



BONNY HILLS

Community Newsletter

November/December 2023

Bonny Hills Body and Beauty News

Christmas is fast approaching and many of you will be thinking about your festive preparations, where you will be this year, who's coming, meal plans and what to give those you love.

I would like to take this opportunity to wish each and every one of you a very Happy Christmas and wonderful memories spent with family and friends. May the New Year of 2024 bring with it peace, harmony and kindness to you all and our global family.

I would like to offer you value and choice with these packages this year. Many of my clients remark on the peace and tranquillity they experience during and after a treatment, and I am looking forward to creating a time of rest and relaxation for you too. Please call me to arrange your voucher on 0407305611.

Package 1. A Bonny Hills Beauty Facial and a Delux Pedicure valued at \$170. (Allow 2 hours)
Yours for \$130. You save \$40.

Package 2. A Delux Manicure and a Beach Baby Facial. Normally \$140. (Allow 1 and ½ hours)
Yours for \$110. You save \$30.

Package 3. 1 hour Reiki Treatment. Normally \$90. Yours for \$70. You save \$20.

Package 4. ½ Hour Relaxation Massage. Normally \$70. Yours for \$50. You save \$20.

Have a safe and joyous Christmas. Helen

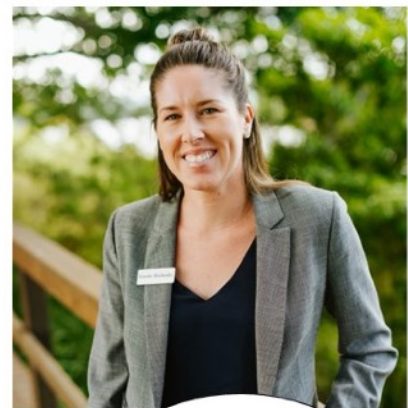
BONNY HILLS
BODY AND BEAUTY

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

- facials
- 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.



Jon Slater
0429 34 00 66



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



Newsletter -November 2023

Congratulations and a special thank you to all our helpers throughout the year. Wishing you a safe and happy Christmas and a fabulous 2024



Exhibition and Sale

5th January 2024 – 8th January 2024

At The Francis Retreat

2 Thomson Place, Bonny Hills

10 AM – 4 PM DAILY

Thanks for the support of our generous Local Businesses.

Best work in Exhibition \$1500 – The HY-TEC Prize

- A. Oil & Acrylics - 1st prize \$1000 - Port Smiles Dental Prize**
- B. Watercolour - 1st prize \$1000 - Rayner's Lawyers & Bonny Hills Garden Centre Prize**
- C. Mixed Media -1st prize \$1000 - HY-TEC & BHPA Prize**
- D. Pastel & Drawing - 1st prize \$1000 - The Bonny Hills Medical Centre Prize**
- E. Small Paintings - 1st prize \$600 - Davy & Watt Building Design & Bonny's Beach Café Prize**
- F. Junior (Painting/Drawing any medium) 10 to 12 years**
1st \$100, 2nd \$50 - Regional Australia Bank Prize
- G. Youth (Painting/Drawing any medium) 13 to 16 years**
1st \$200, 2nd \$100 - Panoptic Vision
People's Choice Award \$300, Bonny Hills Pharmacy

Second prizes of \$250 will be awarded in sections A, B, C, D, & E sponsored by: Bonny Hills Beach Hotel, Bonny Hills Post Office, Bonny View Store, Crave @ Bonny's Café and J & S Real Estate.

Highly Commended and Commended Certificates will be awarded in all sections.

Enquiries: Rita Carosi 6586 3236 or 0418 284 583; Email: ritacarosi8@gmail.com or go to www.bonnyhills.org.au for entry forms.

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



Bonny Hills Physical Culture Club

OUR MISS LISA

Lisa Dixon started physie in 2007 when she was persuaded into being in a ladies team. In 2008 she decided to step out of her comfort zone and compete in the individual section, where she placed at zone and went on to make the final 18 in the country at National Finals that year. She has had many more successes over the following years, and she joined our teaching team in 2012. Lisa has been a passionate and dedicated teacher over the last 12 years, and all her students adore her. She has loved watching her students blossom from shy young girls to young confident ladies. Due to her increasingly busy life, Miss Lisa has decided to retire from her teaching duties at the end of the year.

We would like to take this opportunity to thank her for her many years of dedicated service, and we look forward to seeing her in ladies' classes next year.



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



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matt@curriepestcontrol.com.au

Chrissie 0431 557 165
chrissie@curriepestcontrol.com.au

Don't let the bugs take over your home! With Currie Pest Control we treat, manage and inspect those pesky insects with outstanding results.

Catering to domestic and commercial clients throughout the Bonny Hills, Wauchope and greater Port Macquarie area, whatever is infesting your property, we can deal with it. Whatever may be crawling your walls and floors—ants, spiders, cockroaches, fleas, termites, bed bugs, wasps, flies, bees, silverfish—Currie Pest Control can remove it.

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.

As we come to the end of another year I would like to thank the businesses who advertise in the Bonny Hills Community Newsletter, without their advertising this newsletter would not be possible to produce and with saying that I would like to thank the Community who support these businesses by engaging them in their services and supporting local! To our community organisations who provide content, I thank you too. We are grateful to have the volunteers to keep these facilities available in our village.

To Jon & Sharon Slater for both the real estate & Post Office contribution in assisting with the production that also helps keep the newsletter in circulation and now online. Postie Jim for delivering rain, hail or shine, thank you!

We are very lucky to call Bonny Hills our home and enjoy all the natural wonders we have here from the bush to the beach.

I look forward to next years editions which will mark my 20th year of producing the Bonny Hills Community Newsletter.

Warm Regards Kylie Moss

Bonny Hills Tennis Club

Congratulations to our Junior players who recently competed in the Term 3 Green Ball competition at the Bonny Hills Tennis Club. There was a very high standard of play, great sportsmanship and lots of fun was had!

Overall winner was Yasmin. Green Ball winner was Ruby, second place was Jenna, and third place was Celeste. Competition medal winners were Zoe, Grace, Tanvi, Ria, Ezra, Audrey and Lisa.

Next competition will be run in Term 1 2024.

Thank you to our sponsors Crave at Bonnys, MNC Trees and Stamp Tech Concrete for their generous donations making these competitions and the prizes possible!

Don't forget, Small Court tennis is being run on Thursday's from 8.30am. Just as much fun as the full court game but much easier to play, small court tennis is suitable for all ages and abilities. All equipment provided. Contact Geoff for more information on 0421 050 236.



BISTRO

OPEN

7 DAYS A WEEK

LUNCH & DINNER

12 - 2

5:30 - 8



Courtesy Bus Available - 6585 4999

LIVE MUSIC

EVERY

FRIDAY - 8PM

&

SUNDAY - 4PM

POKER

THURSDAY
7PM



SUNDAY
2PM

HAPPY HOUR



MON - THURS
3:30 - 5



FREE POOL

MONDAY & WEDNESDAY
FROM 5:30



\$15 LUNCHES

MON - FRI

MEMBER'S DRAW

EVERY
FRIDAY AND SUNDAY NIGHT

RAFFLES

FRIDAY & SUNDAY
NIGHT

MONDAY NIGHT

KIDS EAT
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

BUY ANY 2 PASTAS
FOR \$25
*Bolognaise
*Carbonara
*Tomato &

THURSDAY NIGHT

RIBS
&
WINGS
\$28

INCLUDES
FREE CARLTON BEER,
HOUSE WINE OR SOFT
DRINK

FRIDAY NIGHT

\$12
COCKTAILS!!!
FROM 5PM

SATURDAY LUNCH

FISH
&
CHIPS*

PURCHASE 1 FISH &
CHIPS FOR \$22 AND
GET THE 2ND FOR \$2
*Served with chips only

SUNDAY LUNCH

ROAST
OF THE
DAY

ABOVE SPECIAL'S ARE DINE IN ONLY

WHOLE HEALTH STORE LAKE CATHIE

We are your local store for...

- Sustainable, regenerative locally farmed meat, eggs, milk, honey and other seasonal produce
- Kombucha, ferments and sourdough
- Healthy whole foods
- Quality supplements - Vitamins and Herbs
- Protein and collagen supplements
- Natural skin care ranges
- Essential Oils and Giftware
- Healthy snacks
- Healthy drinks
- Local herbal teas and coffee
- Pick-up point for So-Hip Organic Veggies

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

OPENING HOURS: MON 12AM - 4PM, TUE - FRI 9AM - 5PM,

SAT 8AM - 2PM, SUN 11AM - 2PM

Opposite the lake: Ocean Drive, Lake Cathie

Mob: 0478 649 444

wholehealthstore.com.au

Yoga Rebel

YOGA MEDITATION NATUROPATHY

LIVE WELL - LOVE LIFE

Yoga classes for all ages and stages

15 classes per week

3 teachers

**YOGA - MEDITATION - YOGA THERAPY
WORKSHOPS - SPECIAL EVENTS - CHAIR YOGA
NATUROPATHY - REFLEXOLOGY
IRIDOLOGY - SHIATSU - HERBAL MEDICINE**

Have you always wanted to practice yoga regularly?

Do you want to learn about the philosophy and varied practices of yoga?

Now is the right time.

Rebel, Sally and Kristie are your local yoga teachers here in **Bonny Hills**.

STUDIO 5, 10 JUNGARRA CRES, BONNY HILLS

MOB: 0413 110 339

yogarebel.com.au



The Rains Have Come



Finally, after so many months of low rainfall, we received a generous amount of rain at the end of October 2023. Bonny Hills local resident and Landcare Member, Mark Walters, measured 110mm in his rain gauge over 3 days from 25th to 27th October 2023. What a relief the rain was! Fantastic for the plants, animals, birds, reptiles and even the insects that had been suffering in the extremely conditions we were experiencing.

Unfortunately, this much needed rain was also fantastic for growth and proliferation of many weeds. As any gardener would say, the weeds never stop growing and this is especially true after good soaking rain like we received. Our Landcare team target weeds both big and small. For example by pulling out the *Senna Cassia (Senna pendula var. glabrata)* seedlings we tackle the problem of large numbers of weeds while they are still easy to handle. We also tackle mature *Senna* plants by harvesting ripe seed pods then cutting the trunk as low to the ground as possible then a tiny dose of herbicide and the job is done.

Thinking ahead to summer 2023/2024, it is highly likely that all this fast weed growth will dry out, providing extra fuel for potential bushfires.

So, if you have been thinking about doing something to help protect our native plants and our village at the same time, then perhaps you might want to join the Bonny Hills Landcare Team. There are many ways that members can contribute. Some choose to join the monthly working bees. Others prefer to choose their own target areas and work in teams of families, 2 or as solo volunteers. Some of us see weeds when we are walking around and just can't resist tackling them as we pass by.

If you feel you might like to join our friendly team, you are most welcome to contact either Ross, Robyn or myself for further information.

Next event is our Annual General Meeting, this year in the Bonny Hills Community Hall, 9am Sunday 12/11/23. See you there, all are welcome and bring a friend!

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



JS GUTTER CLEAN

Bonny Hills Family Owned & Operated Business

- Blocked gutters & downpipes?
- Dirty solar panels & skylights?
- 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.

CALL JORDAN **0421 047 400**

HoHoHo Save the date!



Wednesday 6th December 9-5pm

Join us instore for our **2nd Buy 2 get 1 free*** Christmas shopping event!

Browse our excellent giftware range and get yourself Christmas ready

*Excludes prescriptions and OTC medicines lowest price item free



We're here
to help you



Located:
Shop 1,
10 Jungarra Cres
Bonny Hills

FREE WEBINAR

Thurs 23 November 23
1:00pm to 2:00pm

- Wills
- Power of Attorney
- Enduring Guardianship
- Trusts
- Superannuation

Contact us to secure your spot:

hello@raynerslawyers.com.au
02 6583 4312



**LIMITED APPOINTMENTS
AVAILABLE FOR 2023**

CONTACT US TODAY TO ENSURE
YOUR WILL IS PREPARED THIS YEAR

**LEAVE YOUR
FAMILY A
LEGACY**

NOT A MESS

Are you traveling this upcoming holiday season?

Make sure your estate planning documents are
up to date to guarantee peace of mind and
worry-free travel!

- 📍 Royal Bayside Suites (Above the Beach House)
- 📍 Suite 1, Level 1, 2 Horton Street, Port Macquarie
- 📞 02 6583 4312 ✉️ hello@raynerslawyers.com.au



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THE POWER OF TESTAMENTARY TRUSTS FOR ADULT CHILDREN

FICTIONAL COUPLE

Meet George & Betty

They have one 1 adult child, Josh who is married to Louise.

George and Betty have both died, leaving a \$1 million estate to Josh.



PROTECTION FOR GRANDKIDS

SIMPLE WILL

- There's a high likelihood that Josh's Will leaves everything to Louise.
- If Josh later dies and Louise re-partners, there's no certainty that George and Betty's inheritance will end up in the hands of Josh and Louise's kids. The inheritance is at the mercy of Louise's Will and could all go to Louise's new spouse or future children.

TESTAMENTARY TRUST

- If Josh receives the inheritance via a testamentary trust for Josh and his kids, then Josh's Will (and therefore Louise's Will) is irrelevant in relation to the inheritance from George and Betty.
- The inheritance stays in a protected testamentary trust environment for the benefit of Josh's kids after Josh dies and can be managed for his kids by trusted family or friends.

ASSET PROTECTION

SIMPLE WILL

- The inheritance is automatically part of the property pool in family law proceedings and there's not much Josh can do to protect it if Josh goes through a relationship breakdown with Louise.
- The same applies if Josh is running a business or is in a high-risk occupation and is sued by a creditor or employee, for example.

TESTAMENTARY TRUST

- The inheritance is NOT automatically part of the property pool in family law proceedings if Josh and Louise break up.
- The trust puts Josh on the front foot and gives him a lot more options to protect the inheritance.
- The inheritance is protected if Josh is declared bankrupt.

TAX FREE INCOME

A \$1 million investment can earn a 5% average annual return. This means \$50,000 extra income can be generated by Betty and George's inheritance each and every year.

SIMPLE WILL

- The income would be taxed in Josh's tax return on top of his marginal tax rate (potentially placing him in a higher tax bracket).
- Josh pays for his kid's school fees, medical bills, sports lessons etc. with his after tax income.

TESTAMENTARY TRUST

- 22k tax free income per child each and every year.
- Josh pays for his kid's school fees, medical bills, sports lessons etc. with TAX FREE income.
- Josh doesn't have to dip into capital to fund his kid's living expenses!



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 NEW YEAR

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facials	Pedicure
massage	Ear piercing
tinting	lash lift
waxing	Gift vouchers
spray tan	

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- Raised Beds, Stepping Stones, Decorative Stone, Edging, Irrigation.
- New Builds, Garden Renovations, Mini Loader Work & Green Waste.

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***10% Discount for Seniors & Pensioners**



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 Shop 8, 1613 Ocean Drive, Lake Cathie 6584 8111**
ONLINE BOOKINGS: www.midnorthcoastdental.com.au

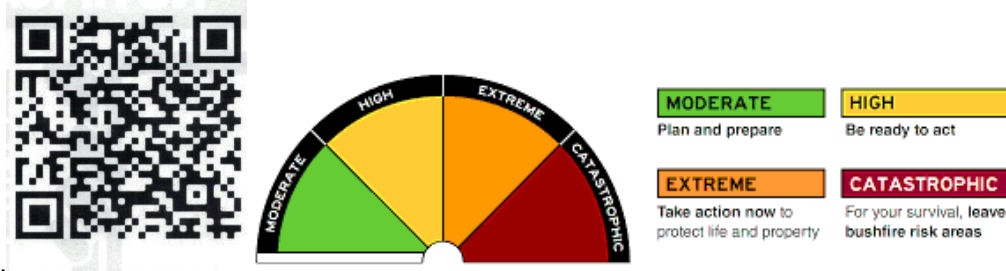
*T&C apply

BONNY HILLS RURAL FIRE SERVICE

Always a very busy time for the brigade (just prior to 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

CHRISTMAS GIFT STALL

Wednesday, 6th December 2023

9.30am – 1.30pm

Bonny Hills Community Hall - Graham Street, Bonny Hills

There will be lots of handmade items for sale - cakes, slices, biscuits, relishes, chutneys, bric-a-brac, plants, books, knitted and crocheted items. All suitable for Xmas Giving & Enjoyment!

PLUS

BUY A TICKET IN OUR RAFFLE TO WIN A FANTASTIC XMAS HAMPER!

***Sorry, there will be no EFTPOS facility on site, CASH ONLY**

BONNY HILLS CWA

Bonny Hills CWA held a successful AGM on Wednesday, 25th October with the executive remaining the same, with a few changes to office bearer positions for Ag. & Env., Handicraft & Cookery.

BH CWA meetings are held on the 4th Wednesday of the month, starting at 12.30pm.

Craft / Friendship group meets every Wednesday morning from 9am to 12 noon.

The logo for Camden Haven Marine features the text 'Camden HAVEN MARINE' in a stylized font above a graphic of a sun, waves, and a boat. Below the logo is the contact information for Ben & Nadine Instrell, including their mobile number (0467 542 202), phone (02) 6559 9344, and fax (02) 6559 7664. The address is 537 Ocean Drive, North Haven NSW 2443. The website is enquiries@camdenhavenmarine.com.au and www.camdenhavenmarine.com.au. Logos for Sea Jay, Suzuki Marine, and Formosa are also present.



Bonny Hills Electrical

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Mobile: 0434 911 901

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

**WAUCHOPE
BONNY HILLS**
SURF LIFE SAVING CLUB

Our season is off to a wonderful start, with our beach patrolled every weekend between October and April by our volunteer lifesavers and over 140 Nippers taking part in our 2023 Nippers Program.

Surf Life Saving Clubs are central hubs of communities around Australia and we are always looking for new members. No matter who you are, or what your background is, everyone is welcome in Surf Life Saving and there is a role for everyone no matter your skill level. Come and join us!



We welcome ALL members of our community to get involved either as; Active Patrolling Members, Associate Members, Nipper Members (U/6-U/14 Years) or Nipper Parents. Perhaps you would like to gain your Bronze medallion, complete a First Aid Certificate, learn surf skills and get fit, support our Nippers, or simply help our with a club project by sharing your time and skills (we are always on the hunt for BBQ chefs, handy/maintenance skills and Bar Staff with RSA)

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.

Let us know what you'd like to do!! Contact Leanne Goggin (registrar) for more information on 0439848996

Join our Silver Salties Program:

Our Silver Salties Program is a free physical activity and social connections initiative for older members of our community (65+yrs or younger!)

Our Director of Competition, Elaine Walker heads up this group which meets every Tuesday at the WBHSLSC at 10am for a walk and chat. Doggie companions welcome.

For more information, visit our website or contact Elaine on wbh.competition@gmail.com

Don't forget our Functions Centre, Beaches at Bonny Hills is available for hire and is open on Friday evenings during the Summer months for drinks and music from 5pm.

For function enquires, please get in touch with our Functions Director - beaches.functions@gmail.com

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To advertise in the BHCN email: bonnyhillscommunitynewsletter@gmail.com

or call Kylie Moss 0419 230 553

For more information scan the QR code

DEADLINES FOR NEWSLETTER

January/February Edition - deadline 31 December.

March/April Edition - deadline 28 February

May/June Edition - deadline 30 April

July/August Edition - deadline 30 June

September/October Edition - deadline 31 August

November/December Edition - 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.

Self Seen - Bonny Hills Blokes Community - 7AM Every Sunday & 9am Every Thursday 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

Mid Coast Garden Friends meet at the Bonny Hills Community Hall 1st Tuesday of the month 10am to 12 midday. These meetings may alternate with excursions. Contact email: mcgf2443@gmail.com

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