



BONNY HILLS Community Newsletter

September/October 2023

Bonny Hills Body and Beauty News

I have often been asked by clients about dark patches of pigmentation on their skin. This is called **Melasma** and is one of the most difficult skin challenges to treat. It is often driven internally by hormonal activity eg pregnancy or with some oral contraceptives. Skin pigmentation is exacerbated in certain sun-exposed areas such as the forehead, nose and cheeks.

Melasma can be treated topically, however, understanding the internal trigger factor is vital, as the pigment can continue to return if only addressed at a topical level. (Clinical treatments are not recommended during pregnancy or breastfeeding, although most Skinitut homecare products can be used during this time except high intensity Vitamin A). Skinitut products are fantastic for minimising the effects of Melasma and there are clinical treatments that can help such as a series of Peels or Skin Needling. Wearing Sunscreen, sunglasses and a hat (even in winter) will help as well. If you have any questions regarding the treatment of Melasma or any other skin conditions, don't hesitate to call me for a FREE consultation. Having trouble with arthritis, sore muscles or stress? Have you tried the **beautiful Hot Stone Massage** in a warm, safe environment? Some of my clients report that the experience lasts for weeks!! Great as a gift for that special someone who has everything. Call Helen today. 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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Jon Slater
0429 34 00 66



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

The petition requesting that planning begin on an overpass at the Houston-Mitchell Pacific Highway intersection yielded 16,268 signatures in just six weeks!! And we only needed 10,000!

What an amazing effort by our communities throughout the LGA. A very special thank you to everyone who lent a hand in so many ways. It is greatly appreciated.

Below - MP Lesley Williams accepting the signatures to present to NSW Parliament for debate and response.



Thanks to Virginia C and Ian R for having Bonny's Historic memorabilia digitised and made readily available on-line. Also to librarians Jeff Stonehouse and Karen Hodges for their willing assistance.

Go to MNC Library.org.au then to Local Studies and Family History and scroll down to Bonny Hills. **Check out** and browse Historical news and photos of the Bonny Hills pioneers and families. It builds on Bonny Hills Yesterday and Today, a pictorial history, 2018.

Also included are extracts from: Wauchope Bonny Hills Surf Life Saving Club 1958- 2008. Robert A. Smith OAM and Kyanah Goggin.

And THE BONNY HILLS YOUTH CENTRE & UNITING CHURCH: KEY EVENTS AND VISIONS, 1960-2015. Ian Richardson

BHPA thanks Fran Hoad for her amazing service of 40 years as President of Bonny's Community Hall Committee. And prior to that, Secretary of the BHPA. Is it time for a name change one wonders? HOAD HALL has a nice ring to it?

Special Bits

- **Profits from our Art Prize** have already gone towards a defibrillator at the Community Hall, and revival of Bands on the Deck to give young bands an opportunity to play out to friends and family. More community projects are in the pipeline as \$\$\$ become available.

-**Electrify 244X.** Tony is investigating the prospects for extending electrification to Bonny Hills.

- John and Lynden will be assessing the biodiversity value of Bonny's surrounding flora, with assistance of Council staff.

- Paul and Sue are planning a **Members' BBQ lunch in October. Date to be announced.**

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

JUST BLOOM!

There's a lot of wisdom in this quote for physie girls who want to do well in their competitions. When we focus on ourselves, our own performance and doing our personal best, we are far more likely to succeed than when we focus on others.

It's easy to get caught up in who else is in the competition against you, what their achievements have been, what they are wearing and so on. But does it help? No. While you are thinking about others, you are giving away your personal power and talking yourself out of success.

The performers who really shine are the ones for whom there's no one else on the competition floor around them. They are the ones who are out there, performing for the audience and the judges, feeling the music, as if they are doing a solo.

So don't waste your emotional energy on your competitors – focus on you! The performer who is filled with joy and passion and appears confident in themselves is the one to whom everyone's eyes are drawn.



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



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Free quotes on request.

Welcome to Bonny Hills Women Connect Group

Our coastal walk offers a safe place to share, connect, laugh, support each other and create new and long lasting friendships.

Our first walk commences on Sat 9th Sept 2023 @ 9AM from Rainbow Beach Reserve (Short walk along the beach followed by a coffee and a chat). Find Us on Facebook

Bonny Hills Tennis Club

Bonny Hills Tennis Club junior players have been busy representing their schools in the Todd Woodbridge Cup which is a Primary School tennis competition played right across the State.

Congratulations to North Haven Public School who won the Stage 3 event held at Kendall Tennis Club and also to St Joseph's Primary School who won the Stage 2 event.

These schools will now compete in the Regional Finals in September. Last year North Haven made it all the way through to the State finals – hopefully they can repeat this feat this year!

Our Term 3 Green Ball tennis competition is underway with some close matches being played each week. Stay tuned for the results.

If you are interested in getting into tennis or even back into tennis – come and try our small court tennis on Thursdays at 8.30am. Just like Pickleball only better! All standards are welcome.

Thanks again also to our new Club sponsors, Crave At Bonny's, Stamp Tech Concrete and MNC Trees. These local 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.

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

BISTRO

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LUNCH & DINNER

12 - 2

5:30 - 8



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&

SUNDAY - 4PM

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7PM



SUNDAY
2PM

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3:30 - 5



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FROM 5:30



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MON - FRI

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RAFFLES

FRIDAY & SUNDAY
NIGHT

MONDAY

NIGHT

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FREE*

PURCHASE ANY
MAIN MEAL &
RECIEVE A FREE
KIDS MEAL

TUESDAY

NIGHT

SNITTY
&
CHIPS*
PURCHASE 1 SNITTY &
CHIPS FOR \$22
GET A 2ND FOR \$11
+ \$5 TOPPERS!!
*Served with chips only

WEDNESDAY

NIGHT

PASTA
NIGHT
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FOR \$25
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*Carbonara
*Tomato &

THURSDAY

NIGHT

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&
WINGS
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DRINK

FRIDAY

NIGHT

\$12
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FROM 5PM

SATURDAY

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&
CHIPS*
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SUNDAY

LUNCH

ROAST
OF THE
DAY

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- Pick-up point for So-Hip Organic Veggies

Our priorities are local, organic and ethical products wherever possible.

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In the Palm of your Hand



Have you ever wondered how to tell the difference between a native palm and an invasive species? Bangalow Palms (*Archontophoenix cunninghamiana*) are Native to Australia and indigenous to the tropics and semi-tropics of the NSW and Queensland coasts. Whereas the Alexander palm (*Archontophoenix alexandrae*), originates in Queensland and competes with our beautiful Bangalow palms. Like any invasive species, the Alexander palm is carefully identified and then targeted by our Landcare volunteers.

The secret to telling the Bangalow and Alexander palm trees apart is to look at the underside of the leaves. Bangalow palm leaves are green underneath with small brown hairs along the midline and leaf vein lines, whereas the Alexander palm leaves have a silver or white tint to the underside of their fronds and a lack of brown hairs. But there is one further complication: sometimes these two palm species can crossbreed, creating hybrids. Our Landcare group sees these hybrids as weeds too. So, if the underside of the leaf has a silver or white colour, regardless of presence or absence of brown hairs, it is a weed.

BUT if you're not 100 % sure, maybe ask another Landcare team mate to have a look. If still not sure, don't act, just leave it alone. You can always come back later to tackle it if it is a weed, but if it was a desired species, there is no easy option to replant. The power to get the invasive Alexander and hybrid palms as small plants during working bees is literally in the palm of your hand. It is easy to tackle these weeds by using the simple, safe "cut or scrape and paint" method. This way we don't need to tackle any big mature palms later on and our beautiful Bangalow Palms can grow unhindered by competitors.

Next Landcare Working Bees will be Sunday 17/9/23 and Sunday 15/10/23

Please bring: a hat, gloves, long-sleeves, long pants, sturdy shoes / boots / gumboots insect repellent and drink bottle.



Ross Smith, President Bonny Hills Landcare 0414 185 320,

Lynda Sky, Publicity Officer 0417 492 372 and Robyn Camozzato, Assistant Publicity Officer 0493 600 895



- Blocked gutters & downpipes?
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- Need gutter guard installed?
- Worried about fire season?
- Have minor roof & gutter repairs?

With years of experience on roofs, we can offer an efficient and high-quality “no mess” service, leaving your home better than we found it. We are fully insured, with a perfect record of safety. At JS Gutter Clean, we are happy to go the extra mile.

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BONNY HILLS HALL NOTES

A very special thanks to Frances Hoad for her 40 years as President of the Bonny Hills Hall Committee.

Frances and Heather Webb were the driving forces in getting a grant for the build by 1984.

Our Hall has had a special place in our community. Owned by the Council and one of the few, operated by volunteers. It caters for all ages and interests. Exercise groups, Tai Chi, Physie, CWA, BHPA, Garden Club, Life Drawing, Music, Election Centre with many incidental bookings, enjoying this space.

During this period Frances was also the Secretary of BHPA, and the inaugural president of the Bonny Hills Midcoast Garden Friends 2007.

We appreciate Frances contribution to enhancing life in Bonny Hills and wish her well with time to indulge in a little more gardening.

Francis being farewelled by the BH Hall Committee. Our incoming President, Bill Howell, far left.

Bonny Hills Hall Contact Details: Ann Drury 0429 855 014.

Direct Debit Available



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FREE EVENT

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TIME: 1:00pm to 2:00pm
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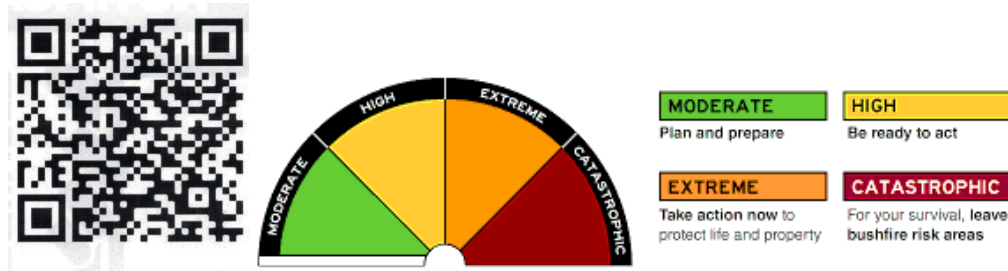
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BONNY HILLS RURAL FIRE SERVICE

Always a very busy time for the brigade (just prior the the introduction of fire permits) with most of the calls to grass fires where they have escaped into neighbouring property. One of note where quite a number of Brigades were responded to a grass fire near Herons Creek which resulted in 3 machinery sheds catching fire and a number of old cars also lost.

Now is the time to prepare your homes for the coming fire season, keep your gutters clear of leaves, trim back trees and bushes and remove combustibles from around your home, make sure your garden hoses and fittings are usable and most importantly have a fire plan.

A reminder to property owners intending to carry out a hazard reduction or pile burn, permits are now required. Use the QR code below and click on the menu for further advise.



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.

BONNY HILLS CWA



Bonny Hills CWA and craft ladies had a friendly lunch at the newly opened Riverview on Camden Cafe (formerly Brewhaven) at North Haven. All the meals looked delicious

Bonny Hills CWA meet every 4th Wednesday of each month at 12.30. Craft group is held every Wednesday 9-12, small donation to morning tea and hall hire



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

Come and join us! Our patrol season commences on Saturday 23rd September and registrations are open for the upcoming season. We welcome ALL members of our community to get involved either as: Active Patrolling Members, Associate Members, Nipper Members (U/6-U/14 Years) & Nipper Parents. Please check out our WBHSLSC Website for more information www.wbhslsc.org.au and/or visit <https://www.surflifesaving.com.au/members> to register or renew your membership.

We accept Active Kids vouchers for our fantastic Nippers program that commences 8 October 2023.

There are so many ways you can get involved with our great club from patrolling, to updating skills, gaining new nationally recognised awards, staying fit, learning about beach safety, getting your kids involved in a family friendly sport!

Let us know what you'd like to do!! Contact Leanne (registrar) for more information on 0439 848 996

WBHSLSC held its AGM on Sunday 6th August. We are excited to introduce the friendly faces driving our clubs growth and success. Our 2023-24 Executive committee are: President - Paul Hoole, Vice Presidents - Steven Monaghan and Jeremy Bate, Director of Finance – Daniel Slater, Directors of Lifesaving – Flynn Charge and Toby Hall, Director of Education – Peter Daniels, Director of Surf Sports – Elaine Walker and Director of Youth – Nathan O'Brien.

These individuals are committed to working for our community to ensure we bring diverse experiences and ideas and are dedicated to keeping WBHSLSC vibrant and welcoming.

We are always looking to welcome new members to our team. Join our Wauchope-Bonny Hills Surf Life Saving Club facebook page for upcoming events.

Wauchope-Bonny Hills Surf Life Saving Club Inc. ABN 89 709 488 928
PO Box 38, Bonny Hills NSW 2445 Email wbhslsc@gmail.com www.wbhslsc.org.au

Are you getting ready to Welcome a new baby into your family?

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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

Bonny Hills Women Connect - 9AM (8AM During Daylight Saving) Every Saturday at Rainbow Beach Reserve. Follow us on Facebook.

The Man Walk Bonny Hills - 9AM Every Thursday at Rainbow Beach Reserve. Follow us on Facebook.

Self Seen - Bonny Hills Blokes Community - 7AM Every Sunday at Rainbow Beach Reserve. Follow us on Facebook.

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. Bi-monthly meetings 2nd Tuesday @3pm. Booking officer: Ann 0429 855 014. Direct debit available. Other matters, President: Bill Howell 0490 027 330.

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