

Bendoc Wheel

News from the Neighbourhood House

Yet another month has passed us by .

From the Co-ordinator's desk Bendoc Neighbourhood House.

As some of you may have noticed the centre was closed on the 16th through to the 23rd of July. This was due to a family medical emergency that saw my wife Diana, in Bega Hospital.

The Delegate RTC has kindly donated us a few boxes of books for our library, many thanks for the assistance. Do remember that EGSC library books and DVD's are available at the centre as are our own DVD's and books.

If you are into prim printables for your craft work over the coming months we will be obtaining some for people to purchase.

Our craft ladies were at it again on the 10th of July, making beautiful small but very cute sideboards at Tree of Life in Bom-bala. Our next craft day will be some time in September. At the time of publication an exact date has not been set.

If anyone out there has any ideas on any form of activity for both men and women in our community, please ring the centre or email me with your suggestions. bendocpa@bigpond.com

Over the coming months there may be disruptions to the centres normal operating times due to medical appointments and career appointments plus HSC exams. The office will have a notice displayed on the door if such interruptions are going to occur.

Our thanks to Nathan Bayliss-Brandenburg for finishing off, printing, collating and preparing this month's newsletter as part of his work experience here at the Bendoc Neighbourhood House.

If you have any items for sale or swap please let us know and they will be advertised for free in our new buy, sell or swap section. Till next month happy reading.

Bendoc Progress
Association Inc.

Opening Hours

Monday, Tuesday, &
Wednesday

9.30am—2.30pm

Closed Public Holidays

(Subject to change)

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org.au

Bendoc Neighbourhood
House

[Shire Outreach Centre](#)

Remember

East Gippsland Shire Council Library Books can be returned to our centre, we also have new books & DVDs for your perusal.

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Thank You

Norman Armstrong and Family sincerely thank all those who attended the Service celebrating Audrey's life. Also for all the beautiful flowers, cards, messages and gifts of food.

Your comfort and support at this sad time is greatly appreciated.



Kids Pics

Delegate RSL August 25 at 3 pm. Gold coin donation, bring snacks.

Parents welcome. Our last event saw the hall bursting at the seams (that's why we use a small venue - warm and cosy).

The film is Boss Baby, about a 7 year old boy's new suit-wearing baby brother and his gradual acceptance when they have to go on a mission to save the world.

Come along and enjoy a good night out.

BOBCAT CONTRACTOR

Do you need:

Heavy duty slasher and bucket



Slasher suitable for scrub or regrowth removal
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Preparation for sheds, carports,
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Reasonable rates

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**Contact: Steve on 02 64580303 or
0407190258 (Mobile does not work at home)**

Or email: stephenscroope@bigpond.com

Vehicle pictured is Steve's actual Bobcat

Kindling For Sale

Aspen Cameron has kindling for sale now the colder months are upon us!

\$5.00 per bag (over 8kgs of kindling!)

Can be dropped off at Bendoc or Delegate

Please phone Sinead on 0409 144 265 to arrange!

Give this hardworking young man a start by purchasing his kindling—a lot of effort and hard work is going in to this for him!

Good on you Aspen!



Expressions of Interest

Every month we will be holding craft classes at the Tree Of Life in Maybe St Bombala for all those who may be interested, Next Class is 10th July starting at 10 am classes are \$20 payable on the day.

Due to unforeseen circumstances and lack of numbers, this years trip to the **Canberra Arts and Crafts Expo will not be running.** Please watch this space for further information.

For more info ring Chris on 02 64581402 Monday to Wednesday.

The Bendoc Wheel is published by the Bendoc Progress Association Inc, we welcome articles and other contributions from the general public, clubs and organisations in our area. The publisher accepts no responsibility for any advertisement or article. All items published are at the risk of the contributor who accepts liability for any intended publication. All such contributors agree to indemnify the publisher and warrant that the material is correct and accurate and is neither deceptive or misleading, in breach of copyright, defamatory or in breach other national and international regulations and laws.

With that said, please forward any interesting historical or current items to the Editor, Bendoc Wheel c/o Bendoc Progress Association Inc, PO Box 50 Bendoc Vic 3888.

Or via email at bendocpa@bigpond.com

DVD's and books are available at the centre, do remember that we are an East Gippsland Shire Outreach Centre, if you have any questions just drop in.

Snowy Monaro Council Roads Dept.
If you wish to report road conditions in the new Snowy Monaro Shire please ring **02 6451 1018** (Main point of contact for all Roads related complaints)

NEW IDEA FOR WHEEL

Items for sale or give away, if you have some drop me a line and they'll go into our next Bendoc Wheel.

Email to bendocpa@bigpond.com or ring 0264581402 Mon-Wed 9.30 to 2.30pm

Silage Wrap Recycling



Silage wrap recycling will start soon in Wellington and East Gippsland Shires.

The collection period is over 4 weeks, and farmers are encouraged to use this service to dispose of their wrap.

Please remember to separate silage wrap (can be recycled) from net wrap (cannot be recycled).

Burning silage wrap is illegal and it is better for the environment if the wrap is not buried or put into landfill.

Silage wrap drop off points:

Where: **Kilmany Transfer Station**

Princes Highway

Kilmany

Cash and card payments accepted

Yarram Transfer Station

Hyland Highway

Yarram

Cash only accepted

Bairnsdale Landfill

200 Johnstons Road

Forge Creek

Cash and card payments accepted

When: **Monday 16 July to Monday 13 August**

Cost: **\$11 per bulka bag**

How do I recycle?

- Silage wrap can be delivered in Bulka bags or Plasback bags
- No net wrap or bale twine
- Silage wrap needs to be shaken clean of silage, gravel and other contaminants
- If using Bulka bags, these must be able to be rolled off your vehicle or trailer at the site
- Payment is cash only at the Yarram Transfer Station

*Bulka bags are available for farmers, if required. Please contact the Wellington Shire Council Sustainability Projects Officer on **1300 366 244** for further information.



Delegate Pony Club News

Delegate Pony Club held its July rally yesterday 1st July 2018 at Mila Livestock Learning and Equine Events Centre at 952 Mila Road MILA and what a great day had by all. Its was a very frosty start to the day but the sun did shine.

Delegate Pony Club had 18 riders attend with one new sign up.

The riders were briefed and then split into 2 riding ability and horse groups. One group went down to the indoor arena area and they were instructed by Meg Williams who is a riding instructor from Berridale. Meg ran the riders through a few basic riding skills and then tested their ability on Darryl the barrel, something Meg brought along to show the riders a bit of trick riding. The 1st group had a lot of laughs as they went through their group of riders. They all learnt a fair bit. The 2nd group that came to Meg in the afternoon session were instructed in control, different commands and leg work with balance with their riding abilities. Meg had the riders standing up in their stirrups, one hand in the air and cantering and the riders said they could feel their legs burn (the basics of trick riding). They also took turns in learning a bit about trick riding. They all had to mount from a run onto Meg's prop in many ways. Meg showed and put the riders through the paces of standing up on Darryl the Barrel the correct way. The riders all had a go at trying to mount their own mount from what they learnt from Meg, this vaulting session will aid the riders competing at the mounted games. All the riders had so much fun learning new skills with Meg and hope she will return to Delegate Pony Club for instructing again.



The riders also had the privilege of having a local Bombala gentleman Doug Peadon come along and teach them some skills and rules of Polo Cross. Doug has had many years experience and time in the saddle and having him at DPC rally was great for some young riders to learn new skills from so much experience. The 1st group learned the rules, then had a mini game that proved to be a bit of a challenge for most. There were lots of laughter and by the end of their session had picked up on some great racquet and ball skills. The afternoon session Doug had these riders on the ground learning racquet and ball skills. These riders were set in groups of 3 catching and throwing the balls from racquet to racquet.

Delegate Pony Club members and parents wish to thank Sophie and Keith Campbell for having us at their venue, Meg Williams for sharing her trick riding skills and sharing her prop (Darryl the barrel) with them and to local Doug Peadon for sharing some great skills in polocrosse. All the riders and their mounts had a great day learning and are sure to take home what they learnt and practice their new skills.

Thanks to the organising committee and parents, without you all days like this could not be so successful.

BIRTHDAYS!

Celebrating their birthdays this month are..

We have no one for August but if you are having a birthday..

Wishing you all the best on your special day.





The Delegate Multi Purpose Service

Bendoc Progress Association

Wellness Clinic – Delegate MPS

This is a clinic where people come in for procedures or assessments by nursing staff.

This includes:

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent ECG update hours!

Suture or clip removal

Other procedures that do not require a Doctor.

Wellness Clinic is held on the following days and times

Monday-Tuesday-Thursday & Friday

1.00pm—2.00pm

No appointment necessary. Closed Public Holidays.

The Delegate MPS will still be open as per usual, so if you have a health concern please come over and be assessed by the nursing staff.

Bendoc
Neighbourhood
House



www.bendoc.org.au

Community Information Board

MOBILE LIBRARY The Mobile Library visits Bendoc as per calendar (once a fortnight) from 9.00am—10.00am. You are also able to sign up as a member (membership is free), borrow and return books here at the Bendoc Resource Centre. Where we have a broad range of books and DVDs that are rotated regularly for your enjoyment! Come in and browse our selection of books..

BENDOC BUS SERVICE Merimbula Day Trip—once a month on a Friday. Please phone Claire 6458 1433, Nola 6458 3285 or Chris on 6458 1402 to book your seat. Usually 2nd Friday of Month..

Free internet is still available at the Bendoc Neighbourhood House, along with fax and photocopying services. Just drop in during opening hours

New times for DWELP Office Bendoc

Monday 9am to 3,30pm lunch 12.30 to 1pm

Tuesday to Thursday 9.00am to 3.00pm lunch 12.30 to 1pm

Closed on Fridays

Effective 1st May 2018 till 30th November 2018

Bendoc Resource Centre and
Neighbourhood House
Cnr Dowling & Jamieson Sts
BENDOC VIC 3888

Phone: 02 6458 1402
Fax: 02 6458 1402
E-mail: bendocpa@bigpond.com

East Gippsland Shire
Council Outreach Centre
and Library.

We now have our own DVDs and Books for borrowing. Drop in and have a look and enjoy a free cuppa. Also have a look at the newer EGSC Library books.

**Get your
FireReady Kit**

1800 240 667
www.cfa.vic.gov.au

PREPARE. ACT. SURVIVE.

FireReady

BOMBALA WASTE MANAGEMENT

– Servicing of septic tanks, grease traps and all other liquid waste
– Portaloo hire

ROBERT SHARON HAMPSHIRE

11 High Street, Bombala NSW 2632

0417 423 983 or AH 02 6458 3075 robshaz10@dodo.com.au

collector of antique bottles

Recipe of the Month

Date and Nut Loaf

A simple but interesting recipe.

1 cup of dates	1/2 cup sugar
1/2 cup walnuts	1 tbsp. butter
1 tsp Bicarbonate of soda	1 cup boiling water
Pinch of salt	1 1/2 cups self raising flour

Technique

1. place dates, sugar, walnuts, butter, bicarbonate of soda and salt in basin, Add boiling water, allow to stand until mixture is cool
2. Add sifted flour
3. Pour into greased loaf tin 20 cm x 10 cm
4. Bake in moderate oven 180 degrees C for 30-35 minutes
5. Serve sliced with butter



Chef from clipart



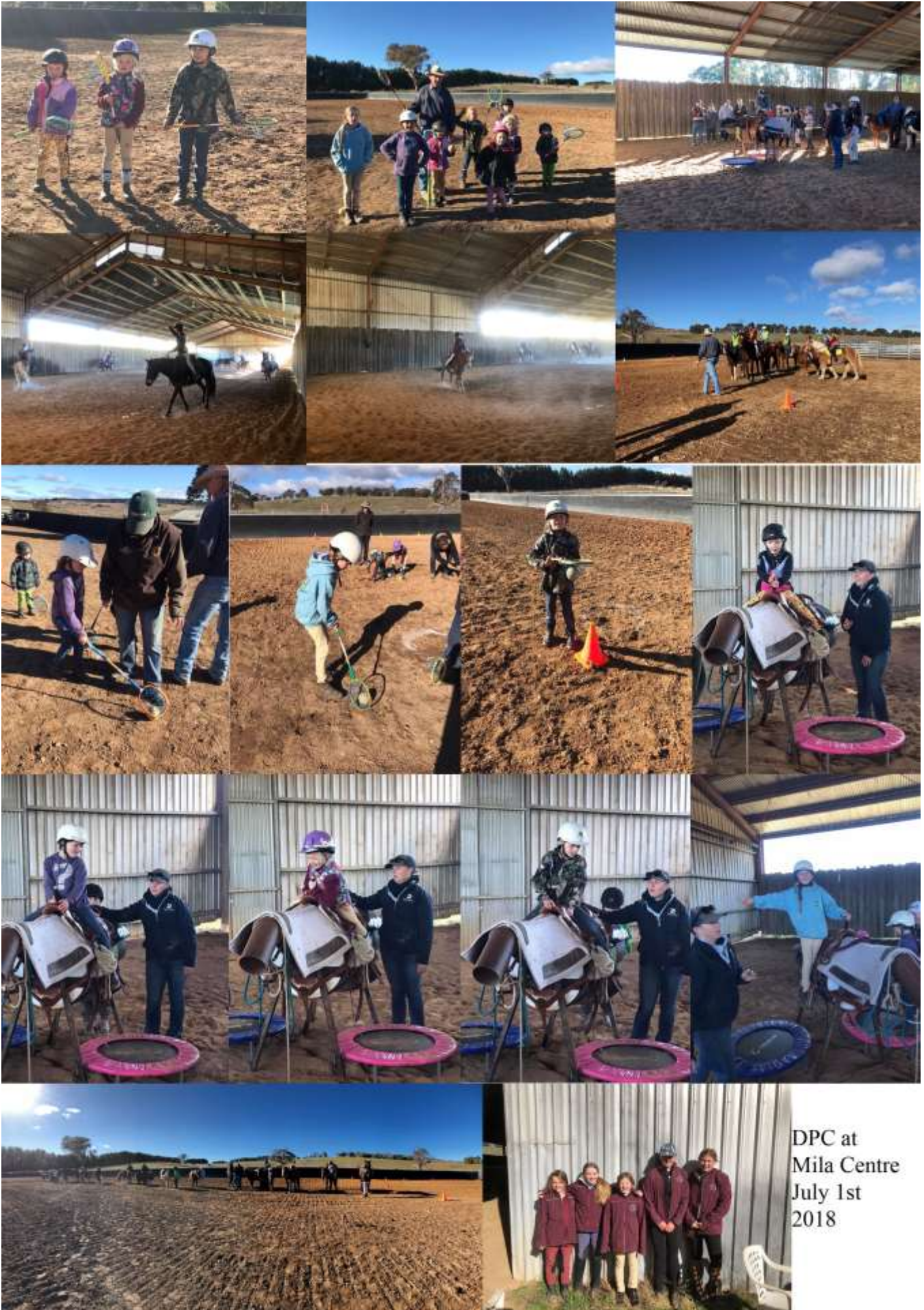
Operation Norwich Inter-agency Investigation

Information is available on our webpage www.bendoc.org.au under news-letter section. Other wise you can contact DELWP on 02 64590500 at Bendoc DELWP Office.

If you know something, say something!

You can report this wildlife crime online
<https://www.crimestoppersvic.com.au/report-a-crime/>
or phone 1800 333 000.

Delegate Pony Club Photographs



DPC at
Mila Centre
July 1st
2018