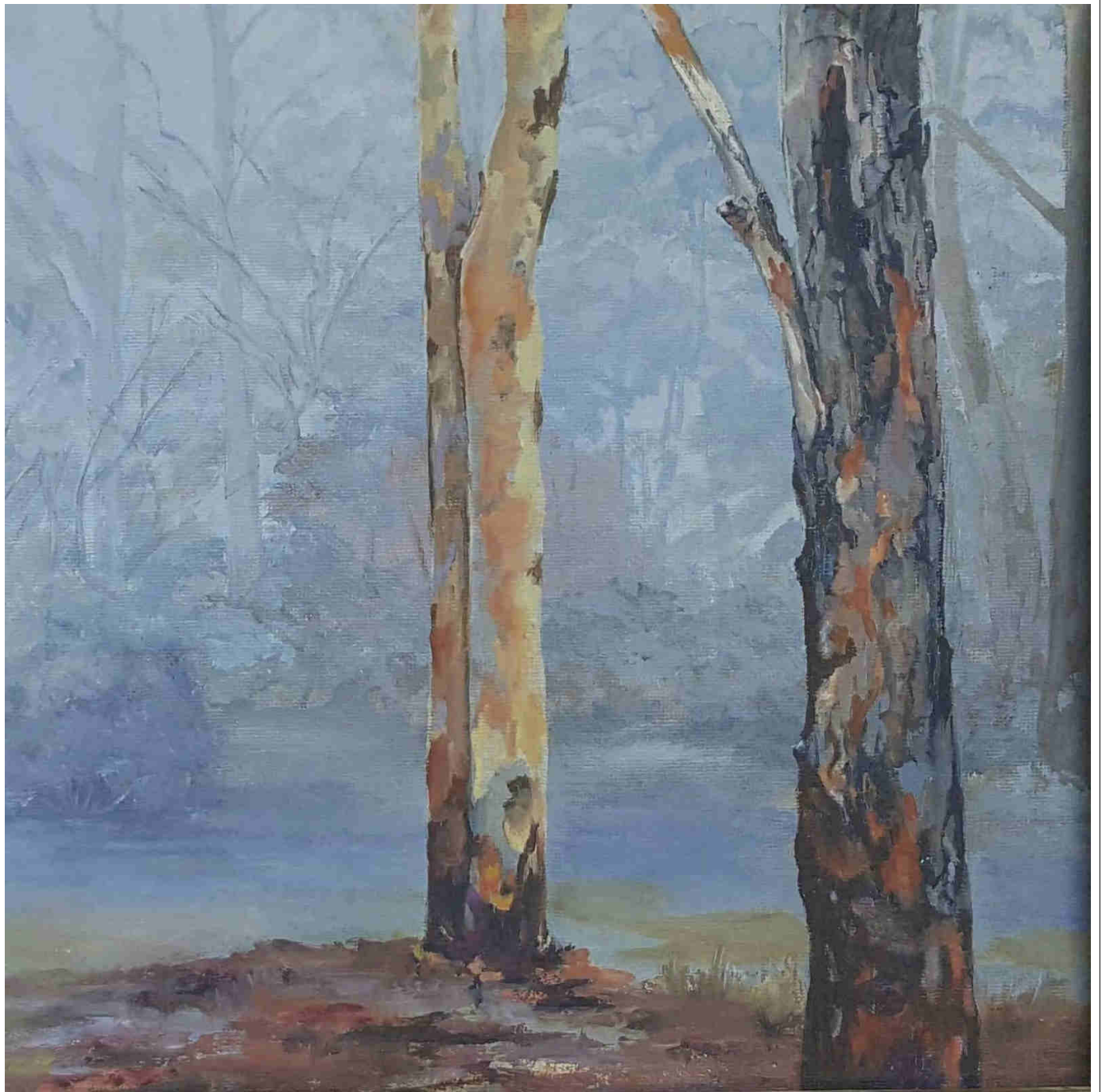


The Bowen Mountain Association Inc.

# NEWSLETTER

Issue No 140

**Summer** December 2019



**In This Issue**

**Noela Woods – Artist of Bowen Mountain**

**Bowen Mountain – My Home**

**Halloween Festival**

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 Unacknowledged articles will not be published.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.

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**DEADLINE for March Issue  
1 February 2020**

#### **COVER**

#### **Trees in Bowen Mountain**

Noela Woods

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Bowen Mountain Association  
PO Box 3141, GROSE VALE 2753  
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## *From the Newsletter Committee*

Greetings to all our readers near and far to our Summer edition.

Read Noela Wood's story, this issue's featured Bowen Mountain artist.

Another Bowen Mountain artist, Ana Miller has kindly given us her contribution for the Kids Korner. Thank you so much, Ana. We look forward to more of your artworks for this page.

See the report of the successful Halloween event and Market Day both held recently in our beautiful park.

Are you a gardener, or would like to learn about gardening or need some tips, contact Robin Woods. Details are on page 11.

Please email to [bmanews@bowenmountain.org.au](mailto:bmanews@bowenmountain.org.au) if you have any local news you would like published, by the deadline date. The Newsletter is distributed quarterly ie March, June, September and December.

Our thanks to everyone for your contributions this year. We look forward to more in 2020.

Enjoy a safe and happy Christmas season and spare a thought for our country cousins dealing with the drought.

*BMA Newsletter Committee*

#### **Newsletter Editorial Committee**

Alison Kerr, Sue Hoare, Elaine Leahy, Judith Mitchell,  
Robin Woods, John Wulff.

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

Newsletter –

Community Care – Liz Rowan

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 OCTOBER

A screaming bat on a zip line, graveyards under the trees, ghosts, ghouls, witches and a plethora of characters heralded the fourth highly popular and successful third Halloween event in Bowen Mountain Park. Over 350 people attended this event feasting on delicious BBQ sausages in a roll with onions, devilishly cupcakes, and an assortment of sweet treats. Many thanks to everyone who helped make this event so successful. Special thanks to Lance & Hope Mitchell, Sarah & Roy Morgan, Karl & Christina O'Rourke, Ken Barnes, Evette Sinton, Christine Johns, Sally Blackwell, Yane Jamieson, Robin Woods, Vince & Anne, Diane & Laurie Fairweather, Judith & Howard Mitchell, Crystal Evans, Alex Clifton, Stacy, Barker Family, Rafael, Fernando and Natalia, James & the Fursuiters, Shane and Roma, Brilee Wood, Selena Purcell, Grose View Public School Dance Group for their tireless and creative efforts in making this a wonderful event that makes Bowen Mountain a unique place to live. Read the report and see the photos further on in the

newsletter. For more extensive photos and commentaries "Like" Bowen Mountain Facebook page.

The BMA is planning an abundance of entertaining activities for 2020, which are on the advanced calendar in this newsletter. The BMA will be on annual holidays during December and January will resume meetings in February 2020. We would like to thank the Bowen Mountain Management Committee and the subcommittees for all their tireless work throughout 2019 as they strive to make Bowen Mountain a quality environment for all to enjoy. On behalf of the Bowen Mountain Association, we would like to take this opportunity to wish you all a very merry, healthy and safe Christmas and a 2020 filled with peace, happiness, good health and success.

**BILL AND ALISON KERR**

President and Secretary, Bowen Mountain Association

### 2019 - 2020 CALENDAR OF COMMUNITY EVENTS

2019		ITEM
<b>DECEMBER</b>	<b>Monday 9<sup>th</sup> 11:30 7:30</b>	<b>Seniors Christmas Lunch – Park Hall BMA MEETING – Christmas Party - Park Hall</b>
<b>2020</b>		
<b>JANUARY</b>	<b>Monday 13<sup>th</sup> 7:30</b>	<b>BMA MEETING – Bowen Mountain Park Hall</b>
<b>FEBRUARY</b>	<b>Monday 10<sup>th</sup> 7:30</b>	<b>BMA MEETING – Bowen Mountain Park Hall</b>
<b>MARCH</b>	<b>Monday 9<sup>th</sup> 7:30 Tuesday 17<sup>th</sup></b>	<b>BMA MEETING – Bowen Mountain Park Hall BMA Dinner – St. Patrick's Day- TBA All Welcome.</b>
<b>APRIL</b>	<b>Saturday 4<sup>th</sup>  Monday 13<sup>th</sup> 7:30</b>	<b>Car Boot Sale, Market Day and Sustainability Fair – Bowen Mountain Park BMA MEETING – Bowen Mountain Park Hall</b>
<b>MAY</b>	<b>Monday 11<sup>th</sup></b>	<b>BMA MEETING – Bowen Mountain Park Hall</b>
<b>JUNE</b>	<b>Monday 8<sup>th</sup> 7:30  Sunday 21<sup>st</sup></b>	<b>BMA MEETING – Bowen Mountain Park Hall  Winter Interlude – Bowen Mountain Park Hall</b>
<b>JULY</b>	<b>Monday 13<sup>th</sup> 7:30  Date and Venue TBC</b>	<b>BMA MEETING – Bowen Mountain Park Hall  BMA Dinner</b>
<b>AUGUST</b>	<b>Monday 10<sup>th</sup> 7:30 Sunday 16<sup>th</sup></b>	<b>BMA MEETING – Bowen Mountain Park Hall BMA AGM</b>
<b>SEPTEMBER</b>	<b>Monday 14<sup>th</sup> 7:30</b>	<b>BMA MEETING – Bowen Mountain Park Hall</b>
<b>OCTOBER</b>	<b>Monday 12<sup>th</sup> 7:30 Saturday 31<sup>st</sup> 6 - 8pm</b>	<b>BMA MEETING – Bowen Mountain Park Hall Halloween Happenings – Bowen Mountain Park Hall – All Welcome</b>
<b>NOVEMBER</b>	<b>Monday 9<sup>th</sup> 7:30  Date and Venue TBC</b>	<b>BMA MEETING – Bowen Mountain Park Hall  BMA Dinner</b>
<b>DECEMBER</b>	<b>Monday 14<sup>th</sup> 7:30</b>	<b>BMA MEETING – Bowen Mountain Park Hall Christmas Party</b>

BMA COMMITTEE MEETING: Second Monday of every month at 7:30 pm

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

## FIRE LIAISON REPORT

As you may well be aware, Bowen Mountain and Grose Vale area has had a relatively dry Spring that has seen considerable drying of vegetation, leaf litter and sub soil. The Bureau of Meteorology seasonal outlook suggests a continuance of warmer and drier than normal conditions over coming months that may increase the potential for fire in our District during the summer period.

**Bush Fire Season:** for the Hawkesbury has been on since the 1st September and fire permits will be required for those wishing to conduct a burn, in addition to the requirements of Hawkesbury City Council Open Burning Policy.



**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 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.

Further information regarding the Pile Burn Standards is also available from the NSW RFS website: [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) Enter in the search bar Pile Burn Standards.

**Total Fire Bans:** On very high to extreme fire days, bush and grass fires are more likely to spread and cause damage when the weather is very hot, dry and windy. Therefore, to reduce the risk of fires damaging or destroying life, property and the environment, the NSW RFS Commissioner may declare a Total Fire Ban.

Total Fire Bans helps limit the potential of fires developing and the NSW Rural Fire Service notes a Total Fire Ban means; no fires out in the open. During a Total Fire Ban you cannot light, maintain or use a fire in the open, or to carry out any activity in the open that causes, or is likely to cause, a fire. No general purpose hot works, such as welding, grinding or gas cutting can be done in the open and the NSW RFS strongly recommends activities such as using a tractor or slashing on rural properties and acreage, be carefully considered.

**Can I use an electric BBQ?** – you may to use an electric barbeque for cooking as long as it is under the direct control of a responsible adult, who is present at all times while it is operating, and no combustible material is allowed within 2 metres at any time it is operating.

**Can I use a gas BBQ?** - You may use a gas

barbecue under the following conditions:

- It is under the direct control of a responsible adult, who is present at all times while it is operating; No combustible material is allowed within 2 metres at any time it is operating;
- You have an immediate and continuous supply of water; and
- The barbecue is within 20 metres of a permanent private dwelling such as a home; or
- The barbecue is within a designated picnic area and the appliance is approved by Council, National Parks or State Forest.

**Can I use a BBQ or pizza oven that burns solid fuel** (e.g. wood, charcoal, heat beads)? - **No.** A barbecue or wood fired pizza oven that uses solid fuel, such as wood, charcoal or heat beads, cannot be used outside during a Total Fire Ban.

**Can I use fire during a Total Fire Ban if I have a fire permit?** - Permits are suspended on days of a Total Fire Ban. Permits may resume after the Total Fire Ban is lifted, as long as the permit hasn't expired. Contact your Brigade Permit Officer or the nearest NSW RFS Fire Control centre for further information.

**Are there any exemptions during a Total Fire Ban?** - A range of activities may be exempt from Total Fire Bans, such as emergency infrastructure work, beehive smokers, mining operations, sugar cane harvesting, use of fireworks or ceremonial fires. The NSW RFS Commissioner is responsible for exemptions to Total Fire Bans and these exemptions are detailed in the NSW Government Gazette each time a Total Fire Ban is declared.

**What penalties are there for lighting a fire during a Total Fire Ban?** - Lighting a fire on a day of Total Fire Ban attracts an on the spot fine of **\$2,200**. If the matter goes to court, you could be subject to a fine of up to **\$5,500 and/or 12 months gaol**. Penalties for a fire that escapes and damages or destroys life, property or the environment can attract much greater fines and gaol terms with maximums at **\$132,000 and/or 14 years gaol**. Civil law suits can also be brought against the person responsible for a fire by those seeking compensation for losses sustained.

**What is a No Burn day?** - The EPA may prohibit the burning of fires in the open or in incinerators by issuing a No-Burn Notice if it is of the opinion that, because forecast weather conditions, burning is likely to contribute to the build-up of air pollution. To find out if a No-Burn notice is in force check the EPA website or check the Public Notices section of the Sydney Morning Herald. A No-Burn notice will be published in the newspaper on the day it is in force; or call the EPA Environmental Information Line on 131 555.



# PREPARE YOUR BUSH FIRE SURVIVAL PLAN - FOUR SIMPLE STEPS



## **STEP 1 - DISCUSS WHAT TO DO IF A BUSH FIRE THREATENS YOUR HOME**

Many households find that having a discussion over dinner works best, as everybody is together and focussed.



## **STEP 2 - PREPARE YOUR HOME AND GET IT READY FOR BUSH FIRE SEASON**

There are simple things you can do around your home to prepare it for a bush fire, such as keeping the grass low and having a cleared area around your home.



## **STEP 3 - KNOW THE BUSH FIRE ALERT LEVELS**

If there is a fire in your area, you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.



## **STEP 4 - KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP**

In a bush fire, it is important that you stay up to date on conditions in your area.

It is a fact. If you and your home are well prepared, you stand a better chance of surviving a bush fire. Download the four simple steps today from the NSW Rural Fire website at:

<https://www.rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan>

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 or find us on [facebook.com](https://www.facebook.com) search for Grose Vale.

**GREG WALKER**

Grose Vale Brigade Community Engagement Officer

## Spring Market in October

On Saturday the 19th of October the Bowen Mountain Park Management Committee put on our very first Spring Market in our beautiful park. Despite the windy conditions that Mother Nature sent our way we had a fantastic turn out with residents attending from all over the Hawkesbury! There were so many amazing local businesses and products to purchase between our 36 stalls and let's not forget about the delicious food. The free kid's activities proved very popular with some spectacular rock art and Jenga building. Co and Chai from

alpaca kisses were also a great surprise and there were plenty of kisses given throughout the afternoon so a big thank-you to Maria and her helpers for the experience I'm sure many won't forget.

The Park Committee would like to thank all our volunteers, Prismatic Productions, Sully's Nursery, all our stall holders and the general public for making the day as enjoyable and successful as it was. It was certainly an event not to be missed; hopefully we will see you all again next year.

Louise Hawkins for the BMPMC



**NBN Rollout:** I have been in touch with Stefanie Jones from NBN. She advises that pipe proving and some boring has already begun at Bowen Mountain, and that construction plus all the checks after construction will be completed by April-June 2020. **JOHN WULFF**

## Bowen Mountain – My Home

*At the BMA Annual General Meeting on Sunday 18th August, three residents gave a brief talk on **Bowen Mountain – My Home**. Here are two of the stories:*

### **Flyn Morgan**

My name is Flyn and I have lived on the mountain since I was seven months old. I go to Grose View Public School and am currently the school captain there and in Year 6.

I love living in Bowen Mountain because I love living in amongst the bushland and nature. We live next to the Burralow Fire Trail and I can go for bush-walks everyday. It is cool almost living next door to a working observatory. Not many people have that in their neighbourhood.

In my opinion we have the best park in the Hawkesbury. It's a good place for me to meet my friends and our halloween festival is the best I've been to and I only have to walk down the road to get there.

I love going to Grose View Public School because it reminds me of our mountain as it is surrounded by nature. I am enjoying my role as School Captain as it has taught me leadership skills and let me give back to my community by representing my school at local Anzac ceremonies.

Our Bowen Mountain community is also special because of all the things we do the help others. I am part of a team that is raising money for the Black Dog Institute by paddling in the Massive Murray Paddle in November. My family as well as two other Bowen Mountain families are involved and we will paddle 402kms down the Murray River over 5 days.

### **Finn Jakobsen**

Came to Australia in 1981

Was in Villawood Hostel six months. Rented a house at Castle Hill and later in Kings Langley. Bought a house in Seven Hills and lived there for seventeen years. We had talked about a move to another area but we just talked. One day our eldest son came home with one of these Real Estate books. He showed us a house at Bowen Mountain, we had no idea where that was. We called the Real Estate agent, (Cathy McManus) on a Saturday morning and about 10.00am we came to No.18 Bunya Crescent and we bought it the same



day. This happened in December 2002.

When we moved in, the neighbour in No. 20 came and said "welcome to paradise". On one of the first days I met a nice lady in the park – Martha. I was a self-employed Electrician-Contractor. And Martha gave me several customer contacts, even on Bowen Mountain. Another contact was on the other side of Penrith and there were also several others. My thanks to Martha. It was good I met her.

We had three dogs. One German Shepherd, and two Labradors. We walked them every day. There were long walks in the bush, they loved it. My German Shepherd developed cancer and we had to say farewell to him.

One day I took the two Labradors to the park (including Poo-bags). The dogs went over to the playground to say "hello" to the kids. We always, after the walk, ended in the park. On one occasion, while sitting on the bench, the kids came to say "hello" to the dogs. There was something special in the air that day, the atmosphere, the dogs and the kids that I got the idea to start a Dog Club. I put a little note in the Newsletter and I talked to other dog owners about the Dog Club.

The Dog Club existed for almost two years. John Holmes came over into the park but had no dog. "Don't worry John" I said, 'I have two dogs, borrow one of mine'. Neil Hartley also enjoyed coming over to the park. As we all know, Neil's hearing is zero, so he reads your lips when you talk to him. But Neil said to me "I can't understand you, you are mumbling". I told Neil it was my accent – good laugh. Our dogs went up to the Rainbow Meadow and some dog owners and their dogs moved to other areas, so the Dog Club slowly ended. We do have a good society and we were lucky to have good neighbours.

Four years ago I had a cardio-vascular arrest. When I came home from hospital, I got so many flowers and cards. It was fantastic and it helped me a lot to get back to normal life.

Nineteen years have passed, and things have changed. Years ago, for the AGM meeting there were many people, today very few. What a shame. Over many years our committee members have worked hard to get things done on Bowen Mountain. All the young people should show their respect to those people who have worked so hard to get things done.

However, I also know that if you have kids, school and sports, it takes a lot of time, but see if you can have some spare time for the BMA Association.

All the best. *F/M*





## Noela Woods – Artist of Bowen Mountain

Noela Woods exhibited at The Bowen Mountain Arts Fest- “ Art on the Move” 2019, which ran from January 11th – 31st 2019 at the Village Kitchen, Kurrajong. Noela’s unique paintings drew many favourable comments. Here is Noela’s story.

“Drawing and painting have always been of interest to me but for many years they were put on the “to do again one day” list. When I resumed painting I joined a class on oil painting in Orange and I have worked in oils ever since.

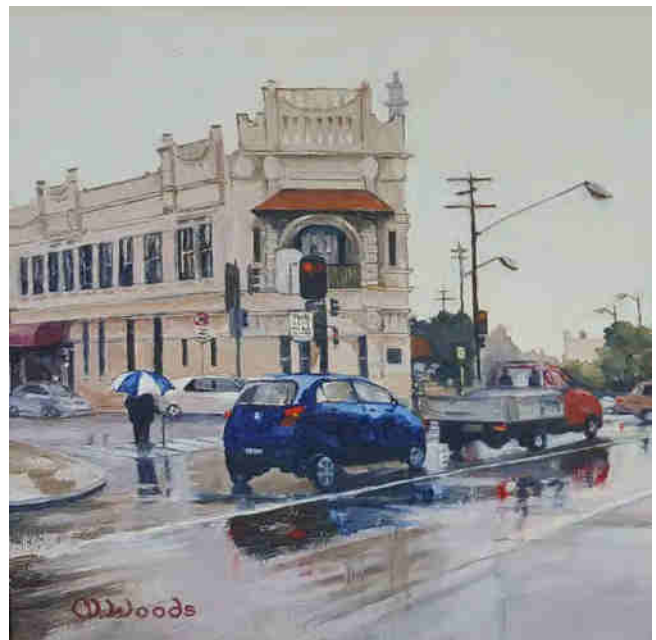
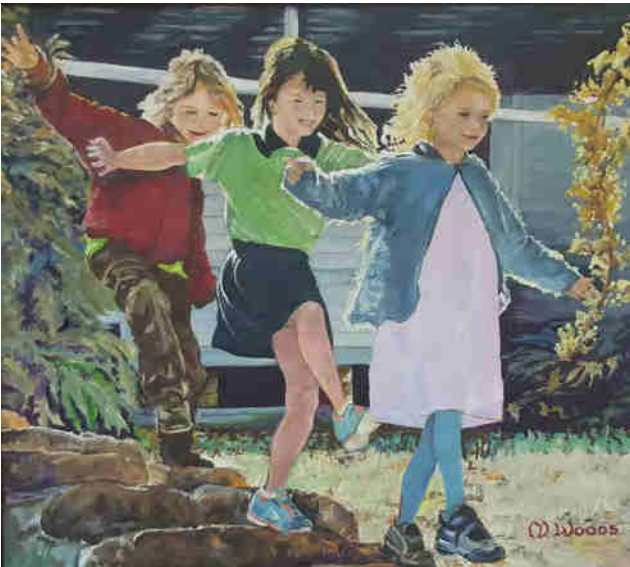
When my husband and I moved to Bowen Mountain seventeen years ago, I joined a painting group in North Richmond led by Bernie Lavender. We painted local landscapes and historic rural buildings. This group held several exhibitions at St Peter’s

Church Hall during my time as a member.

I have otherwise entered paintings in the BMA Art Exhibitions, the Hakwesbury Agricultural Show and other local Art Shows.

For the last few years I have also entered paintings in the Country Women’s Association Art Show, which is held at the CWA Annual State Conference.

These days I paint at home and enjoy painting various subjects. I love to paint children and am in the process of doing a childhood portrait for each of my grandchildren for his or her 21st Birthday. We have twenty two grandchildren and so far I have completed just eleven portraits, so I will be busy for some time to come yet”.



*A selection of Noela Woods’ paintings (also cover)*



## Bowen Mountain Halloween Festival, 2019

In early October, rumours began circulating about a ghostlike apparition seen at odd hours around Bowen Mountain. Numerous reports of a “Headless Hitchhiker” wandering Bowen Mountain Road between Serpentine Lane and Gunbower Rd were issued by concerned residents. Old folk from the mountain remembered a story from long ago of a German hitch hiker by the name of Walter Hermann Heinrich who was tragically struck whilst attempting to leave the mountain late one night. Suspicions arose as to whether this was indeed his ghost, still trying to leave the mountain.

As darkness fell on the mountain visitors to Bowen Mountain Park began to notice the rotten wooden fence of an ancient, abandoned graveyard. Smoke drifted through old rotten timber, dead flowers adored makeshift graves, and above it all, hung the silent headless corpse of macabre headless hitchhiker holding a rose. A banshee screamed overhead, a skeleton hand protruded from one of the graves... the 2019 Halloween Festival had begun!

This year marked an incredible effort on behalf of the small but energetic Halloween Committee. There were fascinating sets and displays sprinkled all over the park. A huge graveyard full of fresh graves, weathered crucifixes marked by old crooked and splintered picket fences. A towering Jack Skelington lurched in the breeze surrounded by moldy nooses and jack-o-lanterns. The old gravity feed tank created mystery and intrigue again with the haunting story of Ryan Turner, lured into a watery tomb by the ghost of William Clifton. Passers-by could hear the laughter of a small boy echoing up from the old tank. There were witch's hats hanging from trees, lanterns bejeweling the old mossy oak tree and hundreds of haunting pictures of Halloween costumes of yesteryear, circa 1920.

There were games and activities for the kids (Zombie Bullrush, Three-Legged Monster Races, Eye-ball-and-spoon Races).

The festival was again blessed with the Australian Fursuiters, who brought their unusual hilarity and spontaneous energy. The Grose View Dance Group was a crowd favourite with a ‘Flash Mob’ style dance that thoroughly entertained the large gathering.

Olivia, Grace and Ashley Barker stunned a huge crowd with their incredible circus act. Contortionism, dancing and an awe-inspiring display of foot archery left everybody breathless and amazed.

There was live music by awesome Bowen Mountain resident musicians Raf and Fernando, who played many sets and provided a wonderful atmosphere by

providing 30 large samba drums and running drumming classes for anyone who was keen to give it a go.

There was face-painting, fairy floss, arts and craft, and of course, the famous BMA BBQ.

There was an abundance of amazing cupcakes thanks to Evette Sinton and Christine Johns—graveyard themed, poo themed and day-of-the-dead inspired cupcakes to name just a few.

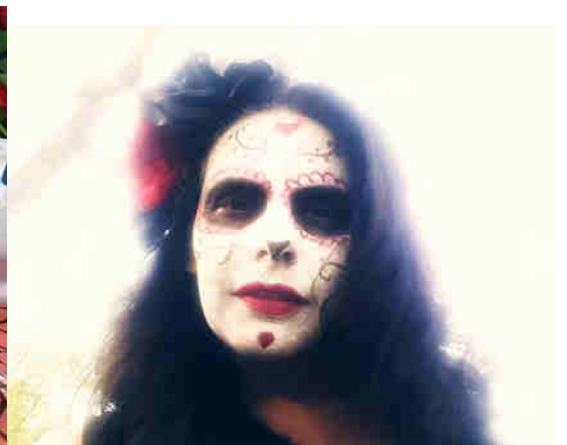
The Festival concluded with a huge Fancy Dress Parade. The Grim Reaper arrived on a Harley Davidson and threw handfuls of lollies to the kids. He also awarded prizes kindly donated by Goodie Goodie Gumdrops to the winners of each category. “Atrocious Adults” was won by the Big Scary Clown. “Terrible Teens” was won by Pennywise, “Korrosive Kids” was won by The Wolf who ate Grandma and “Terrifying Toddlers” was won by the cutest little Beetlejuice you have ever seen.

The most entertaining of all was the incredible array of costumes worn by festival goers. There were families of zombies, witches and superheroes. Villains, butchers and princesses. Assorted clowns, aliens, devils and demons, skeletons, nuns, nurses and ghosts. Donald Trump arrived with a Super Trooper, skeletons, soldiers, Minions, werewolves, grandmas and fairies. But above all, there was laughter, smiles and giggles, conversation and merriment. The community spirit was so evident at every turn and moment.

A HUGE thank you to the so many people for their MONSTROUS effort in making this event possible: Sarah Morgan, Karl O'Rourke, Evette Sinton, Christine Johns, Lance, Hope & Maisie Mitchell, Bill and Alison Kerr, Yane Jamieson, Sally Blackwell, Ken Barnes, Stacy Jenkinson, Shane Maxfield, Roma Roshika, Robin Woods, Rafael, Fernando & Natalia, Alex Clifton, Howard and Judith Mitchell, Vince Lopez, Laurie & Di Fairweather, Michelle Barker and her wonderful daughters Olivia, Grace and Ashlee. James Dawes, Greg Walker and Piet Roebbers (RFS) and Brilee Wood (Goodie Goodie Gumdrops, Kurrajong).







## MEMBERSHIP RENEWAL REMINDER

The Bowen Mountain Association Inc, PO Box 3141, GROSE VALE 2753

We would like to remind you to join/ renew your membership of the Bowen Mountain Association Inc (BMA) for the 2020 membership year.

\* Single Rate \$5.00    \* Family Rate \$10.00

Your membership will assist the BMA to run all of its activities throughout the year and publish the newsletter.

### EFT Details:

Bendigo Bank

Account Name: **Bowen Mountain Association Inc.**

BSB: **633 000**

Account Number: **1182 44003**

Note: Please state your Surname, first initial and 'Membership' in the Reference/ Message section (Example: "Myname I Membership").

If you are a new member, could you please email the secretary, Alison Kerr on

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

with the following details First Name, Last Name, Address and Contact Number.

Thank you

### Snap, Send, Solve

A useful app

This App allows the user to identify and photograph issues (eg damage) and send it and a notification to the relevant authorities (eg local council, Sydney Water...) If you are connected to the internet while taking the photo the App will (if you have allowed location) automatically send details of the location. If not connected, it is necessary to put a "pin drop" on a map while connected.

An example of a successful reported issue was

recently while we were in Kiama. we noticed a leaking water hydrant with water flowing down the street. We took a photo using the App, went back to our friends place, identified the location on a map while internet connected and sent the photo and brief note to Sydney Water. The next day we saw them fixing the leaking hydrant; water and road damage saved. Of course, the effectiveness of the App depends on the relevant authority responding!

COLIN CHESTERMAN

## BOWEN MOUNTAIN AUTUMN MARKET DAY CAR BOOT SALE and SUSTAINABILITY FAIR

Market stalls with plants, fruit, vegies, seedlings, pots, assorted gifts and crafts, bric a brac, jams, cakes, clothing, sausage sizzle, coffee cart, raffle.

SATURDAY 4<sup>th</sup> APRIL 2020, 8.30am - 3.00pm

BOWEN MOUNTAIN PARK

Book your market stand or car space at \$20.00

Phone Alison: 0419 167 088

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

Another event organised by your Bowen Mountain Association.



## LOCAL GARDENS – LOCAL FOOD

### SHARING THE KNOWLEDGE AND THE HARVEST

How do you like the idea of growing your own fresh vegetables and sharing them with neighbours in Bowen Mountain?

What's needed?

Space, water, soil, and a bit of friendly assistance! A discussion has started

..add your name and ....we will organise a meeting in late November!

See the discussion on FB “Bowen Mountain- What happens on the mountain stays on the mountain”. Since posting this invitation, a stall was set up at the Market Day to continue the discussion around my own display of vegetables, flowers, and herbs. We collected names of interested locals. Ideas were shared such as attracting pollinators and useful bugs, what grows in our soils, what fertilisers to use. Via FB and this stall, over 15 locals have shown interest.



This group has started through discussions by Robin Woods. I live at 37 Bellbird Crescent and am a member of Hawkesbury Environment Network HEN which advocates for sustainability. Contact me on 0414 672 014 or email [rwoodsy07@gmail.com](mailto:rwoodsy07@gmail.com) to add your name for a meeting.

ROBIN WOODS

PS, the plan is in the really early stages and not extending to the creation of a community garden, such as those that have been created elsewhere in the Hawkesbury.

*The Local Gardens Table at the Spring Fair*

### Imy our Ice Hockey Girl

In early November our very own Imogen (Imy) MacMahon represented Australia in the Selects Ice Hockey Team playing in the Taiwan Cup in Taipei. The team consisted of 13 players and 2 goalies, ranging in age from 15-29 year. Australia came 5th out of 8.

“This was her first time overseas and she had a great week, although it was a blur – they honestly ate, slept and played as it was such a quick trip”, says proud mum, Belinda.

As we go to print Imy hopes to make the under 18's team to play in the World Championships, to be held in January, 2020 in in Logan, Boston and Maine, USA and Eindhoven, Netherlands.

Well done, Imy and all the best for the future in your chosen sport.

### Breaking News 19 November 2019

Imy made the Australian U18 team for the World Championships.





## Culinary Corner

### WIZARD'S BLOOD BROWNIES – RED VELVET CHEESECAKE SWIRL BROWNIES

#### *Red Velvet Brownies*

- 2 large eggs
- 1/2 cup (1 stick or 115g) unsalted butter
- 1 cup (200g) granulated sugar
- 2 teaspoons pure vanilla extract
- 1/4 cup (21g) unsweetened cocoa powder
- a pinch of salt
- 1 tablespoon liquid or gel red food colouring
- 3/4 teaspoon white vinegar
- 3/4 cup (95g) self raising flour

#### *Cheesecake Swirl*

- 8 ounces (224g) cream cheese, softened
- 1/4 cup (50g) granulated sugar
- 1 egg yolk
- 1/2 teaspoon pure vanilla extract

#### **METHOD**

1. Preheat oven to 180 degrees
2. Spray 8×8 baking pan with non-stick spray.
3. Make the brownie layer first: In a small bowl, beat the 2 eggs together. Set aside. Melt the butter in a large microwave safe bowl in 30 second increments until melted. Stir in 1 cup sugar, 2 teaspoons vanilla extract, cocoa powder, salt, food colouring, and vinegar. Mix each of those ingredients into the batter in that order. Whisk in the eggs, then fold in the flour until completely incorporated. Do not overmix. Pour the brownie batter into prepared baking pan, leaving about 3-4 tablespoons for the top.
4. Make the cheesecake swirl: With a hand-held mixer on medium speed, beat the softened cream cheese, 1/4 cup sugar, egg yolk, and 1/2 teaspoon vanilla in a medium bowl until completely smooth – about 1 minute. Dollop spoonfuls of the cream cheese mixture on top of the prepared brownie batter. Cover with the last few tablespoons of brownie batter. Glide a knife through the layers, creating a swirl pattern.
5. Bake the brownies for 28-30 minutes or until a toothpick inserted in the middle comes out clean. Allow the brownies to cool completely before cutting into squares. Cover brownies and store at room temperature for 3 days or in the refrigerator for up to 6 days.

**Freezing Instructions:** Brownies will freeze well, up to 2 months. Thaw overnight in the fridge.

**Evette Sinton**



### **WITCHES FINGERS - NO MEAT SAUSAGE ROLLS**

- 1 cup of cottage cheese (low fat optional)
- 1/2 cup of pecans or walnuts (roughly chopped)
- 3 eggs
- 1 onion, chopped
- 1 tablespoon of soy sauce
- 1 cup of cooking oats
- 1/2 cup of dry breadcrumbs
- 3 sheets of puff pastry
- 1 tablespoon of milk



#### **METHOD**

1. Preheat oven to 180 degrees
2. Mix together cottage cheese, nuts, eggs, onion and soy sauce, then add oats and breadcrumbs. Mix well.
3. Cut each pastry sheet in half and brush edges with the milk.
4. Divide mixture and place along edge of each pastry sheet then roll up the pastry. Brush with milk and use a fork to stab air holes in the pastry then cut up the each roll into 5 piece to make bite size sausage rolls (sprinkle with sesame seeds optional).
5. Place on a lightly greased tray and place in the oven for 20-25 mins or till golden.

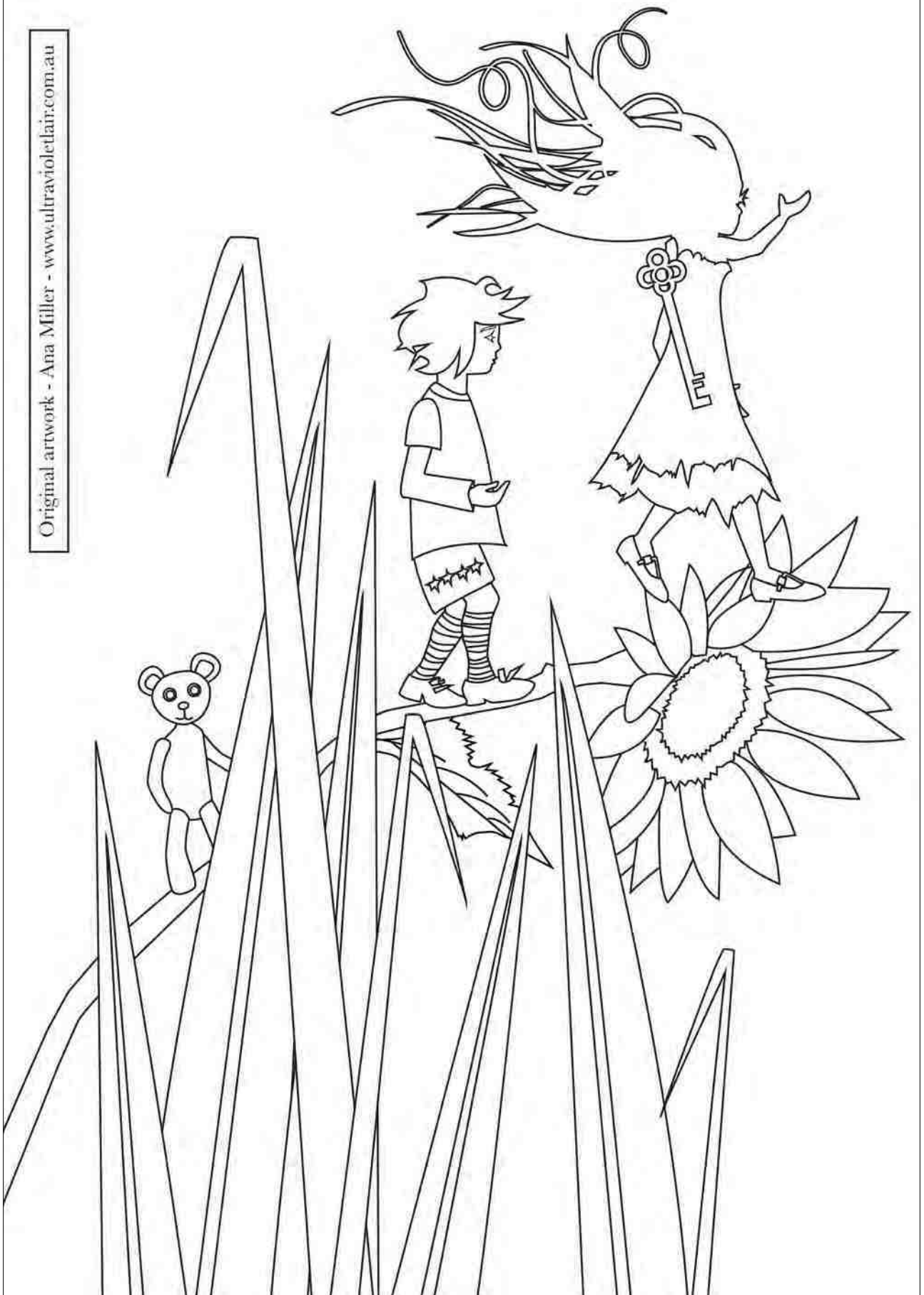
**WARNING:** The above recipe contains NUTS.

**Christine Johns**



## KIDS KORNER

Original artwork - Ana Miller - [www.ultravioletlair.com.au](http://www.ultravioletlair.com.au)



## Community Notices

### 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 2019** subject to weather.

**Saturday 21 Dec 2019**

**Saturday 18 Jan 2020**

**Saturday 15 Feb 2020**

**Saturday 14 Mar 2020**

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@asnsw.com**

### Invitation



Community Care Christmas Lunch

**Monday 9<sup>th</sup> December 2019**

**11.30am - 1.30pm**

Bowen Mountain Hall

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

**Join the BMA facebook Page and stay connected with other people from Bowen Mountain around the world.**

Go to [www.facebook.com](http://www.facebook.com)

Create or open your facebook account (this is free)

Search for 'Bowen Mountain'

(the logo is the Bunya Tree)

Click "Like"

### Vale - Albert (Bert) Moriarty

29/11/1920 - 14/11/2019

much loved, long time mountain resident and artist greatly missed

### Vale - Hughie Walker

Long term Bowen Mountain resident Hughie Walker passed away 12<sup>th</sup> November, 2019. In his more active days he walked the streets of Bowen Mt with his little dog Archie. RIP

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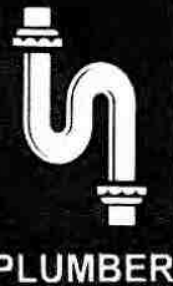


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