

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 145

Autumn

March 2021



In This Issue

**The Oak Tree that was
The BMA needs you
Looking after our Platypus**

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 Unacknowledged articles will not be published.

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

DEADLINE for July Issue
1 June 2021

COVER
The Oak Tree that was
Lance

Subscriptions to the Bowen Mountain Association Inc. can be forwarded to: The Treasurer
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Editor's Letter

Welcome everyone with a special welcome to all new residents to the 35th year of the Bowen Mountain Association Inc. Newsletter.

Please be aware that our Newsletter is now being distributed via the BMA website. Hard copies will also be available for those who would prefer. More information in the President and Secretary's Report.

It was very sad to see the demise of our beautiful oak tree. Thanks to Suzanne Smith from Kurrajong/Comleroy Historical Society, Lance, Howard and Colin for their articles and photos. There does seem to be some mystery regarding the age and who planted the tree. If you have any further information we would be happy to hear from you.

Since the bushfires we have heard a lot about the endangered koala, however there is another animal on the vulnerable list – the platypus. Read Robin's article on this unique animal.

We look forward to any items we can include eg. recipes, traveller's tales, poems or perhaps a story of how and why you came to live on the mountain. Thank you.

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 JANUARY – FEBRUARY 2021

Wishing everyone a Happy New Year and hopefully a brighter 2021!!! After the challenging year of 2020 where, like so many businesses and individuals the Bowen Mountain Association was forced to change its usual way of operating and postpone many events, we are back in 2021 with renewed vigor and enthusiasm. We have eagerly accepted the challenge to continue to creatively present a range of community events in a COVID-19-safe environment, which everyone can enjoy and participate in. We will be embracing a variety of changes this year. Some of these changes are firstly, after advice from many areas and lengthy discussions we are changing the way we distribute the Newsletter. We will be using social media as well as our website to deliver the Autumn, Winter, Spring and Summer newsletters in 2021. This will be a trial for this year, which will be evaluated at the end of the year. Electronic copies of our newsletter will now be available in colour not only on our website at <http://www.bowenmountain.org.au/> but also via a link on the Bowen Mountain Facebook page. As we wish to ensure that all residents receive a copy of the Newsletter, limited hard copies will also be available. If you would like a hard copy please contact the Secretary via one of the following:

1. Email secretary@bowenmountain.org.au
2. Letterbox 13-15 Redgum Crescent
3. A note in our postbox at Grose Vale shops PO Box 3141
4. Phone or Text Alison on 0419 167 088

and a copy can be delivered to you. Also a note reminding you when the Newsletter is available and how to access it will be delivered to your mailbox.

Secondly, the new revised Bushwalking Book is now at the printer and should be available shortly for \$20 per copy – more information will be on the Facebook page and the website. We plan to have an official launch of the book with an Art Show featuring the work of artists who have contributed to the Bushwalk book.

Thirdly, the BMA on advice from NSW Fair Trading has decided to amalgamate the postponed 2020 AGM with the 2021 AGM to be held later in 2021.

Fourthly, book into the St Patrick's Day *All you can Eat Banquet* at Thai Angelina Richmond. For details see the advertisement below. This will be a COVID-19-safe event and current COVID requirements will be observed. More events will be announced in following newsletters.

It has been very recently discovered that several tracts of land around Bowen Mountain previously identified as public garden and recreation space between private land and the Blue Mountains National Park have had their ownership transferred from NSW to the Deerubbin Local Aboriginal Land Council. Hawkesbury City Council has indicated that there should be no change to the zoning of the land. The BMA is in the process of investigating the significance of this land transfer and will keep residents informed of developments.

Bill and Alison Kerr

President and Secretary, Bowen Mountain Association

St. Patrick's Day



**Come and celebrate St. Patrick's Day
at Thai Angelina, 221 Windsor St., Richmond**

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

Wear something green- prizes for best dressed

**Reservations essential on:
Alison: 0419 167 088**

**A COVID 19 safe event
All Welcome**



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
MARCH	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Wednesday 17 th 6:30 pm for 7pm	BMA Dinner – St. Patrick's Day- Thai Angelina 221 Windsor Street Richmond
APRIL	April TBC	Car Boot Sale, Market Day and Sustainability Fair – Bowen Mountain Park
	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
MAY	Monday 10 th	BMA MEETING – Bowen Mountain Park Hall
JUNE	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday TBC	Winter Interlude – Bowen Mountain Park Hall
JULY	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
AUGUST	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall BMA
	Sunday 21 st	AGM
SEPTEMBER	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 31 st	Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 8 ^h	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Monday 13 th	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.

Daylight saving will end at 2am on Sunday 4th April.
On Saturday night, set your **clocks back** one hour.

WE NEED YOU!
Help the Bowen Mountain Association Survive COVID-19

The Bowen Mountain Association urgently needs YOUR HELP! As the BMA is a not-for-profit association, we rely on the paid membership of Bowen Mountain residents plus our community fundraising events to survive and continue all of our activities. During 'normal' years, a great number of BMA-sponsored community events usually take place in the Park and generally a large number of residents attend. Activities such as Art Festivals, Sustainability Fairs and Market Days, Music Festivals, Halloween, BBQ's and the production, publication and free distribution of the BMA Newsletter were not able to proceed in 2020 due to COVID-19 restrictions. Unfortunately, the Bowen Mountain Association has been significantly impacted because major bills such as our insurance premiums and other fixed costs had to be paid, even though the lack of fund-raising events meant that we had no major income.

The Bowen Mountain Association is the recognised liaison body with Hawkesbury Council, federal and state politicians and the RFS where we work on your behalf to improve the living conditions and environment of all residents of Bowen Mountain. In the event of disasters, the BMA works to support emergency services wherever possible and help keep all Bowen Mountain residents safe.

A small membership fee of \$10.00 for a family and \$5.00 single contributes to the running costs of these events, production of the newsletter and ensures the continuation of the BMA. If we fall below a certain number of members we will no longer be able to provide these events and support for the residents and non-residents of Bowen Mountain. We need you to support the BMA and its activities by becoming members. If you have not joined the BMA as a member in 2021 we urge you to please support us and join.

Thank you for your assistance with this call for Help. A big "Thank you" to those Bowen Mountain residents who have either renewed their 2021 membership or joined this year.

Bank details are:

BSB: 633 000

Account No.: 1182 44003

Account name: BOWEN MOUNTAIN ASSOCIATION INC.

Please email the Secretary to notify us of your payment, your address and email secretary@bowenmountain.org.au or include these details with your cheque.

Cheques can be mailed to the Secretary at:

The Bowen Mountain Association Inc.

PO BOX 3141

GROSE VALE NSW

Thankyou for all your support.
Bowen Mountain Association

Fire Report

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

The Sydney metropolitan region and surrounding districts have experienced much welcomed rain during the summer period. The area surrounding Bowen Mountain and Grose Vale was again most fortunate not to have any serious fire events. The absence of strong winds and timely rain moistening the vegetation and leaf litter as well as increasing the soil moisture has contributed greatly to reduce the incidence of bush fires locally.

During the past few months, Grose Vale volunteer members have taken the opportunity to prepare for hazard reductions, continue training and review operational procedures.

Bush Fire Danger Period and Fire Permits:

The Bush Fire Season for the Hawkesbury District is likely to finish on the 31st March and resume on the 1st October 2021.

Fire Permits:

Residents are reminded that Fire Permits for pile burns are still required up until the end of the Bush Fire Danger Period and notification to council to register your burn is required all year round. (see below).

The key things to remember

- You need a fire permit to undertake a pile burn if it is undertaken during the Bush Fire Danger Period. There are heavy penalties if you don't follow restrictions or rules.
- Getting a permit is free and easy. 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.

What is a Fire Permit?

Fire Permits help to ensure fire is used safely during

the Bush Fire Danger Period. A permit imposes conditions on the way a fire is lit and maintained, and can only be issued by authorised Permit Issuing Officers.

The permit system ensures agencies like the NSW RFS know when and where landholders intend to burn, to ensure adequate and appropriate measures are in place so that fires remain under control.

The Permit Issuing Officer may add any conditions deemed as necessary but all permits have standard conditions such as:

- the permit is to be carried by the permit holder, on site, at the time the fire is lit.
- the permit is to remain on site with those present until extinguished, if applicable.
- the fire must be supervised at all times unless the permit says otherwise.
- notifications are given to the NSW RFS, and adjoining neighbours at least 24 hours (unless specified otherwise) prior to the fire being lit.
- the permit may be varied, cancelled or suspended, depending on weather conditions.

When are permits required?

The statutory Bush Fire Danger Period runs from 1 October to 31 March, however it may vary due to local conditions. If you are planning to light a fire in the open during this time, you will need a Fire Permit.

Also depending on the type of fire, a permit may be required all year round. For example, a Fire Permit is required at all times if a fire is likely to be dangerous to a building.

When are permits not required?

Fire Permits are not required for fires for the purpose of cooking food, provided that:

- the fire is in a permanently constructed fireplace;



DON'T BE THE FIRE RISK TO YOUR COMMUNITY.

- at a site surrounded by ground that is cleared of all combustible materials for a distance of at least two metres all around;
- the fire is completely extinguished before leaving.

What else do I need to do?

Before lighting the fire ensure that:

- it can be contained and controlled within the specified area
- it does not contain toxic materials, such as rubber tyres, plastics, paint etc; and
- it must not cause an air pollution problem by producing excessive amounts of smoke.

If you have a permit, it is your responsibility to:

- check whether a Total Fire Ban is in force on the NSW RFS Fire Danger ratings and Total Fire Bans page: <https://www.rfs.nsw.gov.au/fire-information/fdr-and-tobans>. If there is, your permit is automatically suspended.
- check whether a No Burn day has been declared on the [EPA website](#).
- check the expected weather conditions.
- notify and check with your local NSW RFS Fire Control Centre or Fire and Rescue NSW station prior to lighting.
- follow any conditions restrictions listed in your permit.

Applying for a permit?

- If in doubt about whether you require a Fire

Permit, or to apply for one, 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**.

Fines and penalties for illegal burning

Substantial fines and prison terms of up to 12 months may apply to persons found to be in breach of the Rural Fires Act 1997 and its Regulations. Civil law suits can also be brought against persons responsible for fire, by those seeking compensation for losses sustained.

Smoke Alarms

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

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

Greg Walker

Community Engagement Officer

Grose Vale Brigade.

This is a good time to check your smoke alarm.

The Oak Tree in Bowen Mountain Park

I would think that the oak tree would have been about 150 years old based on my memory of a similar tree in the Richmond Lowlands that was gazetted as the oldest oak tree in Australia. That tree was of similar size growing in river soil and planted toward the end of the 1700s. It blew over in a 1988 gale at an age of about 200 years. Our tree was planted on the watershed of what is now the park area where the soil is drier, poorer and compacted, so 150 years is only an assumption. The Bells of Belmont are recorded as riding up to the ridges, but I have always imagined that the tree was planted by the original Belvedere hill farmers. (Again, supposition only based on the size and location). During my time as Park management chairman, the tree was found to be in a very poor state. The bole at the base had been repaired with cement and many limbs were damaged and rotting. Quite an amount

of money was raised and allocated to saving it. Tree surgery was carried out and dangerous limbs removed before deep fertilisation took place by volunteers. Thankfully that work enabled our community to enjoy the tree for in excess of thirty more years. Regrettably much of the pruning did not completely seal over naturally so moisture and rot continued to progress internally which was more evident when the tree was dismantled. Added to that, the pruning and fertilising added a plethora of growth, mostly epicormic in nature which was a delight to see but only added excessive weight to a rotting and fragile structure. Oak trees can last for centuries, but we must be thankful that in Australia such a beautiful tree was planted which has supplied beauty, comfort and solace to those who sought its shade.

Howard Mitchell

Many in the region were saddened to hear of the demise of the old Bowen Mountain Park Oak tree. Along with many visitors to the park, I myself have enjoyed a picnic under its spreading branches.

I think the Oak was originally planted by the GMC Bowen family, possibly at the turn of the 19th Century.

Bowen Mountain Park is historically significant to the region, along with its wonderful variety and collection of trees. Kurrajong-Comleroy Historical Society members have also enjoyed the hall and park facility on many occasions for our annual Australia Day Breakfast - under the spreading branches of the old Oak.

Suzanne Smith

On behalf of Kurrajong-Comleroy Historical Society

I met Robin Woods in 2010 and soon after she took me to Bowen Mountain Park, where I was immediately stunned by all the wonderful old trees, but particularly the Oak Tree. It reminded me of my childhood in Germany where there was a similar Oak Tree in the wooded area where my friends and I would play cops and robbers and tried to catch trout in the nearby creek.

In 2018 Robin and I spent a wonderful 3 months in Germany and I was able to show her the Oak Tree from my childhood.

In January 2011 Robin and I were married under the Bowen Mountain Oak Tree. I would like to share that joyful day with you.

John Wulff



Park Report

Bowen Mountain Park Management Committee (BMPMC)

On Wednesday the 16th December at about 9am a loud cracking sound came from the park. It was heard in Bunya Cres and Lt Bowen Road opposite the park gates. The noise was from the breaking of huge branches from the trunk of the oak tree. The enormous branches fell as a result of the weight of rain water on the foliage and of the weak decaying tree. There was no wind at the time, it was still. Branches fell on the two seats under the tree breaking the back support on one (see pictures). Luckily no one was sitting on the seats! A Hawkesbury City Council staff member assessed the condition of the oak tree and decided that it could not be saved. The BMPMC is looking at a replacement. Let us know if you have any

suggestions.

Working Bee

The Park Committee is having a working bee on Saturday morning 20th March. Let us know if you can attend.

Bookings

Hall bookings can be made by going to the community web site:-

<https://www.bowenmountain.org.au/bookings/booking-community-room/>

Colin Chesterman

Chairperson, BMPMC



The oak tree branches collapsed on 6th December, 2020



The tree was removed by Council contractors the next day



On the left and below is the oak tree in all its glory in 2011 (3 photos by Greg Poole)



Amanita muscaria- Not Just a Pretty Face!



Have you seen this mushroom on or around Bowen Mountain? In the Park, perhaps? Its beautiful red cap, white spots and white stalk have become the stuff of legends! Talking caterpillars, fairies, leprechauns and others have all called these mushrooms home. It has become the quintessential 'toadstool' in many cultures, and can be as dangerous as it is attractive. Even its names, *Amanita muscaria*, *A. muscaria*, or the 'Fly Agaric mushroom' have been found to be somewhat misleading.

We believe that *A. muscaria* arrived unintentionally in Australia and the Southern Hemisphere with imported pine and birch seedlings from the Northern Hemisphere. Now, the only continent where this species is not found is Antarctica. It is often found in 'fairy rings' underneath coniferous trees, where it interacts symbiotically with the root systems, the rhizomes, of the trees.

Once thought to be deadly to flies - indeed, 'muscaria' means 'pertaining to flies' in latin - this is now thought not to be the case. *A. muscaria* is still used by organic farmers in some Eastern European countries to attract flies with various concoctions of milk, heat and mushrooms, but the efficacy of this in killing the flies is questionable. According to the Hiker's Notebook blog, "While there is no conclusive scientific evidence that Fly Agaric kills flies, it does impair their nervous system's control of aerial acrobatics which improves the

kill ratio using the euphemistically named, swatter."

(<https://hikersnotebook.blog/fungi/mushrooms/amanita-muscaria-fly-agaric/>; sourced 24 February, 2021).

As a young microbiology/mycology student, I was told that the dead flies that one could see stuck onto windows with an opaque halo around them had died from landing on and ingesting *A. muscaria* spores which had killed the fly, then burst out around them. However, with no documented evidence to support this, it now appears that this is, in fact, yet another myth from my youth apparently shattered!

Whilst human death from ingesting *A. muscaria*, is considered rare, it will certainly make one very ill, indeed. As such, the mushroom is considered to be a member of one of the most poisonous families of mushrooms, and contains the alkaloid hallucinogens muscarine, ibotenic acid and muscimol. Consequently, the first rule in dealing with *Amanita muscaria* should be 'look but don't touch'. The second rule should be 'if you have touched it, keep your hands away from your face and wash them as soon as possible'.

I hope that you get a chance to find and observe the beautiful *Amanita muscaria* mushroom in your travels around our beautiful area. When you do, enjoy the view, and stay safe.

Bill Kerr

LOOKING AFTER OUR PLATYPUS

We all are aware that water testing has been taking place during COVID to detect locations of outbreaks of the virus..but what is less known is that similar research from the University of NSW has prompted scientists to nominate the platypus for threatened species listing both nationally and in NSW. Water tests have discovered the platypus DNA in creeks around Cattai and the Hills area.

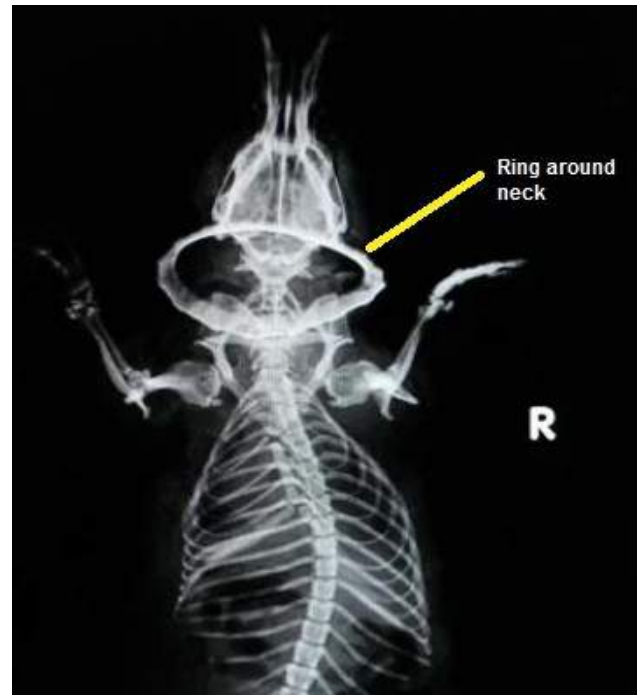
However, a study is finding that platypus observations are in significant decline: down 32% in NSW, 27% in Queensland, and 7% across Victoria,

"Continued population reduction of platypuses is also projected in the future, based on threats and the impacts of climate change on rivers."

Drought, bushfires, wild predators and illegal fishing nets are some of the main threats to platypus numbers.

"The nature of platypus foraging also makes them particularly susceptible to entanglement around their neck and torso by plastic, fishing line, and rubber bands," the report says.

Locally there are only 8 recordings of platypus in the river and creeks within a ten km radius from Kurrajong village since early 1900s. Luckily, these creeks and the Grose River still have reasonable habitat for aquatic fauna, but as development continues, demand for water increases, as well as increased pollution. A dead platypus found in Little Wheeny Cr some years ago was examined and found to have a plastic ring stuck around its neck. (see xray photo)



Bowen Mt map shows the areas of several creeks which drain down from the mountain tops. Many of these are relatively protected because the lands are not completely cleared (yet!). However, we need only look at the hard surfaces all over the built up areas to realise what ends up in the drain can be death to what lives in the creeks. Hawkesbury Council maintenance of sillage removal contributes to this protection. Our awareness of platypus habitat is an essential contribution too.

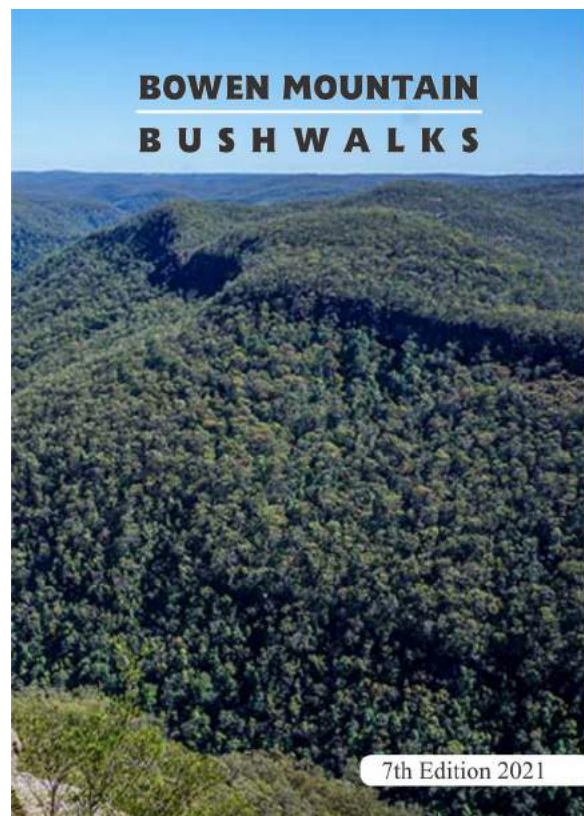
Robin Woods

COMING SOON

Seventh edition of

Bowen Mountain Bushwalks

Details will be on the Bowen Mountain
facebook page



Culinary Corner

COOL SUMMER DRINKS

TRADITIONAL LEMONADE

(lemons are in abundance at present)

Ingredients:

1 cup of fresh lemon juice
(strained with no pulp)

½ cup of sugar - dissolved in a cup of hot water. Stir to ensure the sugar has completely dissolved. If a sweeter lemonade is required then add more sugar.

4 – 5 cups of cold water to taste.

Method:

Pour the lemon juice, sugar dissolved in hot water into a bowl. Stir and mix. Add the 4-5 cups of water. Refrigerate until cold. Pour in a glass with ice if desired and enjoy!!

Alison Kerr



ZUCCHINI AND CARROT SLICE

Ingredients:

2 tbs olive oil

1 brown onion, finely chopped

1 can of tinned sweet baby corn 1 large zucchini, coarsely grated

1 carrot, peeled, coarsely grated

1 cup (240g) coarsely grated pumpkin

1 cup (150g) self-raising flour

1 cup (120g) coarsely grated cheddar cheese

5 eggs, lightly whisked

¼ cup (60ml) milk

1 cup chopped ham or salami or chorizo

1 tablespoon of Dijon mustard

Method:

Preheat oven to 180°C. Line a baking tray with baking paper. Place pumpkin pieces on lined tray. Spray with olive oil spray. Bake for 15 mins or until tender.

While pumpkin is cooking, grease a 20cm x 30cm lamington pan and line with baking paper, allowing the sides to overhang. Heat 1 tsp of the oil in a medium frying pan over medium heat. Cook the onion, stirring, for 5 mins or until onion softens. Set aside for 5 mins to cool slightly.

Combine the onion, zucchini, carrot, flour, cheddar cheese, corn and half the roasted pumpkin in a large bowl.

Whisk egg, milk, ham, mustard and remaining oil in a small bowl. Add to zucchini mixture. Stir to combine. Season. Spoon into the prepared pan and smooth the surface. Sprinkle with the remaining corn and roasted pumpkin.

Bake for 40 mins or until the slice is firm to the touch. Serve warm or at room temperature. Wrap individual slices in gladwrap and pop into freezer for lunches later on. Take slices out of freezer and allow to thaw at room temperature or pop into the microwave for 30 – 40 secs to warm. This slice is also delicious served with your favourite chutney.

Dorothy Fine

SUMMER LOVE

RASPBERRY AND PROSECCO PUNCH

Ingredients:

200g fresh or frozen raspberries

2 tbs caster sugar

2 tbs lemon juice

1.5L rosé prosecco or
raspberry-flavoured sparkling
mineral water, chilled



Method:

Pour the lemon juice, sugar dissolved in hot water into a bowl. Stir and mix. Add the 4-5 cups of water. Refrigerate until cold. Pour in a glass with ice if desired and enjoy!!



STEP 1

Combine the raspberries, sugar and lemon juice in a medium saucepan over high heat. Cook, stirring, for 5 mins or until sugar dissolves and raspberries collapse. Strain through a fine sieve into a jug, using the back of a spoon to press as much liquid through as possible. Discard solids. Cool.

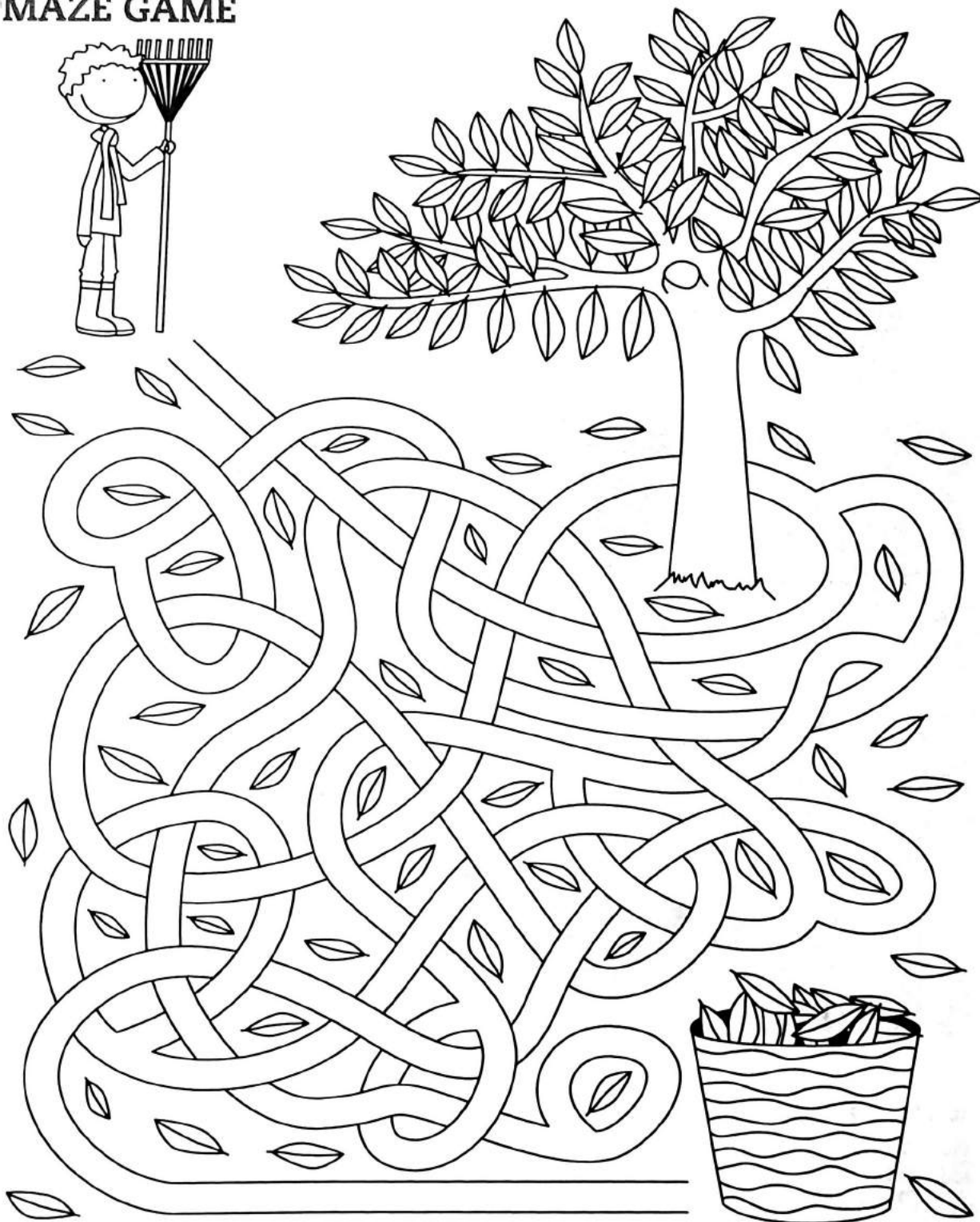
STEP 2

Pour the raspberry mixture evenly among serving glasses. Top with ice cubes. Pour over the prosecco or mineral water and serve immediately.

Serve with strawberries, raspberries and mint sprigs.

Alison Kerr

MAZE GAME



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.

Crago Observatory is closed for renovations. No public or member observing nights are currently available.



For further information, and to confirm Friday openings, contact Paul Hatchman 0413 047 782 or VP_Crago@asnsu.com



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

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.

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 seafood.

PAID JOBS at CRAGO OBSERVATORY

CAN YOU HELP???

The Crago Observatory is situated on the northern end of Bowen Mountain and is owned and maintained by the NSW Astronomical Society. The NSW Astronomical Society history started in 1973 with the granting of a lease over "The Devil's Hole" area at the northern end of Bowen Mountain. Crago Observatory is a facility for members to use and also runs Special Events and Community Open nights. We are preparing to install a larger telescope and have a grand re-opening before the end of this year. We want to get the observatory looking like new! We have the following paid jobs available. Can you help with any of these fee-for-service jobs?

- 1) Use a small crane or hiab to lift the existing telescope out of the observatory
- 2) Install solar panels and safety rings on the top of the dome.
- 3) Repair rust and repaint the observatory dome.

If you could help out, please contact Alison on 0419 167 088.

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