

The Bowen Mountain Association Inc. **NEWSLETTER**

No. 160

Summer

2024-2025

BOWEN
MOUNTAIN

50th Anniversary

ASSOCIATION

*Celebrating 50 Years of serving
the Bowen Mountain Community.*

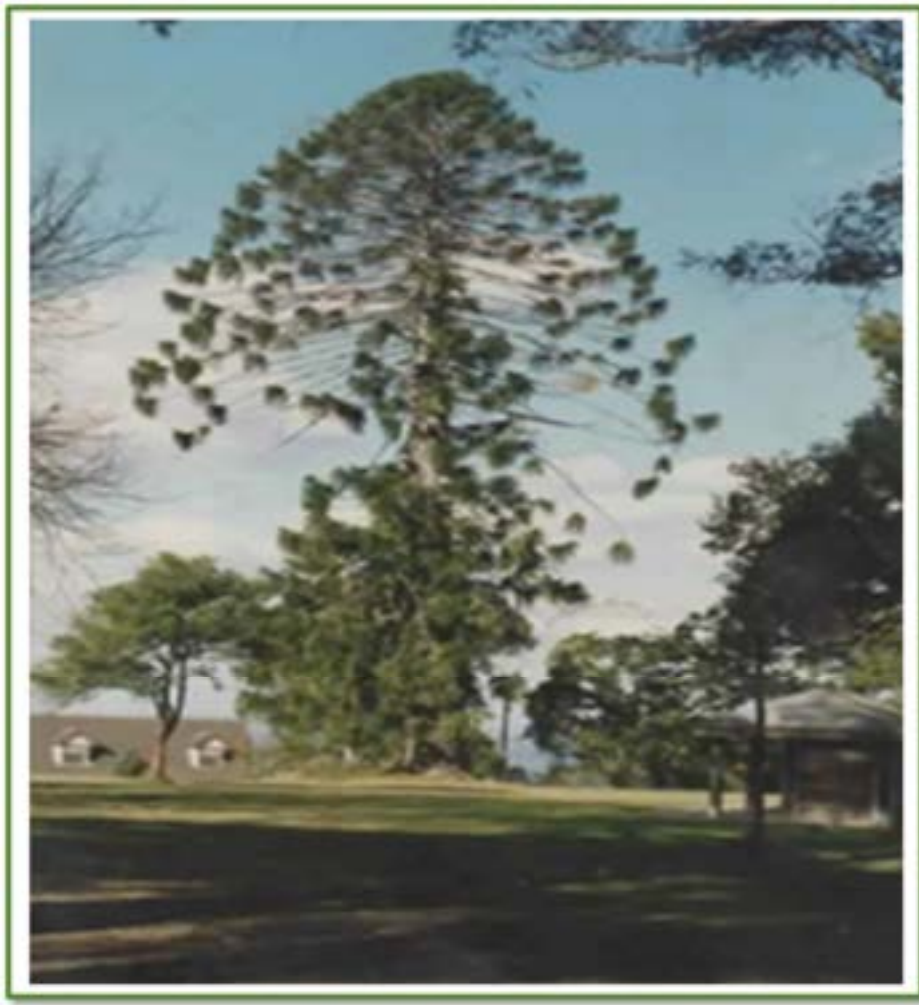


Photo "The Bunya Pine", K. Evans, 1994

Features:

The Bunya Pine
Spring/ Summer Fire Report
Formation of the BMA
BMA Eggstravaganza

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 Unacknowledged articles will not be published.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.

Editor 0419 167 088
Advertising Bill Kerr – 0409 989 810

Email address for lodgement of newsletter contributions:

alisonhine82@gmail.com

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: *The Bunya Pine*, Photo by K. Evans. From a postcard designed by J. Leahy, and sold by the BMA, in 1994. Read about the Bunya Pine on Page 11.

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.

PRINT WIZ
the magic is in the finish

02 4588 8288
0432 440 435
info@printwiz.net.au

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

Editor's Letter



Greetings to all our readers as we welcome you to the Summer Newsletter. Champagne corks are popping and fireworks are sparkling as the Bowen Mountain Association celebrates its 50th Anniversary this year. We are celebrating 50 years of serving the Bowen Mountain community with a range of celebratory activities planned throughout the year. See the President and Secretary's report and the yearly Calendar for a taste of activities to come! Appropriately the front cover features a 1994 photo of the Bunya Pine, which is the logo of the Bowen Mountain Association. Read more about the Bunya Pine further on in this Newsletter and how and why the BMA was formed.

Timely information regarding the Summer Fire season is a must read in the Fire Report. Don't forget to book your spot at the Easter Eggstravaganza.

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 a very happy, peaceful, healthy and successful 2025.

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

PRESIDENT and SECRETARY'S REPORT OCTOBER 2024 – MARCH 2025



Happy New Year and Best Wishes for a 2025 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.

Once again, as part of our BMA Community Care, Martha and Liz organised a Christmas lunch in the Park Hall. Everyone enjoyed the delicious lunch and there was much merriment as Christmas 2024 was celebrated. Christmas goodie bags were delivered to all those people who couldn't attend the lunch.

Just before Christmas 2024, The Bowen Mountain Association organised the inaugural Christmas Gingerbread House-Making Workshop, which took place in the Park Hall. This activity proved to be very popular and successful as families enjoyed the pre-Christmas fun. Afternoon tea was provided. Many thanks to Karl and Liz for organising this activity.

2025 is a memorable year for the Bowen Mountain Association as it celebrates its 50th Anniversary. To celebrate this milestone the BMA has lots of activities planned, including some of the old favourites from past years such as Teddy Bear's Picnic, Eggstravaganza, Dinner Dance, Celebratory Family Picnic in the Park and of course many other activities. These activities are on the advanced calendar in this newsletter and will be dependent on COVID and weather restrictions. One of the main aims of the Bowen Mountain Association is to improve the quality of life of Bowen Mountain residents and their community. Throughout October to December the Bowen Mountain Association has been kept busy pursuing this aim.

We would like to thank the Bowen Mountain Management Committee and the subcommittees for all their tireless work throughout 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.

Wishing the Bowen Mountain community an enjoyable, safe, healthy and happy 2025.

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



**BOWEN MOUNTAIN ASSOCIATION 2025
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. Dates may be subject to Change depending on weather and other factors. Due notice will be provided.

DATE		ITEM
APRIL	Thursday 3 rd	BMPMC Meeting – 7.30 pm
	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
	Wednesday 16 th	Eggstravaganza – Bowen Mountain Park Hall 2 – 4 pm
	Friday 18 th	BMPMC Easter Egg Hunt – 10.00 am
	Date and Venue TBA	Seniors Easter Morning Tea
MAY	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
JUNE	Thursday 5 th	BMPMC Meeting – 7.30 pm
	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
JULY	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBA	BMA 50th Anniversary Commemorative Dinner Seniors Gold Christmas Lunch
AUGUST	Thursday 7 th	BMPMC Meeting – 7.30 pm
	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 24 th	BMA AGM – 50 th Anniversary
	Sunday 31 st	Birds of Bowen Mt. Bushwalk & Morning Tea
SEPTEMBER	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Saturday 20 th	BMPMC – Spring Market – “Get Ready” Day.
OCTOBER	Thursday 2 nd	BMPMC Meeting – 7.30 pm
	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBA	50th Anniversary Picnic and Celebration. Bowen Mountain Park
NOVEMBER	Monday 10 th	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Progressive Dinner
	Date and Venue TBC	Teddy Bears’ Picnic – Bowen Mountain Park
DECEMBER	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 14 th	Christmas Party BMPMC - Christmas in the Park
	Tuesday 23 rd	Christmas Gingerbread House Workshop



*The Bowen Mountain Association invites you to an
Easter Eggstravaganza at the park hall.*

**GET IN THE EASTER SPIRIT AND JOIN US FOR AN AFTERNOON OF
EASTER FUN including Easter biscuit decorating, craft activities,
and raffle prizes and tickets. AFTERNOON TEA AND FUN!**

Everyone welcome

WEDNESDAY APRIL 16 TH 2pm - 4pm

Book your spot for \$5.00 each by either:



1) Email secretary@bowenmountain.org.au
OR

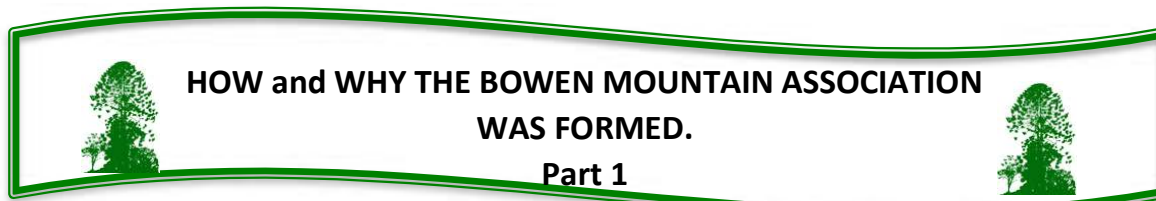
2) Phone or text Alison 0419167088

3) Payment for your place in the Eggstravaganza can be made via EFT to:
BSB: 633 000

Account No.: 1182 44003

Account name: BOWEN MOUNTAIN ASSOCIATION INC.

Please email or text the Secretary Alison to notify us of your payment.



HOW and WHY THE BOWEN MOUNTAIN ASSOCIATION WAS FORMED.

Part 1

This is an article written by John Leahy, a long-time resident of Bowen Mountain and lifetime BMA member documenting the history of the formation of the BMA. This is Part 1 of a series of articles, which will be published in subsequent Newsletters on the history of the BMA. We will be featuring these articles as part of the 50th Anniversary celebrations.

“Colo Shire Council was in a dilemma. Many of the blocks on the Bowen Mountain Subdivision (*read about the subdivision in the next Newsletter*) were too small or rocky to allow onsite absorption of effluent, meaning that permanent pump-out was required. The State Government had frozen building until a solution was put forward. Landowners who couldn’t build or sell were very irate.

Colo Council thought that the only long-term solution to their problem was reticulated water and sewerage. In November 1974, they commissioned the firm of Gutteridge, Haskins and Davey to prepare a feasibility study for them. This survey was to cover Bowen Mt. and Glossodia, another area with similar problems of small blocks. It was to be paid for by a special levy of \$50 over and above the normal rates in these areas. Previous such studies had been financed from the General Rates Fund.

In 1974 our rates on Bowen Mountain were about \$65 and Colo Council had already set the rates at \$110 for 1975, meaning that the rates totalled \$160, so you can understand that residents were incensed at a more than doubling of their rates from the previous year (Windsor and Richmond Gazette, 11th December 1974).

Letters of protest appeared in the local press and an overflow Public Meeting (Macquarie Towns Review, 6th February, 1975) concerning the rates was held at Wilberforce School of Arts Hall on 31st January 1975. The protest were over the following issues:

1. Water and sewerage had not been requested by local residents who at considerable cost had installed adequate water storage and absorption facilities.
2. The feasibility study was commissioned prior to a full Council decision to allow it to proceed and it was not properly authorised (Windsor and Richmond Gazette, 30th July, 1975).
3. The legality of charging the special rate was open to question (Letter- Solicitors George P. Rhodes and Co, 17th March, 1975).

A public meeting regarding the rates was held on Bowen Mt. on the 16th February 1975 at which the Bowen Mountain Association (BMA) was formed. A Constitution was outlined and five executive members were elected: President, Terry McGuire; Vice President, Richard Willmot; Secretary, Kees Verhagen; Treasurer, Steve Owens; Publicity Officer, Rob Morey.

The President, Terry McGuire spoke at a special meeting of Colo Council, wrote letters to local papers and sought legal opinion on the \$50 levy. Rob Morey, as Publicity Officer decided to challenge the \$50 levy in the Court of Petty Sessions at Windsor on 18th April 1975, which he had to do as an individual, however the appeal was on behalf of the BMA and members of the Glossodia Progress Association.

Another letter appealed for further donations as legal costs had risen to \$160. Half of these legal costs had been donated by the Glossodia Progress Association. It was proposed that “the BMA along with the Glossodia Progress Association meet the legal costs incurred by Mr Morey in his application to the Equity Court”, estimated to be in the vicinity of \$175”. So, you can see that the BMA was heading for legal confrontation. How this has turned around to mutual co-operation will be described in Part 2 in the next Newsletter, as well as the reason why Bowen Mountain land was subdivided like it was.

John Leahy

AIMS and OBJECTIVES OF THE BOWEN MOUNTAIN ASSOCIATION

- To provide a forum for the owners of land and residents of Bowen Mountain to meet and discuss matters relating to the area.
- To thoroughly investigate, assess and when appropriate to pursue any matter, thing or purpose which will be of benefit to or which will improve the quality of life and amenity of the neighbourhood.
- Take an interest in the affairs of Government whether Local, State or Federal and any statutory authority of any such Government and when appropriate to make submissions or proposals to such Governments or authorities on matters affecting Bowen Mountain or the Hawkesbury District.
- To participate in, assist and support matters pertaining to Bushfire control, mitigation and prevention.
- To establish, foster and maintain an active interest in and to encourage respect and regard for the preservation of indigenous flora and fauna.
- To promote, to provide and organise social activities for the benefit of the Community.
- To act either alone or in association with other bodies, corporations or persons in furtherance of any or all of the Associations objects.
- To raise funds, acquire, own, lease, rent, hire, mortgage and dispose of any property, including real property and expend any monies for any purpose which directly or indirectly may be associated with the attainment of any or all of the objects of the Association.
- Provide support services to elderly and infirmed residents through our Community Care programs;
- Lobbying for appropriate road and other infrastructure development, as appropriate, to maintain and improve the safety and well-being of residents;
- Working with emergency services (RFS, SES, Police, other) to mitigate against the threat of emergency situations, and assist in communication and support of those services during such events.



Summer Warning!

HaHa!

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

VALE JOHN MAGUIRE

1937 – 2024

It was with sadness that we learnt late last year of the passing of our much loved, admired and respected Grose Vale resident John Maguire, on the 5th November. John was well known by all the community for his orchard, Enniskillen at Grose Vale, which everyone passed when they drove up Bowen Mountain. We all enjoyed John's local roadside stall and later shop and café in the shed. John consistently supported the Bowen Mountain Association and its community with baskets of goodies for raffles and fresh fruit and veggies for the Pantry in the Park during the floods. John was always admired for his advocacy for local agriculture with Hawkesbury Harvest and his stall at the Richmond Markets. John, with his infectious grin and warm welcome for everyone will be sadly missed. Our sincere condolences go to Trish and the family.



Photo – courtesy of Angela Maguire



THE BUNYA PINE – LOGO OF THE BOWEN MOUNTAIN ASSOCIATION

The majestic Bunya Pine below which is featured from a 1994 photo on the front cover of this Newsletter was the centerpiece of Bowen Mountain Park as it was the highest landmark on Bowen Mountain and could be seen from as far away as Castle Hill. Due to its significance it was adopted in the 1980's as the logo for the Bowen Mountain Association. The logo, below which is on all Bowen Mountain Association correspondence, is also the logo for our Facebook page.



Unfortunately, several years ago due to significant disease identified by Hawkesbury Council and a range of experts the dying Bunya Pine had to be chopped down. In 2014, three Bunya Trees (all in one pot) were donated by Terry Hoare to be planted in memory of Rick Jamieson. They are from seeds from the original Bunya in the Park.

The Bunya Pine known also as the banya or bunya-bunya is a large evergreen coniferous tree in the *Araucariaceae bidwillii* family. It is regarded as an ancient fossil endemic to Australia. The leaves are small and rigid with a sharp tip measuring up to 5 cm long, which can easily penetrate the skin. The leaf arrangement is interesting as one pair of leaves are produced opposite each other on the twig while the next pair is rotated around the twig at 90 degrees to them as seen in the photo below.



The trees, which can grow up to 45 metres tall and live for more than 1,000 years, are known for their enormous football-sized spiky cones which can weigh up to 10 kilograms. The male and female cones are large measuring up to 30 cm long and 20cm wide. During December through to March female cones are green with 50 - 100 segments each of which encloses a seed. These cones have been known to drop from a tree without warning.

Bunya pines have a rich Indigenous history as the nuts inside the cones were an important food source for Aboriginal people in Queensland and northern New South Wales. They are rich in protein, amino acids, minerals, omega-3 and omega-6 fatty acids.

(Reference: <https://www.nationalarboretum.act.gov.au/living-collections/forests-and-trees/forest-71bidwillii>)

CULINARY CORNER

SUMMER SALAD



Ingredients

- 1 BBQ chicken – cut into slices
- 4 yellow peaches or nectarines stoned, cut into wedges
- 200g cherry tomatoes, halved
- Rocket and oak lettuce leaves torn
- 1/2 cup (80g) almonds, toasted, coarsely chopped
- toasted sour dough bread, cut into cubes for croutons.



Honey-pepper dressing

- 1/3 cup (80ml) extra virgin olive oil
- 2 tbs honey
- 2 tbs sherry or balsamic vinegar
- 1 1/2 tsp cracked black pepper
- 1 tsp Dijon mustard



Method

1. To make the honey-pepper dressing, place the oil, honey, vinegar, pepper and mustard in a screw-top jar and shake until well combined. Season.
2. Place the chicken in a large bowl. Drizzle with 2 tbs of the dressing and toss to combine. Set aside for 10 mins to develop the flavours.
3. Arrange the sliced chicken. Arrange the peach, tomato, rocket and lettuce in a large serving bowl. Add the toasted sour dough bread, cut into cubes for croutons.
4. Top with chicken and almond. Drizzle with remaining dressing and divide among serving bowls.

Alison Kerr – adapted from Coles recipes

SUMMER ALIVE – RASPBERRY and PROSECCO PUNCH



Ingredients

- 200g raspberries
- 2 tbs caster sugar
- 2 tbs lemon juice
- Ice cubes, to serve
- 1.5L rosé prosecco, chilled

Method

1. Combine the raspberries, sugar and lemon juice in a medium saucepan over high heat. Cook, stirring, for 5 mins or until sugar dissolves and raspberries collapse.
2. Strain through a fine sieve into a jug, using the back of a spoon to press as much liquid through as possible. Discard solids. Cool.
3. Pour the raspberry mixture evenly among serving glasses. Top with ice cubes. Pour over the prosecco or mineral water and serve immediately. Serve with strawberries, raspberries and mint sprigs.

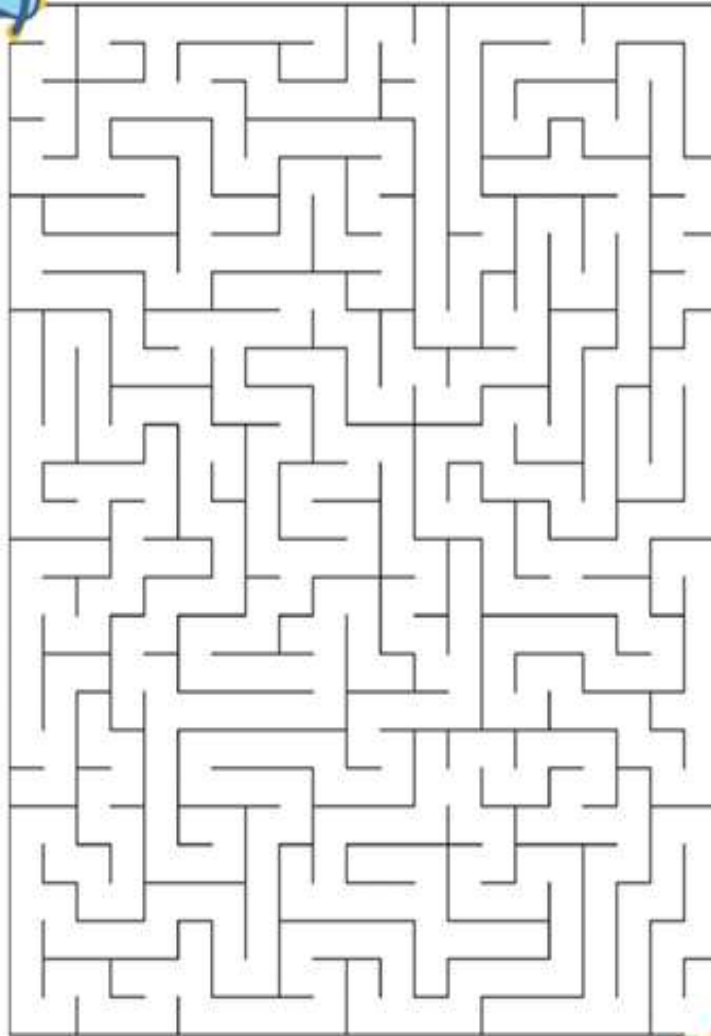
CHILDREN'S PAGE

Name: _____ Date: _____



To The Beach!

Directions: Bring your summer gear to the beach.



© Puzzle Cheer

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 2024-25 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.

CONGRATULATIONS TO THE 2024 GRADUATING STUDENTS YEAR 10 and YEAR 12.



We are very proud of your persistence, resilience, initiative and success in what has been a most challenging year of schooling.

WE WISH YOU EVERY SUCCESS IN YOUR FUTURE ENDEAVOURS.

THE BOWEN MOUNTAIN ASSOCIATION AND IT'S COMMUNITY



Daylight Saving will end at 2am on **Sunday April 6th, 2025**. On Saturday night set your **clocks back** one hour. This is also a good time to **check your smoke alarm**.



BOWEN BUSINESS



**SUBLIME FLOW
MASSAGE**

- Health Fund Rebates for Remedial Massage
- Relaxation Massage
- Bowen Therapy
- Pregnancy Massage
- Facials & Dry body brushing
- The Bars

0402956207
WWW.SUBLIMEFLOW.ME/



**SYDNEY WEST
BUSINESS SERVICES**

SERVICES OFFERED:

- Accounting
- Bookkeeping
- Tax Compliance
- Tax Advisory
- Start Ups
- CFO Services
- Business Strategy
- Succession Planning
- SMSF 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

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
Phone: 0434646053
Email: thehealthystrongdanceacademy18@gmail.com

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

Now offering Adult Classes

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

Your Business Ad Here

Contact Bill Kerr

Mobile: 0409 989 810

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 \$50

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

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

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

SPEEDWAY

Open 7 Days

Corner of Grose Vale Road and Grose Wold Road
 Grose Vale

Telephone: (02) 4572 1569

AUSTRALIA POST