchen, Kurrajong.. Sally’s unique woven artefacts proved to be very popular. Here is Sally’s story.

Sally has been a resident in the Hawkesbury area for over 40 years, and here on Bowen Mountain for nearly 20 years. In fact she first started weaving when another Bowen Mountain artist, Glenda Ewin invited interested people to come to her weaving workshops in the Bowen Mountain Community Centre. She hasn’t stopped weaving since.

“On my retirement from teaching I felt the time was right for a sea change. Rather than travelling or physically relocating my life, I started on a journey to integrate my environmental beliefs into my new passion for weaving. I am constantly being challenged to come up with new ways of using waste materials, either natural or manufactured, in my weaving. I particularly like the idea that I can take materials that others might throw away and make something functional and attractive – giving it a new life and purpose.”

“The mountain is a wonderful place to weave, and to collect weaving materials – you might see me driving around slowly checking out the vegetation! I always carry secateurs and a safety vest in my car, just in case!

If you are clearing your place of vines, let me know, it’s amazing what emerges from the tangle.”

She also uses recycled manufactured materials from computer cables to orange bag nets and chip packets, you never know what might pop up in one of her baskets.

Sally can’t quite give up teaching and conducts workshops in various locations including *The Richmond Good Food Market*, where she has a stall once a month selling her baskets, wall hangings and other woven designs. She will also be giving workshops at the newly formed Hawkesbury Remakery, a place that promotes “makers” within the Hawkesbury community.

“Weaving is such a gentle art, it allows the weaver time to contemplate, slow down and create at the same time. It is also very addictive!” said Sally.



FIRE LIAISON REPORT

Welcome to the Fire Liaison Officer's Report for Winter edition of the BMA Inc. newsletter.

While the Sydney metropolitan region and surrounding districts experienced some extremely hot days over the summer and warmer than usual days during autumn, Bowen Mountain and Grose Vale was again most fortunate to have not had any serious fire events. The absence of strong winds and some timely rain moistening the vegetation and leaf litter helped to reduce the incidence of bush fires locally but, with the potential of drier conditions over the coming months, there will always remain the potential for bushfires in our area.

During the summer and autumn period, volunteer members from the NSW Rural Fire Service, Hawkesbury District, including Grose Vale Brigade members deployed to "out of area fires" to assist local crews in containing these fires. Deployments included Tasmania, Snowy Mountains and the New England region.

Pile Burns: 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 a permit by contacting Hawkesbury District Fire Control Office.

Further information is available from the Hawkesbury NSW RFS District Fire Control Centre on 4560 6400 and the Hawkesbury City Council website

www.hawkesbury.nsw.gov.au/environment/health-and-safety/open-burning or contacting Hawkesbury City Council on 4560 4444.

The NSW RFS Pile Burn Standard notes piles must be constructed and burnt in accordance with that Standard, for instance:

- Material to be burnt must only be dry vegetation from the locality. Logs over 150mm should not be added to piles. Household or building material such as plastics, wooden pallets, etc, cannot be included in the pile for burning. It is illegal to burn treated timber or tyres.
- Piles should not be greater than 2 metres in length x 2 metres in width x 1.5 metres high.
- There is a minimum 4.5 metres clearance around the pile/s.
- Pile(s) are 20 metres from any building.
- You notify all residents who adjoin your property at least 24 hours prior to lighting.

Further information regarding the Pile Burn Standard is available from the NSW RFS website: www.rfs.nsw.gov.au or

http://www.rfs.nsw.gov.au/_data/assets/pdf_file/0012/13323/Standards-for-Pile-Burning.pdf

Hazard Reductions: a hazard reduction is any activity that reduces or removes fuel before the onset of a bushfire and includes burning, mechanical clearing and or hand clearing of a specified area. A well conducted hazard reduction helps prepare for, and minimise the impact of a bushfire to life, communities, assets and the environment. It doesn't however, remove the threat of fire and it doesn't remove the need for you and your family to be prepared.

During the winter period, weather permitting, in conjunction with the NSW RFS and the National Parks and Wildlife Service, Grose Vale Brigade may undertake Hazard Reduction burns of bushland surrounding properties of Bowen Mountain and Grose Vale. These hazard reduction burns are designed to be low intensity removing some of the leaf litter and other dry forest fuels that contribute to intense and dangerous bushfires. While Hazard Reductions may be inconvenient to members of the community it should be noted they are an important adjunct to managing the bushland and lowering the intensity of a bushfire should it occur in that area. When a Hazard Reduction is conducted, residents are reminded to take the following precautions:

- Monitor the NSW RFS hazard reduction page about planned hazard reduction burns and smoke advisory
- Keep doors and windows closed to prevent smoke entering homes
- Keep outdoor furniture under cover to prevent ember burns
- Retract pool covers to prevent ember damage
- Remove washing from clotheslines
- Ensure pets have a protected area
- Vehicles must slow down, keep windows up, turn headlights on
- Sightseers must keep away from the Hazard Reduction Burn for their own safety
- Don't enter bushland that has been hazard reduced for several weeks due to the possibility of trees falling
- If you have asthma or a lung condition, reduce outdoor activities if smoke levels are high and if shortness of breath or coughing develops, take your reliever medicine or seek medical advice. For further information please contact: Hawkesbury Fire Control Centre: 4560 6400 or your local Brigade.

What is the difference between a Hazard Reduction and Back-burning?

Hazard reduction burning: often called controlled or prescribed burning, is conducted when favourable weather, vegetation moisture levels and other factors prevail to ensure a designated area maybe safely burnt under controlled conditions to reduce the available fuel that could sustain a bushfire or wildfire. Hazard reduction burning is conducted in accordance with Bush Fire Risk Management Plans.

Back-burning: is a fire fighting strategy used during a bushfire fire to control and contain the progression of a bushfire. Back-burning removes fuel from the path of the fire, which can be an effective method of stopping its spread or reducing its impact on assets and the environment. Back-burning needs to be carefully planned and coordinated, suitably resourced and must only be used by order of a firefighting agency.



Preparing for Winter in the home & Smoke Alarms

Now that winter is upon us and we start using our indoor wood fires, it is time to check that your smoke alarm is working. Residents are reminded to test their smoke alarm regularly.

Fire + Rescue NSW recommends the following for Smoke Alarms:

Every month: test by pressing the test button to ensure the battery and alarm work.

Every six months: clean with a vacuum cleaner to remove dust particles that could prevent the smoke alarm from working properly.

Once a year: if fitted, replace the battery annually. A good way to remember is to change it when you change your clocks at the end of Daylight Saving. If your smoke alarm uses a lithium battery, it is inbuilt into the alarm and cannot be replaced. The entire unit needs to be replaced every 10 years.

Every 10 years: All types of smoke alarms should be removed, replaced and disposed of.

Further information regarding smoke alarms can be found on the Fire & Rescue website: www.fire.nsw.gov.au

House fires can happen at any time of the year and frequently during the months of autumn, winter and spring.

There are some simple steps you can follow to

reduce your risk of a fire in your home all year round:

- Have an adequate number of suitable smoke alarms installed throughout your home.
- Make sure you and all your family know at least two safe ways out of every room in your home.
- Have a written home escape plan in case of fire and practice it regularly.
- Never leave cooking unattended.
- If you have a fireplace in your home, make sure the chimney and flue is clean. Dirty chimneys and flues cause chimney and flue fires which damages structures, destroy homes and can injure or kill people.
- If you have a fireplace always place a screen in front of it when in use.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Check electric blankets for damage or frayed cords before placing on the bed. Don't use it if damaged.
- Keep curtains, tablecloths and bedding away from portable heaters and fireplaces.
- Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer, make sure the lint filter is cleaned each time you use it.
- Only use one appliance per power point and switch off at the power point when not in use.
- Only ever use fuses of recommended rating and install an electrical safety switch.
- Always extinguish candles or any other open flames before going to bed. Never leave candles or any other open flames unattended.
- Store matches or lighters in a secure place, not accessible to young children.
- If you have escaped from a home fire, remember once you get out stay out and dial Triple Zero (000).

For more information on making your home safer from a house fire, download the "Is Your Home Fire Safe Fact Sheet" at www.rfs.nsw.gov.au or visit the Fire and Rescue NSW Home Fire Safety website 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

Tales of last summer on the other side of the world

As I have aged into a hermit-like existence with the bearded one; with our bushy garden, bushland and pets around us, the thought of international travel had been firmly resisted. I still am shaking my head and reliving the experience! Thank goodness for the friends we met who openly shared their homes and food, and special places with us. From day one it all worked beautifully, so well organised by John; and also because we were welcomed by so many of his family and long-time friends. John did an amazing job of organising the whole tour; contacting his friends, family and former colleagues, booking trips transport and hotels without a hitch (at least that is how it worked out as far as I know!).

John's daughter Monica and family put their place in Bonn at our disposal and took care of our needs. We spent the first week there recovering from the flight. We woke up in the 3rd floor of the high ceilinged 19th century apartment to the song of birds, which may have included nightingales, or on Sundays to the sound of bells from several different churches. After that we took train trips to different parts of Germany during the week, returning to stay with the family in Bonn on weekends.

The first trip was to Hamburg, where John's mother worked for 13 years, with a day trip to the beautiful Hanseatic city of Lübeck, where John was born. The second trip was to Göttingen – famous university town – and to nearby Moringen, where John spent his childhood before coming to Australia. The following 2 weeks we spent in southern Germany – Heidelberg – Karlsruhe – Pforzheim, where John worked before settling back in Oz. Met lots of friends, who welcomed us into their homes.

Celebration can't continue without talking about the food: breakfasts in Germany are enormous and delicious; eggs, sliced meats, fresh fruits,(berries!), spreads, butter and jams, good coffee, and a range of freshly baked breads!! Meant surely for a day's hard work to follow!? In Bonn we had a beautiful walk through the Botanic Gardens and sat down to a morning tea with cakes I can't describe – John sent pics back to my family just to boast! Our first dinner on arriving at cousin Helmut's near Frankfurt was roast steak, baked capsicum and mashed potatoes, roasted chilli sauce, and greens washed down with a 'robust' white wine (which I suspect was a Pinot Gris to which I became very susceptible)! An Argentinian steakhouse in Hamburg; huge Gelatos in Bonn market place, good coffee wherever we went; and the fresh strawberries Ohh!!!

Another time we were treated to freshly caught trout cooked to perfection for dinner by Peter and Brigitte. Peter was John's best friend in primary school in Moringen and they had not seen each other for 70

years. On contacting them, they immediately invited us to their house near Hanover. Brigitte noticed that Peter and John still used the same phrases after all that time. Outdoors eating became rather a test with European wasps attacking any meat – in Oz these wasps have created terror, but Peter taught us the "double barrel wave" to bamboozle them so they didn't return!

The sights and culture: imagine the centuries of history surrounding us: cathedrals from C9, churches and monasteries, some of the museums showing the remnants of Roman times; as an Australian this was overwhelming for me; the Celtic museum, the mosaic floor in the Roman museum in Köln, castle Eltz, and walks into forests to see ruins of warlord hideouts, and then Heidelberg. Then the contrast: by this time we were immersing ourselves in reports of happenings in America (Trump attacking May); mass immigration and refugees, climate change, and seeing all around us how vast and urgent the issues are becoming. Above, the air streaked with contrails of extraordinary numbers of aircraft; the night sky doesn't reveal stars as it does back here. Yet wind-turbines are everywhere; forests are maintained on all hills, protecting the groundwater; agriculture and small-lot vegetable gardens were widespread, even on the little island of Helgoland; and John also tells me that glyphosate use for pastures stopped long ago so that flowers and herbs have returned to provide a much better diet for cattle.

History wasn't a subject for me at school (I was put into the group who were destined for science and 3 languages including German!) so I was glad John immersed me in the various towns; the town walls and ramparts, canals, statues, lakes and castles. The town of Moringen, where John lived with his mother and grandparents, and attended high school in nearby Northeim also captured me. He was able to get us access with a young guide to look inside the concentration camp in the main street of Moringen; now a nursing home and training hospital for psychiatric patients. The foyer houses drawers of personal stories of the women who were locked up there during the war.

At castle Eltz, a very thorough organised tour through the public rooms: especially the knights' hall where the assembly of members of the "Ganerben"-community met to express their opinions freely, but were not to talk about discussed issues after leaving the hall – reminded by the red rose of silence on the doorway. Enormous skulls and horns, and hides of mythic beasts deck the halls; judging by the displays of swords, daggers, bows and guns in the armoury, hunting evidently would have depleted the native birds and other creatures long ago.

Robin Woods + John Wulff



Lübeck, with town gate and old warehouses of the Hanseatic League on the left



Hamburg - old harbour-side warehouses



Robin enjoying a Pinot Gris



Pirate Klaus Störtebeckers ship in Lübeck

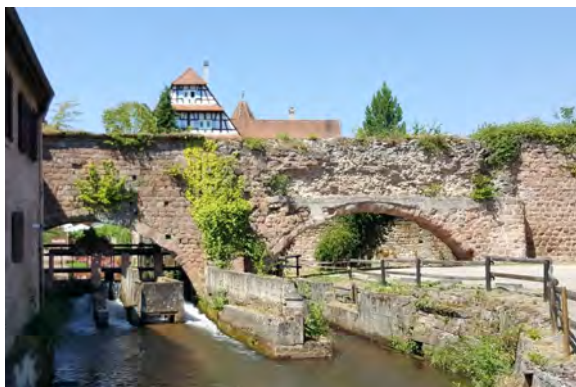


John and Peter who grew up together in Moringen

Church in Moringen



Warlords tower near Moringen



Town wall in Wissenbourg - Alsace/France



Relaxing with former colleagues in a beer garden in Karlsruhe

Culinary Corner

AN ABSOUTELY DELICIOUS WINTER-TIME PIE

- 2 tbs virgin oil
- 1 kg beef or gravy beef (fat trimmed – cut into 2cm pieces)
- 250g Short-cut bacon rashers (rind removed, chopped)
- 1 large red capsicum deseeded and chopped
- 250g mushrooms (if liked) sliced
- 2tbs plain flour
- 440ml can Guinness beer (or beer of choosing)
- 250ml beef stock (1 cup)
- Thyme leaves (half cup if picked fresh)
- Parsley (half cup)
- 8 sheets frozen puff pastry, just thawed (or as many sheets as needed, depending on whether one is making individual cup serves or using the delicious filling for a large family pie)
- 1 egg lightly whisked
- 60g cheese grated (3/4 cup)

Method:

- Heat oil in a large copper bottom saucepan or non-stick pan, over medium-high heat. Cook beef 3-4 minutes until browned, in batches if desired.
- Add bacon and mushrooms to pan, stirring until golden, add onion and capsicum, stirring until soft.
- Add flour and cook stirring for 1 minute, gradually stir in Guinness and beef stock until well combined. (The above can be prepared separately until a smooth consistency is achieved). Add tomato paste and thyme, stir,

then add to the meat, bacon, mushrooms, onion and capsicum in meat pan.

- Bring combined ingredients to a simmer, cover and cook for 2 hours on a low heat, stirring occasionally.
- Uncover and cook, stirring occasionally for 30 minutes or until liquid reduces slightly and beef is tender.
- Set aside to cool.

Baking:

- Pre-heat oven 220/200 °C fan forced.
- Use a 12cm diameter round pastry cutter to cut 30 discs from pastry. Reserve excess pastry.
- Divide beef mixture between six 375ml (1 1/2 cup oven proof dishes).
- Brush the edges of the dishes with the lightly whisked egg.
- Top each meat filled dish with a pastry disc and press edges to seal in meat mixture.
- Top pastry with 1tsp cheese and another pastry disc and continue layering 3 more times with the remaining cheese and pastry, finishing with the pastry.
- Cut out 6 individual leaf shapes from the remaining pastry, brush the tops of the pies with egg and decorate each pie with a leaf shape.
- Place the pies on a baking tray, lined with baking paper and bake for 20-25 minutes or until golden brown.
- Serve with mashed potato, peas and carrots or vegetable of ones choosing. Delicious winter-time meal.

Suzanne Smith

30 SECOND CUPCAKES

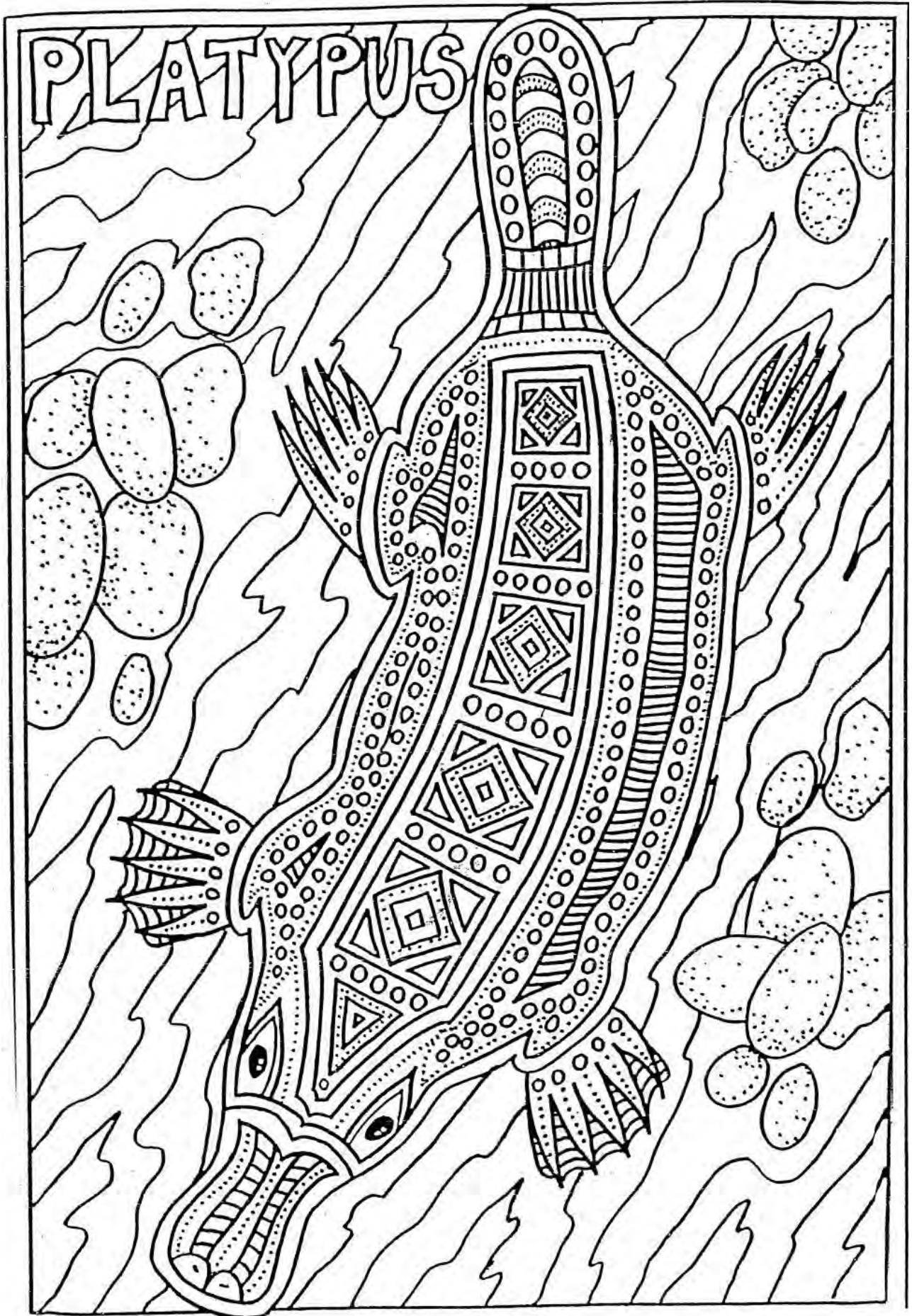
- 250g unsalted butter.
- 200g caster sugar.
- 4 eggs.
- 2 teaspoons of vanilla extract.
- 2 teaspoons of baking powder.
- 250g self-raising flour.
- 100ml milk.
- 2 tablespoons of cocoa. (optional for chocolate cupcakes)

Preparation:

- Preheat oven to 170 °C.

- Line a cupcake or muffin tray with cupcake/muffin papers.
- Add all ingredients into mixer bowl and mix on medium high speed for 30 seconds or until mixture combined.
- Spoon mix into prepared cupcake tray. 2/3 filling each paper case. (the cupcakes will rise)
- Place in oven and bake for 10-12 minutes for small cupcakes or 15-28 minutes for muffin – size cupcakes.
- Allow to cool for 5 minutes before removing from tray.
- When cooled ice with flavoured or coloured icing and top with sprinkles or cashews.

Sarah Morgan



Community Notices

BOWEN MOUNTAIN BUSHWALK BOOK

5th edition

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To go to the BMA facebook Page

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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 in 2018** subject to weather.

Saturday 29 Jun 2019
Saturday 27 Jul 2019
Saturday 24 Aug 2019
Saturday 21 Sep 2019



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

Congratulations Maisie Mitchell

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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

Invitation

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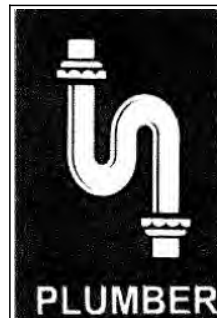


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