

The Bowen Mountain Association Inc.  
**NEWSLETTER**  
Autumn 2025

No. 161

2025

BOWEN  
MOUNTAIN

50<sup>th</sup> Anniversary

ASSOCIATION

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



Photo "Cave", P. Vizzard

**Features:**

Autumn Fire Report  
Formation of the BMA Part 2  
Beware of Telephone Scams!

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 Unacknowledged articles will not be published.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:** Cave photo by Pauline Vizzard. This cave on Bowen Mountain is reached by veering right onto the rocky track beside the lookout past the Observatory. It descends a few metres down and continue walking to the right and the cave is there.

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 Autumn Newsletter, which appropriately features Pauline Vizzard's photo of a cave on Bowen Mountain near the Observatory.

Part 2 of How and Why the BMA was formed is an interesting and informative read for all landowners on the mountain.

Important information regarding the Autumn Fire season is a must read in the Fire Report.

A number of Bowen Mountain residents have recently reported telephone and email scams, which have hurt them financially. An essential read is the article Beware of Telephone scams further on in this Newsletter.

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

**Treasurer** - Liz Rowan

#### General Committee

Sarah Morgan, Karl O'Rourke, Lara Rupac

#### 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 APRIL – MAY 2025**

As the beautiful autumn leaves begin to fall, heralding that time of year on the mountain when swirling smoke from warming fires emerges and mists roll in at midday we can yet again appreciate another unique season on Bowen Mountain.

As the Bowen Mountain Association celebrates its 50th Anniversary this year, planning is well underway for a variety of activities to celebrate this milestone. Several residents enjoyed St. Patrick's Day dinner on 18<sup>th</sup> March at Kasalong Thai in Richmond with the traditional green curry served to commemorate this occasion. A good time was had by all. A Seniors Easter Morning Tea was held on Wednesday 16<sup>th</sup> April in the Park Hall. Cups of tea and coffee flowed with many yummy treats being consumed amid good humour and lots of laughter. Thanks to Liz and Martha for coordinating this event.

Upcoming events to celebrate our 50th Anniversary include a BoMo Bingo night, a 50th Anniversary dinner, a Family Celebration picnic, and a bird walk on a popular Bowen Mountain track with birding enthusiast Eric Finley and bush track expert Lance Mitchell. Eric presented a captivating talk on Bowen Mountain birds at the 2024 BMA AGM. Check the Calendar in this Newsletter for updates of times and dates and the separate invites.

Due to letters and emails written to the BMA, we are in the process of contacting Council, the Mayor and Susan Templeman regarding cutting and removing the overgrowth surrounding Bowen Mountain Park. We will report on this progress in upcoming Newsletters.

To celebrate its 50<sup>th</sup> Anniversary, The Bowen Mountain Association thought that an Illawarra flame tree planted in the Park would be an appropriate memorial to this milestone. The Park Committee has approved this proposal and agreed that the Illawarra flame tree (*Brachychiton acerifolius*) is the most suitable tree for the park. They suggested that the best location for the tree is near but outside the sundial garden. A plaque commemorating the 50<sup>th</sup> Anniversary of the BMA will be attached to a rock, which is concreted into the ground close to the tree.

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

***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.


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

DATE		ITEM
JUNE	Thursday 5 <sup>th</sup>	BMPMC Meeting – 7.30 pm
	Monday 9 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
JULY	Monday 14 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBA	BMA 50th Anniversary Commemorative Dinner /Dance
	Date and Venue TBA	Seniors Gold Christmas Lunch
AUGUST	Thursday 7 <sup>th</sup>	BMPMC Meeting – 7.30 pm
	Monday 11 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 24 <sup>th</sup>	BMA AGM – 50 <sup>th</sup> Anniversary
	Sunday 31 <sup>st</sup>	Bowen Mountain Birdwalk & Morning Tea – Park
SEPTEMBER	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Saturday 20 <sup>th</sup>	BMPMC – Spring Market – “Get Ready” Day.
OCTOBER	Thursday 2 <sup>nd</sup>	BMPMC Meeting – 7.30 pm
	Monday 13 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date TBA	50th Anniversary Family Picnic and Celebration. Bowen Mountain Park
NOVEMBER	Monday 10 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Date and Venue TBC	BMA Progressive Dinner Teddy Bears Picnic – Bowen Mountain Park
DECEMBER	Monday 8 <sup>th</sup>	BMA MEETING – Bowen Mountain Park Hall
	Sunday 14 <sup>th</sup>	Christmas Party BMPMC - Christmas in the Park
	Tuesday 23 <sup>rd</sup>	Christmas Gingerbread House Workshop



## HOW and WHY THE BOWEN MOUNTAIN ASSOCIATION WAS FORMED.

### Part 2



*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 2 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.*

In Part 1, we understood why the BMA was formed on the 16th February 1975 to formally object to the sudden and unexplained increase in rates on Bowen Mountain. It was necessary to establish a formal organisation to represent Bowen Mountain residents. On 27th March 1975, a circular was sent to all Bowen Mountain ratepayers by the BMA explaining the rate rise, the \$50 levy and the fact that the BMA was contesting it in court. Part 1 ended with the BMA heading for legal confrontation to challenge the Council's rate rise. How this was turned around to mutual co-operation is described in Part 2 of "How and Why the Bowen Mountain Association Was Formed" and its subsequent role in shaping our community.

"Bowen Mountain's transposition from a rural community to a residential area brought with it many problems. In 1960, when developers, Milton and Alfred Grant Pty Ltd subdivided the Bowen Mountain Estate, by some incredible means, 650 residential blocks were allowed to be subdivided. The majority were approximately 1/8 acre. The centre section, now called Belvedere was left undeveloped at this time and was subsequently used as grazing property.

Even by 1960 standards, the blocks were very small and the ethics of Colo Council approving the subdivision questionable. (Colo Council was later amalgamated with Windsor Council to form Hawkesbury City Council). The blocks, however, were released and individuals bought them. Many bought a number of adjacent blocks, to effectively increase the size of their holding for a single home with the view to sell one of two at a later date. As time passed some individuals who had bought "parcels" of blocks decided they weren't going to live on Bowen Mountain after all and sold their blocks to separate buyers.

Attitudes towards environmental issues changed during the early 1960's and the NSW State Government reviewed past subdivisions in the Shire. In June 1962 the Minister for Local Government asked Colo Shire Council to prepare a town and country planning scheme to include provisions for regulation and controlling the use of land within the Shire. Two years later, in March 1964, it became necessary for the Minister for Local Government in charge of State planning to take firmer action. He issued the first Interim Development Order (I.D.O.1) which was a temporary law passed by the NSW State Government restricting land usage. This virtually froze all residential development in the Shire. The purpose was to stop the Council's development at that time and give planners an opportunity to prepare the planning scheme that had been asked for in June 1962.

In December 1971, the Minister issued I.D.O.2 to replace I.O.D.1, which had not been effective enough in changing the development activities of the Shire. I.D.O.2 was a more restrictive order and included a provision that land held in common ownership (i.e. part parcel) before 1964, could not be developed separately for residential purposes. This was retrospective legislation. What I.D.O.2 effectively meant was that if you owned a block that had at some time in the past (i.e. before 1964) been part of a number of blocks owned by one person, you could not build a house on it.

**MOUNTAIN PARADISE RE-DISCOVERED**  
**Beautiful Bowen Mountain**

**Discovered 1804**  
 Early last century, Lt. G. M. C. Bowen, one of Australia's pioneer explorers and trial blazers, selected the whole summit of Bowen Mountain, seated on the western escarpment of the Blue Mountains, for his family home. 3 miles south of Kurrangong, there he built a large home overlooking the Hawkesbury Plains.

**Re-discovered 1960**  
 For more than a century, this mountain paradise remained virtually unknown. Now, selected from a series of family homesteads, Bowen Mountain is presented as an outstanding resort development in city folk seeking a perfect mountain retreat.

**1600 FT. SUMMIT HOMESITES  
 UP TO 1/4-ACRE WITH 100-MILE VIEWS  
 ... ONLY 75 MINUTES' DRIVE  
 FROM CITY**

**50 SITES UNDER £200**

**SITES FROM £125**  
 10% DEPOSIT  
 4-YEAR TERMS  
**10% DISCOUNT FOR CASH**

**A MOUNTAIN-TOP PARK AND SWIMMING POOL**  
 Right on the summit, the developers are constructing a scenic park, retaining all the natural beauty, and adding a swimming pool, dressing sheds, kiosk, barbecues, tables, chairs, and sweeping lawns.

**LIVE LONGER!**  
 Bowen Mountain is smog-free, frost-free! Local records show average summer temperature is 10 deg. cooler than on the plain and 10 deg. warmer in winter. This means healthy living!

**3 MILES SOUTH OF KURRANGONG**  
 Bowen Mountain is only 3 miles south of Kurrangong, just a short drive from the shopping centre, school, church and other facilities. A scenic bushland path connects Bowen Mountain with Kurrangong Heights.

**MASS OF WILDFLOWERS!**  
 Wattlebark and Borealis grow wild along the road. The estate is dotted with pine, silver ash, oak, and the perfect climate is ideal for rhododendrons, tulips, clematis. There is a 150-year-old bunya tree right on the summit.

**A UNIQUE BEAUTY SPOT**  
 Bowen Mountain is one of the few parts of the State where true ferns and rhododendrons thrive. It offers all the advantages of the Blue Mountains still preserved in their natural surroundings.

**DRIVE UP THIS WEEK-END**  
 There will be representatives on the Estate Saturday and Sunday and all next week. Drive to North Richmond along the Lithgow Road, turn left at the sign opposite the Calfax garage and follow the Estate signs to the mountain-top.

**MILTON & ALFRED GRANT PTY. LTD.**  
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 AFTER HOURS: MR. KENDALL — WY2087

Milton & Alfred Grant Pty. Ltd.  
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 Please send me details of Bowen Mountain Estate.

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 ADDRESS .....  
 MG/397/14705

33 The Sun, Friday, October 28, 1960 33

### Advertisement for subdivided land at Bowen Mountain in 1960.

(Source: The Sun, Friday, October 28, 1960. Reprinted from 'A Cook's Tour of Bowen Mountain', The Bowen Mountain Association, 1988, p. 23.

(From Page 5)

Landowners in this situation usually found this out when they were all set to build and submitted their plans to Council for approval, only to be told they couldn't build, they couldn't sell, all they could do was to pay the rates. You can imagine how they felt. (During this period the usual way to sell a block which could be built on, was to submit a "dummy house plan" to Council and if successful, to advertise the block for sale "with building permit").

However, there was a loophole. Some landowners unable to build due to I.D.O.2 appealed to the Minister for Local Government on hardship grounds and received permission to build. This permission was stopped in early 1974.



Meanwhile, building blocks not affected by I.D.O.2 continued and by 1974, 84 blocks had already been built on and another 94 applications for development approved, resulting in 30% of the original 650 blocks being built upon. Instead of resolving the problems, the I.D.O's imposed intolerable hardship on people who had bought land on which to build new homes. Something had to be done!

After forming in 1975 and contesting Council rate increases, the Bowen Mountain Association had another alternative that involved landowners who wanted to build, buying adjacent blocks from those who wanted to sell. This allowed on-site disposal of effluent on the larger block and halved the potential number of homes on Bowen Mountain.

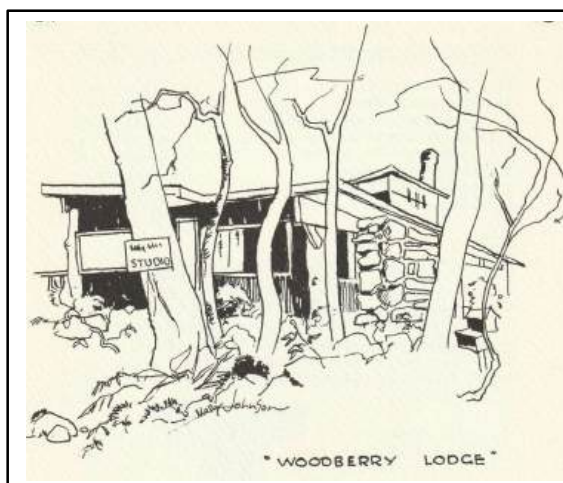
At this time Councillors were elected by the ratepayers in their area and Councillor Horrex represented the rate payers of Bowen Mountain. A public meeting was called in June 1975. It was well attended and after long discussion, the meeting resolved "that the water and sewerage scheme of Bowen Mountain was not acceptable in terms of cost or environmental impact" and "that redevelopment of the area was in principle an acceptable solution and needed further investigation".

In July 1975 the Bowen Mountain Association presented its redevelopment proposals to the Council and the outcome was a Council resolution forming a joint Council/BMA Planning Sub-Committee to prepare a viable redevelopment proposal for submission to the Planning and Environment Committee. This was a significant step towards citizen participation in the planning process. The formation of this joint Committee was due to:

1. The persistent questioning of Council and pursuance of legal action by the BMA and the high standard of their submission on redevelopment proposals.
2. The sympathetic efforts of our elected representative, John Horrex.
3. The active and positive campaign waged in the press and other areas that put pressure on Council to accept a more open decision-making process in regard to planning problems on Bowen Mountain in the future.

The Council realised that the BMA had very sound and legitimate grounds for complaint. Towards the end of 1975, members of the Bowen Mountain Association worked with Colo Council in a joint planning sub-committee to produce mutually co-operative recommendations for the redevelopment of Bowen Mountain". The outcome of this mutual co-operation between Council and the BMA shall be discussed in Part 3 in the next Newsletter.

John Leahy



Woodberry Lodge is a unique piece of Bowen Mountain history and a familiar structure on the mountainside. It is believed that it was built as an old slab cottage around the 1940's. The drawing is by Molly Johnson, a fellow of the Royal Art Society, who lived in the cottage during the 1980's and 1990's.

## **RFS FIRE REPORT – Autumn 2025**

Hello, so we are coming to the end of the bushfire season. We had a relatively quiet season overall with more requests to go help in other parts of the state, and some Grose Vale members answering the call for help.



Quite often out of area crews come and help the Hawkesbury district with the extra manpower needed to get hazard reductions completed when the conditions are favourable. Grose Vale brigade sent a truck and two of its finest to help with the Berowra Sam's Creek hazard reduction. Hazard reductions are a crucial part of the strategic measures used to protect communities, by burning the organic fuel matter in a controlled way, that can help reduce the impact of a wildfire in the burnt areas for up to 5 years or more.

We have been training our latest intake of members willing to volunteer to help the community in emergency situations. Of the 10 new members, we have at least 7 ready for their basic skills assessment in May. That will be 7 more enthusiastic brand-new firefighters helping to protect the mountain and its residents.



Grose Vale brigade will be the next brigade in the Hawkesbury District to receive breathing apparatus, further enhancing member safety and the brigade's ability to help the community.



Some of our members are already qualified to use breathing apparatus and were able to use district training sets to keep their skills up and give non-B.A. members first-hand experience in understanding and wearing the equipment.

Don't forget, ALL year, even outside the bushfire season, ALL burning off you plan to do, must be reported online to Hawkesbury City council. **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
2. Complete the online notification  
at <https://www.hawkesbury.nsw.gov.au/resources/forms/open-burning>.

As it is starting to cool down, before we know it, we'll be splitting firewood and lighting the fires. It is imperative that you clean your chimneys before jumping straight into using the wood fire for warmth. Soot build-up in your chimney can catch fire. If a chimney fire stays in the chimney, you could be lucky. Quite often it will cause a fire in the framework around the chimney and become a much bigger hassle or worse. Half an hour to clean the chimney out once a year before the first use is a crucial task towards helping keep your house and family safe.

At the end of daylight savings, remember to change your smoke detector batteries because smoke detectors save lives.

As mentioned previously, we rely heavily on fund raising to keep the brigade functioning. With two stations, supplies and incidentals or equipment that may not be provided, the brigade must purchase these necessities with its own funds. Any donations you make will help us to help you and is greatly appreciated.

### **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.

**Peter McCann**  
**Captain**  
**Grose Vale RFS**



## FAREWELL and THANKYOU

### JOHN and ROBIN

Our much-loved couple John Wulff and Robin (Rob) Woods have decided to vacate their two-storey house on Bowen Mountain and move to Mittagong in the Southern Highlands. They have been debating the matter for the last year. Rob's daughter lives not far from Mittagong and they could be closer to her if they moved to Mittagong than living on Bowen Mountain.

John and Rob will be greatly missed on the mountain. Both John and Rob have been staunch and supportive members of the Bowen Mountain Association for many years and have made many memorable contributions to the BMA and its community.

John was layout whiz of the Bowen Mountain Association Newsletter for many years. Rob was very active in Hawkesbury Environmental Network (HEN). She was concerned with environmental issues on the mountain and was the main instigator of the very successful Bowen Mountain Sustainability Fairs. We shall miss their contributions at meetings and their creative ideas, many of which we have developed and enjoyed over the years. We wish them all the best in their new home as they begin their new adventure.

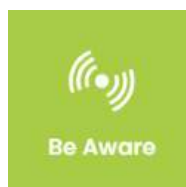
*In January 2011 Robin and John were married under the Bowen Mountain Oak Tree.*



## BEWARE OF TELEPHONE SCAMS!

*We have become aware of two scams affecting locals recently. There are a number of red flags to be aware of, any of which is probably a sign to end the call: (Thankyou to David Griffiths, President of Kurrajong/Comleroy Historical Society for providing this information).*

- They will call out of the blue and probably spin a quite plausible line, often appearing to relate to a recent event. "Has your internet been down, we are going to give you a refund".
- They might say they are from the NBN but remember NBN is a wholesaler and will not normally contact an end user - they certainly will not offer to pay you money or ask for any payment.
- Quite often they call from a 64 prefix - New Zealand. The Caller ID numbers are all spoofed (faked) - they are most likely in India!
- Never download software to your phone or PC if they ask you to. If you do it lets them connect to and control your device, often invisibly.
- They often ask you to pay them a small amount (\$5) to cover admin costs or whatever. If you do make the payment you are showing them how to connect to your bank! They will make a much bigger payment to themselves at the same time using your PC which they now have control of.
- If you are thinking they are genuine, make some excuse to hang up and ring a trusted friend to discuss. You can ask them to ring back later, by which time you will hopefully be better informed and you can then give them a two-word lecture in sex and travel. Don't worry about being polite - remember they are trying to rob you!
- Never go to any webpage they suggest - this can be another way for them to infect your computer. It is the same as clicking on a link in an email.





## CULINARY CORNER



### MICROWAVE CHICKEN DRUMSTICK CURRY - Serves 4

#### Ingredients

- 1 kg. Chicken drumsticks
- 1pkt. French onion soup
- 2tbls. cooking oil
- 1 chopped onion
- 1 cup tomato juice
- 1 chopped red capsicum
- 1 tspn. mixed spice
- 2 tblspns. curry powder
- 225gm. can of pineapple pieces
- 2 tblsps sultanas

#### Method

1. Cut and discard knuckles from drumsticks.
2. Cut chicken in half diagonally and combine in a bowl with soup.
3. Heat oil in a pan and cook chicken until it is brown.
4. Place in a microwave dish. Stir in onion, tomato juice, capsicum, spice and curry powder.
5. Cover and cook 10 minutes on HIGH until tender. Stir in undrained pineapple and sultanas.
6. Cook for 3 minutes. Serve with rice.

*Elaine Leahy*



### CREAMY ONE-PAN TUNA PASTA

#### Ingredients:

- 250g pasta (penne or spirals work best)
- 1 tbsp olive oil or butter
- 2 garlic cloves, crushed (or 1 tsp garlic powder)
- 1 can tuna in spring water or olive oil, drained
- 1 cup frozen peas or corn
- ½ cup cream
- ¼ cup grated cheese (cheddar or parmesan will work)

Salt and pepper to taste Optional: lemon zest, parsley, or a pinch of chilli flakes

#### Method:

1. Cook pasta in a large pan of salted boiling water according to packet instructions. In the last 2 minutes of cooking, throw in the frozen peas or corn.
2. Drain and return everything to the pot. Stir through olive oil or butter, garlic, tuna, cream, and cheese.
3. Mix well over low heat until warm and creamy. Season to taste. Serve with a squeeze of lemon and a crack of black pepper. No cream? Try a spoonful of cream cheese or a splash of milk with a little extra cheese.

*Alison Kerr*

## CHILDREN'S PAGE



[www.kidspuzzlesandgames.co.uk](http://www.kidspuzzlesandgames.co.uk)

This Autumn cart is full of lovely Hawkesbury fruit and veggies. Can you colour them to make them look fresh and yummy to eat?

### Autumn Jokes

*Why did the apple pie go to the dentist? Because it needed a filling.*

*How do trees get on the Internet? They log on.*

*What did the leaf say to the other leaf? I'm falling for you.*

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

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

Thankyou

**What is the best thing to put into an autumn apple pie?**

**Your teeth!**



Join the BMA Facebook Page and stay connected with other people from Bowen Mountain around the world.

Go to [www.facebook.com](http://www.facebook.com)

Create or open your Facebook account  
(This is free)

Search for 'Bowen Mountain'  
(The logo is the Bunya Tree)

Click "Like"

***You will find lots of up to the minute information from the Mountain.***

## Stealing the Moon – Timing is Everything



## Giving Her the Moon





# BOWEN BUSINESS



**SUBLIME FLOW  
MASSAGE**

- Health Fund Rebates for Remedial Massage
- Relaxation Massage
- Bowen Therapy
- Pregnancy Massage
- Facials & Dry body brushing
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**0402956207**  
[WWW.SUBLIMEFLOW.ME/](http://WWW.SUBLIMEFLOW.ME/)



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**BANK  
LOCAL**



Community Bank North Richmond and Richmond

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## 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](mailto: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



### ELECTRICAL

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