

The Bowen Mountain Association Inc.
NEWSLETTER

No. 158

Winter

June - August 2024



“Eastern Yellow Robin” by Eric Finley

Features:

Birds of Bowen Mountain – Eastern Yellow Robin
Winter Fire Report
Bowen Mountain Historical Walk
BMA Annual General Meeting Invitation

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 Unacknowledged articles will not be published.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.

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

Website: www.bowenmountain.org.au

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

COVER: "Eastern Yellow Robin" by Eric Finley. Read about Eric and the Eastern Yellow Robin 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

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Editor's Letter



Welcome to the Winter Newsletter, which features a frequent visitor to the Mountain in winter, The Eastern Yellow Robin. This charming photo by Eric Finlay will feature in Eric's illustrated talk in the forthcoming Bowen Mountain Association Annual General Meeting on August 18th 2024. 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. Read some interesting facts on the Eastern Yellow Robin further on in this Newsletter.

Important information regarding the Winter Fire season is a must read in the Fire Report. It is with sadness that we farewell Dylan Hayes our Engagement officer from Grose Vale Brigade who has been capably writing the Fire report over the last year. Dylan is retiring from this position. On behalf of the Bowen Mountain Association and the community we thank Dylan for his informative Fire reports. We would like to extend a warm welcome to the incoming Captain and new Engagement Officer Pete McCann and look forward to working with him.

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.

Wishing you all a peaceful, healthy and successful 2024-25.

BMA Newsletter Committee



Bowen Mountain Association Inc. Executive 2022-23

President - Bill Kerr

Vice President – Lance Mitchell

Secretary - Alison Kerr secretary@bowenmountain.org.au

Treasurer – Liz Rowan

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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 2024



Welcome to the BMA's Winter Newsletter! The colours of autumn are giving way to the 'woodsmoke and fog of winter' – a magical time on the Mountain!

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. BMA activities and events now move inside to the warmth.

Due to many requests, we are currently investigating whether we will revise and reprint the Bowen Mountain Cookbook and Bowen Mountain history. We are also in the process of contacting the Aboriginal Land Council to ascertain boundaries on Bowen Mountain.

News from our local RFS Grose Vale Bush Fire Brigade is that they have recently had their Brigade AGM and there have been a number of changes within the Executive Team. Wayne Dillon has stood down as Captain and their new Captain is Pete McCann. Peter has been with Grose Vale Brigade pretty much since he could walk and talk. Pete brings with him a solid understanding of local knowledge, which will be invaluable in his role as Captain. Our Community Engagement Officer, Dylan Hayes has also stood down and Pete has also taken on this role. We wish to thank Dylan Hayes for his informative and comprehensive Bush Fire brigade articles in our Newsletter over the last year. We have been most appreciative of his valued input. We would like to take this opportunity to welcome Pete McCann to the role of Captain and Community Engagement Officer and look forward to working collaboratively with him.

The Bowen Mountain Association Annual General Meeting on August 18th, 2024 will have as its theme "Birds of Bowen Mountain" an illustrated talk by the renowned bird expert in our area – Eric Finley. A delicious homemade afternoon tea will follow this talk. Come and join us at the AGM! Details are further on in this Newsletter.

A reminder to enter the inaugural Bowen Mountain Calendar Competition. Submit your unique photos of Bowen Mountain flora, fauna and landscapes. Details further on in this Newsletter.

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 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
JULY	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Saturday 13 th	BMPMC – Trivia Night 7pm
	Date and Venue TBC	BMA Dinner
AUGUST	Thursday 1 st	BMPMC Meeting – 7.30 pm
	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 18 th	BMA AGM – 2pm Bowen mountain Park Hall
SEPTEMBER	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
OCTOBER	Thursday 3 rd	BMPMC Meeting – 7.30 pm
	Saturday 12 th	BMPMC – Spring Market 3-7pm
	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
	Thursday 31 st	Halloween Happenings – Bowen Mountain Park
NOVEMBER	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall Christmas Party
	Saturday 14 th	Christmas in the Park

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

**It's that soup
time of the year!**



YOU ARE INVITED TO ATTEND THE
BOWEN MOUNTAIN ASSOCIATION INC.



ANNUAL GENERAL MEETING

TO BE HELD IN BOWEN MOUNTAIN PARK HALL

SUNDAY AUGUST 18th 2024

COMMENCING AT 2PM

"Birds of Bowen Mountain"

An illustrated talk by Eric Finley

Eric is a local resident with a life-long interest in wildlife, particularly birds. His interest has taken him all over the world. He has been birdwatching in the Hawkesbury since the 1980s and has recorded over 250 species in the Hawkesbury alone.

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

EASTERN YELLOW ROBIN

The Eastern Yellow Robin, which adorns the front cover of this Newsletter, is a frequent winter visitor to Bowen Mountain. This captivating photo by Eric Finley is appropriate for the Winter Newsletter as well as the AGM to be held in August, as Eric will be a guest presenter at this AGM.

Eric states that he “is a local resident with a life-long interest in wildlife, particularly birds. His interest has taken him all over the world, including South America, Papua New Guinea, India, South-east Asia and Africa. He has been bird watching in the Hawkesbury since the 1980s and has recorded over 250 species in the Hawkesbury alone - including over 170 around his home in Kurrajong Hills. Eric has guided local bird walks for Hawkesbury Environment Network, Bushcare, and Mt Tomah Botanical Gardens”.

The Eastern Yellow Robin has a grey back and head, and yellow underparts and is considered a medium sized robin. This particular robin is confined to the east and south-east coast of Australia. The Eastern Yellow Robin is found in a wide range of habitats, from dry woodlands to rainforests. They are also common in parks and gardens and are usually first seen perched on the side of a tree trunk or other low perch.



Eastern Yellow Robins feed on insects, spiders and other arthropods catching them mostly on the ground or pouncing on them from a low perch. They normally feed alone, but may also be seen in pairs or small family groups.

During breeding season usually in Spring, pairs of Eastern Robins may lay up to three clutches of eggs. The female builds the nest and incubates the eggs. The nest is a woven cup of bark, grasses and other vegetation, bound together with spider web and lined with finer material and leaves. It is normally built in an upright tree fork, up to 20 metres above the ground and is disguised with moss, bark and leaves. Both parents, and sometimes some other helpers, care for the young birds.





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 5th, 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.

RFS FIRE REPORT – Winter 2024

Hi! I would like to start this brigade update by introducing myself.

My name is Pete McCann, I was elected by the members to take on the role of brigade Captain. I grew up in Grose Vale and went to a very different Grose View primary school to the one it is today.

Former Captain Wayne Dillon, after more than 35 years dedicated to the brigade, is taking a well-earned rest. He will still be involved in brigade activities from time to time, and when the need arises, his wealth of knowledge and experience will be utilised on the front line.

Tracy Dillon has also stepped back for a breather as she has dedicated more time into the RFS in 8 years than I would have thought is possible. Tracy too will still be involved in brigade activities, just at a much more relaxed level.

The brigade has a new secretary and treasurer. I would like to thank Lyvern Slender for the tremendous job she did while in the secretary role.

With the changing of the guard for numerous positions, I would like to remind the residents that we are volunteers with normal jobs outside of the brigade. I have heard quite often over the years in response to our recruitment drives for volunteers, "I'm too old to fight fires" The sad part of that belief is, if you live independently, you are not too old to volunteer and assist the community and the brigade. Yes, our primary role is to assist the community in times of emergency, however there are so many roles people can fulfil to assist the running of the brigade without the need to ever be a firefighter. The district office also has several administrative/logistical brigades attached that need volunteers to help keep them functioning and supporting the district's 23 brigades. More information is available at the following link:

[Volunteer Information Page.](#)

We have been training 5 new recruits recently and hope to put them through an assessment this month with the district. A successful outcome will give the brigade an extra 5 volunteers able to attend emergencies that arise. Several keen volunteers have made themselves available for further advanced training through the district that will benefit the brigade in times of emergency.



With the cold weather upon us, I'd like to remind those with wood fires, to do an annual chimney clean to reduce the risk of fires from soot build up or blockages, which can very quickly have tragic consequences.



Don't forget that ALL year round in the Hawkesbury district, ALL pile burns MUST be reported on the following link: [Pile Burn Reporting Link](#).

During the fire season ALL pile burns will require a permit to burn, issued by one of our two super friendly permit issuing officers.

Building materials and any items or materials that have been through a manufacturing process are NOT permitted to be burned at any time. Failure to report and burning not permitted materials can result in fines.

Pete McCann

Captain Grose Vale RFS

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!





*Research from Trove by Jennifer Griffiths- Kurrajong / Comleroy Historical Society
Published in The Empire, Sydney 6 June 1871*

Thank you to the Kurrajong / Comleroy Historical Society for their kind permission to reproduce some of this article.

The following is part of the concluding description of a visit to the Kurrajong by an anonymous correspondent, published in The Empire newspaper in 1871. He describes an arduous journey from Kurrajong Heights, which appears to be via Warks Hill

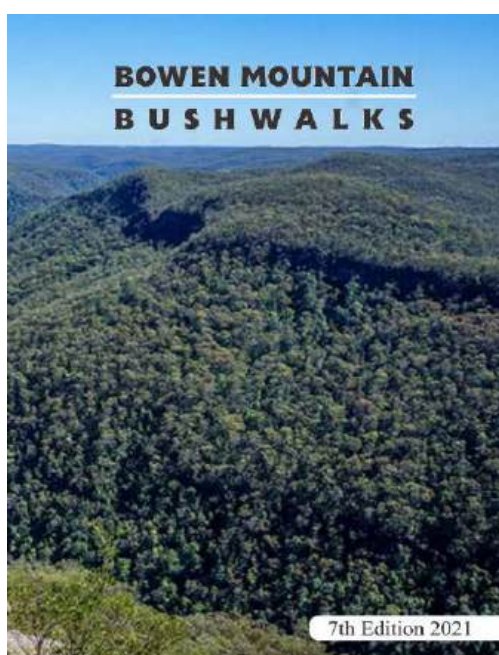
Road, Burralow Road, Tabaraga Ridge Trail, Burralow Fire trail to Lieutenant Bowen Road at Bowen Mountain. He then returns to Kurrajong via Bowen Mountain Road.

VISIT TO THE KURRAJONG (CONCLUDED.) BY OUR SPECIAL CORRESPONDENT

“My rambles were continued by starting for Bowen Mount, the residence of G. M. C. Bowen, Esq. I left Benson's comfortable hostelry shortly after breakfast, and again ascended “the highill” and a little further, Douglas Hill, leading to the summit of he mountain range. I found, on again looking from this magnificent elevation, that the view is like some good paintings, and requires hours to properly examine its many details, and to arrive at a proper appreciation of the beauties with which it is embellished. Far to the right Emu Plains and the Nepean were clearly defined, and the township of Penrith was plainly visible. Presently there was a line of smoke, and one could almost believe that he heard the puff, puff, puff, so distinctly was the train seen circuitously wending its way to the Blue Mountains. Windsor and Richmond lay at our feet and resembled squares on a chess-board, while the waters of the serpentine Hawkesbury, glittering in the morning sun, relieved the monotony of the flats. To the left the whole of the undulating slopes along the Colo-road leading to the Comleroy country were clad in verdure, and in many parts were dotted with farms and homesteads.

At night this romantic road is lit up with myriads of fire-flies, which lend a fairy-like appearance to the solemn grandeur of the rugged scene. Proceeding up this zig-zag I was shown a place known as Kelly's Mistake, from the fact that a farmer of that name was said to have made the mistake of attempting to make a better line of road past his property. On the clear table land at the top there are seats for visitors - one overlooking a yawning chasm below, while from the other a good view of the surrounding country is obtained. Along a pleasant road about a mile further on is Bowen Mount. There are two or three houses on this property, but the private residence of Mr. Bowen is the most southerly. It is rather a picturesque building, surrounded with shrubs, fruit trees, and flowers. The estate is about 500 acres in extent and the scene from the verandah is quite equal to any on the Kurrajong”.

The house, built about 1860 and destroyed by fire in 1914, was where Bowen Mountain Park is now located. The Historical Society believe that the Oak tree below 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.



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
- 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

CULINARY CORNER



Enjoy this comforting and hearty beef and vegetable stew, perfect for warming up on a cold winter day!

HEARTY BEEF AND VEGETABLE STEW

Ingredients:

- 900g beef chuck, cut into 2.5 cm cubes
- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 4 carrots, peeled and chopped
- 4 celery stalks, chopped
- 3 potatoes, peeled and diced
- 250g green beans, trimmed and cut into 2.5 cm pieces
- 1 cup peas (fresh or frozen)
- 1 litre beef broth
- 250ml red wine (optional)
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 2 bay leaves
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Method:

1. **Prepare the Beef:**
 - Season the beef cubes with salt and pepper.
 - In a large pot or Dutch oven, heat the olive oil over medium-high heat.
 - Add the beef cubes in batches, browning them on all sides. Remove and set aside.
2. **Sauté the Vegetables:**
 - In the same pot, add the chopped onion and garlic. Sauté until the onion is translucent.
 - Add the carrots and celery, cooking for another 5 minutes.
3. **Combine Ingredients:**
 - Return the browned beef to the pot.
 - Stir in the tomato paste, coating the beef and vegetables.
 - Pour in the beef broth and red wine (if using).
4. **Season and Simmer:**
 - Add the dried thyme, rosemary, bay leaves, and diced potatoes.
 - Bring the mixture to a boil, then reduce the heat to low and cover.
 - Let it simmer for about 1.5 to 2 hours, or until the beef is tender.
5. **Add the Final Touches:**
 - About 15 minutes before serving, add the green beans and peas to the stew.
 - Adjust the seasoning with salt and pepper to taste.
6. **Serve:**
 - Remove the bay leaves before serving. Ladle the stew into bowls and garnish with fresh parsley.

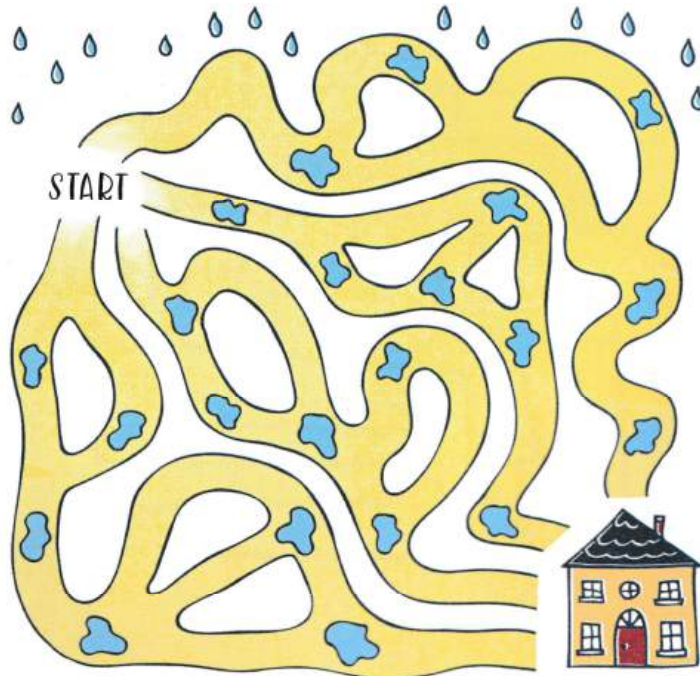
Christine Johns



CHILDREN'S PAGE

Puddle jumping

Can you jump in as many puddles as possible on your way to the house? Without going over any paths twice, draw a line along the route with the most puddles.



*Puddle
fun in
the
winter
rain!*



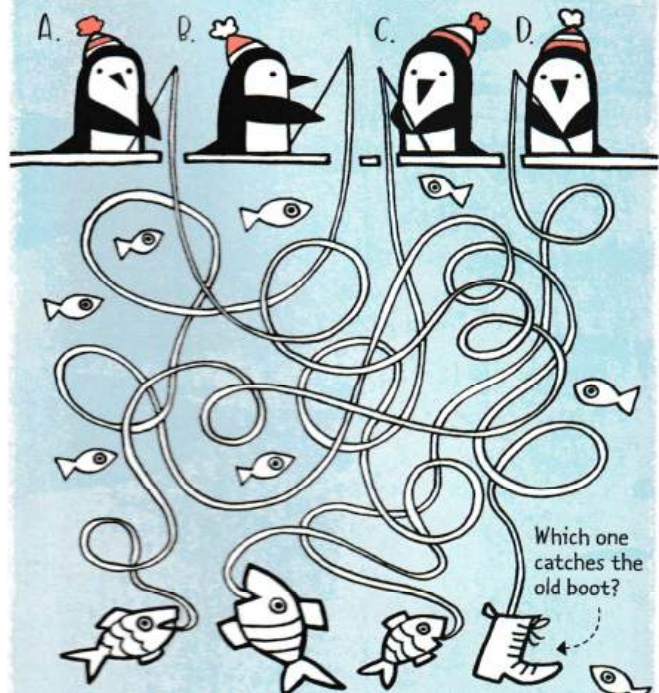
*A penguin's life
is a little bit
fishy!*

*...That's snow
kidding!*



Penguin puzzle

Which penguin catches the biggest fish?



Activity Source: Bowman, L., Gilpin, R., MacLaine J., & Stowell, L. *Usborne Fabulous Activity Book*

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 2023-24 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

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

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.



An invisible man married an invisible woman.
Their kids were nothing to look at either!

Studies show that cows produce more milk when
the farmer talks to them.

It's a case of in one ear and out the udder!

I told my builder I didn't want carpeted steps.
He gave me a blank stair!



BOOM! TISH!



Which of the following is not white? Igloo, a white dove, polar bears, milk, marshmallows, or snow?

Polar bears because their fur is actually colourless. Each strand of fur is transparent and pigment-free, with a hollow core that reflects light.

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Matt Rob
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