

BONNY HILLS

COMMUNITY NEWSLETTER

JANUARY/FEBRUARY 2023

Bonny Hills Body and Beauty News

Welcome to 2023 and the start of an amazing year ahead.

Every summer I draw your attention to the damaging effects of the sun and this year is no different. It is so important to apply sunscreen and wear a hat and sunglasses when going outside. Make sure it is 50+ as anything less than 50+ is of little benefit in the harsh Australian sunlight. Please check your bottle to ensure it is not out of date. Choose a sunscreen that's been tested to prevent UVA and UVB rays from penetrating the skin, and reapply every 2 to 3 hours for maximum protection. Skinstitut's Age Defence SPF 50+ is a perfect coat of armour for this purpose and it has the wonderful advantage of feeling light, non-greasy and non-comedogenic (important for oily and acne-prone skin). It is suitable for sensitive skin and an essential for post dermal therapy for UV protection. Laser Aid is another product which is great for after sun care including sun burn. Apply liberally to inflamed and irritated skin up to 4 times a day. Aloe Vera, Canadian Willow Herb and Cucumber ingredients are very soothing and calming.

I am really looking forward to treating those of you who have received a beautiful Christmas Pamper Package so please call to make your booking with me.

I am also looking forward to catching up with my regular and valued clientele in the New Year and discovering ways of supporting, nurturing and finding solutions to your health and skin needs.

Helen 0407305611

BONNY HILLS
BODY AND BEAUTY

HELEN SHALLICK
Dip. BT, RM, Dip T, B Ed, A.T.M.S.
0407 305 611

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- pedicures
- manicures
- body treatments
- gift vouchers
- massage

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Jon Slater, your local agent proudly servicing Bonny Hills for 12 years. For sound advice when selling or buying your next home give Jon, Kylie & Nat a call.

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Licensed Real Estate Agent
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Would you like to contribute or advertise? Submission deadline for next issue: 28 FEBRUARY 2023

Bonny Hills Progress Association News

Jan 2023

Wishing everyone a successful and happy 2023. And special thanks to those in our community for contributing their time and effort to the many projects and functions; and to those who maintain and look after our environment in Bonny Hills.



2023 Art Prize 4-8th January

Cover of the 2023 Catalogue featuring best Work in 2022, by Wendy Friend.

We trust you enjoyed the expanded event which was led by John who was assisted by many willing helpers. This time we included Sections for youth, 11 to 18 yo, and ran very popular Art Workshops for youngsters, underpinned by a Grant from Council.

And a big shout out to our very generous Sponsors and Supporters, and to St Francis Retreat for making their facilities available. With their support we had over 320 entries - clearly an enticing event for our regional artists.

Community Hall. Hooray! We have been successful in receiving \$11,955 from the Community Building Partnership 2022 grant round for **Enhanced Bonny Hills Hall Storage.**

Special Bits.

- We chose Camden Haven's **Community@3** to receive \$200 donated by the Regional Australia Bank.

-**Information tiles** on the Community Hall are being refreshed with valued assistance from the Laurieton Men's shed.

-Congratulations to Leanne and her team for staging the highly successful Inaugural **Twilight Markets** on 25 October.

-And to Mel and her helpers for staging **Carols at the Beach**. Spirits could not be dampened by the occasional shower!

-Following a meeting with the Minister, Kathy had a follow-up meeting with Anna Zycki, Regional Director, North Transport for NSW regarding the need for an overpass at THAT intersection.

- Our thoughts are with Lesley Williams, MP who recently lost her husband, Don.



Contractors have been at work looking for cracks in our sewerage system.

Appearance of smoke above ground indicates a likely location for storm water entering and overloading the system. Ross is monitoring progress.

Family membership has not changed in the last 30 years! With rising admin costs we agreed it be **raised to \$15 payable after the AGM.**

Our next 3 meetings will be held on 17/1, 21/2 with the AGM on 21/March. Email or phone us for a nomination form as all positions are declared vacant.

Normal monthly committee meetings of BHPA on the **Third** Tuesday of each month are **open to all residents.**

Contact us: PO Box 44 Bonny Hills, 2445, email: bhpa@bonnyhills.org.au, Web site www.bonnyhills.org.au, Facebook, <https://www.facebook.com/BonnyHillsProgressAssociation>

Secretary: John Drinan 6585 4436. President: Roger Barlow 0418 628 309



Bonny Hills Physical Culture Club

JOIN US IN 2023

Affordable dance classes for all ages. At Bonny Hills Physical Culture Club you'll be welcomed by our experienced and passionate teachers, where every student is accepted, encouraged, supported and motivated to be the best they can be. You'll feel comfortable the moment you arrive for a class and leave feeling stronger, more positive and healthier than before. Come and find out why generations of women have discovered lifelong friendships, a true sense of community and why Physie is a sport for life.

Existing and new members welcome. Both Active Kids and Creative Kids vouchers accepted. Classes resume Wednesday 22 February.



Enquiries—Ann Drury—0429 855 014 Ashley Sargeson 0402 768 351
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We keep the health and safety of our clients in mind, which is why we only use the safest and most trusted chemicals and products. Our treatment methods guarantee long lasting results and complete peace of mind for your home or workplace.

For all your urban pest control requirements, call the Bonny Hills experts at Currie Pest Control today. Free quotes on request.

Bonny Hills Tennis Club

2022 was a big year for the Bonny Hills Tennis Club with huge membership growth and the completion of the facility upgrade.

The Club welcomes players of all standards to come and get involved. We have social tennis on Monday, Tuesday and Wednesday as well as competition tennis on Monday and Saturday.

We also have small court tennis on Thursday which is designed to offer a fun tennis experience to those older or less mobile who don't want to play the full court game.

Coaching is available with only a few spots left in the Junior (ages 5 -18) coaching program.

Court hire is available at a reduced rate for members and equipment is available at no additional cost.

For detailed information, please visit the website play.tennis.com.au/bonnyhillstennisclub or call 0421 050 236.

See you in 2023!

WHAT'S ON



LUNCH

12 - 2

DINNER

5:30 - 8

\$15

**LUNCHES
MON - FRI**

BISTRO

OPEN

7 DAYS

A WEEK

WEEKNIGHT SPECIALS!

MON

\$20

Pizza's

TUES

Burger

N

Beer

WED

SNITTY

NIGHT

Buy 1
Get 2nd
1/2 Price!

THURS

Ribs

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Wings

\$28

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**Every
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6:30pm**

**All
Welcome**

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POOL**

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Monday
and
Wednesday
Night
from
5:30pm**

Courtesy Bus Available - 6585 4999

BONNY HILLS CWA

Bonny Hills CWA look forward to another busy year of fundraising for our Community.

We would like to thank our Community for helping make our stalls and our Awareness Morning tea a success.

Our Craft meetings are held every Wednesday from 9am till 12 noon. If you're not into craft you are very welcome to come along for a chat and meet new friends.

The fourth Wednesday of the month we hold our Meetings from 12.30pm.

For More Details Please Call Leonie Steinmetz 0407473328 or Jean Simpson 0438201766

Do you love being outdoors? Do you want to help our environment and make new friends? Then come and find your people at a Landcare group near you. You can learn about our native plants and animals and get experience in plant identification whilst having a good chat. In November 2022, Bonny Hills Landcare planted a significant number of native plants at the Rainbow Beach Reserve.

From January 9th, Hastings Landcare Inc. has a display at the Port Macquarie Hastings Library. You can find a Landcare group that suits you and see the work that is currently being done. You might also choose to participate in the Port Macquarie Landcare Nursery "Weed Swap." See if you can tell the difference between some native plants and their weedy look-a-likes!

You don't need to know every detail about the weeds we are targeting. Every Landcare group includes members who are happy to teach you and answer any questions that you may have. You can choose to donate as much, or as little time as suits you, and as frequently as you want. There is no obligation to be at every working bee, but we are always grateful to see the smiling faces of our members.

So, if this is the right time for you, find a group, put on your boots, pull on your gloves and slap on a hat. Let's all get out there together and do our bit to preserve our precious environment! *Article written by Robyn Camozzato, Assistant Publicity Officer Bonny Hills Landcare*

If you are thinking of joining Bonny Hills Landcare, please contact Ross or Lynda. Everyone is welcome.

Our next Working Bee will be on Sunday February 12/2/2023 at Rainbow Beach Reserve

Wishing everyone a Happy and Successful New Year for 2023

Ross Smith, President Bonny Hills Landcare 0414 185 320, Lynda Spilsbury, Publicity Officer 0417 492 372 and Robyn Camozzato, Assistant Publicity Officer

In Term 1 2023, local Musician & Singing Teacher Cassie will be starting weekly group singing/music classes at Bonny Hills Community Hall on a Monday.

These classes will be divided up into age groups:

Little Tots (ages 1-5) 11.30 - 12.30pm
(Music exploration, singing, dancing, playing instruments)

Junior (ages 7-11) 4 - 5pm (almost full)

Teens (ages 12-17) 5 - 6pm

Adults (ages 18 & over) 6.30 - 7.30pm

Class numbers will be limited depending on the age group, so get in quick to reserve your place!

Junior, Teen & Adult students will learn:

Vocal techniques, breathing exercises, music reading skills, rhythm & phrasing, pitch & tone production, how to sing in a group, how to sing in harmony & much more!

Classes are \$15 per lesson for a 1 hour class weekly, paid upfront on registration (Term 1 will only be 8 weeks, starting in week 3)

Creative Kids Provider



Do you love to sing?

Group SINGING/MUSIC Classes with Cassie Rose Bennett

Weekly 1hr Classes
Little Tots 5 & under
Junior 6yrs - 11yrs
Teens 12yrs - 17yrs
Adults 18yrs & over
Limited places!

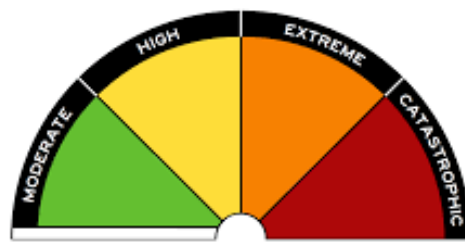
STARTING TERM 1 2023

For more info or to register go to www.cassierosemusic.com or contact Cassie Rose Bennett at cassierosemusic@yahoo.com.au

BONNY HILLS RFS

Several call outs for the Bonny Hills crew this month. Bonny Hills and a number of other Brigades were responded to a structure fire in Bonny Hills when an elderly resident noticed smoke coming from the toilet exhaust fan. Luckily for the resident the call turned out to be a false alarm with the council carrying out sewer tests where they pump smoke into the sewer pipes. They were checking for leaks and faulty plumbing connections. The site was declared safe and handed over to council employees for further investigations. On the same day Bonny Hills 1 responded to a bedroom fire in Kendall, Laurieton 358 Fire and Rescue were first on scene however the resident had extinguished the fire by this time and we were stood down. Later in the month Bonny Hills 1, along with Laurieton 358 Fire and Rescue responded to the Diamond Head car park where an elderly lady had fallen on the Indian Head walking track (quite a distance from the car park) and required Ambulance assistance. She was stabilised and thrilled to be carried out on a Stokes litter by a number of good looking sweaty fire fighters some 2 hours after the initial call out.

Local Residents should familiarise themselves with our new (state of the art) Fire Danger Ratings sign on the south approach to Bonny Hills. The observant ones will note there are now only 4 ratings (instead of the previous 6) and the actions to be taken with each rating. Use the QR code below and go to Menu then Fire information for more info.



MODERATE Plan and prepare	HIGH Be ready to act
EXTREME Take action now to protect life and property	CATASTROPHIC For your survival, leave bushfire risk areas

Bonny Hills Fire station is located in Jungarra Cres Bonny Hills and is open Tuesday and Saturday mornings 9am to 12, Phone No 65855467, you can also follow us on facebook (Bonny Hills Rural Fire Brigade) **To report a fire Ring 000**

Interested in joining? visit www.jointherfs.com.au, or ring Fire Control 1300 643 262.

New members are most welcome.

Camden HAVEN MARINE
Ben & Nadine Instrell
Mob: 0467 542 202
Ph: (02) 6559 9344
Fax: (02) 6559 7664

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**WAUCHOPE
BONNY HILLS**
SURF LIFE SAVING CLUB



Wauchope-Bonny Hills Surf Lifesaving Club proudly keeping our Community safe since 1958

Thank you to the wonderful communities of Bonny Hills and Lake Cathie who supported the Christmas Carols at the Beach. There is so much talents amongst local choirs, singers and community groups – thank you for your participation.

Patrols are back to extended hours over the holiday period - 9 am till 5pm both Saturday and Sunday and public holidays. Come down to the beach and say 'Hi' to our patrolling members who help to keep you safe at Rainbow Beach.

Many the club members – both young and older have been enjoying some competition. A great team will be competing at the Country Championships late January at Cape Hawke. Boat crews have been travelled up and down the coast showcasing their skills.

Education has been a major focus with a Bronze squad recently gaining their qualifications. Welcome to WBHSLSC. Many of those members along with other club members competed their Inshore Rescue Boat Crew training. Also another group of Surf Lifesaving Certificate holders can begin patrol duties.

The deck at the clubhouse is always a great place to catch up with friends and family at the end of a busy week. The bar is open each Friday afternoon from 5pm.



GUIDED THEATRE TOUR

Join us on 22nd January 2023
for a guided tour of the Players Theatre

Registration - 9.30am

Brief history of the theatre - 9.45am

Guided tour of all theatre departments - 10am

Register via website
www.playerstheatre.org.au

Walk in registration
available on the day

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THEATRE Inc.
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BISHOP

Assistant
Director
DANIEL
PARLEVLIET

By Christopher Sergel. Based on the series
created by Mel Brooks and Buck Henry

February 24th - March 12th 2023
Fri & Sat 8pm, Sun 2pm, plus Sat 11th, 2pm

Theatre Bookings Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888 or at the Players Theatre Box Office
Cr Lord & Gordon St, Port Macquarie
1 hour prior to the show

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ONLINE BOOKINGS: www.midnorthcoastdental.com.au**



CAMDEN HAVEN ANGLICAN CHURCH

Engage with God

Sunday, 9:30am
at Bonny Hills Community Church, 1060 Ocean Drive

What to expect?

We are a family-friendly church.
Each time we meet, we learn from the Bible about life found in Jesus, and pray and sing together to encourage one another.

All welcome.

Please join in our time together, we would love to meet you.

☎ 6559 5036 🌐 havenanglican.com 📱 @lakecathieanglican

We're here
to help you

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Taking medicines can be difficult
Many people need to take a number of tablets and capsules every day, but it can be difficult to remember to always take all these medicines as they were prescribed by the doctor.

Clearly, medicines don't work properly when they're not taken as intended. Missed or extra doses can result in extra health problems, falls, hospitalisations and other potentially serious adverse effects.

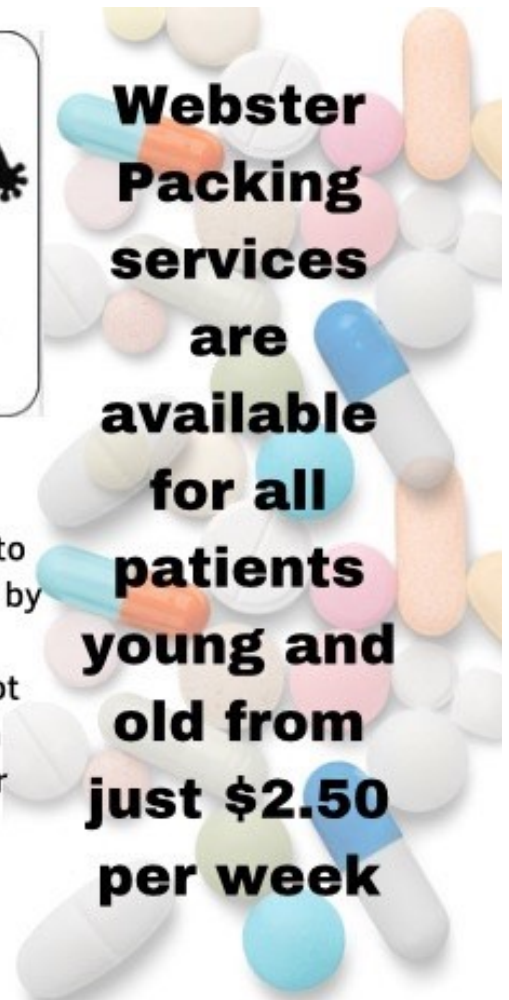
Talk to us to see how we can help you manage your medicines from just \$2.50 a week

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Bonny Hills Post Office

Operating hours

Monday-Friday 9am to 5pm

Closed 12.30pm-1pm for lunch



AUSTRALIA

POST



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- PO Box rental—keep your mail secure and your home address private
- Bank at Post—with over 70 financial institutions participating.
- Redirection of mail or hold service, moving house, suitable for short trips or permanent moves.
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- A wide range of giftware, giftcards, Darrell Lea chocolates and assorted confectionery.

Before you send a parcel overseas, there's one simple thing you can do to save time. Complete your customs declaration form online.

- 1 Scan the QR code or visit **auspost.com.au/customsform**
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- 3 Show your QR code confirmation at the counter
- 4 Pay and send your parcel

Scan the QR code below or head to **auspost.com.au/customsform** to get started.



Australia Post

To advertise in the BHCN call Kylie Moss on 0419 230 553 or
Email: bonnyhillscommunitynewsletter@gmail.com

Deadlines

January/February Edition - deadline 31 December
May/June Edition - deadline 30 April
September/October Edition - deadline 31 August

March/April Edition - deadline 28 February
July/August Edition - deadline 30 June
November/December Edition - deadline 31 October

What's On In Bonny Hills

Exercise4Fitness Beginners & Intermediate Bonny Hills Community Hall Mon/Wed/Fri at 7.30am and Mon 9.30am, cost \$10 per 1 hour class. Call Lynne 0427 115 934 or just come along

Bonny Hills Community Hall: Meet bi-monthly 2nd Tuesday @3pm. Contact Ann 0429 855 014 or Frances, 65855364 for bookings. Direct Debit available.

Informal Prayer & Bible reading groups (4) Tuesdays 10am & 7.30pm, Wednesdays 7pm, Thursdays 10am. Anyone welcome contact Lindsay Newby 6585 4490 or 0488 754 490

St Vincent De Paul assistance call: 6559 8319 or 6584 1168

Salt Community Church meets every Sunday at 4pm in the Lake Cathie Public School Hall off Wallum Drive. There is a program for children and everyone is welcome.

Bonny Hills Rural Fire Brigade Meetings: 2nd Tue of every month at 7.30pm at Station

Bonny Hills Tennis Courts: For hire, bookings online play.tennis.com.au/bonnyhillstennisclub
- \$12/hr day time or \$25/hr night time per court. For all other enquires Geoff 0421 050 236

Bonny Hills CWA Craft Group: meets weekly each Wednesday at 9.00am & monthly meeting is held on the 4th Wednesday of every Month from 12.30pm. Bonny Hills Community Hall
Enq: Leonie 0407 473 328 & Fran Adams 0447658544

Bonny Hills Landcare Working Bees: 2nd Sunday of each month 8-10am For venue see Camden Haven Courier details. President Ross Smith 0414 185 320

YOGA REBEL STUDIO Yoga - Meditation - Naturopathy now at 5/10 Jungarra Crescent Bonny Hills. Book a class online yogirebmail@gmail.com or 0413 110 339

Bonny Hills Physical Culture Club: For all enquiries contact Ann Drury on 6585 5014 or 0429 855 014 Classes from Pre schoolers to Ladies!

Dancing Moon - Tai Chi for everyone - Tai Chi for Arthritis & Fall Prevention - Regular Tai Chi - For bookings and time table: dancingmoon.com.au - anick.dancingmoon@gmail.com - Facebook.com/dancingmoonforhealth - 0400 340 184 - suitable for beginners or experienced practitioners - All welcome - Bookings essential

BUDDHIST MEDITATION GROUP: Tuesday nights, 6 pm, ph 0410 031 106

Bonny Hills Body And Beauty: Call Helen on 0407305611 Monday to Friday and by special appointment on Saturdays.

Camden Haven Anglican Church: Meets at 9.30 at the Community Church, Ocean Drive opposite Garden centre. All are Welcome

KIDS PLAYTIME - Pre-schoolers. Parents, G'Parents welcome 9-10:30am Tuesdays at Bonny Hills Community Church, Ocean Drive opposite the Garden Centre. Contact Cheryl Cooper 0419 145 969 f@kidsplaytimelakecathieCHAC

Bonny Hills Progress Association meeting *every 3rd Tuesday of each month*, 7pm at Bonny Hills Hall. Enquiries phone President: Roger Barlow 6585 4870 or Secretary: John Drinan 6585 4436

Professional Pearl & Bead Restringing Service: Phone 0412 130 333