

The Bowen Mountain Association Inc.

# NEWSLETTER

Issue No 142, 3, 4 **Summer** December 2020



**In This Issue**

**GangGang sighted at Bowen Mountain**

**Southern Trail to Poets Rock bush walk**

**Street Connect**

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 Unacknowledged articles will not be published.

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**Editor**  
4572 1635  
**Advertising**  
Bill Kerr – 0409 989 810

Email address for lodgement of newsletter contributions:

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

**Newsletter Mailing address:**  
**BMA Newsletter Committee**  
37 Bellbird, Crescent Bowen Mt. 2753

**Website:** [www.bowenmountain.org.au](http://www.bowenmountain.org.au)  
[facebook.com](https://www.facebook.com/bowenmountain) search for 'Bowen Mountain'

**DEADLINE for March Issue**  
**1 February 2021**

**COVER**  
**GangGang sighted at Bowen Mountain**  
Lance Mitchell

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## Editor's Letter

After several months "Covid holiday" we are now back on track to bring you the Summer edition of the BMA Newsletter.

Thank you to Lance for your article and wonderful Gang-gang photographs.

We are very fortunate to live in an area surrounded by beautiful bushland and walking trails, so in anticipation of the 7th edition of Bowen Mountain Bushwalks, coming soon, we have printed the Southern Walk for you to try. On your walk what can you hear or see? Have you spotted a koala, a bellbird, a gang-gang, or grandfather's whiskers? For our next issue, perhaps you could send us a short piece about a local walk you have tried.

Items for the newsletter can be forwarded to the address opposite or left in the mailbox at 37 Bellbird Crescent before the deadline.

This issue includes the BMA 2021 calendar, Park Report and important information in the Fire Report.

Don't forget to join or renew your BMA membership due now. Information on page 11.

Wishing you a safe Christmas season and a brighter 2021.

*BMA Newsletter Committee*

### Newsletter Editorial Committee

Alison Kerr, Elaine Leahy, Robin Woods, John Wulff.  
Distribution Coordinator: Colin Chesterman 4572 1710.

### Bowen Mountain Association Inc. Executive

**President** - Bill Kerr  
**Vice President** – Lance Mitchell  
**Secretary** - Alison Kerr  
secretary@bowenmountain.org.au  
**Treasurer** – Liz Rowan

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Sue Hoare, Colin Chesterman, Sarah Morgan, Karl O'Rourke, Robin Woods, John Wulff

### Arts Fest Committee

Sarah Morgan, Karl O'Rourke, Alison Kerr, Bill Kerr

### 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 – DECEMBER 2020

The new decade of 2020 heralded a surreal and challenging year for all. We hope that everyone has been safe and healthy during this time. Due to COVID 19, the BMA went into hibernation for the majority of the year but did not sleep. In June, due to COVID 19 we had to postpone publication and distribution of the Bowen Mountain Association Newsletter. However, to end a challenging year on a positive note we have decided to publish the Summer edition of the newsletter in early December 2020 and quarterly thereafter.

During the year the BMA was active during its hibernation and achieved many goals. BMA meetings were conducted as scheduled throughout the year via email. BMA achievements during this year included:

1. Detailed consultations with Inspector Jenkins, Inspector Ornatowski, Hawkesbury Police and Hawkesbury General Manager in regard to footpaths near Pamela Crescent needing urgent repair and concern over bike riders riding on pedestrian walkways and through the Park while children are playing.  
**Action** resulted in repair to footpaths and bollards being placed at the end of pedestrian walkways to prevent bike riders entering these spaces.  
**Action** Hawkesbury Police will assist with tasking patrols in the area, and place it on their tasking sheet for crews to patrol.
2. The BMA has endorsed the establishment of a sub committee to undertake a renewal and revision of the Bowen Mt Bushwalks book, as the last revision was the 5th edition in 2009. The sub committee is chaired by Robin Woods with participation invited from a range of contributors. An example of one of the revised walks is printed in this newsletter. The revised book will include photos, walk information and revised maps. More information on the format of the revised book will be communicated in forthcoming newsletters.
3. The Bowen Mountain Association applied for grant funding from Bendigo Bank to cover the cost of printing the revised Bushwalk book. We were successful in achieving a grant from Bendigo Bank who wrote "I am happy to inform you that we have unanimously agreed to assist with sponsorship of \$840.00 (Inclusive of GST if any)."
4. Facebook has been active throughout the year and documented this challenging year with some excellent and poignant photographs. We hope you have enjoyed these photos.
5. The BMA worked with Susan Templeman and

others to restore Telstra phones to the area when phone lines were cut for over one month to most homes. We also worked with Susan and others to fast track the installation of the NBN on the mountain.

6. The BMA Community Care committee organised by Liz Rowan and Martha Allen posted letters to everyone on the Community Care list to advise them Community Care were there to assist with shopping and to have a chat during the Covid 19 lockdown. Shopping was undertaken for some people and phone calls made to check on people.
7. Community care packages were made and delivered to our seniors on the mountain during the year. Each package included face masks, hand sanitizer, chocolates, lollies, a packet of biscuits, with a small card attached to the bag. Everyone said it was so nice to receive the bag and know that we were thinking of them.
8. Due to Covid restrictions this year, the Christmas Luncheon will be replaced with hand delivered Christmas packages.
9. As advised by NSW Fair Trading in regard to Annual General Meetings under COVID-19, the BMA has postponed its 2020 AGM until early in 2021.

The BMA is planning entertaining activities for 2021, which are on the advanced calendar in this newsletter and will be dependent on COVID restrictions. The BMA will be on annual holidays during December and January and will resume meetings in February 2021. We would like to thank the Bowen Mountain Management Committee and the subcommittees for all their tireless work throughout 2020 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 2021 filled with peace, happiness, good health and success.

*Bill and Alison Kerr*

President and Secretary, Bowen Mountain Association



*Koala recently seen in the vicinity of Currawong Crescent*

# BOWEN MOUNTAIN ASSOCIATION 2021 CALENDAR OF COMMUNITY EVENTS

**REPEAT ITEMS:** BMA COMMITTEE MEETING: Second Monday of every month commencing in February 2021.

**PLEASE NOTE:** Due to COVID 19 Restrictions all of the dates and venues below are subject to confirmation and at the moment are only proposed.

DATE		ITEM
FEBRUARY	Thursday 4 <sup>th</sup>	Park Annual General Meeting, Bowen Mountain Park Hall
	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
MARCH	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Wednesday 17th	BMA Dinner – St. Patrick's Day- TBA All Welcome.
APRIL	April TBC	Car Boot Sale, Market Day and Sustainability Fair – Bowen Mountain Park
	Monday 12th	BMA MEETING – Bowen Mountain Park Hall
MAY	Monday 10 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
JUNE	Monday 14 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday TBC	Winter Interlude – Bowen Mountain Park Hall
JULY	Monday 12 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
AUGUST	Monday 9 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall BMA AGM
	Sunday 21 <sup>st</sup>	
SEPTEMBER	Monday 13 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 31 <sup>st</sup>	Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Monday 13 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall Christmas Party

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

## Gang Gang sighting

When walking near the Crago Observatory in late May, I saw a familiar bright flash of red in the bush. After approaching him very carefully and quietly, it was a privilege and an honour to spend a few quiet minutes with this superb male Gang Gang Cockatoo, chatting in friendly conversation and generally observing each other speculatively. He was lovely enough to allow me to get very close and take these personal close-ups. The Gang Gang Cockatoo (*Callocephalon fimbriatum*) is found in the cooler

and wetter forests and woodlands of south eastern Australia, particularly in alpine bushland. Mostly charcoal grey in colour, the male has a handsome red head and crest, while the female has a smaller fluffy grey crest. The Gang Gang call is described as resembling a creaky gate, or the sound of a cork being pulled from a wine bottle. What a wonderful experience it was to share a few moments with this peaceful old soul

*Lance Mitchell*



### **GANG GANG Cacatuidae** (*Callocephalon fimbriatum*)

The Gang-gang Cockatoo can be seen throughout many parts of south-eastern Australia. It is a small stocky cockatoo with a wispy crest, large, broad wings and a short tail. The adult male has a distinctive scarlet red head and crest, with the rest of the body slate-grey. The adult female has a dark grey head and crest, with the feathers of the underparts edged pink and yellow. In both sexes, the feathers of the underparts and wings are faintly edged pale-grey, giving a barred appearance, with females having additional yellow edging to their feathers that increases the barred effect.

Gang-gangs are gregarious but relatively quiet cockatoos. They feed mainly on seeds of native and introduced trees and shrubs, with a preference for eucalypts, wattles and introduced hawthorns. They will also eat berries, fruits, nuts and insects and their

larvae. They are mainly found in trees, coming to the ground only to drink and to forage among fallen fruits and pine cones.

Gang-gangs form close monogamous pairs. The female chooses the nest hollow in a suitable tree and both sexes prepare the nest foraging, lining it with wood chips and dust by chewing at the sides of the hollow. Both sexes incubate the eggs and care for the young. Parents feed their young for a further four to six weeks after fledgling and family groups will be seen feeding together during the breeding season. In some cases 'creches' will be formed – where several pairs have nested close together, their young will roost together in the same tree while their parents are foraging.

Source: Birdlife Australia.

*The Gang-gang Cockatoo is the fauna emblem for the Australian Capital Territory*



## Summer Edition - FIRE REPORT

This time last year and for the remainder of the 2019/2020 summer period, Bowen Mountain and Grose Vale faced the threat of being impacted by bushfire at any time. Fortunately this did not occur though areas within the Hawkesbury were affected by bushfires which is still evident today.

While a number of local Hazard Reductions were conducted around Bowen Mountain and Grose Vale during winter and spring, the welcomed current wet weather, which is anticipated to remain dominant until the end of summer, has shortened the window to undertake further Hazard Reductions and other important works to mitigate the threat of bushfire. However, when weather conditions permit, Grose Vale Brigade will continue to undertake local Hazard Reductions. With this in mind, it is timely to remind residents of the need to remain vigilant for the ever present threat of bush fire regardless of the time of year or weather conditions.



**Bush Fire Season:** the Bush Fire Season for the Hawkesbury began on the 1st October 2020 and will continue until the 31<sup>st</sup> March 2021.

**Pile Burns:** if you are planning to undertake a pile burn, a Fire permit will be required for to conduct a pile burn, in addition to meeting the requirements of Hawkesbury City Council Open Burning Policy.

Further information is available from the Hawkesbury District Fire Control Centre on: **4560 6400** and the Hawkesbury City Council website: <https://www.hawkesbury.nsw.gov.au/resources/forms/open-burning> or contacting Hawkesbury City Council on **4560 4444**.

**NOTE: Hawkesbury City Council advises the following:**

- a Pile burns and other fires must be put out by the end of the day and **not** smoulder overnight.
- b Within the Bushfire Danger Period, burning shall only be conducted between 8am and midnight on any day (the fire cannot burn all night).
- c Outside the Bushfire Danger Period, burning shall only be conducted between 8am and 5pm on any day (the fire must be out by 5pm).

Further information regarding 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 barbeque 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 barbeque is within **20 metres** of a permanent private dwelling such as a home; or
- The barbeque 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 barbeque 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. 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 **\$2200**. If the matter goes to court, you could be subject to a fine of up to **\$5500 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 NSW Environment Protection Authority (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 WITH 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](#) search for Grose Vale.

*Grose Vale Brigade Community Engagement Officer - Greg Walker*

# Park Report

Bowen Mountain Park Management Committee (BMPMC)

## AGM

The Park Annual General Meeting will be held in the Park Hall at 7.30pm 4<sup>th</sup> February, 2021. All welcome!

## Playgroup

We hope that playgroup will recommence next year. Check out commencement details on 'Bowen Mountain Playtime' Facebook group

## Basketball Hoop

It is great to see so many people using the basketball hoop. It has been so popular the grass at the shooting area has worn away. Council have been asked to cover the area with soft fall. No response so far! Soft fall will be safer, quieter and cheaper than a concrete slab. The sound of the bouncing ball should not be loud enough to upset residents in nearby Bunya Cres.! Hopefully the park basketball will stay/be returned!

## Hall Hire

The hall is available for hiring but functions must comply with Covid-19 restrictions. The maximum number allowed inside, because of the hall area, is 20 persons.



Check out the calendar and booking requirements at:

<http://www.bowenmountain.org.au/bookings/booking-community-room/> or phone 4572 1710

## Sundial Garden

The sundial garden has been cleared of weeds, replanted and the borders repaired. Thanks very much to the volunteers. Jai, Brad, Lysa, Stewart, Ken, Stacy, Grayden and also Sully's Nursery for their ongoing contributions and support with plants. It is hoped to resurrect the gnomone on the sundial.

## Farewell to Peta

Peta was playgroup coordinator in the park for a couple of years. Her family are leaving the mountain and moving to Clarence. Thanks Peta; we wish the family all the best.

## Christmas Market Day

Santa will be available for photos so bring your own camera or phone along if you would like a picture. ... Remember to please abide by NSW Health Covid guidelines by keeping a 1.5m distance from others, wash/ sanitise hands often and follow the signage. We hope to see you there!!

See you in the park!

*Colin Chesterman*, Chairman

*Louise Hawkins*, Secretary



Bowen Mountain

*Christmas Market*

Saturday 12th of December

3pm-6pm

Bowen Mountain Park

Variety of Market Stalls

Tea, Coffee, Slushies

kids activities

Santa



Bowen Mountain Park Events

Brought to you by the Bowen Mountain Park Management Committee





## From the new BOWEN MOUNTAIN BUSHWALKS book

### SOUTHERN TRAIL

An easy walk along a fire trail – 1 to 2 hours return

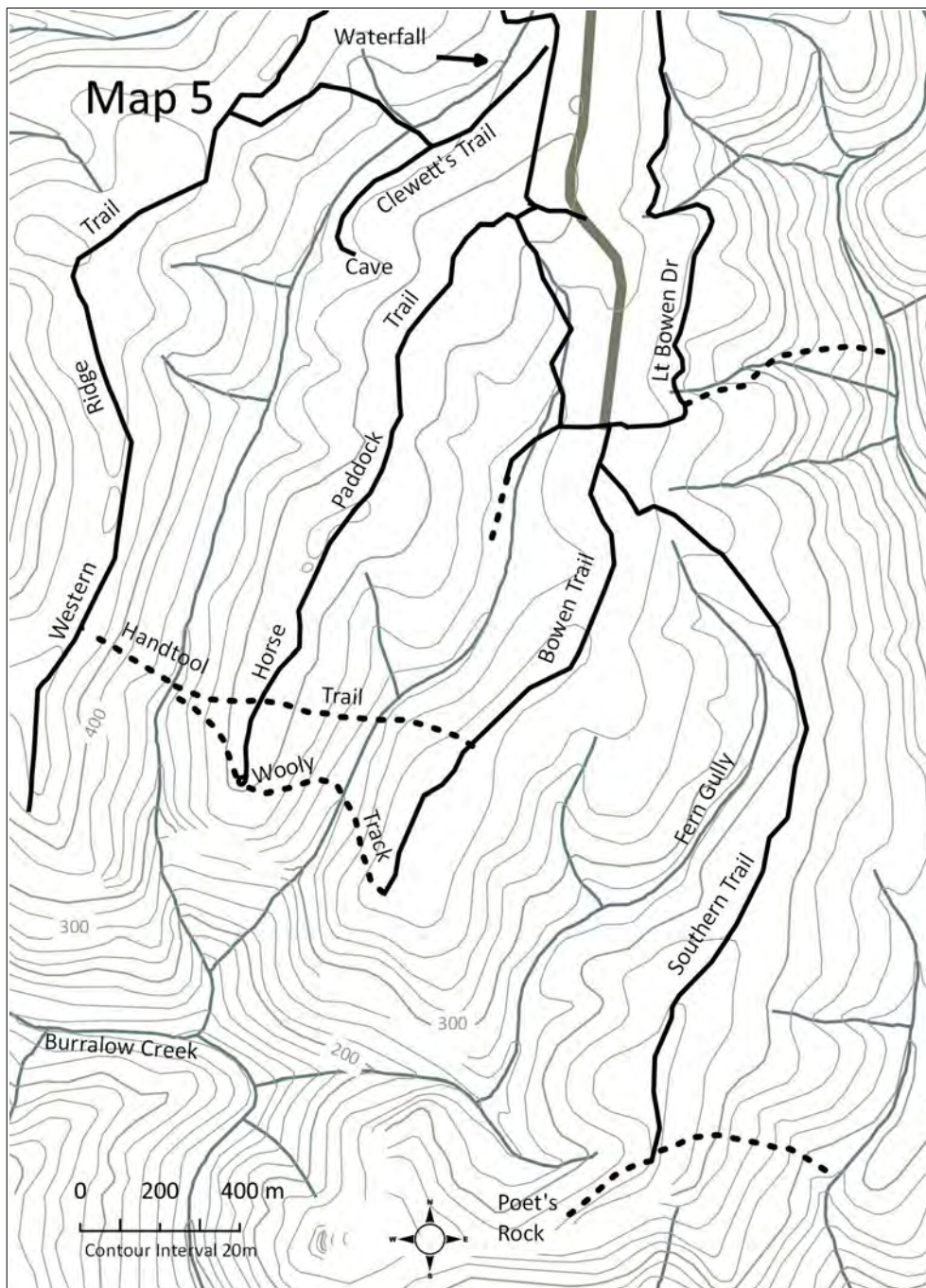
This is a popular walk because you get spectacular views of the Buralow Gorge and the Sydney Plains at the end. Also, because the ridge is protected from westerly winds the trees are bigger, the bush is thicker and there are many small birds. Another feature of the walk is the large number of Burrawang Ferns (*Macrozamia communis*) towards the end. These are the relics of the ancient Cucad class of plants.

From the southern end of Lt. Bowen Drive walk south in a direction which would be a continuation of the Drive. After just 30m take the left-hand fork

in the road. The road goes downhill and at the lowest point there is a side loop on the right-hand side. This loop gives access to a pleasant, ferny gully.

The end of the trail has been widened to allow for turning around. You can go straight ahead and then right for a few metres to get a view of the plains, but a better view is obtained if you look for a walking track on the right-hand side of the turning around area. After 200m this track leads to a great lookout known as Poets Rock – but be careful not to go too near the edge.

From the turn around it is also possible (but not easy) to go left, then climb down a crack through the cliff-line and then walk down the steep hill into Cabbage Tree Creek *Bowen Mountain Bushwalks*





## StreetConnect

StreetConnect Working Group recently held the first in a series of planned conversations: StreetConnect Community Conversation. As with many things, the Covid pandemic has forced us to rethink our direction with our project, and we are revisiting the very origins of our project, and engaging with community members to hear and share their stories.

StreetConnect is a community-led resilience project funded by Resilience NSW and supported by research carried out by Dr Amanda Howard from Sydney University. Our objective is to assist the communities within the Hawkesbury to develop a shared network of responsibility to strengthen local connections, making us more prepared and more resilient to withstand challenges we face, particularly natural disasters.

Our resilience has been tested over the last 12 months. As we rebuild through the recovery stages it is imperative that we work together to generate links

which will become embedded for the long term within communities. The community know best about their local area and people, and as such they are in the best position to establish local connections and communications.

We learned an enormous amount about the challenges and activities in some parts of the Hawkesbury. Most of all, and most importantly though, we heard stories and perspectives from community members about their communities and what was important in them, what was happening within them and how they feel they could be strengthened.


StreetConnect will be holding more community conversations over the coming weeks and months and we look forward to more input to enable us to facilitate and support community-led resilience building. Thank you to those who participated.

*Mary Lyons-Buckett*

<https://www.facebook.com/HawkesburyStreetConnect/photos/a.125813239053183/190118955955944/>



ATTENDEES: LHS: Louise Hawkins, Ken Barnes, Robin Woods from Bowen Mt; RHS: Dr Amanda Howard researcher, Mary Lyons-Buckett



**Kurrajong  
VILLAGE  
BAPTIST CHURCH**

Find us on  
facebook.

[WWW.KURRAJONG.CHURCH](http://WWW.KURRAJONG.CHURCH)

## CAROLS AT YOUR HOUSE

Join us from 5pm on 12th December... at home or at Kurrajong Heights Bowling Club

In a year that has definitely been Messy, "Carols At Your House" is a little slice of normal this Christmas. Gathering with friends and family on a picnic rug for Carols is such a natural part of Christmas on our Mountain that we thought it was worth the effort to create Carols experience as our Christmas gift in 2020.

**MESSY IS THE NEW NORM. SO JOIN US FOR A 'MESSY MOUNTAIN CHRISTMAS'.**

Host Packs available with Candles, Glow Sticks, Programs & much more...  
Call or Message 0468 320 348 to leave your name and we will get a pack to you.

This free, broadcasted or DVD/USB event on Saturday 12th December from 5pm is the perfect opportunity to invite your friends, family, and neighbors to your backyard (or driveway or living room or deck - you get the idea!) to enjoy a fantastic program of the familiar songs, stories of Christmas and the hope they offer at the end of a year that certainly needs Hope!

*We'd love for you to join us - or allow us to join you - in your backyard! See you on the twelfth.*

## **The Bowen Mountain Association Inc.**

**PO BOX 3141**

**GROSE VALE NSW**

### **MEMBERSHIP RENEWAL APPLICATION**

I/We wish to join/renew my/our membership of the Bowen Mountain Association Inc (BMA) for the 2021 membership year. I/We agree to abide by the constitution and by-laws of the laws of the BMA.

I/We enclose payment of \$..... being the single/family rate\*.

Please update my/our particulars as follows:

Last Name/s.....

First Name/s.....

Address.....

Phone.....

Email.....

Signature.....

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

**BSB: 633 000**

**Account No.: 1182 44003**

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

**Please email the Secretary to notify us of your payment.**

**secretary@bowenmountain.org.au**

For those who have had the pleasure of visiting Norfolk Island you will have encountered lots of these feral fowl.

### **A Fowl Deed Happened on Norfolk Island**

Beryl the feral fowl, cackled her complaints to the sea,  
Rodney the randy rooster, hid himself high in a tree.



Beryl knew Rodney was cheating, his performance was not up to scratch  
And as for being a father, he didn't watch Beryl's chicks hatch.

Rodney felt he was henpecked, it was time that he left home,  
But Beryl shot through to her mother...and left him to brood all alone.

Rodney went back to his girlfriend, but by now she'd found a new beau  
Rodney gave her a peck on the cheek, but she told Rodney where he could go

Rodney was now suicidal, on the clifftop at Emily Bay,  
Something he hadn't planned for happened to Rodney that day.

He saw a dark cloud approaching, then up blew a southerly buster  
Off balance he fell, his home now is in hell..and his plumes..  
Are my feather duster.

*Mal Castledine*



## Culinary Corner

### **BRAISED TOPSIDE - Sauerbraten**

*This recipe is from the Encyclopedia of European Cooking, which I found in Robin's kitchen. It was my favourite meal as a youngster.*

1.5 kg topside  
30 g lard (cut off from bacon)  
1 teaspoon dry mustard  
1 bay leaf  
1 sprig of thyme  
3 cloves  
6 black pepper corns  
6 juniper berries  
1 onion sliced  
1 carrot sliced  
15 g flour  
350 ml sour cream  
some stock  
red wine vinegar to cover the meat while marinating  
salt

#### **METHOD**

1. Put the meat, carrots, onions, cloves, bay leaf, thyme, mustard, juniper, pepper and salt into a glass bowl. It should be a tight fit. Cover the lot with wine vinegar and let it marinate in the fridge. A couple of days should do, but it is best if left for several weeks. Turn the meat regularly.
2. Drain the meat and fry it lightly on all sides in the lard. Pour the marinade over it, including the vegetables and cook, covered with a lid, in a slow oven for 3 hours.
3. Strain the sauce and thicken with flour, add stock if necessary and the cream. I like to leave the carrots and onions, breaking them up into a smooth sauce with a blender.
4. Best served with potato dumplings and red cabbage cooked with apples.



### **POTATO DUMPLINGS**

1.5 kg Dutch cream potatoes (starchy)  
100 g corn flour  
2 eggs  
bread croutons

#### **METHOD**

1. Boil half the potatoes and mash them
2. Grate the other half of the potatoes and squeeze the gratings until they are quite dry.
3. Roast some white bread 1 cm cubes into croutons
4. Mix the mashed potatoes, raw potato gratings, corn flour, eggs and the croutons into a stiff mixture – kneading by hand.
5. Form approx 5 - 7 cm balls and lower them carefully into gently boiling water. Cook for about 15 minutes.

*In Germany you buy these pre-packed, each ball in a small muslin bag. My grandmother did it without the muslin bags and without eggs during the war and they never fell apart. I have tried and they tend to disintegrate. So use enough corn flour. My grandmother collected the starch which settled in the water squeezed out of the grated potatoes and used that.*

### **RED CABBAGE with APPLE**

1 red cabbage  
4 cooking apples  
some stock  
a little flour and salt

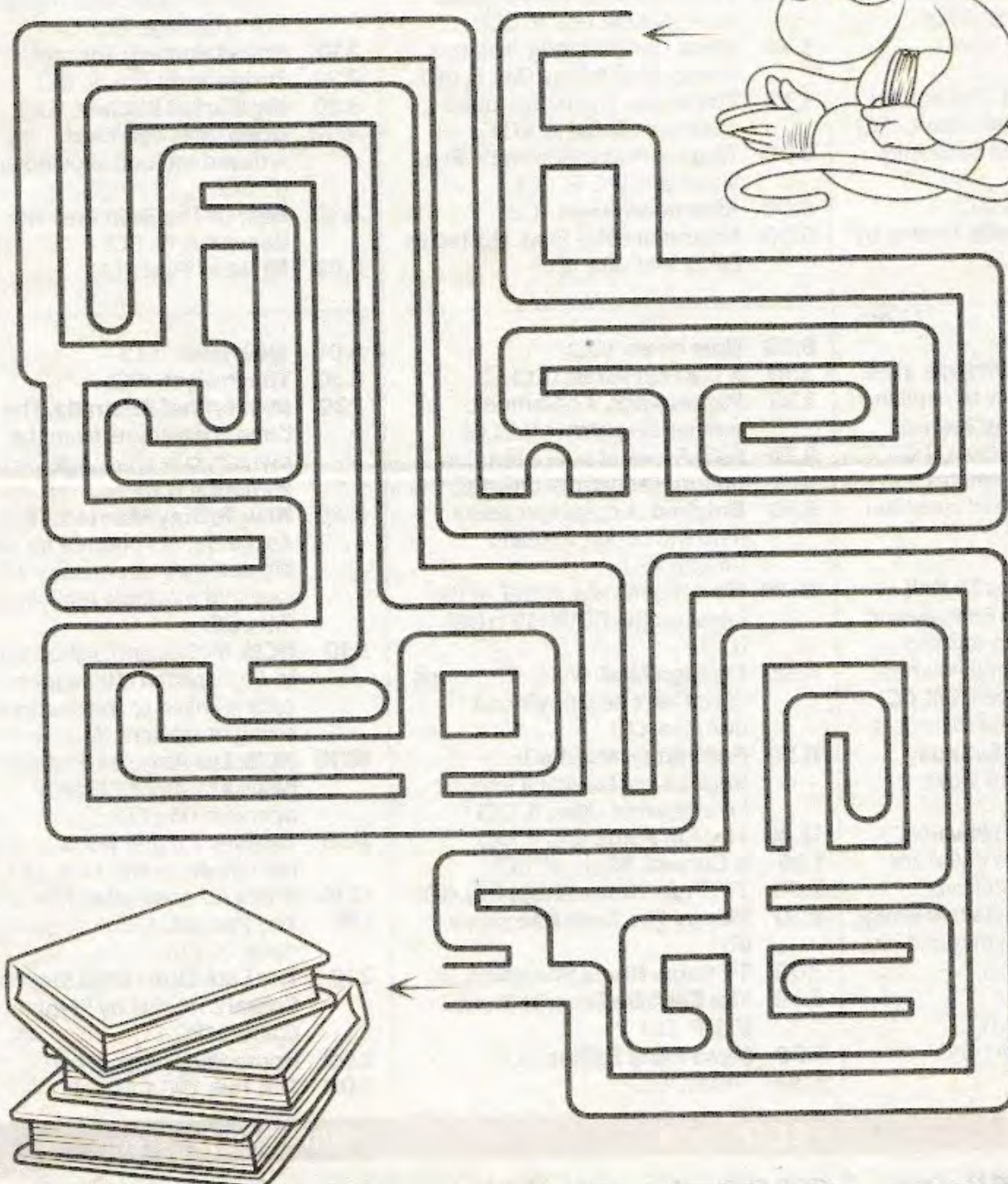
#### **METHOD**

1. Slice the cabbage into thin strips
2. core the apples and cut into pieces
3. cook the cabbage and apples on a low heat with enough water to not go dry for 30 minutes.
4. Drain off and collect the remaining fluid. Add some stock and a bit of flour and salt and boil until it thickens.
5. Mix this in with the cabbage and apple and serve.

*John Wulff*

## MAZE GAME

Lets help this monkey  
to find the books



Source: The Canberra Times



## 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 2021** subject to weather.

**Saturday 02 Jan 2021**

**Saturday 06 Feb 2021**

**Saturday 06 Mar 2021**

**Saturday 03 Apr 2021**



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**

### Fish Truck at Kurrajong

The Wollongong Harbourside Fish Truck is at the Kurrajong Bottle shop car park

**Sundays at 10am to 3pm.**

He has an extensive range of fish and sea food.

**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

**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"

**You will find lots of up to the minute information from the Mountain.**

### STOP PRESS

Congratulations to John Leahy, Regional Scout Activity Leader for Radio, Science and Technology, Greater Western Sydney on receiving an award in the 2020 World Scout Honours List. The Silver Emu medal is John's 4th award in scouting and was granted for sustained and exceptional service.

B-R-A-V-O-O-O.

### CONGRATULATIONS TO THE 2020 GRADUATING STUDENTS



**YEAR 10 and YEAR 12.**

**We are very proud of your persistence, resilience, initiative and success in what has been a most challenging year of schooling.**

**WE WISH YOU EVERY SUCCESS IN YOUR FUTURE ENDEAVOURS.**

**THE BOWEN MOUNTAIN ASSOCIATION AND ITS COMMUNITY**



# BOWEN BUSINESS



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**Scott Lee**

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# BOWEN BUSINESS

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



## The Little Coffee Shed

Elizabeth

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0416 003 247

eftpos available

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We can set up for special events, fetes and school functions



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