



# Shoe Secrets

The Official Newsletter for [www.Bondfields-Shoes.com](http://www.Bondfields-Shoes.com)

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## From Susan . . .

This month I want to share a story with you.

During the past four and half years I have observed many things in retail some of which have disappointed me, some of which have elated me and others that have been a real education. I am now realising how important our feet are and just how we should care for them.

One of the things that has been a real education is just what happens to our feet during our lifetime. Now look at me for example. As a woman in her fifties and having seen many problem feet and bunions over the past four years I looked at my feet and prided myself in having extremely good feet compared to many of our clients of all ages (yes not just our older ladies). I would tell Sue and Jenny just how lucky I was that I had such good feet with no problems.

Well after a recent visit to Hannah at Ultimate Foot Solutions I was aghast to be told I had extremely bad supinating feet and Hannah went on to explain how important having our feet in balance is for our knees, ankles, back and just how our feet problems relate to back pain etc that we get.

I was horrified to find out that I actually have bunions and I was under the illusion that I would never get them as my feet look pretty good (or so I thought). Prior to going to see Hannah I had looked at the pictures that appeared in the newspaper over the past few weeks and as I said prided myself that my feet did not look like any of the pictures and were great for my age. Well I have everything that was pictured in varying degrees. These were only visible after someone was able to point them out to me.



So I am going on a journey with my feet I will be eagerly waiting to see just what happens when I get orthotics (that awful word) and my body starts to come back into balance when I get my new foot accessory.

I will keep you posted as I take this journey.

We are now right into the festive season with Christmas a couple of week away. I hope you have enjoyed our early Christmas Present to you all in the form of a pre Christmas Sale.

We have some jelly shoes and casuals to delight you for the summer season. Pop in and see our inexpensive range of belts and other accessories. We also have some great sunglasses for you too.

As we say thank you for your support, loyalty and trust in allowing us to look after your feet, Sue, Jenny, Narelle, Shaylee and myself wish you all the best for the Christmas Season and trust you have many wonder days relaxing with your family and friends.

**\*Store News:** Bondfields will be expanding our '**Comfort Range**' over the next several months too. With stock from Reiker, Stegman, Volpini and also Naot (if you are a Naot lady even though we do not have them just yet we can get them for you if they are in stock at the warehouse). And of course don't forget we always stock these well known brands of Hush Puppies, Kumfs, Supersoft and Arcopedicoes.

**“Summer Sale  
EXTENDED!”**

**Ladies Selected  
Shoes Slashed**

**25 – 60% OFF**

To make way for Bondfields new season arrivals of quality brand name shoes . . . Selected Shoes have been slashed between 25-60% during our end of Summer Stock **Extended SALE!**

**Bondfields – 134 Molesworth St. Lismore. Ph: 6621 5272**

## **Basic Bag Fashion This Month ...**

We have a great range of basic bags. Over the past several years basic bags have gone from being all leather and of traditional designs to anything goes.

One of the most popular basic bags has become the slouch bag that is medium to large and big enough to put many things in.

Bigger bags have certainly become more fashionable over the last few years and synthetics have improved so much that you can hardly tell the difference between that and real leather these days. With more synthetic bags in the market place we have seen the ability of manufacturers to play with colours and patterns.

So now as well as having our safe bags that we can carry at all times we can play with colour and accessorize our outfits for as little or as much as we want to pay.

**Watch our newsletter for what is happening with new brands and an extension of our ranges in the New Year.**



Until next month, we wish you the best that life can bring . . .

We wish you all a safe, happy and festive Christmas Season.

*Susan and the Bondfields Team* 😊

**Bondfields Shoes, 134 Molesworth Street, Lismore NSW 2480.  
P – 02 6621 5272 E – [info@bondfields-shoes.com](mailto:info@bondfields-shoes.com)**