

BONNY HILLS

COMMUNITY NEWSLETTER

MAY/JUNE 2023

Bonny Hills Body and Beauty News

How was your summer? Did you get too much sun? Were you in and out of the ocean a lot? Did you spend long, long days working in the air conditioning? Have you been looking after everyone else and neglecting yourself?

You may have noticed that your skin is in need of a little more attention. You may find that it is slightly more reactive, prone to dehydration or even experiencing breakouts. These symptoms can also occur when you are under a lot of pressure or stress at work or at home. Blotchy, uneven skin tones, dry and/or oily patches on the skin, flushing, redness and more reactive than usual skin will generally be caused by environmental issues (including extremes of heat or cold or wind), or pressures from work or home.

How do you remedy this? Please give me a call and I will arrange a free consultation. The products I use are of the highest standard and only one step away from a doctor's prescription. Skinstitut is a cosmedical range being formulated to actually penetrate and help change the surface of the skin. Packed with Vitamins, peptides and all the ingredients the skin needs to heal and strengthen without costing the earth. Within days you will feel and see a visible difference in your skin. Skinstitut is formulated in the laboratory and is NOT tested on animals.

A Deliciously Divine Facial will let you experience the products and give you a heavenly 1 and ½ hours of pampering. A great Mother's Day gift idea! Call Helen on 0407 305 611.

BONNY HILLS
BODY AND BEAUTY

HELEN SHALLICK
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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 JUNE 2023

A warm welcome to our new **Secretary, Tony Robinson**. A family man hailing from the deep south with a special interest in adolescent education. Thank you, Tony, for stepping into the role.

A very special thanks to **outgoing Secretary, John Drinan**, for his contributions over the past five years - in particular his amazing assembly and presentation of traffic data for THAT highway intersection, overseeing the Bonny Hills Art Prize, keeping Council on their toes. Hooray, he is still on committee.

Claiming the date – Saturday 9 September 2023

Plans are afoot to revive Bands on the Deck, a community event aimed at giving local youth and school bands a public forum. We are partnering with Jock Garven and hopefully many others to stage this event. New Committee member, Paul Galland, will lead the charge. Watch this space.



Council has obtained a “Graffiti Grant”-to have a mural painted on the southern side of the Grants Head Water Tower,(pictured), capturing the nature and spirit of Bonny’s.



STOP PRESS: Following the deadly accident at THAT intersection on 2nd May we plan to hold a public meeting to demonstrate and enlist strong community support for an overpass. Date and location to be advised.

March AGM

Our Guest Speaker, **Jock Garven PMHC Citizen of the year 2023**, shared his experiences of the benefits and pleasure of Opting into Community Roles throughout his life. A truly inspiring talk.

Roger highlighted BHPA achievements in 2022; **Paul** gave a rundown on the highly successful Bonny’s Art Prize; **Kathy** has been busy meeting with politicians and Senior Departmental staff re installing an overpass at THAT Highway intersection; and **Ross** gave an update on things Sewage and Stormwater.

Smoke testing of the sewerage system revealed 269 defects across 1379 properties in Bonny’s. These could allow stormwater to enter and overload the system. Council will follow up to remedy the faults - some are illegal connections!

***** Thanks to those members who have paid up for 2023. *****

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



Bonny Hills Physical Culture Club

LADIES....

For Physie ladies, going to class isn't just a way to get fit and stay fit, or a chance to dance and express themselves, it's a weekly connection with a network of like-minded women who 'just get them'.

Physie is often described as peoples 'happy-place' and is a time to forget everything else that is happening in the world. A physie class can soothe the soul and inspire the heart.

Physie develops agility, strength, focus, discipline, determination, courage, grace, resilience, fitness, balance, commitment and much more. It's not too late to come along and enjoy the fun!



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

Bonny Hills Tennis group lessons for Juniors

The Bonny Hills Tennis Club has a few vacancies in its Junior coaching program for Term 2.

The Monday 4pm group for 5-7 years has a few spots, and we have room for beginning 8-10 year olds as well.

The Monday group is all about foundation movement skills as well as learning the game of tennis – lots of fun games and activities.

Also, our Small Court tennis for adults on Thursdays at 8.30am is going really well – if you are looking for a fun way to get some exercise in the fresh air – this might be for you. We play on a smaller court with modified equipment so it's great for those who are less fit or mobile than they used to be!!

For more information, contact Geoff on 0421 050 236 or visit our website

play.tennis.com.au/bonnyhillstennisclub

WHAT'S ON



LUNCH

12 - 2

DINNER

5:30 - 8

\$15

**LUNCHES
MON - FRI**

BISTRO

OPEN
7 DAYS
A WEEK

OPEN MIC NIGHT!

Every
Tuesday
Night
from
6:30pm

All
Welcome

FREE POOL

Every
Monday
and
Wednesday
Night
from
5:30pm

WEEKNIGHT SPECIALS!

MON

**\$10
Pizza's**

TUES

**Burger
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Beer**

WED

**SNITTY
NIGHT**

Buy 1
Get 2nd
1/2 Price!

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Wings
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&

SUNDAY ARVO

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



A Landcare interview with Jenny Daniel



“Ten years ago, Bonny Hills Landcare (BHLC) began working on Rainbow Beach Reserve. The foreshore on the northern end of Rainbow Beach Reserve and along the banks of Saltwater Creek were the focus. The goal was to use targeted planting to strengthen the foreshore area. Many organisations and people were involved in this project. The Port Macquarie Hastings Council (PMHC) Ecologist, at the time, and his Environmental colleague provided a plant list, mulch and assistance by physically spreading the mulch. The PMHC arranged for plants to come from the Landcare nursery in Port Macquarie. Those plants went to the Bonny Hills Progress Association (BHPA) and then to Bonny Hills Landcare.

So many helpful people and organisations were involved, but when it came to planting, there were a team of just three dedicated souls. Three very different people, but all members of Bonny Hills Landcare. Each had different skills and jobs to do. We got our energy from each other’s enthusiasm, and it just worked beautifully! The council colleagues assisted us by spreading the mulch and this was greatly appreciated.

The recent rejuvenation of this important Reserve has invigorated me to continue with Landcare activities. My wonderful neighbor, Dave, is an inspiration with his dedication to planting, weeding, and watering. Both he and I would like to see similar planting continue in a southerly direction in front of the Surf Club and up the hill to Reflections Caravan Park. Again, the goal will be to strengthen the edges of the foreshore by using Lomandra (*Lomandra longifolia*) as a buffer around the interface. Lomandra’s thick, clumping structure will provide protection for the precious native plants from dogs, people and weed seeds being flung into the bush by council mowers.”

The next two Bonny Hills Landcare working bees are on 21/5/23 and 18/6/23. Ross will advise locations via email closer to the date. Or you are welcome to call for details.

Please bring: a hat, gloves, long-sleeves, long pants, sturdy shoes / boots / gumboots insect repellent and drink bottle.
Ross Smith, President BHLC 0414 185 320, Lynda Sky, Publicity Officer 0417 492 372 with special thanks to Jenny Daniel



**WAUCHOPE
BONNY HILLS**
SURF LIFE SAVING CLUB



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

On the 25th April the flags came down at Rainbow Beach, congratulations to all of our members for a fantastic season. We would also like to thank the community as a whole for your ongoing support on the beach and off the beach.

Some interesting facts:

For the 2022/2023 season we had 10 patrols.

420 preventative actions

11 rescues

3629.5 patrolling hours (684.5 hours were patrolled in January, 587 hours were patrolled in April)

91 patrolling members patrolled between 10 - 50 hours for the season

10 patrolling members patrolled more than 50 hours for the season

Without the contribution of our members and sponsors we cannot keep the public safe every year on our beach at Bonny Hills. If you would like to volunteer with the surf club in various roles including - administration, patrols, nippers, bar etc please email wbhslsc@gmail.com.

For education opportunities and courses over the coming months please email Pete Daniels wbhslsc.education@gmail.com

Beaches will not be open over the winter period. The last evening of fun will be May 26th and the bar will reopen on Friday 25th August. Functions and private events will be still happening. For more information and booking details head to beaches@bonnyhills.com.au.

Nippers had a fantastic season, learning skills to assist them to stay safe in the water and to read surf conditions. For upcoming information regarding nippers for 2023/24 and club news please visit wbhslsc.org.au

The WBHSLSC AGM will be held on the 6th August at 10am at the surf club, everyone is welcome and we love new people to come and get involved.

Patrols will recommence at the end of September 2023.

Please swim only if the conditions are safe and never alone.

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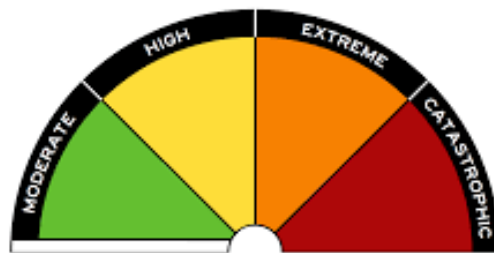


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BONNY HILLS RURAL FIRE SERVICE

April 2023

On the 15th of this month Bonny Hills and Camden Haven RFS, the SES, Laurieton Fire and Rescue, Police, and the Westpac helicopter, were called out to search for a 70 year old man missing on North Brother Mountain. His last contact (at 2pm) was when he sent a text to his wife to say he was lost on the eastern side of the mountain, his GPS had lost signal and his mobile was going flat, his wife however didn't read the text until around 5pm and called 000 when she was unable to raise him. Emergency service units arrived around 8pm and searched until Midnight when it was decided it was too dangerous to continue. The search resumed around 8am the following day along with extra resources from Polair 1, the Police Dog squad and members of the community and it was starting to look like grim until he was found around 2pm, half way down the southern side of the mountain alive and well. He was winched out by Polair 1 and taken to the Laurieton oval where he was checked over by paramedics with just a few scratches to show for his ordeal.



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
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About the Bonny Hills Community Newsletter

Hello, I am Kylie Moss and many of you know me as one of your local real estate agents here in Bonny Hills. As our area is growing and we see many new faces moving here, I wanted to take this opportunity to share some information about the BHCN.

Did you know the BHCN has been published for 20 years now and for the last 19 years I am proud to have produced this newsletter for the community. Originally it was started by David Stuckey who had a real estate office which is now where the Pharmacy is, the newsletter was one A4 page double sided and I am proud to have built it up to the publication you read today.

I wanted to take the opportunity to thank our local contributors and especially to the businesses who advertise as without them it could not have grown over the years.

I would ask that when you can please support the businesses who advertise in our community newsletter. And if you live in Bonny Hills, have a business and would like to contribute please reach out to me via bonnyhillscommunitynewsletter@gmail.com the newsletter is distributed to 1156 letterboxes in our community every 2 months (thanks postie Jim) and a great way to advertise as well as supporting local information to our area.

Thank you for your time and I look forward to bringing the newsletter to you for many years to come.

Kylie

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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.

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Operating hours

Monday-Friday 9am to 5pm

Closed 12.30pm-1pm for lunch



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- 4 Pay and send your parcel

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



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. 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: Tony Robinson 0448 060 511