

The Bowen Mountain Association Inc. **NEWSLETTER**

No. 159

Spring

October, 2024



“Ghost Fungi” by Pauline Vizzard

Features:

Ghost Fungi

Spring/ Summer Fire Report

Neil's Memorial Wall

BMA Annual General Meeting Reports

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 Unacknowledged articles will not be published.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 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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[facebook.com](https://www.facebook.com) search for 'Bowen Mountain'

COVER: "Ghost Fungus" by Pauline Vizzard. Read about Pauline and the ghost fungus on Page 7.

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Editor's Letter



Welcome to the Spring edition of the Newsletter, which, appropriately, features Bowen Mountain photographer, Pauline Vizzard's "Ghost Mushrooms" on our cover. Read about the Ghost mushroom further on in the Newsletter.

A must read is the Spring – Summer Fire Report as its time to Get Ready for the Fire season.

The Bowen Mountain Association Annual General Meeting on August 18th, 2024 had as its theme "Birds of Bowen Mountain". Eric Finlay, a local resident with a life-long interest in wildlife, particularly birds, gave an interesting illustrated talk with his excellent photos of birds and their characteristics in the Bowen Mountain area. Key AGM reports are published further on in this Newsletter.

Read about Neil's memorial wall and the request for donations to this new feature in the Park.

This Newsletter is published four times a year to coincide with the seasons - i.e. 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 an enjoyable and revitalised Spring.

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

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**

**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
NOVEMBER	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Dinner
DECEMBER	Sunday 8 th	BMPC Christmas in the Park
	Monday 9 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.



*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 email to:

alisonhine82@gmail.com

by FRIDAY, NOVEMBER 29th 2024.

*with name and age of the entrant and a brief description of the photo and
where it was taken on Bowen Mountain.*

*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.*

BOWEN MOUNTAIN ASSOCIATION INC.
ANNUAL GENERAL MEETING
18 AUGUST, 2024

The 2024 Annual General Meeting of the BMA was held on 18 August, 2024, in the Bowen Mountain Park Hall. In addition to the review of BMA activities for 2023-24 and the election of the 2024-25 Management Committee (see inside front cover), local Hawkesbury expert, Eric Finley, provided us with an excellent presentation on 'Birds of Bowen Mountain and the Hawkesbury'.



Eric Finley
presenting
'Birds of Bowen
Mountain and
the Hawkesbury,
BMA AGM
2024.

Photo: Lara
Rupac

Copies of reports presented at the AGM are found below:

**COMBINED ANNUAL PRESIDENT AND SECRETARY'S REPORT FOR
ANNUAL GENERAL MEETING, AUGUST 2024,
INCORPORATING SOCIAL COMMITTEE, COMMUNITY CARE REPORTS**

One of the main aims of the Bowen Mountain Association is to improve the quality of life of Bowen Mountain residents and its community. Throughout the past year, the Bowen Mountain Association has been kept busy pursuing this aim.

On behalf of the Bowen Mountain Association, the President attended the Community Organisations Breakfast in October 2023 organised by Peppercorn Services Inc. There were informative presentations and slideshows from NSW Council of Social Service, NSW Reconstruction Authority, NSW SES and Department of Communities and Justice. The main aim of this workshop was to identify how these organisations could assist residents in the face of disasters such as bushfires, floods, drought and pandemics. Relevant information for Bowen Mountain residents will continue to be published in the BMA newsletter.

As part of the Community Sector Disaster Capability project, in early November 2023, the President and Secretary participated in an in-depth interview with Peppercorn Services Inc.

Some sample questions from this interview included:

- What disasters have your organisation experienced or seen in the Hawkesbury?
- What impact did these disasters have upon your organisation and community?
- What activities did your organisation undertake in preparation for future emergencies or in recent disasters and recovery?
- What were the barriers to your organisation in carrying out disaster response, recovery or readiness work?

We thank Peppercorn Services Inc for their generous donation to the Bowen Mountain Association.

As a result of this interview, the Bushfire Community Recovery and Resilience Fund Project through the joint Commonwealth/State Disaster Recovery Funding arranged a Bushfire Preparation for Seniors morning tea in Bowen Mountain Park Hall towards the end of November 2023. A variety of support agencies talked about what options and help was available to assist with lawns, gardens, tree pruning, gutter cleaning, Peppercorn P-CEP – being prepared for an emergency, Habitat for Humanity talking about free help that is available for those over 65 and vulnerable people. Finally, Hawkesbury City Council – Prepared Informed and Ready – talked about Council’s new dashboard and emergency Apps. For Bowen Mountain residents, Peppercorn Services prepared a special 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 delivered to all Seniors on the mountain. The President also attended the Volunteers Conference titled “Boots on the Ground” to discuss Emergency preparedness.

We enthusiastically welcomed back the Bowen Mountain Halloween Festival in October 2023, which due to COVID had been frozen for three years. Bowen Mountain Park was alive with witches, ghouls, ghosts and a variety of creative characters. Sizzling sausage sandwiches, creatively decorated cupcakes, and cordial filled alien IV fluid bags added to the festivities and provided a most enjoyable, fun filled night for all. Many thanks to the BMA Halloween Committee Sarah, Lance, Karl, Evette, Christine and Bill and all those willing helpers on the night, who worked tirelessly and creatively to bring this ever popular event once more to the Mountain.

As part of our BMA Community Care Martha and Liz provided Christmas gift packs to residents to wish them a Merry Christmas 2023. Unfortunately, due to continued outbreaks of COVID we have postponed Seniors’ Morning Teas and lunches in order to keep our Seniors safe from unwelcome diseases, colds and flu. We intended resuming these activities later in 2024.

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.

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 in the planning stages in Blaxland, East Blaxland and Hobartville. Residents will still be connected to the grid but they will get cheaper electricity bills. The BMA plans a community meeting with Sola experts later in 2024.

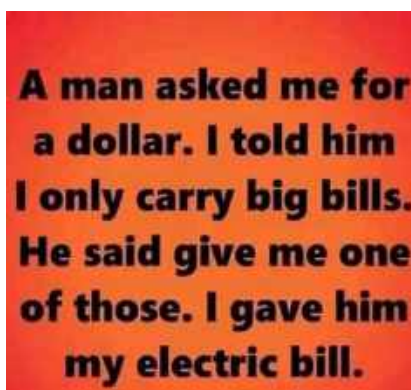
News from our local RFS Grose Vale Bush Fire Brigade is that they have recently had their Brigade AGM and there have been a number of changes within the Executive Team. Wayne Dillon has stood down as Captain and their new Captain is Peter McCann. Peter has been with Grose Vale Brigade pretty much since he could walk and talk. Peter 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 Peter 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 Peter McCann to the role of Captain and Community Engagement Officer and look forward to working collaboratively with him.

To celebrate the 50th Anniversary of the Bowen Mountain Association in 2025, we are aiming to produce the inaugural Bowen Mountain Calendar with unique photos of Bowen Mountain flora, fauna and landscapes. We are inviting all our creative Bowen Mountain photographers of all ages to enter their favourite Bowen Mountain photo in the inaugural Bowen Mountain Calendar Competition.

It was with deep sadness that we learnt of the passing recently in August 2024 of our much loved, admired, respected and valued Bowen Mountain resident, Robert, Rob (Bob) Turner who was a lifetime member of the Bowen Mountain Association. Rob contributed significantly to the Bowen Mountain community over the years through his dedicated service to the Grose Vale Bush Fire Brigade, his expert advice to Bowen Mountain residents on how best to prepare their property for bushfires and his infectious smile and welcome as you boarded the bus from Bowen Mountain to school and town. One always felt safe as you rode the bus with Rob at the wheel. Rob touched the lives of many residents and children and will be sadly missed. Our condolences and thoughts are with Rob's wife Diane and family.

We would like to thank the Bowen Mountain Management Committee and the subcommittees for all their tireless work throughout 2023 and 2024 as they strive to make Bowen Mountain a quality environment for all to enjoy. Without their commitment, dedication and tireless efforts, the Bowen Mountain Association would cease to exist. Finally, thank you, the residents of Bowen Mountain for your interest and support of the Bowen Mountain Association and all its activities.

Bill Kerr, President Alison Kerr, Secretary.



BOWEN MOUNTAIN ASSOCIATION 2024 AGM FACEBOOK REPORT

'Bowen Mountain, NSW' is the official Facebook page of the Bowen Mountain Association (BMA). This page is used as a way of celebrating Bowen Mountain's wonderful community and beautiful natural surroundings.

The page was originally created as an online notice board to host information regarding community events, news and notices posted by the BMA. Over the few years the page has grown significantly due to the rapid reporting on natural disasters such as floods and bushfires. In co-operation with community resources such as the Rural Fire Service, Roads & Maritime, Hawkesbury Police and the SES, the page is able to relate real time information to residents.

The page currently has over 15,000 followers from all around the globe, which is significant for a small community organisation. Recently, Jack Mitchell's video of a Lyrebird and its song has received a million of 'likes' from around the World.

Typically, the page posts one to two stories per week. This is usually on subjects such as bushwalks in and around the Bowen Mountain area, upcoming community events, pictures submitted by residents, Koala sightings and more. Residents help each other by locating lost pets and reporting changed traffic conditions. The page also updates residents on the publications of the Bowen Mountain Newsletter and directs them to the BMA website.

If you are not yet connected to the page, open Facebook and search for 'Bowen Mountain, NSW'. Click on the 'Like' or 'Follow' button and stay up to date with everything happening on the mountain.

BMA Facebook Administrator

AGM WEBSITE REPORT 2024

We can tell from the stats that the newsletters are downloaded around 600 times for each edition. I would consider this a good outcome. It does not include those who access it through Facebook. The statistics reflect around 450 hits when the newsletter is released and then 100 the next month and then it slows to a trickle. The site has every back issue from 2014 onwards. Older issues are getting around 10 hits month.

The site is averaging around 3000 visits per month. Other popular pages include the park booking form, liquor form and park calendar. The park booking form receives around 150 hits a month.

We had some trouble with one of our plugins and it was using up bandwidth. This issue was resolved by removing the offending plugin and swapping it for an equivalent. The side effect was that the site would show a message saying bandwidth exceeded towards the end of the month. The quick fix when it occurred was to increase the allowance, but now with the increased allowance and the plugin fix, the message has not shown in many months.

I am still very open for someone with design skills to revamp the page. While I think the layout is alright and the content is quite easy to find, the appearance is not modern. This is outside my skillset. I would be happy to get someone setup to work on this.

BMA WebMaster

FRONT COVER – GHOST FUNGUS

Photo taken by Pauline Vizzard

The front cover photo of circular shape fungus is a Ghost Fungus which often grow en masse in large overlapping clusters around the bases of dead sawn-off gum tree stumps. The photo was taken by Pauline Vizzard on her Apple iPad in her backyard on Bowen Mountain. Pauline says, “I have many more close-ups of the same fungus taken on the ground in front of the Endeavour Energy site on gum tree stumps. When the weather is right with moisture they appear particularly after rain.”

Ghost fungus or *Omphalotus nidiformis*, which is its scientific name, grows on both living trees (parasitic) and also on dead wood (saprophytic). The fan or funnel shaped fruit bodies are up to 30 cm across, with cream-coloured caps overlain with shades of orange, brown, purple, or bluish-black. The white or cream gills run down the length of the stipe, which is up to 8 cm long and tapers in thickness to the base. These fruit bodies are generally found growing in overlapping clusters on a wide variety of dead or dying trees.

They can be found from late April to early October, but the best time is usually late May till early August in Eastern Australia and in the Sydney region. They are native to Australia. The Ghost Fungus is a bioluminescent fungus that emits a soft green glow at night. Although, not lethal, consumption of ghost mushrooms leads to severe cramps and vomiting. The toxic properties of the mushroom are attributed to compounds called illudins.

Pauline became interested in photography in 1963 when she hitchhiked around Europe with backpack and a camera borrowed from her uncle. She has been a member of the Hawkesbury Camera Club and enjoys photographing the Bowen Mountain landscapes and plants.



Ghost fungus (*Omphalotus nidiformis*) showing bioluminescence

RFS FIRE REPORT – Spring & Summer 2024

Residents are strongly advised to begin to review their Bush Fire Survival Plan and preparing their properties before the Bushfire Season begins. We just held our get ready weekend in the Bowen Mountain Park in conjunction with the Spring Fair. We held two information sessions about how residents could best prepare themselves and their properties for the upcoming bushfire season. If you couldn't make it to the park, email us at comm-ed@gvrfb.com and ask about having us come to your house to help guide you in how to prepare.



Information session for residents to best prepare their properties against bushfires.

Grose Vale Get Ready stand and sausage sizzle to help raise funds for the brigade.



Bush Fire Season: the Bush Fire Season for the Hawkesbury began on the 1st October 2024 and will continue until the 31st March 2025 unless otherwise advised.



Pile Burns: if you are planning to undertake a pile burn, you will need to undertake the following:

1. Review the Hawkesbury City Council Open Burning Policy and complete the online notification at <https://www.hawkesbury.nsw.gov.au/resources/forms/open-burning>
2. Notify the NSW RFS of your intention to undertake a pile burn by completing the online notification at <https://www.rfs.nsw.gov.au/fire-information/BFDP/burn-notifications>
3. From the 1st October, you will also require a **Fire Permit** which may be obtained by contacting the Grose Vale Brigade's Permit Issuing Officer.

Further information is available from the Hawkesbury District Fire Control Centre on: **4560 6400** and the Hawkesbury City Council website: <https://www.hawkesbury.nsw.gov.au/resources/forms/open-burning> or contacting Hawkesbury City Council on **4560 4444**.

NOTE: Hawkesbury City Council advises the following:

- a) Pile burns and other fires must be put out by the end of the day and **not** smoulder overnight.
- b) Within the Bushfire Danger Period, burning shall only be conducted between 8am and midnight on any day (the fire cannot burn all night).
- c) Outside the Bushfire Danger Period, burning shall only be conducted between 8am and 5pm on any day (the fire must be out by 5pm).

PREPARE YOUR BUSH FIRE SURVIVAL PLAN WITH FOUR SIMPLE STEPS



STEP 1 - DISCUSS WHAT TO DO IF A BUSH FIRE THREATENS YOUR HOME

Many households find that having a discussion over dinner works best, as everybody is together and focussed.



STEP 2 - PREPARE YOUR HOME AND GET IT READY FOR BUSH FIRE SEASON

There are simple things you can do around your home to prepare it for a bush fire, such as keeping the grass low and having a cleared area around your home.



STEP 3 - KNOW THE BUSH FIRE ALERT LEVELS

If there is a fire in your area, you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.



STEP 4 - KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP

In a bush fire, it is important that you stay up to date on conditions in your area.

It is a fact. If you and your home are well prepared, you stand a better chance of surviving a bush fire. Download the four simple steps today from the NSW Rural Fire website at:

<https://www.rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan>

Brigade happenings:

Sadly, we recently lost an integral part of the brigade, and brigade patron Mr Robert (Chippa) Turner. Robert had been a member of the Grose Vale Brigade for almost 60 years and was dearly loved and respected by all members that had the pleasure of knowing him. Robert was still attending emergency incidents and driving the fire trucks for the brigade at 80 years of age, and with the help of walking aids, he was still attending brigade activities until almost halfway through this year. It is taking a small army to keep up with all that Robert did for the brigade.

We have been to numerous small vegetation fires already that have us concerned for the fire season ahead after seeing how easily they spread and the intensity they burned with, again highlighting the need to be prepared and responsible if burning on your property. The National Parks Hazard reduction at Woods Reserve, and a bushfire at Yarramundi the day before, has shown us that in the cooler part of the year, there was no issue with them spreading quickly. That fire activity will increase greatly as the summer temperatures settle in.

While cleaning gutters and properties in preparation for the fire season, I'd like to remind the residents to also clean their chimneys before next winter. Grose Vale attended chimney and house fires over winter, also reminding us of the importance of working smoke alarms in our houses.

New Members: We are currently training 6 new members that we hope to be able to have qualified before the fire season ramps up. We have had several new support members join to assist the brigade in non-fire-fighting roles, and some have joined other district support brigades like catering and communications (Radio operators).

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 or follow the guide in the link.

https://www.rfs.nsw.gov.au/_data/assets/pdf_file/0019/251236/eMembership-Quick-Reference-Guide.pdf For emembership applications, you will need to select Grose Vale as it will show all brigades nearby, and not just the brigade that covers your address.

Please Donate

To do the work of rural firefighting and protect our beautiful community, we rely on your support. You can donate by using the QR code below. We are grateful for any contribution we receive.



Thank you. Pete McCann

MEMORIAL

NEIL HARTLEY'S

WALL

The Bowen Mountain Association Newsletter – Autumn, 2023
announced the following:

VALE - JOHN NEIL HARTLEY
8.3.1925 – 9.3.2023

“It was with deep sadness that we learnt of the recent passing of our much loved, admired, respected and valued Bowen Mountain resident, John Neil Hartley, known affectionately as Neil. Neil passed away peacefully at Cedar Place Aged Care Facility Kempsey Thursday 9th March 1 day after his 98th birthday. He was a delightful, funny man with a wry sense of humour who loved life. Neil contributed greatly to the Bowen Mountain community always opening the toilets in the Park and ensuring all rubbish was put in the Park bins and put out on the road for collection. He was a Life Member of the BMA and generously offered his land opposite the Park for parking at many Bowen Mountain Association events. His historical barn was the home of the Bowen Mountain Art Show for many years”.

In memory of Neil Hartley and his significant contribution over many years to the Bowen Mountain Community in particular the Park, a Memorial Wall to Neil has been constructed in the Park near the main doorway to the Park Hall.



The sandstone blocks in Neil's Memorial Wall have a close connection to the park and to Neil's place, the old stables across the road. These blocks were originally part of a well in the park then part of Neil's fishpond. Stonemason Neal constructed this memorial wall. The Park Committee has underwritten the cost of the wall \$2,695. A plaque in memory of Neil will be added and unveiled at a later date,

In honour of Neil and his contribution to the community, donations towards the Memorial Wall are being sought from the Community and friends of Neil to assist with the cost of building the wall. Please deposit your donations into the account below:

Account Name:- Bowen Mountain Park Management Committee BMPMC
Bank: Bendigo Bank N. Richmond
BSB : 633-000
Account No: 149274151

Please include: - Neil's Mem. and your name in the bank transfer description and if you could send an email to bowenmountainpark@gmail.com that would be really appreciated.

VALE - 2024



Robert, Rob (Bob) Turner

It was with deep sadness that we learnt of the passing in August 2024 of our much loved, admired, respected and valued Bowen Mountain resident, Robert, Rob (Bob) Turner. Rob was a lifetime member of the Bowen Mountain Association. He contributed significantly to the Bowen Mountain community over the years through his dedicated service to the Grose Vale Bush Fire Brigade, his expert advice to Bowen Mountain residents on how best to prepare their property for bushfires and his infectious smile and welcome as you boarded the bus from Bowen Mountain to school and town. One always felt safe as you rode the bus with Rob at the wheel. Rob touched the lives of many residents and children and will be sadly missed. Our condolences and thoughts are with Rob's wife Diane and family.



Yvonne Briggs

Yvonne with her husband Don were treasured members of the Bowen Mountain Association ever since they arrived many years ago on Bowen Mountain. With a welcoming grin, Yvonne would always offer help at Bowen Mountain events, such as Art Shows, Christmas in July, Bowen Mountain Dinners and Winter Interludes by assisting with the serving of food and drink, making tea or baking goodies in her own kitchen. Yvonne loved a good chat and could often be seen outside her house, opposite the Park chatting to new residents and neighbours. All those who knew her will fondly remember Yvonne.



Keith Mcleod

Keith with his wife Judyth established the much-loved Honeysuckle Cottage in 1977 on Bowen Mountain Road. Honeysuckle Cottage was a unique cottage garden nursery selling roses and perennials as part of the cottage garden revival style. People came from all over NSW and beyond to visit the popular nursery. It was the only nursery near Sydney that specialised in rare and unusual perennials and herbaceous plants. Keith and Judyth propagated and grew their own plants. Keith was always willing to give advice on growing and propagating plants and was a wizard at identifying plants from cuttings that people would bring to the nursery. Often, Keith served herbal tea in the "shed" while perfume from the nearby roses filled the air. Keith, Judyth and Honeysuckle Cottage contributed to the uniqueness of Bowen Mountain and its community for many decades.

CULINARY CORNER



VEGETABLE PANCAKES: a delicious Springtime treat for snack, lunch or dinner.

Ingredients:

- 1 zucchini, coarsely grated
- 1 carrot, peeled, coarsely grated
- 125g can creamed corn
- 100g broccoli, very finely chopped
- 1 tbs chopped chives
- 1 cup (150g) plain flour
- 1/4 tsp bicarbonate of soda
- 3/4 cup (90g) shredded tasty cheddar
- 3/4 cup (185ml) milk
- 1 egg, lightly whisked
- 1/4 cup (60ml) vegetable oil
- Mild tomato salsa, to serve (optional)

Method:

- 1) Combine the zucchini, carrot, corn, broccoli and chives in a bowl. Add the flour, bicarbonate of soda and cheddar and stir to combine. Add the milk and egg and stir to combine.
- 2) Heat 1 tbs oil in a large frying pan on medium heat. Spoon three 1-tbs portions of the corn mixture into the pan, allowing room for spreading. Cook for 3-6 mins each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining oil and remaining corn mixture.
- 3) Serve warm or at room temperature with tomato salsa, if using. Store in an airtight container in the fridge for up to 3 days. Or, wrap individually and freeze for up to 3 months. Serve with a salad of your choice.

Source: Adapted from Coles' Recipes

Alison Kerr

HALLOWEEN APPLE CRITTERS

Ingredients:

- 3 Granny Smith apples
- Peanut butter spread, to serve
- Sliced strawberry, to decorate
- Flaked almonds, halved, to decorate
- Icing eyes, to decorate



Method:

Cut apples into quarters. Use a small sharp knife to cut a wedge from the skin side of each quarter to make a mouth. Spread with a thin layer of peanut butter or nut-free spread. Top with strawberry slices to make tongues and insert flaked almonds into the apples to make teeth. Attach icing eyes with a little extra peanut butter or nut-free spread. Serve immediately.

CHILDREN'S PAGE



Answers: 1 Ghost; 2 Broom; 3 Cauldron; 4 Sweet; 5 Witch; 6 Cap; 7 Vampire; 8 Potion; 9 Skull; 10 Bat; 11 Owl; 12 Pumpkin; 13 Tomb
Source: The Canberra Times, Saturday, 20 January, 2024, p. 61

HALLOWEEN JOKES

What happened to the badly behaved witch at school?
She was ex-spelled.

Why didn't the skeleton dance at the party?
He had no body to dance with.

What do ghosts serve for dessert?
Ice scream.

Why did the vampire become an actor?
He wanted a part he could really sink his teeth into.

Where do baby ghosts go while their parents work?
Day-scare.

Jokes Source: <https://www.usatoday.com/story/life/2024/10/14/funny-halloween-jokes-44444444/44444444/>



(Photo Source:
Microsoft Stock)

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.



Bowen Mountain Community Rhythm group

Starting Fri 18th Oct

No experience necessary
Everyone welcome
Drums and percussion provided,
or bring your own

Focus on fun, community and wellbeing

Bowen Mtn hall for a 7pm start

Any enquiries call or SMS

Belinda
0451 193 217

Spring Jokes:

- How excited was the gardener about Spring? So excited he wet his plants!
- What is the most popular type of pickle for Spring? A daffo-dill!
- What is a herb gardener's favourite singer? Elvis Parsley!



Source: [55+ Silly Spring Jokes For Kids - On My Kids Plate](#)

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