

# BONNY HILLS

## COMMUNITY NEWSLETTER

JULY/AUGUST 2023

### Bonny Hills Body and Beauty News

#### **When was the last time you really relaxed?**

In today's world stresses are ever present in our everyday lives.

Our body, brain, muscles and nervous system are in a never ending cycle of fight or flight.

Getting away from it all can be as simple as picking up your phone and making an appointment with me for a soothing massage or destressing facial.

How often do you treat your feet and hands? These parts of your body are too often taken for granted.

Are you spending long days in air conditioning? Are you noticing that your skin is feeling tight and itchy due to the low humidity and very cold weather? Is your skin's protective barrier slightly impaired, thus being more reactive and prone to dehydration? Signs of this are blotchy and uneven skin tone, dry and oily patches on the skin, scaly skin, redness and more reactive skin.

Please give me a call on **0407 305 611** to arrange an appointment and remember, for your friend or relative that seems to have everything, a **Gift Voucher** from Bonny Hills Body and Beauty will be the perfect gift.

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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### **Your Local, Independent & Proven Real Estate**

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**Jon Slater**  
**0429 34 00 66**



**Would you like to contribute or advertise? Submission deadline for next issue: 31 AUGUST 2023**

## Newsletter July 2023



### Sign Up to the Petition.

**Congratulations to Kathy**, her many willing helpers, our Community, the WBHSLSC and local politicians for their support to launch a petition to construct an overpass at the Houston Mitchell Intersection. Ghost Road Death Trap Facebook page has a **link to locations of the petitions**. **Please sign**. We need 10,000 signatures. Thanks to Channels 7 and 9, Port Macquarie News and the Courier for their coverage the next day.



### Thanks to the Council

-for a "Graffiti Grant", so Amanda and Brad could highlight our natural beauties on the Grants Head Water Tank.  
-to the **Parks Team**, for their quick response to reports of maintenance  
-**the Sewerage infrastructure team** for moving on a fix for storm water infiltration of our sewerage system.  
-and to their **road contractors** for work in Bonny's and further south.

Since Back to Bonny's in 2018, members have gathered and assembled priceless items of **Historical significance**, including beautifully presented folders of photos and news items; a leaflet of Driving routes to special sites; a Walking Trail Brochure; and a Short History Booklet. This collection is to be digitised and made available from our Libraries.

### Keeping you Up to Date-

Newly elected Committee member, Paul G has been working with Council on maintaining **Bonny's Asset Protection Zones** and on Bushfire Preparedness - essential for the next time we are threatened with bushfires. You will have seen the work being undertaken recently around our village.

And Paul and his team has been busily planning the program to showcase youth bands - **Bands on the Deck, Sept. 9 2023**

-And John D and his team are already planning for the **2024 ART PRIZE Thursday Jan 4<sup>th</sup> – Monday 8<sup>th</sup> 2024**.

***A very special thanks to those who responded promptly to membership payment request.***

**Annual membership \$15 per household is** payable at any meeting or c/- the Bonny Hills PO. **Or via Direct Deposit: Regional Australia Bank BSB 932-000, Acc. No. 500031361.** Please use your surname as the reference. Normal monthly committee meetings of BHPA on the **Third** Tuesday of each month, **7pm at the BH Hall** and are **open to all residents** and minutes and important notices are emailed to all on our database.  
**Contact us:** PO Box 44 Bonny Hills, 2445, email: [bhpa@bonnyhills.org.au](mailto:bhpa@bonnyhills.org.au), Web site [www.bonnyhills.org.au](http://www.bonnyhills.org.au), Facebook, <https://www.facebook.com/BonnyHillsProgressAssociation>

**Secretary** Tony Robinson. 0448 060 511 **President** Roger Barlow 0418 628 309





## Bonny Hills Physical Culture Club

### HOW DID THEY GET SO GOOD??

It's fantastic to have role models who we watch and aspire to be like one day, but how did they get to be so good? It wasn't magic – they worked hard!

Here are a few pointers.

- Practice. Use a mirror and video yourself to see what your strengths and weaknesses are.
- Take feedback from teachers as a compliment and work hard to make the changes.
- Keep a positive attitude.
- Work on the hard things – don't just focus on the things that come easy.
- Continue to improve your fitness and stamina.
- Look after your body.
- Have fun and enjoy the process!

Remember, it won't happen right away but with continued focus and persistence, your weaknesses might soon become your strengths.



Enquiries—Ann Drury—0429 855 014 Ashley Sargeson 0402 768 351  
bonnyhillspysie@westnet.com.au www.bonnyhillspysie.com.au



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**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

Firstly, we would like welcome and thank our new Club sponsors, Crave At Bonny's, Stamp Tech Concrete and MNC Trees. These companies have kindly contributed funds to the Club to assist us with financing the new hitting wall, trophies and awards, and the junior development program.

Competition Update - the final of the Saturday afternoon competition was played on 24th June in perfect tennis conditions with Joy, Connie, and Lyn coming out victorious over Yani, Elizabeth & Fiona (sub for Gloria). It was a wonderful afternoon of tennis and socialising. Well done to all ladies for such a high standard of tennis!

The Monday night competition ended with the grand final between Team 4 Matt Hudson, Miles Hunt & Joanne Lenahan, and Team 3 Marty Lindeman, Brett Hooper & Katrina Holmes. All players put in their best effort on the night but the victory went to Matt, Miles and Joanne.

Congratulations to Club Juniors Zeke Wollam, Seb Hickey, Annabelle Walsh and Charlotte Walsh who competed in the recent Junior Development Regional Match play series and also to Janie and Geoff Carter who have won several mixed doubled titles recently at Laurieton, Walcha and Lake Macquarie.

For more information about the Bonny Hills Tennis Club contact 0421 050 236.

## WHAT'S ON



**OPEN  
MIC  
NIGHT!**

**Every  
Tuesday  
Night  
from  
6:30pm**

**All  
Welcome**

### LUNCH

12 - 2

### DINNER

5:30 - 8

**\$15**

**LUNCHES  
MON - FRI**

### BISTRO

**OPEN  
7 DAYS  
A WEEK**

## WEEKNIGHT SPECIALS!

### MON

**\$10  
Pizza's**

### TUES

**Burger  
N  
Beer**

### WED

**SNITTY  
NIGHT  
Buy 1  
Get 2nd  
1/2 Price!**

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N  
Wings  
\$28**

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&  
SUNDAY ARVO**

**FREE  
POOL**

**Every  
Monday  
and  
Wednesday  
Night  
from  
5:30pm**

Courtesy Bus Available - 6585 4999

## BONNY HILLS CWA

Bonny Hills CWA meets on the 4th Wednesday of the month at 12.30pm. Craft group meets every Wednesday at 9am. All welcome!

For more details, please call Dale Genn: 0409 508 032 or Jean Simpson: 0438 201 766





Bonny Hills  
Landcare



## Volunteers get the job done

Shout-out to all our Landcare volunteers. There have been some interesting developments since our last newsletter article. We are now halfway through the year and our team of volunteers are consistent in numbers and dedication at all our working bees. Our work requires us not only to use our bodies but to be labour-saving through efficient use of tools. We were fortunate to recently receive a Nationals grant. This grant allowed us to purchase a battery powered backpack sprayer and a brush-cutter for tackling the heavier weed infestations!

Port Macquarie Hastings Council has resolved to formalise requirements for working on Council Owned and Council Managed lands. Hastings Landcare as well as Bonny Hills Landcare groups have now signed a Memorandum Of Understanding with Council.

So as Robyn says of Landcare volunteers - let's all get out there together and do our bit to preserve our precious environment!

Next Landcare Working Bees will be Sunday 9/7/23 and Sunday 13/8/23.

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



**WAUCHOPE  
BONNY HILLS**  
**SURF LIFE SAVING CLUB**

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

WBHSLSC has made a massive contribution to the community and the safety of our visitors to Rainbow Beach. We can proudly say that the beach was patrolled by our members (all volunteers) for a total of 3,629.5 hours with only 6 beach closures. We conducted 11 rescues, with ages ranging from 6 to 45 years old. Our members contributed to the safety of our beach by undertaking a total of 420 preventative actions, which undoubtedly saved many lives and prevented further rescues. We recorded 13 major first aid interventions during the season, ranging from lacerations and spinal trauma to hyperthermia, fractures, and dislocations. Additionally, our members provided lifesaving assistance to our wider community, including flood rescue support and water safety at multiple events.

The WBHSLSC Annual General Meeting will be held 10.00am on 6<sup>th</sup> August at the surfclub.

Don't forget the Club bar will re-open Friday 25<sup>th</sup> August at 5.00pm and you are welcome to enjoy the great view and support your local surf lifesaving club.

Keep the date free for action at Rainbow Beach – Saturday 16th September. Regional Australia Bank Rainbow Enduro.

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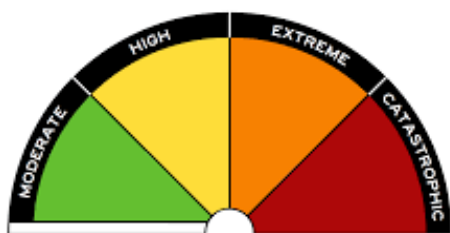
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Shop 8, 1613 Ocean Drive, Lake Cathie 6584 8111  
ONLINE BOOKINGS: [www.midnorthcoastdental.com.au](http://www.midnorthcoastdental.com.au)**



## BONNY HILLS RURAL FIRE SERVICE

Fifteen callouts since the last post, including 5 callouts relating to motor vehicles, (sadly yet another fatality at the Houston Mitchel Dr/Pacific Hwy intersection), 6 calls to grass/bush fires, 1 ambulance assist, 1 aircraft incident where the pilot had engine problems and may need to attempt a landing on the beach (north of Lake Cathie), however (to everyone's relief) he made it back to the airport unscaved and 2 good intent calls where smoke sittings in Lake Cathie turned out to be a hazard reductions at Herons Creek. Just a reminder to property owners intending to carry out a hazard reduction or pile burn, you are required to give 24 hrs notice to your neighbours and the RFS and prevent the fire spreading to neighbouring properties. Use the QR code below and click on menu for further assistance.



**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](http://www.jointherfs.com.au), or ring Fire Control 1300 643 262.

**New members are most welcome.**

### Bonny Hills Community Hall Update.

**\*\*The Annual Review Meeting is scheduled for Tuesday 8<sup>th</sup> August 2023 at 3pm \*\***

Ours is one of the rare hall committees still run by volunteers. We have 10 plus permanent bookings viz: Over 50's exercise groups, Tai Chi, Physie, CWA, BHPA, Garden Club, Life Drawing and Music with many incidental bookings. A valuable Community resource.

**Meetings are bi-monthly and last for an hour.** We would love to have you join us. Thanking you in anticipation.

For Enquiries : Ann 0429 855 014 or Frances 026585 5364

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

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# 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](http://havenanglican.com) 📘 @lakecathieanglican

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To advertise in the BHCN call Kylie Moss on 0419 230 553 or

Email: [bonnyhillscommunitynewsletter@gmail.com](mailto: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 2<sup>nd</sup> 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](http://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: Dale Genn 0409 508 032 & Fran Adams 0447658544

**Bonny Hills Landcare Working Bees:** 2nd Sunday of each month. 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](mailto: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](http://dancingmoon.com.au) - [anick.dancingmoon@gmail.com](mailto: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](mailto: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: Tony Robinson 0448 060 511