

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 146

Winter

June 2021



In This Issue

Pantry in the Park during the flood

Vale Sue Owens

BMA AGM - Sunday 22 August

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 Unacknowledged articles will not be published.

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Website: www.bowenmountain.org.au
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DEADLINE for September Issue
2 August 2021

COVER
Pantry in the Park during the flood
Lance Mitchell

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Editor's Letter

A warm welcome to the Winter edition of the Bowen Mountain Association Inc. Newsletter.

In this issue there are a few dates for you to include in your diaries of functions being held by the Association. The most important being the Annual General Meeting, a BMA Dinner and the dates for the monthly meetings.

There is an item in memory of Sue Owens a former resident of the mountain, who sadly passed away in April. On the 'Culinary Corner' page we have also included one of Sue's recipes.

Your contributions are most welcome. Just send your news to the address opposite by the deadline please.

Also we would remind you that our newsletter is now on line. If you require a hard copy, please let the Secretary know and one will be delivered to you.

Until next time, stay warm

BMA Newsletter Committee

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Alison Kerr, Elaine Leahy, Robin Woods, John Wulff.
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Community Care – Liz Rowan
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BMA Committee meetings are held in the Park Community Room on the second Monday of each month at 7.30pm

BMA Mailing address:
PO Box 3141, GROSE VALE NSW 2753

PRESIDENT and SECRETARY'S REPORT

Welcome to the BMA's Winter Newsletter! As the winter wood smoke starts to fill the air and the nights turn crisp, clear and cool one celebrates a magical time on the Mountain! The Bowen Mountain Association has been kept busy with a number of activities that seek to improve the quality of life of Bowen Mountain residents and its community. Bowen Mountain is certainly "a beautiful place we call home" as was recently demonstrated by community spirit and "locals helping locals" during the Hawkesbury floods. When North Richmond bridge flooded in March, "Pantry in the Park" was established by a group of kind-hearted Bowen Mountain residents to provide much needed food and supplies to trapped residents. Eggs, milk, fruit, toilet paper, and pantry staples were donated so people could take what they needed and leave what they could for others to share. Many people offered various forms of assistance during this time, which showcased the resilience of Bowen Mountain and how we could effectively, and efficiently cope with adversity. Photos of 'Pantry in the Park' are on the front cover of the Newsletter. Continuing along this line, the theme for the Bowen Mountain Association Annual General Meeting on August 22nd is "Our Community through Adversity" which will be a photo talk of how our community coped with adversity from 2020 – 2021, followed by a delicious home-made afternoon tea. Come and join us at the AGM! Details are in the Newsletter.

This year we are experimenting with delivering the newsletter via electronic means. Recent statistics from our Website Manager reported that "466 downloads of the Autumn Newsletter took place in March. 216 of these were direct links from Facebook. The downloads accounted for 700MB of additional downloads. We had several requests for hard copies of the newsletter which have all been delivered. A reminder that we will again be using social media as well as our website to deliver the Winter edition of the Newsletter in 2021. Electronic copies of our Newsletter will now be available in colour not only on our website at bowenmountain.org.au > [Bowen Mt. Association > Newsletter](#) 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, a limited number of hard copies will also be available. If you would like to receive a hard copy, please

contact the Secretary via one of the following:

1. Email secretary@bowenmountain.org.au
2. A note in our postbox at Grose Vale shops PO Box 3141
3. Phone or Text Alison 0419167088

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

Other activities:

1. The Revised Bushwalking book has been completed and is now available for sale. Information on how to obtain your copy of the bushwalking book is provided further on in this newsletter.
2. The President and Vice President of the Bowen Mountain Association have been communicating with the Derubbin Local Aboriginal Land Council to discuss the recent land claim around Bowen Mountain.
3. A diagnostic check of the defibrillator in the park showed that the battery and pads need to be replaced. A new battery costs over \$400 and the necessary pads are just as expensive. The BMA was recently successful in obtaining funding for a new battery and defibrillator pads from the Bendigo Bank. Thank you to North Richmond Bendigo Bank for sponsoring these parts and the original defibrillator.
4. With COVID 19 restrictions still in operation, the Park Hall now has a QR code with two QR code posters placed on the windows. Please remember to check in and check out as required.

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

Thank you for your interest in the Bowen Mountain Association. We wish you all the best for the coming season. Stay safe and warm.

Bill and Alison Kerr

President and Secretary, Bowen Mountain Association

Pantry in the Park

During the recent floods, when Bowen Mountain became an island with the North Richmond Bridge flooded and Bells Line of Road closed by a land slide just past Mount Tomah, some enterprising locals donated eggs, fruit and other produce, which was a great help with stocks running low in the shops.

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
JUNE	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
JULY	Monday 12 th Wednesday 14 th	BMA MEETING – Bowen Mountain Park Hall BMA Dinner – 7pm – see below
AUGUST	Monday 9 th Sunday 22 nd	BMA MEETING – Bowen Mountain Park Hall BMA BMA AGM – 2pm - Bowen Mountain Park Hall
SEPTEMBER	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Monday 11 th Sunday 31 st	BMA MEETING – Bowen Mountain Park Hall Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 8 ^h Date and Venue TBC	BMA MEETING – Bowen Mountain Park Hall 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.



**YOU ARE INVITED TO ENJOY A DELIGHTFUL FUN FILLED EVENING WITH FRIENDS
AND NEIGHBOURS at:**

**DAAWAT INDIAN RESTAURANT
NORTH RICHMOND
Wednesday 14th July
AT 7.00PM**

\$29.90 PER PERSON INCLUDES:

**Mixed Entrée: Samosa, Chicken Tikka, Sikh Kabab
Mains: Butter Chicken, Lamb Rogan Josh, Dal Makhani (Veg)
Sides: Naan Bread, Rice, Raita, Pappadams
Dessert: Gulab Jamun**

**BOOKINGS ESSENTIAL:
PHONE ALISON 0419 167 088 by July 7th.**

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



ANNUAL GENERAL MEETING

TO BE HELD IN BOWEN MOUNTAIN PARK HALL

SUNDAY AUGUST 22nd 2021

COMMENCING AT 2PM

“Our Community through Adversity”

**COME JOIN US FOR A PHOTO TALK AND ENJOY A DELICIOUS
HOME MADE AFTERNOON TEA**

**AN INVITATION TO ATTEND THE MEETING IS EXTENDED TO
ALL RESIDENTS AND LANDOWNERS OF BOWEN MOUNTAIN**

**IF YOU WISH TO NOMINATE FOR A POSITION ON THE BOWEN
MOUNTAIN ASSOCIATION MANAGEMENT COMMITTEE –
PLEASE CONTACT SECRETARY**

ALISON KERR - 0419 167 088

Fire Report

Welcome to the Fire Liaison Officer's Report for Winter 2021 edition of the BMA Inc. newsletter.

The continuation of welcomed rain over the past few months has seen continual growth of foliage, not only in our gardens but, also in the surrounding bushland and paddocks. As we move into winter, the potential for less rain and an increase in winds may see continual drying of the leaf litter in the bushland surrounding Bowen Mountain and grasses in the paddocks around Grose Vale and Grose Wold making conditions a little more favourable for fires to occur.

Residents are therefore reminded to be cautious for the potential for bush and grass fires to occur during the winter months from not only storm events, but also escaped pile burns and recreational fires.

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 bush fire season (beginning of October to the end of March), obtain a permit by contacting Hawkesbury District Fire Control Office.

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

<https://www.hawkesbury.nsw.gov.au/resources/forms/open-burning> or contacting Hawkesbury City Council on 4560 4444.

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

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

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

Preparing for Winter in your home

Now that winter is upon us and we start using our indoor wood fires, it is time to check that your

smoke alarm is working. Residents are reminded to test their smoke alarm regularly.

Fire + Rescue NSW notes the following:

Smoke Alarms:

Did you know that you will not smell smoke while asleep? Only working smoke alarms save lives.

- Test that your smoke alarm(s) are working. If not, change the batteries or replace the alarm.
- Check the smoke alarm is in date. Smoke alarms have a lifespan of ten years.
- Give the smoke alarm a vacuum, if you haven't done so in the last six months, to remove dust and any insects.

Fireplaces and chimneys

Ensure your flues and chimneys are regularly cleaned. Place a fire screen in front of open fires to protect your family.

- Have your chimney serviced prior to using it by a qualified tradesperson.
- Purchase a fire screen if you do not own one. Fire screens should always be placed in front of fireplaces when in use.
- Ensure your wood pile sits at least a metre away from the fireplace.
- Choose a safe place to store matches and lighters where children cannot reach and that is at least a metre away from the fireplace.
- Check your electric and gas heaters before you use them. If you suspect a fault have the item checked by a qualified repairer or replaced. Check all cords for fraying and damage. Plug heaters directly into wall sockets only.
- Do not overload power boards.
- Ensure everything is kept a metre from the heater.
- Install any new heaters and use as per manufacturer's instructions.
- Check your portable outdoor heaters before use and have serviced or replaced if required. Ensure that the area where you plan to use them is level, well ventilated and away from awnings and other combustible materials.

NEVER use any outdoor heating or cooking equipment inside your home including those that use 'heat beads' or LPG as a fuel source. This type of equipment is not suitable for indoor use and can lead to a build-up of lethal gases which could be deadly. Check the manufacturer's recommendations before use.

Escape plans

Having a home escape plan in conjunction with a working smoke alarm will greatly increase your chances of getting out safely. Every second counts.

If there is a fire in your home, do not wait, **EVERY SECOND COUNTS, GET OUT and STAY OUT** and then call Triple Zero (000). Never go back inside a burning building.

Remember to consider the special needs of children, the elderly or the disabled when developing your escape plan.

- Draw your escape plan, and discuss it with your whole family.
- Know and record two safe ways out of every room.
- Make sure that your windows and doors are not obstructed and can be unlocked and opened quickly if necessary.
- Practise your escape plan regularly with the whole household including pets. Your letter box is a great place to wait for firefighters arrival.



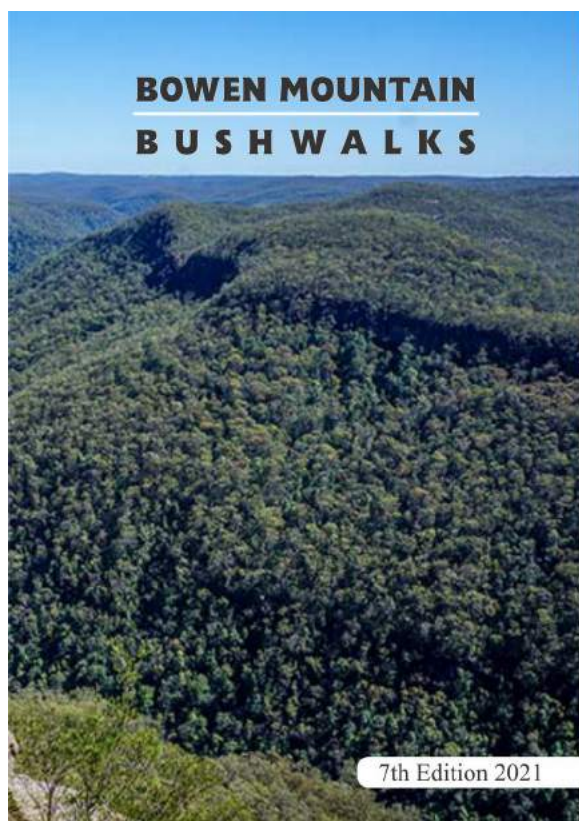
- As you escape make sure you close internal doors behind you. This can reduce fire spread and minimise damage.

For more information on making your home safer from a house fire, visit the New South Wales Rural Fire Service website, www.rfs.nsw.gov.au or the Fire + Rescue website www.fire.nsw.gov.au

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

Greg Walker

Community Engagement Officer Grose Vale Brigade.



Seventh edition of Bowen Mountain Bushwalks

is now available for \$20 per copy. If you would like a copy here is how to request one:

1. Email secretary@bowenmountain.org.au
2. A note in our postbox at Grose Vale shops PO Box 3141
3. Phone or text Alison 0419167088
4. Lance Mitchell and family will be selling copies in the Park on Sunday 18th July 10.00 am – 3.00pm. Tea, coffee, cakes provided. Cash ONLY at the Park.

Payment for the Bushwalking book can also be made via EFT to:

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

MEMORIES OF SUSAN OWENS

Susan Owens was a much loved, cherished and admired Bowen Mountain resident, who worked tirelessly on the Bowen Mountain Association, Park Committee, Grose Vale Rural Fire Brigade, Hawkesbury Communications Rural Fire Brigade and the local RSL. Susan and her husband Barry had downsized from their Bowen Mountain home to the RSL Kingsford Smith Village at North Richmond. Susan and Barry remained closely connected to Bowen Mountain attending and supporting many Bowen Mountain events. Sadly Susan passed away in April 2021. She will be sadly missed and is fondly remembered as the following memories and tributes to Susan depict.

Part of the Eulogy given by Paul Williams (Susan's brother) *at her memorial service at RSL sub-branch Friday 21st May 2021 fondly remembers that:*

"My first clear memory of my Sister Susan is hanging on to the strap of her school bag as she towed me the half-mile to my first day at Connells Point School. This was her third school, not counting a stint of Queensland Correspondence School while she recuperated from rheumatic fever; the aftermath of which illness played a part in her career from time to time.

Susan was born in the Pacific Private Hospital, in Brighton-le-Sands, which made her the only New South Welshman in our extended family until the next generation. This happened because our Dad was an aero-engineer with Qantas at that time, working at Rose Bay Flying-boat base. This came to an end soon after the Pearl Harbour attack, when Dad was relocated to Archerfield to oversee servicing (mostly) American aircraft.

Susan was fortunate to attend MLC at Burwood under scholarship, and gained a healthy Leaving Certificate, which gave her entry to the Faculty of Medicine at Sydney University, this time with a Commonwealth Scholarship. She did not continue after her first year, but must have liked the feel of dissecting, as she soon began working at the CSIRO Animal Genetics labs under Helen Newton-Turner, a job she described as micro-slicing sheep skins and analysing follicle densities. A feature of this period of her life was knitting: she produced many warm and stylish jumpers for boyfriends during this time, and more than one for me too. I well recall on one cold morning, opening the front door to find a heap of hand-knitted jumpers, which had been delivered overnight by an offended beau. He did claim them back the next day.

I believe our Mum was surprised that, after almost six years happily working at CSIRO, Susan applied

for Officer Training in the Australian Army, a course which she commenced in early 1966. After graduation, Susan was posted for a while to Duntroon as Staff Captain, before her fateful allocation to the position of Assistant Director WRAAC Tasmania. Apparently Anglesea Barracks accommodated all Tasmanian Military personnel, and it was not long before an Air Force Flight Sergeant became a constant companion (despite inter-service taboos) so the next development was her discharge from The Military only days before she and Barry married at St Anne's, Ryde on 12th December 1970.

Susan began Teacher Training at Nepean College in 1976, qualifying in time to take up the position of Teacher-Librarian at North Richmond PS, where she served until being appointed to Werrington County PS. It seems that she was happy at Werrington, because she stayed for 22 years until retirement.

Wayne Dillon, Captain of Grose Vale Rural Fire Brigade says *"it's an honor to pen a few words, to reflect and remember Sue's life and her tremendous contribution to our Brigade, to the Hawkesbury Communications Brigade and to the wider RFS community."*

I first met Sue when I joined GVFRB back in 1989. Sue and Barry were already members at that stage, joining the Brigade some 4 years earlier in 1985. Not long after joining the brigade, Sue was elected Secretary in 1988, only standing down recently, her contribution spanning over 3 decades.

Sue was a tremendous Secretary, and a major part of the Grose Vale Team gaining the respect and friendship of all ... 36 years a member and 32 of those years as Secretary, what a tremendous contribution! What an amazing Job, what an amazing Lady and a great friend!

None of that was enough for Sue however, because in the same year as she joined Grose Vale (1985), she also joined the Hawkesbury Communications Rural Fire Brigade starting a long tradition of Grose Vale members Joining Comms. Sue's membership of Comms also spanned some 36 years, during which time she held many positions including, Treasurer, Call Out Officer, Deputy Captain and Sue was Captain of Comms for 21 years between 1993 and 2014.

It goes without saying that Sue was also a tremendous contributor at Comms gaining the respect and admiration of so many during her time in the operations room. A fantastic Comms Captain, very welcoming to new members and a great mentor!



In recognition of Sue's dedication and hard work she was awarded;

- Life membership of Grose Vale Rural Fire Brigade
- Life membership of the Hawkesbury Communications Rural Fire Brigade
- Sue was nominated for the National Medal
- Sue was awarded the Premiers Bushfire Emergency Citation
- Sue was awarded the 15 and 20 Years Long Service Medals

Sue will be awarded the 30 years Long Service Medal Posthumously at the next RFS medal ceremony.

It was Sue's voice over the RFS radio that will provide a lasting memory. Sue was the voice of the Hawkesbury RFS for many years. She provided that personal touch to the operations room, her calming voice and fun nature will be very much missed. With Sue, you were never just a number, you were never just a voice on the other end of the radio, she always knew who you were and would address you using your first name.

It was always reassuring to talk to Sue over the radio during a shift, she would often call you up to ask if everything was ok. Not because of some protocol

but simply because she cared! She just wanted to know if the crew was safe!

Sue was a wonderful Lady, a wonderful friend to so many, a wonderful member of the Grose Vale team, a wonderful Brigade Secretary, a wonderful member and Captain of Comms and a wonderful member of the RFS community.

Sue's contribution to our Brigade, to comms and the RFS in general was outstanding and remarkable! Sue made an impact on everyone she would meet and her presence will certainly be missed by all of us volunteers in yellow.

Sue was and will be a hard act to follow. May she rest in Peace.



Wayne Dillon

Captain Grose Vale Rural Fire Brigade

Howard Mitchell, Chairman of the Bowen Mountain Park Management Committee during the 1980's remembers that Susan Owens was one of the members of the core group of the Park Committee. Susan was a quiet achiever, always there, always willing to help, always loyal to the Committee and continually there. She was active in the early planting of trees in the Park. Susan ceremoniously cut the ribbon at the opening of the Park Hall by Mayor John Horrex. All Bowen Mountain residents who knew and loved her will sadly miss Susan. She was a treasured asset to Bowen Mountain and its community who will be fondly remembered.



St. Patrick's Day - March 17th Celebrated by a meal at Thai Angelina

Although Irish don't feature strongly in Thai culture, St. Patrick's meal at a Thai restaurant has drawn a gathering for about 6 years. It was first suggested by Sylvia Moorcroft, in support of her Irish heritage, and to enjoy the food (featuring a green curry!) and to support a small business run by a single owner. Each year around the 17th of March a convivial gathering is greeted by Bill attired in his greenest outfits; green streamers and green hats surround a couple of tables; and the food is truly superb and plentiful.

Why Irish? Bill says it was the good excuse for a dinner!. It first became an official public holiday in Ireland in 1903, but didn't take long to establish in Australia. St Patrick's Day has always been the day for the Irish in Australia.

On 17th March 1795 there were rowdy festivities among the Irish convicts, and the cells were filled with prisoners. Later the occasion gained in respectability, marked by formal dinners attended by the colonial elite, many with no Irish connections. In the 1830's approximately 25% of the population of Australia was born in Ireland. About 40,000 convicts were sent to Australia from Ireland as well as free Irish settlers immigrating. This strong Irish connection means that up to 33% of Australians today have some sort of Irish ancestry. Today, St. Patrick's Day in Australia has evolved into a fun day marked by revelry, green beer and comical hats.

On that day, some say that there were only two kinds of people — those who were Irish, and those who wished they were!!
Robin Woods



Jazz in the Shed



In early April, the Eniskillen Orchard put on a Jazz Concert in their shop on Grose Vale Road. The artists were the Belle Trio supported by Jazz singer Meera. The songs were mostly tuneful Old Timers like Georgy Girl.

The concert was sold out and judging by the applause the music was really appreciated by the audience. A fine platter of cheeses, meats and fruit was served at interval.
John Wulff



SATIN BOWER BIRD

A common resident of the Bowen Mountain bush is the Satin Bowerbird. The male's bower, or playground is commonly seen in our gardens and surrounding bush and is used primarily to attract females.

The bower is an area of around a square metre. Sticks and twigs are laid flat on the area and two paralleled walls of thin twigs are built to a height of 30 to 40 centimetres. The bower is decorated with blue objects such as pegs, pens, straws and bottle tops. Prior to European settlement these blue objects would probably have been berries, flowers and leaves. After decoration, the whole structure is painted with a mixture of saliva, dry bark and berries. Males will sometimes destroy bowers of rival males and unsuccessful males will sometimes rebuild their bowers to make them more attractive.

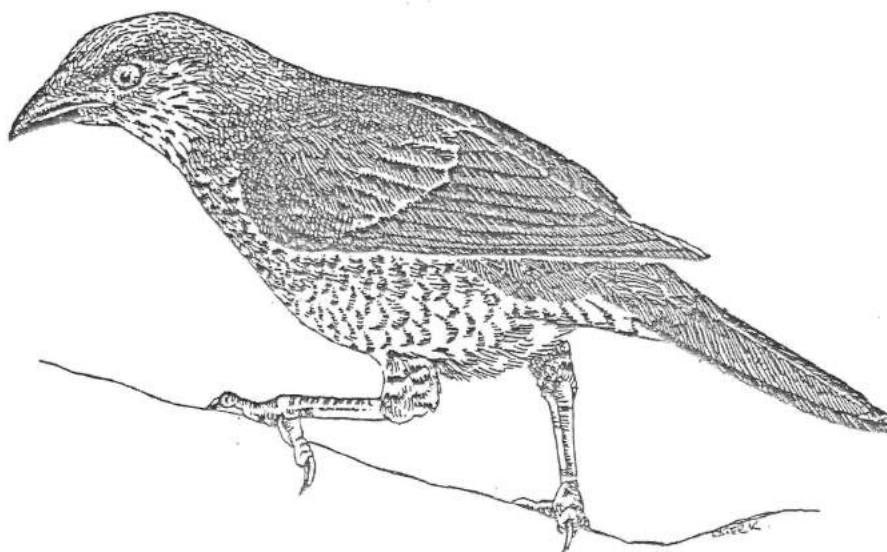
DETAILS

Size: 27-33 cm

Colour: Male: Glossy blue black; blue eye.
Female and Immature birds: dull green, rufous wings and tail, scalloped green and brown grey.

Diet: Leaves, grass, fruit and insects.

1. The two bower walls each contain exactly the same number of sticks.
2. The channel between the walls always faces exactly North and South.



Satin Bower Bird from Issue 45, Autumn 1996 of the Bowen Mountain Association Newsletter

Culinary Corner

STEFADO

700g lean stewing beef
700g small onions
Salt and pepper to taste
1/4 cup butter
1/3 cup red wine
2 tablespoons red wine vinegar (white will do)
90g tomato paste
1 tablespoon brown sugar
1 clove garlic, crushed
2 tablespoons currants or raisins
1 cinnamon stick OR teaspoon ground cinnamon
1 bay leaf
1/2 teaspoon ground cloves
1/4 teaspoon ground cumin

Method

Cut meat into 3-4 cm cubes, season with salt and freshly ground pepper. Melt butter in Dutch oven or deep fireproof casserole. Add meat and coat with butter, do not brown. Arrange peeled onions over meat. Mix remaining ingredients and pour over meat and onions. Cover casserole and simmer 2 hours or until meat is tender. Do not stir until serving, when sauce may be stirred to blend. Accompany with a crisp green salad, crusty white bread and red wine. Serves 4.

In memory of Susan Owens (valed April 18, 2021), who first submitted this recipe for the BMA's A Cook's Tour of Bowen Mountain, 1988, p. 41, ISBN 0-7316-2275-8.

TOMATO AND PUMPKIN SOUP



1 diced onion
1 tablespoon butter
1 diced butternut pumpkin
1 or 2 cans tomato soup
3 chicken stock cubes
pepper

Method

In a saucepan saute onions in butter. Three-quarter fill the saucepan with pumpkin and just cover with tomato soup. Add stock cubes and pepper. Cook until pumpkin is soft. Puree and serve with a dollop of cream.

Kim Jenkins



CHOCOLATE CARAMEL SLICE



Base:

1 cup plain flour
1/2 cup brown sugar
1/2 cup coconut
125g melted butter

Method

Mix together and press into a 23cm square tin. Bake in a moderate oven for approximately 15 minutes.

Topping:

1 tin condensed milk
2 tablespoons golden syrup
60g butter

Method

Melt together in a saucepan. Spread over hot base, return to oven for another 15 minutes.

Icing:

60g copha
1/2 cup drinking chocolate
OR
100g block of cooking chocolate.

Method

Melt together copha and drinking chocolate OR the melted cooking chocolate. Spread over cooled slice.

Kim Jenkins

ZIGZAG WORD SEARCH

Aquarium

F	T	H	E	R	M	L	I	G	H
I	S	T	E	M	O	G	N	I	T
L	R	E	G	E	N	K	N	A	T
T	E	R	Y	W	A	T	B	O	G
B	O	W	X	S	F	E	G	L	W
S	S	L	O	U	I	R	E	A	O
H	L	L	I	B	S	H	T	S	O
E	L	Y	C	S	T	R	A	S	D
A	C	R	S	H	E	A	P	L	A
C	A	V	E	R	E	T	S	T	N

Find all the words from the word list
(ignore spaces and dashes, if any):

ACRYLIC
BOG-WOOD

BOWL

CAVES

FILTERS

FISH

GLASS

HEATER

LIGHTING

OXYGEN

PLANTS

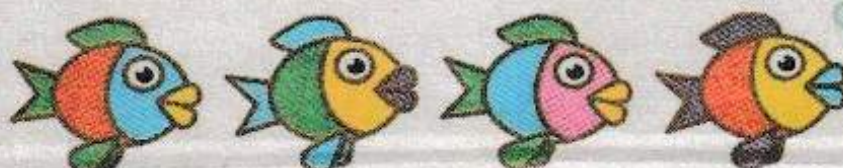
SHELLS

SUBSTRATE

TANK

THERMOMETER

WATER



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@asnsw.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)
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Water
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Lic #361374C
allanmbennett@gmail.com

Exercise for What??

It is well documented that for every mile that you jog, you add one minute to your life. This enables you, at age 85, to spend an additional 5 months in a nursing home at \$5,000 per month.

My grandmother started walking five miles a day when she was sixty. She is now ninety-seven and we don't know where she is.

The only reason I would take up jogging is so that I could hear heavy breathing again.

I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to show up.

I have to exercise early in the morning before my brain figures out what I am doing.

I don't exercise at all. If God meant us to touch our toes, he would have put them further up our body.

I like long walks, especially when they are taken by people who annoy me.

If you are going to try cross-country skiing, start with a small country.

And last, but not least, I don't jog - it makes the ice jump right out of my glass.



from Issue 70, June 2002 of the Bowen Mountain Association Newsletter

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