

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

No. 157

**Autumn**

March, 2024



Photo by Lance Mitchell, 2024

**Features:**  
**Inaugural BMA Calendar & Photo Competition**  
**RFS Report**  
**Plus Much More ...**

The Bowen Mountain Newsletter is a quarterly publication compiled by a sub-committee of the Bowen Mountain Association Inc. and delivered free to residents of Bowen Mountain and to Grose Vale Post Office.

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 Unacknowledged articles will not be published.

This Newsletter is published by the Bowen Mountain Association to disseminate free and charged information for the benefit of the Bowen Mountain residents. 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 all those who have assisted in 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**

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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:** Mountain Dragon. Spotted by Jack Mitchell. Photo by Lance Mitchell who wrote, "A ten minute walk from Crago observatory and we spotted three magnificent lizards. A Water Dragon, a big Lace Monitor and a beautiful little Mountain Dragon. # Love where we live!!"

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.



## Editor's Letter



Welcome to the Autumn Newsletter, which appropriately features Lance Mitchell's photo of a Bowen Mountain Dragon on our cover. Lance's photo is also being used to launch the Inaugural 50<sup>th</sup> Bowen Mountain Association Photo Calendar Competition with details of this competition further on in the Newsletter.

Peppercorn Services have prepared a Resource Card on Services available in the Hawkesbury including Emergency Contacts, Government Services, Wellness and Mental Health support, Community Centres, Food Hampers, Meals and Emergency Relief. Many of these services are offered free of charge. The Bowen Mountain Association is enlarging the print, copying and laminating this flyer so it can be easily displayed. If you would like a copy of this card read the President and Secretary's report which details how to obtain one.

Important information regarding the Autumn Fire season is a must read in the Fire Report which also features the recent activities of our local RFS.

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. The Newsletter will also continue to be available via a link on the Bowen Mountain Facebook page and the Bowen Mountain website.

Wishing you all a peaceful, healthy and successful 2024.

***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  
NSW 2753**



Happy New Year and Best Wishes for a 2024 filled with hope, peace, happiness and successful endeavours. We are continuing to creatively present a range of Community events in a COVID-19-safe environment, which everyone can enjoy and participate in.

As a result of a 'Seniors Be Prepared Morning Tea' held in the Park Hall last year and a detailed interview with Peppercorn Services by the President and Secretary focusing on what the Bowen Mountain community needed in regard to Emergency Services, Peppercorn Services have prepared a Resource Card on Services available in the Hawkesbury. This resource card includes information on Peppercorn Services, Emergency Contacts, Government Services, Wellness and Mental Health support, Legal Services, Community Centres, First Nations, Food Hampers, Meals and Emergency Relief, Housing Assistance, Drug and Alcohol Services. Many of these services are offered free of charge. The Bowen Mountain Association is enlarging the print, copying and laminating this flyer so it can be easily displayed. If you would like a free copy of this flyer please contact the Secretary, Alison via:

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

As part of our Community Outreach, Martha and Liz delivered 24 Xmas gift bags to residents. Many residents have asked that the Bowen Mountain Cookbook and Bowen Mountain history be reprinted. This book was written in 1988 to mark the Bicentennial and only 200 copies were made. Copies of the Cookbook and History (*A Cook's Tour of Bowen Mountain*) reside in the National Library in Canberra and also the Hawkesbury Library in Windsor. The Bowen Mountain Association is currently investigating the feasibility of reprinting and updating the original 1988 book.

Several residents have raised the question of contacting the Aboriginal Land Council to ascertain boundaries on Bowen Mountain. The BMA will investigate this further and report back in future Newsletters.

The BMA received communication from Hawkesbury Council answering the BMA's questions regarding the roads on and around the Mountain and updating us where work had been undertaken to improve road conditions.

The BMA is investigating the feasibility of getting community batteries for the Household Solar program at Bowen Mt. This program is planned to be installed in Blaxland, East Blaxland and Hobartville. Residents will still be connected to the grid but they will get cheaper electricity bills. More information should follow in future Newsletters.

Wishing the Bowen Mountain community an enjoyable Easter and a colourful Bowen Mountain Autumn.

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



## BOWEN MOUNTAIN ASSOCIATION 2024

### CALENDAR OF COMMUNITY EVENTS

**REPEAT ITEMS: BMA COMMITTEE MEETING:** Second Monday of every month commencing in February 2024. Commencing 7.30 pm In Bowen Mountain Park Hall.

**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 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Friday 29 <sup>th</sup>	BMPMC Easter Egg Hunt – 10.00 am
APRIL	Thursday 4 <sup>th</sup>	BMPMC Meeting – 7.30 pm
	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
MAY	Monday 13 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
JUNE	Thursday 6 <sup>th</sup>	BMPMC Meeting – 7.30 pm
	Monday 10 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
JULY	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Saturday 13 <sup>th</sup>	BMPMC – Trivia Night 7pm
	Date and Venue TBC	BMA Dinner
AUGUST	Thursday 1 <sup>st</sup>	BMPMC Meeting – 7.30 pm
	Monday 12 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 25 <sup>th</sup>	BMA AGM
SEPTEMBER	Monday 9 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Thursday 3 <sup>rd</sup>	BMPMC Meeting – 7.30 pm
	Saturday 12 <sup>th</sup>	BMPMC – Spring Market 3-7pm
	Monday 14 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Thursday 31 <sup>st</sup>	Halloween Happenings – Bowen Mountain Park
NOVEMBER	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Monday 9 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Saturday 14 <sup>th</sup>	Christmas Party Christmas in the Park

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



TO CELEBRATE THE 50TH ANNIVERSARY 2025

of the

BOWEN MOUNTAIN ASSOCIATION



we are producing

THE INAUGURAL BOWEN MOUNTAIN CALENDAR

with unique photos of Bowen Mountain flora, fauna and landscapes.

We are inviting all our creative BoMo photographers of all ages to enter their favourite Bowen Mountain photo in the

**BOWEN MOUNTAIN CALENDAR PHOTO COMPETITION.**

Calendar competition entry photos should be sent via Facebook Messenger to the Official Bowen Mountain NSW Facebook page (the one with the Bunya Pine) for voting by the Calendar Competition Panel by MONDAY AUGUST 5<sup>th</sup>, 2024, with name and age of the entrant and a brief description of the photo and where it was taken on Bowen Mountain.

All photos will be uploaded to the Official Bowen Mountain Facebook page for voting by a panel of external judges.

Photos will also be chosen for the front covers of the Bowen Mountain Newsletter for 2024 /2025.

Lance Mitchell's photo of a Mountain Dragon (above) is an example of a photo that might be entered.



## Peppercorn Services Hawkesbury Services RESOURCE CARD

# SAMPLE

This resource card includes information on Peppercorn Services, Emergency Contacts, Government Services, Wellness and Mental Health support, Legal Services, Community Centres, First Nations, Food Hampers, Meals and Emergency Relief, Housing Assistance, Drug and Alcohol Services.

Many of these services are offered free of charge. With permission from Peppercorn, the Bowen Mountain Association is enlarging the print, copying and laminating this flyer so it can be easily displayed. If you would like a free copy of this flyer please contact the Secretary, Alison via:

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



# Hawkesbury Services Resource Card

**CONTACT**

320 George Street  
Windsor NSW 2756  
(02) 4587 0222  
frontdesk@peppercorn.org.au  
www.peppercorn.org.au

**SCAN ME!**



PEPPERCORN SERVICES

**Flood Recovery Support Services**  
(02) 4587 0225 or [rrs@peppercorn.org.au](mailto:rrs@peppercorn.org.au)

**Person Centred Emergency Preparedness (PCEP)**  
(02) 4587 0225 or [pcep@peppercorn.org.au](mailto:pcep@peppercorn.org.au)

**Children and Family Support**  
(02) 4577 9804 or [dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au)

**NDIS Support Coordination**  
(02) 4587 0225 or [ndis@peppercorn.org.au](mailto:ndis@peppercorn.org.au)

**Cooking and Dietitian Services**  
(02) 4587 0229 or [diets@peppercorn.org.au](mailto:diets@peppercorn.org.au)

**Seniors Meets and Social Activities**  
(02) 4584 7022 or [social@peppercorn.org.au](mailto:social@peppercorn.org.au)

**Community Transport**  
(02) 4584 7022 or [transport@peppercorn.org.au](mailto:transport@peppercorn.org.au)

**Lawn and Home Maintenance**  
(02) 4577 9975 or [hlm@peppercorn.org.au](mailto:hlm@peppercorn.org.au)

**Wellbeing Support Services (Free Counseling)**  
(02) 4587 0225 or [wellbeing@peppercorn.org.au](mailto:wellbeing@peppercorn.org.au)

EMERGENCY CONTACTS

**EMERGENCY CONTACTS**

Police, Fire or Ambulance **000**

Windsor Police (02) 4587 4099

NSW State Emergency Service (SES) **132 500**

Bush Fire Information Line **1800 NSW RFS (1800 679 737)**

National Relay Service **133 677 (TTY)** or **1300 555 727 (S&L)**

Link2Home Homelessness **1800 152 152**

Child Protection Helpline **13 21 11**

Kids Helpline (5-25 years 24/7) **1800 551 800**

NSW Aging and Disability Abuse Helpline **1800 628 221**

NSW Victims Access Line **1800 633 063**

Rape or DV Crisis Helpline **1800 737 732**

GOVERNMENT SERVICES

**GOVERNMENT SERVICES**

Myagedcare **1800 200 422** or [myagedcare.gov.au](http://myagedcare.gov.au)

NDIS **1800 800 110** or [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

Centrelink Employment Services Line **132 850**

Medicare **132 011** interpreter or **131 202**

Services NSW **13 22 13**

LOCAL COUNCIL CONTACTS

**LOCAL COUNCIL CONTACTS**

Hawkesbury Council **(02) 4580 4444**

Blue Mountains Lower **(02) 4723 5000** Upper **(02) 4780 5000**

WELLNESS & MENTAL HEALTH SUPPORT

**WELLNESS & MENTAL HEALTH SUPPORT**

Head to Health **1800 555 232**

Hope4U **0457467348** or **1800 467 348**

Call Back Suicide Service **1300 659 487**

Mental Health Access **1800 011 511**

Mental Health Line is NSW Health's 24/7 state wide phone service

Blue Knot Trauma Helpline **1300 224 638**

Lifeline - 24/7 **13 11 14**

Beyond Blue - 24/7 **1300 22 4638**

Mens Line Australia **1300 789 978**

Disaster Welfare Assistance Line **1800 015 444**

Domestic Violence Line **1800 686 463**

NSW Victims Access Line **1800 633 063**

LEGAL SERVICES

**LEGAL SERVICES**

Legal Aid **1300 888 529**

Domestic Violence Legal Service **(02) 8745 8999** or **1800 810 784**

Jury Service Enquiries **1300 722 574**

## Peppercorn Services Hawkesbury Services RESOURCE CARD

# SAMPLE

### Page 2.

This resource card includes information on Peppercorn Services, Emergency Contacts, Government Services, Wellness and Mental Health support, Legal Services, Community Centres, First Nations, Food Hampers, Meals and Emergency Relief, Housing Assistance, Drug and Alcohol Services.

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

### COMMUNITY CENTRES

**Bligh Park Community Services**  
(02) 4572 5898 or [admin@blighpark.org.au](mailto:admin@blighpark.org.au)

**North Richmond Community**  
(02) 4571 1909 or [nrcs@northrichmond.org.au](mailto:nrcs@northrichmond.org.au)

**Richmond Community Services Inc**  
(02) 4588 3502 or [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)

**Glossodia Community Centre**  
(02) 4576 5542 or [glossodia@ihug.com.au](mailto:glossodia@ihug.com.au)

**North Richmond Youth Project - NRGY Youth Hall**  
(02) 4571 3859 / 0481 3676 77 or [ydp@northrichmond.org.au](mailto:ydp@northrichmond.org.au)

**PCYC Hawkesbury**  
(02) 4568 5070 or [hawkesbury@pcycnsw.org.au](mailto:hawkesbury@pcycnsw.org.au)

**Hawkesbury Community Outreach Services (HCOS)**  
(02) 4573 1166 or 4573 2922

**Winmalee Neighbourhood Centre** (02) 4754 4050

**Platform Youth Services** (02) 4760 0806

Help with food packages, computers/phones/internet, laundry facilities, advice and more

### FIRST NATIONS

**Merara Aboriginal Community Association** (02) 4588 5144  
for the Hawkesbury Inc Services

**Hawkesbury Community Health** (02) 4566 5714

**Aboriginal Community Liaison Officer** (02) 4745 6677 or  
**Aboriginal Health Support** 1800 639 784

**First Nations Women's Legal Contact Line** 1800 602 345  
Free confidential legal information

**First Nation Support Fines & Demerits Support** 1800 602 345

**Indigenous Debt Recovery** 1800 138 193

### FOOD HAMPERS, MEALS & EMERGENCY RELIEF

**Hawkesbury Helping Hands** (02) 4577 7077 or  
Saturday 9:30am to 12:30pm [hello@hawkesburyshelpinghands.org.au](mailto:hello@hawkesburyshelpinghands.org.au)

**Hawkesbury Community Kitchen** (02) 4577 5203  
Provides drop-in support, shower & laundry facilities (also free community meals)

**Strong Nation Community Services** (02) 4567 8091  
Monday to Friday 10:00am to 5:00pm  
Emergency relief assistance with NAFSA vouchers requires an appointment.

**San Miguel (Yourtown)** (02) 4579 6422  
Accommodation for young parents (aged up to 25) and their children.

**Kumajong Baptist Church** (02) 4573 1888  
161 Kumajong Road, Kumajong 2766

**FOR EMERGENCY RELIEF ASSISTANCE**  
(FOOD, TRAVEL, WATER, PHONE, RATES, CLOTHING ETC.)  
Please call 1300 371 288 from Monday-Friday 9am-5pm.  
Once assessed you can pick up assistance from  
**Salvation Army Hawkesbury**  
Tuesdays 3pm-4pm and Wednesdays 10am-11am

### DIVERSE SEXUALITY SUPPORT

**AIDS Council of NSW (ACON)** 1800 083 080

**Q Line Counselling** 1800 184 527

**The Gender Centre** 9519 7599

### HOUSING ASSISTANCE

**Link Wentworth Housing** (02) 4777 8000  
Provides homelessness support and housing assistance services

**Department of Communities and Justice** 1800 422 322  
Community Housing and Aboriginal Housing

**Nureen Hawkesbury Women's Accommodation & Support Service** (02) 4574 8905  
Domestic violence or homelessness/ risk of homelessness

**The Women's Cottage for Women & Children** (02) 4578 4150

### CULTURALLY & LINGUISTICALLY DIVERSE

**Interpreting Service** 131 450

**SYD WEST Multicultural Service** (02) 9833 2416

**STARTTS** (02) 9794 1900  
Service for Treatment and Rehabilitation of Torture and Trauma Survivors

### DRUG AND ALCOHOL SERVICES

**Alcohol and Drug Information Service** 1800 422 699

**Hawkesbury Community Health Centre** (02) 4566 5714

**Nepean Hospital Withdrawal and Detox Unit** (02) 4734 2129  
Self or service referral accepted.

**Hawkesbury Community Health Centre** 1300 661 050  
Drug and Alcohol Counselling, free service for drug and alcohol counselling.

**Headspace Drug and Alcohol Service** (02) 4560 5714  
Located at Parrish, provides free drug and alcohol counselling.

 @PeppercornServices  @peppercornservicesincorporated

**STOP PRESS – THERE ARE A FEW COPIES OF  
THE *BOWEN MOUNTAIN BUSHWALKS* BOOK  
AVAILABLE**



The *Bowen Mountain Bushwalks* book is still available for \$20 per copy. If you would like a copy here is how to request one:

1) Email:

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

2) Phone or text Alison 0419167088

Payment for the Bushwalking book can 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 at:

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

*Save the  
Dates*

**BOWEN MOUNTAIN PARK MANAGEMENT  
COMMITTEE EVENTS**

11th May - 'Mother's Day Art Social' (BYO Drinks) start 7pm  
Park Hall

13th July - Trivia 4-7pm - Park Hall

11th August - BoMo's Trash and Treasure 10 am - 2pm - Park



## Mountain Dragon

Read on to find out more about the dragon in Lance's cover photo!



### **Mountain Dragon (*Rankinia diemensis*)**

“*Rankinia* is a genus of small agamid reptiles. As currently delineated, it is monotypic, containing only *Rankinia diemensis* (Gray, 1841), also known as the **mountain heath dragon** or **mountain dragon**.

It is endemic to Australia.”

#### “Distribution and habitat

It occurs in the uplands of New South Wales and Victoria, as well as in Tasmania, where it is the only native agamid. Mountain dragons are found in dry woodlands and heaths with access to open areas for sunning themselves. They are oviparous and feed on ants and other small invertebrates.”

#### “Description

Their overall colour is grey to reddish brown, with two rows of lighter-coloured paravertebral stripes or blotches running down their backs. These stripes are deeply scalloped, so they appear like two series of blotches. They can have cream-coloured bellies. Individuals can grow up to 20 cm in length, although the average length is somewhat smaller, with females typically growing larger than males. The average snout to base of tail length is 7.5 centimetres but can be up to 9. They have a row of enlarged spinose (spikey) scales on each side of the tail bases.

The mountain dragon appears similar to the jacky dragon, but can be much redder, and the inside of its mouth is pink (compared to the yellow of the jacky dragon).[6]

They breed in summer, laying 2–9 eggs in a burrow.”

(Source: Wikipedia (<https://en.wikipedia.org/wiki/Rankinia>). Sourced 14 March, 2024.)



Remember: 2024 is the Year of the Dragon! 😊

Question: What is a hungry dragon's favourite day of the week? Answer: Chewsdays!

Question: What happened to the lazy dragon at work? Answer: He got fired!

... and we don't want this to drag-on, so please turn the page!

## RFS FIRE REPORT – Autumn 2024

Autumn is here and so far, 2024 has seen significant rainfall across our community. However, we have also seen several heatwaves which have brought fires around the state. Fortunately, the Hawkesbury has seen very few fires which gives us some breathing space to prepare for next season.

Some residents may have noticed pink tape around trees on the Western side of Lieutenant Bowen Drive- these demarcate the areas that have been identified for hazard reductions in the coming months (weather permitting).

Make sure to follow us on Facebook for more information.

### Brigade Activities

#### Cumberland Reach Fire

Between December 17<sup>th</sup> and 19<sup>th</sup> firefighters from the Hawkesbury District, including Grose Vale Brigade, along with out of area crews and waterbombing aircraft, attended a fire at Holmes Drive, Cumberland Reach.

The teams worked across the weekend in difficult conditions to undertake property protection and successfully contain the Holmes Drive Fire.



**Australia Day Breakfast** Grose Vale Rural Fire Brigade continued a tradition of many years standing, Bob and Di's Australia Day Breakfast at Bowen Mountain Station. Members and their families took the opportunity to relax, connect, and talk about the year to come over a hearty meal.

Thanks to everyone who cooked, and to all those who came along to support!

#### Flood Recovery Kits

Brigades throughout the Hawkesbury were recently issued with Flood Recovery Kits. Grose Vale Brigade has spent time familiarising themselves with equipment and procedures. The RFS has been developing a strategy to better resource brigades to support in flood events.



## Upcoming Training

Over the next couple months Grose Vale Brigade will be conducting some exciting training sessions! These training scenarios are designed to challenge our firefighters to ensure they are prepared for any situation they attend; this will include navigation training through dense bush land for fires that start in remote areas.

As more and more electric vehicles hit the road, our firefighters need to adapt to the new challenges that come with them, later this year brigade members will conduct EV training to become more familiar with the dangers and hazards associated with EV's in motor vehicle accidents.



## Seeking New Members!

Have you been thinking of joining the RFS? Why not become part of the RFS team and join your local Brigade! Grose Vale RFS are always looking for new members.

If you are looking to join or would like more information, don't hesitate!

Send an email to [captain@gvrfb.com](mailto:captain@gvrfb.com)



## Pile Burns

Pile Burns will be permissible throughout the colder months. More information about Pile Burn guidelines can be found here: <https://www.rfs.nsw.gov.au/plan-and-prepare/known-your-risk/Bush-fire-hazards-and-your-property/fire-permits>

For more information or advice, call Hawkesbury Fire Control on 02 4560 6400.

For up-to-date information on Fire Ban Orders, please see our [Facebook page](#)

## Please Donate

To do the work of rural firefighting and protect our beautiful community, we need your support. You can donate by using the QR code below. We value your time and support!



# CULINARY CORNER

*Here are some lovely recipes to try especially when the weather starts to change.*



## AIR FRYER SCONES

### Ingredients:

225g Self-raising flour  
50g unsalted butter  
35g caster sugar  
50g currants  
1 medium egg  
60ml milk  
Small egg (beaten for egg-wash)

### Method:

Place flour, sugar and chopped butter in a bowl and mix thoroughly until resembling coarse breadcrumbs. Add currants, egg, and mix well.  
Add milk a little at a time until a soft dough.  
Roll out dough onto floured board.  
Using a cookie cutter, make equal circles.  
Place in fryer, brush egg wash on top.  
Fry for 8 minutes at 180 degrees C.  
While hot spread with butter.



Elaine Leahy

## LEMON HOT TODDY - a warming drink on a chilly Autumn night.

### Ingredients:

1 ounce (28 grams) dark rum or bourbon – optional  
2 teaspoons fresh lemon juice  
1 tablespoon pure honey  
1/4 cup hot water or brewed tea  
Lemon slice



### Method:

Put honey, lemon in a warmed mug. Add hot water or hot tea and stir until the honey has dissolved. Add the rum or bourbon, stir then finish with a lemon slice.

Alison Kerr



## CHILDREN'S PAGE

### Easter Word Search

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

Word list:  
BASKET  
BUNNY  
CARROTS  
CHICKS  
DYE  
EGGS  
FIND  
FLOWERS  
HIDE  
HOP  
PEEP  
RABBIT



Source: SunCatcherStudio.com

# COMMUNITY NOTICES

**The BMA Community Care Committee** 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](https://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.***

## Easter Jokes

😊 How does Easter end? With an "r"!

😊 What should you do to prepare for all the Easter treats? Eggs-ercise!

😊 How many Easter eggs can you fit in an empty basket? Only one. After that it's not empty anymore.

😊 What kind of bunny can't hop? A chocolate bunny.

😊 What does a bunny like to dance? Hip Hop.



## DAYLIGHT SAVING ENDS

Daylight Saving will end at 2am on **Sunday April 7th 2024**. On Saturday night set your **clocks back** one hour. This is also a good time to check your smoke alarm.



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