

The Bowen Mountain Association Inc.  
**NEWSLETTER**

No. 154

**Winter**

June - August 2023



"Protea" by Caithlin Murray

**Features:**

**Bowen Mountain Artist – Caithlin Murray**  
**Vale John Neil Hartley**  
**Congratulations Maisie Mitchell**  
**Winter Fire Report**

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 through Facebook, the Bowen Mountain website link and in hard copy by request.

For verification purposes, articles submitted for publication are to include the author's name, address or phone number. Unacknowledged articles will not be published.

This Newsletter is published by the Bowen Mountain Association to disseminate free of charge information for the benefit of the Bowen Mountain residents. However, the Bowen Mountain Association does not guarantee, and accepts no legal liability whatsoever arising from or connected to, the accuracy, reliability, currency or completeness of any published material.

Thank you to Diane Fairweather and others for proofreading.

Permission to reproduce any part of the Newsletter may be obtained by writing to the address below.

**Editor 0419 167 088**  
**Advertising Bill Kerr – 0409 989 810**

Email address for lodgement of newsletter contributions:

[alisonhine82@gmail.com](mailto:alisonhine82@gmail.com)

Newsletter Mailing address:  
**BMA Newsletter Committee**  
**C/o PO Box 3141, Grose Vale, NSW 2753**

Website: [www.bowenmountain.org.au](http://www.bowenmountain.org.au)

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

**COVER:** "Protea" by Caithlin Murray. Coloured pencil.  
Read about Caithlin on page 6.

Subscriptions to the Bowen Mountain Association Inc. can be forwarded to:

**The Treasurer Bowen Mountain Association**  
**PO Box 3141, GROSE VALE 2753**

\$10 - family \$5 - single

Bendigo Bank BSB: 633 000

Account No.: 1182 44003

Account name: BOWEN MOUNTAIN ASSOCIATION INC.

Printed By

**PRINTERS OF RICHMOND**

- Letterheads
- Raffle Tickets
- Post Cards
- Invitations
- Labels
- Posters
- Banners
- Signs
- Banner Mesh
- A Frames
- Business Cards
- Docket Books
- Booklets
- Brochures
- Flyers

P. 0432 440 435  
[enquiries@printersofrichmond.com.au](mailto:enquiries@printersofrichmond.com.au)  
[www.printersofrichmond.com.au](http://www.printersofrichmond.com.au)

## Editor's Letter



Welcome to the Winter Newsletter, which appropriately features Bowen Mountain artist, Caithlin Murray's coloured pencil "Protea" on our cover. Through the use of coloured pencil Caithlin brings an exceptional realism to her drawings.

Important information regarding the Winter Fire season is a must read in the Fire Report. It is with sadness that we farewell Greg Walker our Engagement officer from Grose Vale Brigade who has been diligently writing the Fire report in numerous newsletters over the years. Greg is retiring from this position. On behalf of the Bowen Mountain Association and the community, we thank Greg for his excellent and informative fire reports which have kept us safe, informed and alert during the fire season.

The Bowen Mountain Association Annual General Meeting on September 17<sup>th</sup>, 2023 will have as its theme "Our Community and the Local Bush Fire Brigade" a talk by the RFS Grose Vale Brigade Captain – Wayne Dillon. This talk will be followed by a delicious homemade afternoon tea. Come and join us at the AGM! Details are further on in this Newsletter.

We were saddened to learn of the passing of Judith Mitchell, a much loved, respected and admired Bowen Mountain resident who contributed significantly to the Bowen Mountain community and this newsletter over the years. Judith will be sadly missed.

This Newsletter is published four times a year to coincide with the seasons ie March, June, September and December. If you would prefer to receive a hard copy, please let the BMA Secretary know and one will be delivered to you, otherwise the newsletter will continue to be available via a link on the Bowen Mountain Facebook page and the Bowen Mountain website.

*BMA Newsletter Committee*

### **Bowen Mountain Association Inc. Executive 2022-23**

**President - Bill Kerr**

**Vice President – Lance Mitchell**

**Secretary - Alison Kerr** [secretary@bowenmountain.org.au](mailto:secretary@bowenmountain.org.au)

**Treasurer – Liz Rowan**

### **General Committee**

Colin Chesterman, Sarah Morgan,  
Karl O'Rourke, Lara Rupac, Robin Woods, John Wulff

### **Arts Fest Committee:**

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

### **Sub-Committee Coordinators**

**Newsletter – Alison Kerr (Acting)**

**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  
2753**

## PRESIDENT and SECRETARY'S REPORT WINTER 2023

Welcome to the BMA's Winter Newsletter! As the nights turn crisp, clear and cool and shadows lengthen and mountain fog greets us early in the morning the Mountain takes on a magical glow and dons its winter mantle. 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.

As we are aware of the rise of COVID and flu cases particularly over the Winter season we are continuing to creatively present a range of Community events in a COVID-19-safe environment, which everyone can enjoy and participate in.

There is a new AED (Defib) register that is a few months old and the NSW Govt. have requested those responsible for AEDs to register them so more people are aware of their closest AED in an emergency. The Bowen Mountain Association is in the process of registering the AED in the Park.

The Bowen Mountain Association Annual General Meeting on September 17<sup>th</sup> 2023 will have as its theme **"Our Community and the Local Bush Fire Brigade" a talk by the new RFS Grose Vale Brigade Captain – Wayne Dillon.** This talk will be followed by a delicious homemade afternoon tea. Come and join us at the AGM! Details are further on in this Newsletter.

The new revised Bushwalking Book proved to be very popular and sold out quickly. We have printed more copies, which are now available for \$20 per copy. If you would like a copy please contact the Secretary, Alison via:

- 1) Email [secretary@bowenmountain.org.au](mailto:secretary@bowenmountain.org.au)
- 2) Phone or Text Alison 0419167088

Following letters to Council from the Bowen Mountain Association, Council is currently fixing the potholes on Bowen Mountain and Grose Vale Roads. Council is currently repairing the landslip work on Bowen Mountain Road below Serpentine Lane.

The industrious and creative Halloween committee have started to investigate "the look" of Halloween this year and are thinking about what shape it will take. More information on Halloween 2023 will be available in the next Newsletter.

We were shocked and saddened to learn of the passing of Judith Mitchell, a much loved and admired Bowen Mountain resident who contributed significantly to the Bowen Mountain community and this newsletter over the years. Judith will be sadly missed.

We wish you all the best for the Winter season. Stay safe and warm.

*Bill Kerr and Alison Kerr*, President and Secretary, Bowen Mountain Association



## BOWEN MOUNTAIN ASSOCIATION 2023

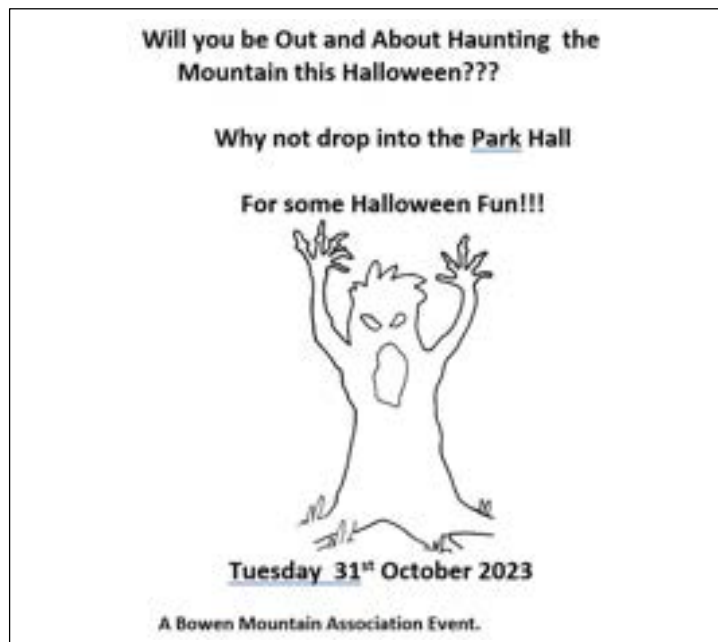
### CALENDAR OF COMMUNITY EVENTS

**REPEAT ITEMS: BMA COMMITTEE MEETING: Second Monday of every month commencing in February 2023.**

**BMPMC - Bowen Mountain Park Management Committee**

**PLEASE NOTE: Due to COVID 19 Restrictions all of the dates and venues below are subject to confirmation. Dates may be subject to change depending on weather and other factors. Due notice will be provided.**

DATE		ITEM
AUGUST	Thursday 3rd	BMPMC Meeting – 7.30 pm
	Monday 14th	BMA MEETING – Bowen Mountain Park Hall
SEPTEMBER	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 17 <sup>th</sup>	BMA AGM – 2pm Bowen Mountain Park Hall
OCTOBER	Thursday 5 <sup>th</sup>	BMPMC Meeting – 7.30 pm
	Saturday 7th	BMPMC – Spring Market 3-7pm
	Monday 9th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 31st	Halloween Happenings – Bowen Mountain Park Hall – All Welcome
NOVEMBER	Monday 13th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Thursday 7th	BMPMC Meeting – 7.30 pm
	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Saturday 16th	BMPMC – Christmas in the Park 3-7pm



YOU ARE INVITED TO ATTEND THE  
BOWEN MOUNTAIN ASSOCIATION INC.



## ANNUAL GENERAL MEETING

TO BE HELD IN BOWEN MOUNTAIN PARK HALL

SUNDAY SEPTEMBER 17<sup>th</sup> 2023

COMMENCING AT 2PM

**"Our Community and the Local Bush Fire Brigade"**  
**A talk by the Brigade Captain - Wayne Dillon**

Wayne has lived in the area all his life and brings with him a wealth of local knowledge and experience in all matters relating to the RFS, our brigade and fire behaviour history in our area.

COME JOIN US FOR A DISCUSSION AND ENJOY A  
DELICIOUS HOMEMADE 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



## ARTISTS OF BOWEN MOUNTAIN - *Caithlin Murray*

Caithlin Murray, whose drawing “Protea” adorns the front cover of this newsletter has made a name for herself as an accomplished portrait artist in the Hawkesbury, regularly undertaking commissioned works. Caithlin grew up on Bowen Mountain and has remained a resident in the Hawkesbury. She has won places in the Bowen Arts Festival two years in a row and has exhibited in the “Fresh Faces” exhibition as well as at Grafton regional gallery for the ArtExpress exhibition.

Caithlin appeared as a featured artist, exhibiting her artwork in the children’s and youths’ Bowen Mountain Arts Fest exhibition held on the 17<sup>th</sup> and 18<sup>th</sup> of November 2015 in Bowen Mountain Park. She also featured as a guest artist at the Bowen Mountain Arts Fest – “Art on the Move” 2019, which ran from January 11<sup>th</sup> – 31<sup>st</sup> 2019 at the Village Kitchen, Kurrajong.

Caithlin states that, “As a young artist from the Hawkesbury, I have been subjected to a range of art practices that strive to highlight natural beauty. A common theme in our local community is to illustrate our picturesque lives, a theme I have been eager to explore. My art celebrates mundane scenes, objects of daily living and the images we are subjected to as we play out our lives. I aim to find the beauty in these common scenes by capturing the essence of movement. This element is incorporated by the contrast between light and dark which I focus on in all my art making. It is this use of highlight in particular which brings my scenes to life and animates them in a way, which strives to evoke certain atmospheres and emotions. I combine both coloured pencil and soft pastels in my works but focus particularly on the detail I can achieve through coloured pencils.” Caithlin is known as a coloured pencil artist whose aim is to achieve realism within her artworks. Her style has been shaped by the Hawkesbury area as she completes commissioned portraits for her local area, which often comprise horse portraits.

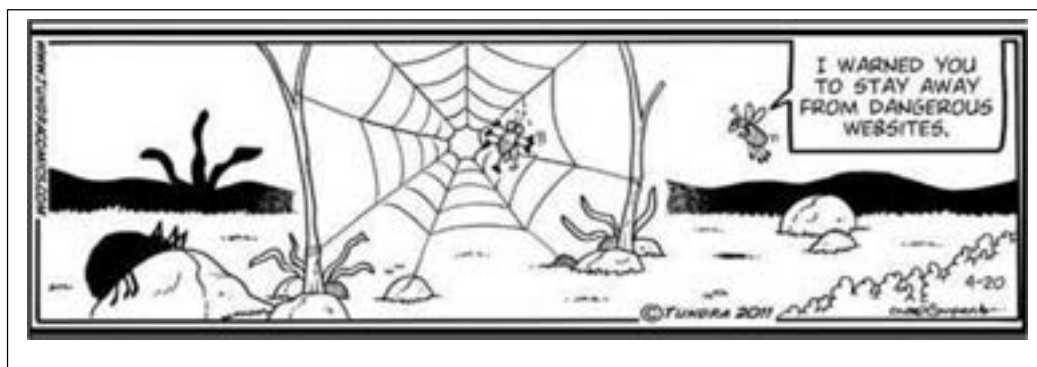
Caithlin’s artwork below titled “Fighting Fish” adorned the front cover of the Bowen Mountain Newsletter in 2018. Caithlin’s “Kookaburra” was also on the front cover of the 2019 Newsletter and was used on posters and promotion materials for the Bowen Mountain Arts Fest 2019. She has experienced success at the Hawkesbury Show, taking home art prizes in recent years. Caithlin has also run local children’s art classes over the past five years.



## Good Friday Easter Egg Hunt and Community Morning Tea

On Good Friday we held our annual Easter Egg Hunt and Community Morning Tea and despite the cold and wet start to the day, it was another fantastic success with an amazing turnout. With gum boots, raincoats and umbrellas it was wonderful to see all the children (and some adults) on the hunt for eggs. Thankfully the rain stopped literally just as the hunt started! We are incredibly grateful to Lindt Marsden Park once again, for their very generous donation of approximately 7000 chocolate eggs! They were certainly enjoyed by all! Our free morning tea also continues to be a great addition and we'd like to thank our community for all the lovely comments we received. A special mention also to our lovely volunteers who helped us get everything set up in record time and assisted with handing out eggs and serving morning tea. It's so wonderful to see our local community catching up in our beautiful park with family, friends, neighbors and making the most of the day long after the hunt has finished. We can't wait to do it all again next year!

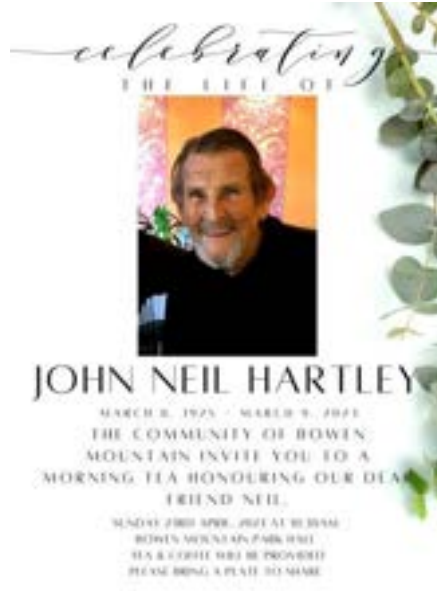
Louise Hawkins, for the Bowen Mountain Park Management Committee



## VALE Neil Hartley

8<sup>th</sup> March 1925-9<sup>th</sup> March, 2023

A Life Member of the Bowen Mountain Association (BMA)



About 40 people gathered for a memorial morning tea in the Bowen Mountain Park Hall 23<sup>th</sup> April to celebrate Neil's incredible and interesting life. Neil was a wonderful person, kind, caring, who loved life, his home, community and living on Bowen Mountain. We had lots of fun with him. He was a great friend. Thanks to the people that spoke about Neil and also for the food contribution.

We still have vivid memories of Neil sitting at the table of Liz Rowan's BMA community lunches. He would have a brief chat and then return home to his pets with a plate of food for his next day's dinner. Neil was also on the Bowen Mountain Park Management Committee (BMPMC). He sat at the end of the table for committee meetings so that he could read our lips. There were occasional interruptions to the meeting to explain proceedings. Ernie his cat would come to the door and announce his presence with a scratch on the door and a meow. To keep the peace Ernie was let in and sat quietly on Neil's lap.



*Neil with Vita, Lance and Ernie  
(on the ground) before  
departing on one of his bus trips*



*Neil amongst his rhododendrons*



Neil loved the park. He was for many years the “park ranger” acting as janitor, opening and closing the toilets. He loved to chat with people, young and old in the park and he was respected by them. He loved looking out his lounge room window at activities in the park. With a loud hello he acknowledged waves from people walking past. He had magnificent stands of rhododendrons, a fishpond and impressive gum trees in his front yard.

He loved his animals. He had horses behind the house and three house pets, his cat Ernie, Vita (Latin for “life”) a poodle and Lance, a beautiful English Pointer with a very gentle temperament. He enjoyed meeting in the park with his friends and their dogs. He was once a dog judge and had a detailed knowledge of many breeds.

He was very generous in helping the BMA hold the Arts Festival in 1998, 2001 & 2003 at the Old Stables. (Neil's Shed) He helped with all the setting up and hanging of pictures, and used his front lawn as a “parking lot” on many occasions.

Neil went on bus trips, one as far as Tasmania with the Seniors Group. Colin and Denyse would take Neil on a “mystery trip”- somewhere local. He’d ask “where are we going” to which we replied “can’t tell you as it wouldn’t be a mystery”. He enjoyed trying to figure out our destination. He went to cricket matches to watch Kingsley Allan play. He also sponsored Kingsley’s North Richmond cricket team. Neil went to Chorella Concerts, enjoying their singing and trying to read their lips to get the meaning of the songs. We also went with him to Tasmania. One trip we took him on a flight in a small aircraft (Cessna) to Melaleuca, an isolated airfield in SW Tasmania. The pilot told him to put his headphones on prior to departure so that he could hear the commentary and as protection from the noise. He discarded them telling the pilot he was stone deaf, but he did enjoy the vibrations, the motion of the plane and the scenery. We passed Federation Peak and circled in sight of Port Davey before landing on the isolated airstrip that Deny King made (~1955) when he was mining tin.

Neil was very good at lip reading providing the top lip was not covered by a moustache, the speech was not too fast and the lips were opened wide. He could read some interesting conversations at distant tables in cafes and on trains.

Despite becoming totally deaf at an early age (5-7 years) Neil lived a full life, he travelled, played tennis “I was pretty good too”, he boxed and he ran his dental laboratories in Sydney and then in Bowen Mountain.

Neil was a beautiful person who cared about people, He was kind, “never told a lie”, generous and loving. He will be missed. Rest in Peace dear friend.

Colin, Denyse, Martha and Rebecca 26/05/23

## ***Congratulations, Maisie!***

During the Easter holidays this year, I competed in two Nationals Championships.

On the 14th of April, I travelled to Brisbane to race in the Australian Junior Championships where I placed 4th with a big PB of 8 seconds.

Later that week, I flew down to Melbourne for the Australian Little Athletics Championships where I placed 3rd.

I would like to thank the Bowen Mountain Association for all their support throughout these events to make my achievements possible.

**Maisie Mitchell**



# RFS FIRE REPORT – Winter 2023

Welcome to the Grose Vale Brigade's Fire Liaison Officer's Report for Winter 2023.

## Preparing for Winter in your home

As winter approaches, residents of Bowen Mountain and Grose Vale are reminded to be vigilant for the potential for fires to occur within the home. All too often, house fires caused by faulty electrical appliances, heaters (including electrical, oil and slow combustion wood fires) candles and other sources of ignition, not only cause considerable damage to the home or its total loss but **also threaten life**.

To mitigate the risk of fires within the home, now is a good time to review your escape plans, smoke alarms, chimneys, flues and electrical appliances.

Fire + Rescue NSW notes the following:

### 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 firefighter's arrival.
- As you escape make sure you close internal doors behind you. This can reduce fire spread and minimise damage.



### 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.
- Test the smoke alarm regularly.



### 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.

***Ensure everything is kept a metre from the heater.***

- 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.***

## **ELECTRIC BLANKETS**

- Test your electric blanket before use by laying it on top of your bed, feeling the internal wires for any abnormalities and inspecting cords/controls for damage.
- Turn it on for 5 minutes and then feel for any uneven hot spots.
- If you notice any of the above the electric blanket should be replaced. Ready to pack your electric blanket away? Roll it for storage, folding can cause damage.
- Electric blankets are not designed to be used while sleeping. Consider adding additional bedding to keep warm if needed.

## **WHEAT BAGS**

- Check your wheat bags for signs of wear and tear or scorching. Replace if needed.
- Follow the manufacturers' instructions when heating, using and storing.
- Wheat bags can easily ignite or burn if overheated and need to completely cool on a non-combustible surface before storing. They are only designed to be applied directly to the body and should never be used in bed or while sleeping.

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](http://www.rfs.nsw.gov.au) or the Fire + Rescue website [www.fire.nsw.gov.au](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.



# CULINARY CORNER

*Here are some warming recipes to try especially when the weather is cold.*



## ROASTED RED CAPSICUM, SMOKED PAPRIKA and TOMATO SOUP

*The ultimate Winter soup!*



### Ingredients:

- 5 large red capsicums
- 450 g medium sized ripe tomatoes or tinned tomatoes
- ¼ cup extra virgin olive oil
- 1 large finely chopped garlic clove
- 1 large finely chopped onion
- ½ tbsp. sun dried tomato or pesto paste
- ½ tsp smoked paprika
- ¼ tsp. sugar
- water to cover ( no more than 1 litre)
- 2tsp. sea salt flakes
- freshly ground black pepper
- red wine vinegar to taste

### Method:

Pre heat oven to 220 ° Sit the capsicums on a shallow baking tray lined with baking paper.

Put the tomatoes in a small baking tray and drizzle them with half the oil.

Put capsicum and tomato trays in the oven.

Roast the tomatoes for 20 mins. or until their skins have split. (if using tinned tomatoes this step can be omitted).

Cook the capsicums turning them a few times until they are charred and blistered all over – 25 mins.

While the tomatoes and capsicum are cooking, heat the remaining oil in a saucepan and cook the onion until it's soft and golden – about 8 minutes.

Add the garlic, tomato paste or pesto and cook, briefly until fragrant. Turn off heat.

Take capsicums and tomatoes out of oven, chop roughly. Add to onion mixture. Add paprika, salt, sugar and water.

Puree the slightly cooled soup in batches. Add a small dash of red wine vinegar and pepper to taste.

*Alison Kerr*

## CHOCOLATE MOUSSE – *Chocolate warms the heart on a Winter's Day!*

### Ingredients:

- 150g mini white marshmallows,
- 50g unsalted butter
- 250g dark chocolate chips,
- 4 tablespoons hot water



### Method:

Combine all of the above in a bowl. Beat 200ml cream and vanilla until soft peaks.

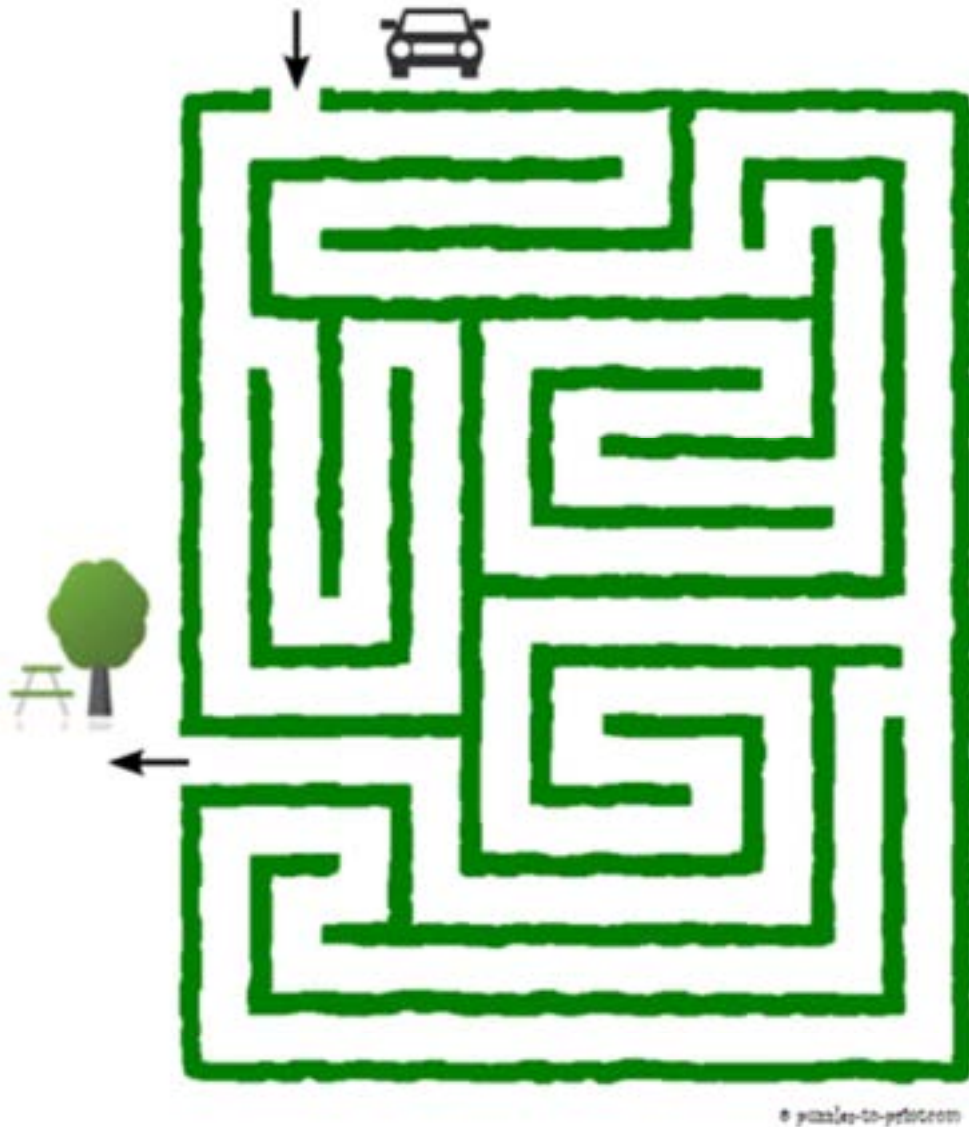
Fold chocolate mixture into cream. Transfer mousse to serving glasses and refrigerate.

Serve with cream and grated chocolate on top.

*Elaine Leahy*

## CHILDREN'S PAGE

### Picnic in the Park



Caroline and her family are having a picnic in the park. Can you help them find their way through the hedge maze to the picnic area?



# COMMUNITY NOTICES

**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 website for social events.  
Phone: Liz Rowan 4572 2416

## CRAGO OBSERVATORY

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



## JOIN THE BOWEN MOUNTAIN ASSOCIATION!

It is that time of year to join/ renew your membership of the Bowen Mountain Association Inc (BMA) for the 2022-23 membership year.  
\*Single Rate \$5.00 \* Family Rate \$10.00

Your membership will assist the non-profit BMA to run all its activities such as musical events, fairs, markets and Halloween throughout the year and publish the Newsletter.

### EFT Details:

Bendigo Bank

Account Name: Bowen Mountain Association Inc.

BSB: 633 000

Account Number: 1182 44003

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

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

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

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

Thankyou

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.***

When the cake recipe says put one whole egg in it



# BOWEN BUSINESS



**Massage  
&  
Bowen  
Therapy**

<http://sublimeflow.me>

**0402956207**



**SYDNEY WEST  
BUSINESS SERVICES**

SERVICES OFFERED:

- Accounting
- Bookkeeping
- Tax Compliance
- Tax Advisory
- Start Ups
- CFO Services
- Business Strategy
- Succession Planning
- SWOF Services
- Software & Training



**A better banking experience.**

**Right on your doorstep**

We deliver the products and technology you'd expect from a big bank, plus the personal service you wouldn't.

Feel good about who you bank with. Try Bendigo.

Find out more. Call 4571 2988 or search Bendigo Bank North Richmond or Richmond.

[bendigobank.com.au](http://bendigobank.com.au)

**BANK LOCAL**

**Bendigo Bank**

Community Bank North Richmond and Richmond

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1455027 OUT\_1676789, 25/11/2020



**The Healthy Strong Dance Academy**

**Specialising in:**

- RAD Ballet
- GWT Tap
- Jazz
- Acrobatics
- Strength and Conditioning
- One to one and group classes

**Principal, Melanie Kerr**

MSc Dance Science  
Master's Secondary Teaching (Dance and PDHPE)  
B/A (HONS) Dance Choreography  
Accredited ASCA Strength and Conditioning Coach

Phone: 0434646053  
Email: [thehealthystrongdanceacademy18@gmail.com](mailto:thehealthystrongdanceacademy18@gmail.com)



# BOWEN BUSINESS

**KURRAJONG BUILDERS SUPPLIES**  
**Open 6 days per week 4573 1326**

We have refurbished the whole store and now carry a much larger range of hardware and building materials including:

*Timber \* Plumbing Supplies \* Gyprock \* Paint  
 Steel Reinforcing Mesh \* Doors \* Power Tools  
 Treated Pine Logs & Sleepers \* Insulation batts  
 Fencing Wire & Mesh \* Farm gates \* Garden Dept  
 Delivery Service*

78 Old Bells Line of Road, Kurrajong  
 Jeff Smith

**Matt Hawkins Kurrajong water**

**WATER**

Matt Rob  
 0418407994 0432077160

**K O**

**ELECTRICAL**

Switchboard upgrades • lighting • power • data • tv • smoke alarms •  
 energy efficiency advice • intruder alarms • CCTV

Contact Karl O'Rourke for a free quote  
 0491 803 300 | karl.koelectrical@gmail.com

**KURRAJONG CELLARS**  
 CHRISTINE MEAD J.P.

*Wines with a difference, Beers, Spirits & Ice*

**VOTED BEST BOTTLE SHOP  
 IN THE HAWKESBURY**

76 Old Bells Line of Road  
 Kurrajong Village NSW 2758  
 4573 1231

*Lillians*

**Beauty Salon**

Make 2023 your most relaxing year yet!  
 Nimus and Botanical Extracts

Body Piercing Formal Makeup - Facials  
 Body Treatments Waxing & Electrolysis  
 Hot Stone Massage Indian Head Massage  
 Electroporation Spray Tans \$40

5/36 Riverview Street, North Richmond NSW 2754  
 4571 1294

**Student Discount Tuesday & Wednesday**

**Wallace & Wallace**  
**Signwriting**  
 Mobile 0415 281 525

*Traditional Hand painted signs or Full colour Digital Imaging*

- Stickers
- Screen Printing
- Banners
- Honour Boards
- Boats
- Car
- Trucks
- Horse Floats
- Billboards
- Horse Drawn Vehicles
- Shopfronts
- Real Estate Signage Etc.

**Vehicle Wrapping**

Unit 3 / 6 Charles Street. NORTH RICHMOND


 **Cindy Cash | Sales Director**


Australia's leading brand combined  
 with the Hawkesbury's leading agent!

**RayWhite.**

For a trusted market opinion contact Cindy Cash from  
 Ray White North Richmond today.

0414 457 439  
 (02) 4571 3000  
 cindy.cash@raywhite.com

 **Open 7 Days**  
 Corner of Grose Vale Road and Grose Wold Road  
 Grose Vale  
 Telephone: (02) 4572 1569

 **AUSTRALIA POST**