

BONNY HILLS

COMMUNITY NEWSLETTER

MARCH/APRIL 2023

Bonny Hills Body and Beauty News

What is Aromatherapy Massage?

Aromatherapy massage is gentle massage using Essential Oils to help create a response in the body.

Essential oils are produced naturally from a huge variety of plants. Most people are aware of Lavender Oil which is from the Lavender flower and has long been associated with encouraging improved sleep patterns at night. Its calming and soothing properties can also help those who are stressed or nervous.

The citrus oils such as Orange and Lemon may help improve energy levels in the body. Oils such as Cedarwood and Rose can help stabilise and ground the mind during periods of pressure and urgency. I have experienced the magical difference of using essential oils in the home with my then, teenage and young children. Seeing the behavioural improvement of my three girls after using essential oils helped incredibly during those challenging years.

When the oils are combined with massage, the client gets the benefit of the properties of the oils used AND the massage.

This type of treatment is great for those who don't want deep tissue, sports, remedial or a very firm type of massage.

It is extremely relaxing and often my clients will drift off to sleep. It is reported that this relaxed state is equivalent to three times the benefits that normal sleep gives the body.

Give the gift of an Aromatherapy Massage as an alternative to chocolates this Easter and experience a guilt free pampering with all the benefits your body deserves.

Call Helen 0407305611

BONNY HILLS
BODY AND BEAUTY

HELEN SHALLICK
Dip. BT, RM, Dip T, B Ed, A.T.M.S.
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- pedicures
- manicures
- body treatments
- gift vouchers
- massage

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Jon Slater
Licensed Real Estate Agent
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Would you like to contribute or advertise? Submission deadline for next issue: 30 APRIL 2023

Congratulations to our nominee Jock Garvin, joint winner of Citizen of the Year, 2023!

Jock will be Centre Stage at our AGM presenting his ideas about community involvement and increasing opportunities for our younger residents.

We will present brief reports on Pacific highway overpass, plans for Art Prize 2024, sewerage system smoke testing, and a stormwater study. To be followed by Presidential scones, slices, tea and coffee.

Save the date: 21st March 2023, 7pm at the Community Hall.

- Kathy met with the Northern Regional Director, Transport NSW, to discuss safety issues at THAT intersection.,

-Ross is hoping recent Smoke Testing will identify the sources of stormwater leakage into our sewerage system – the main cause of overflows into our Creeks.

- The Final Report of the Bonny Hills Storm Water Quality Project, was submitted to Council and is available on our website (see address below). Enabled by a Council grant of \$3100.



Artist tips

A special thank you to Heather Webb, a lifelong supporter of the BHPA and Bonny Hills Hall Committee, and valued community member. Heather passed away on Aust. Day, aged 94.

Art Prize 2023 Highlights

Thanks to John, our amazing local business sponsors, and our many volunteers, for a highly successful and enjoyable Art Prize.

Children's Workshops proved to be great fun and very popular.. A big thanks to St Francis Retreat, 14 generous sponsors, the 320 entrants and 870 visitors.



Workshop

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, Web site www.bonnyhills.org.au, Facebook, <https://www.facebook.com/BonnyHillsProgressAssociation>

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

Our next meeting(AGM) will be held on on 21st March.

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



Bonny Hills Physical Culture Club

The new year is here and Physie classes are commencing all over Australia! Girls and women of all ages are walking into their classes, excited and ready to learn the new routines and choreography.

Learning a set syllabus takes a sense of commitment, endurance, and resilience. This can have broader positive impacts upon learning and translate into increased focus and attention leading to improvements in cognition and memory. It can also help with improving body and spatial awareness of where your body begins and ends. Increased body awareness can aid with regulating stress within the body.

When anxiousness or stress overwhelms, the self-control and body awareness that Physie teaches can help us manage emotions. The body will release endorphins as you participate in your weekly class, which makes you happy!

You might be surprised how much it can change your life!



Enquiries—Ann Drury—0429 855 014 Ashley Sargeson 0402 768 351
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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

Congratulations to our Club President Joan Evelyn who was recently awarded the Order of Australia Medal. This is a great honour and represents her decades of tireless work for the Club and the broader community.

The Bonny Hills Tennis Club continues to grow and offers social tennis to all standards and competition play for more advanced players. The Club also now offers "small court" tennis which is played on a court half the size of the usual court and uses modified equipment to make it easier- but just as much fun!

If you are a beginner or someone wanting to return to the game in a more user-friendly way than the full court game – come and give it a try. It is played on Thursday mornings starting at 8.30am.

The junior coaching program is now full except for a few spots in the Monday 4pm red ball group which is for kids aged 5-7 and is a mix of tennis and foundation movement skills. Contact Geoff on 0421 050 236.

WHAT'S ON



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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Tuesday
Night
from
6:30pm

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Welcome

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Monday
and
Wednesday
Night
from
5:30pm

BONNY HILLS CWA

Bonny Hills CWA has kicked off 2023 refreshed and ready to welcome any newcomers to the area.

Whether you are a creative and enthusiastic Crafts person or someone who would like to just sit and relax with a nice cuppa and have a chat with some friendly and supportive ladies; please feel free to join us at our Craft / Friendship group, which meets on Wednesday mornings from 9.00am to 12.00 noon.

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



Native Bees are attracted to the Cadaghi or Cadanga tree (*Corymbia Torelliana*). This is a species of tree that is endemic to North Queensland. The Cadaghi tree has slowly become a “local” in our area, but our native bees cannot adapt to its gumnuts. These Cadaghi trees commonly have smooth greenish grey bark. Older specimens often have rough, tessellated greyish bark on the lower trunk.

Cadaghi trees flower from August to November and the flowers are white. The gumnuts, or fruit, are woody, urn or capsule shaped with enclosed valves inside. Native bees are attracted to the Cadaghi tree and, unfortunately for our native bees, the gumnuts are laden with resin. The resin causes the seeds within the gumnuts get stuck to the bees. The bees then unwittingly carry the sticky seeds back to their hives.

The result can be blocked entries, over heated hives and ultimately death of the bees. So, if you do spot any of these seeds at the hive entry, clear them away daily and consider relocating your hive temporarily. If there is a Cadaghi tree close by, a new permanent location for your hive may be the best solution. Article sourced from Jim Marchment “The Bee Man” and Wikipedia https://en.wikipedia.org/wiki/Corymbia_torelliana

A word from our president: On Saturday 25th February, We were working along the park/beach foreshore from Saltwater Creek and to south beyond the Lifeguard watchtower. Our aim was to consolidate our work done in 2022 (and progressed with mulch by Jenny, Dave and some others) *to liberate the natives* overgrown by vines and to remove our other usual weeds as we find them. Spreading mulch at plantings and any bare areas.

Clean Up Australia Day is on Sunday 5/3/23 and again, as in 2022, the target is Rainbow Beach.

The next Bonny Hills Landcare working bee is Sunday 25th March. Venue to be confirmed.

Richard Parker. (Stitch) 1942-2022

Having only just heard of the sudden death of my ‘Beach Friend’ I thought I’d pen a brief tribute to an ‘old timer’, a stalwart of the Bonny Hills community .

Richard was an intensely private man. Loyal & perceptive, yet non confrontational & practical.

Every morning & afternoon Richard could be found either at the N end of Grants Beach or on his beloved Short Beach accompanied by Emily his cherished Jack Russell terrier.

Richard was a fierce opponent of vehicles on our beaches. He was a keen observer of the damage vehicles did to the fragile beach ecosystem. He knew which trees had been chopped down & when those guilty returned to light their barbecues....albeit, months later.

One could never rely on Richard to retrieve a bogged vehicle & yet he ‘watched my back’ when I confronted those driving illegally on soft sand.

Every so often we would come across a small pile of rubbish. Richard retrieved it from illegal camp spots & when it became a sizeable pile, removed it.

If you needed to know where snakes had been spotted on our Coast Track, ask Richard!

My very last conversation with him, obviously days before he died, was precisely on this topic.

His answer? 3. ...their type & location.

RIP Richard Parker. We shall miss you!

Judy Love (Founding president of BH Landcare)

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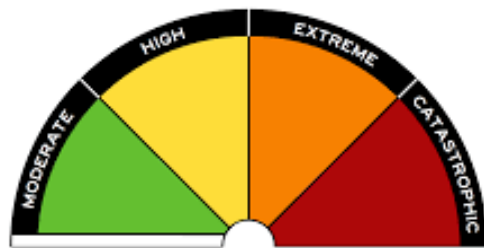


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BONNY HILLS RURAL FIRE SERVICE

Bonny Hills One along with FRNSW and other RFS units responded to a major gas leak at Kendal Public School 15 February 10am. On arrival it was found that an excavator had severed an underground gas line which could have caused a critical incident had the gas ignited. The school was evacuated while Fire and Rescue NSW isolated the gas leak however, it was several hours before the site was declared safe as gas was still being detected in the drains and low lying areas. The gas was dispersed with fire hoses and the site declared safe around 2pm. The next day Bonny Hills 1 and other units were responded to a vehicle fire at Reflections caravan park Bonny Hills. On arrival it was found a VW Kombi had smoke coming from the engine compartment, after investigation it was deemed to be an electrical fault, the Batteries isolated, the vehicle made safe and the owners checking to see if their road side assistance subscription was up to date.

The extensions of the Bonny Hills fire station are now back on track after a major setback with the builder contracted for the job going into liquidation. Construction recommenced last week and we should see things taking shape over the coming months.



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
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**WAUCHOPE
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SURF LIFE SAVING CLUB



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

It has been great beach going weather over recent months and the public have enjoyed Rainbow Beach. Your local surf lifesaving club has patrolled the beach for 2,637 since the commencement of 22/23 season with over 10,000 recorded visitors. Other statistics are: 352 preventative actions with a number of rescues when swimmers have found themselves in difficult situations and also requiring first aid attention. Patrol duties will conclude Anzac Day. Members are upgrading their skills – Inshore Rescue Crewman training will be held soon and along with some female members upgrading their IRB Drivers qualification. If you wish to become a surf lifesaver, Bronze Medallion courses will be held over the winter months.

Members have been busy attending carnivals to extend their skills. Nippers (both experienced and those new to the organisation) have competed at carnivals from South West Rocks to Cape Hawke at State Country Championships. Some gold and silver 'bling' was displayed by our young members. Tori McGrath and Alex Slavin proudly represented WBHSLSC at the LSMNC Newcastle Permanent Junior Lifesavers of the Year – congratulations Tori and Alex. The Nippers will wrap up their season with a Presentation afternoon towards the end of the month. All members will be acknowledged along with the generous major sponsors – Port Macquarie Orthodontics and Lake Cathie Little Learners.

Senior members have also competed from Yamba to Kiama with many beaches in between. Since a Bronze Squad gained their qualification early in the season, some members have been testing their balance on skis and boards and competing at carnivals. Other members have formed boat crews; great to see them competing in the Under 19 category.



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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 📺 @lakecathieanglican

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Absence from Work Certificates can be provided by your pharmacist to verify:

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Consultations for an Absence from Work Certificate are conducted in store or over the phone by an experienced pharmacist. Pharmacists can only issue certificates for conditions that are within their scope of practice and at their discretion.

If you require this service it is recommended to call your local pharmacy. Fees apply

Bonny Hills Post Office

Operating hours

Monday-Friday 9am to 5pm

Closed 12.30pm-1pm for lunch



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POST



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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: Dale Genn 0409 508 032 & 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