

Bendoc Wheel

News from the Neighbourhood House

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

Although quite late, Happy New Year. There are two changes this year, due to family matters I will be still the co-ordinator of the Neighbourhood House but will only be working two days per fortnight. Fortunately for us, Irene French of Bendoc who was interviewed last year has been able to step in and assist us.

For our hours of operation there will be a calendar showing dates and times included in each month’s newsletter on page 7. We would like to welcome Irene and hope that she is met with the same helpfulness that previous and current co-ordinators and staff have been met with.

The Ladies & Gentlemen’s craft days at the Centre are going to recommence, please ring the centre with suggestions and stuff you may like to do.

Note of interest.. We have received a very lengthy reply from Mr Greg O’Donoghue with regards to Cleo’s Letter to the Editor. Due to space constraints and items mentioned within said response, we are unable to print it. However, the four page response is at the Bendoc Neighbourhood House for those interested in reading it.

The Bendoc Neighbourhood House is once again hoping to launch craft days at the centre in Bendoc as well as our Tree of Life classes in Bombala. For those interested in either the Bendoc craft Group or the Tree of Life classes please ring the centre for more information.

Do remember, photocopying, internet and library services are always available at the Neighbourhood House here in Bendoc. Drop in for a chat or a cuppa any day that we are open.

The weekend of the 23rd of February saw a large turn out for the Celebration of Michelle Farran’s Life. Our thoughts are with her family, friends and associates.

Till next month.

Opening Hours
 See enclosed calendar on
Page 7
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 and
 borrowing.

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If you any information on this story, please let us know, a step back into history 79 years ago. Supplied by Greg O'Donoghue of Bendoc.

“Snowy River Bandit”



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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

Delegate Pony Club News

8 Delegate Pony Club riders attended Nimmitable Gymkhana and Zone 18 Show jumping Championship on Sunday 9th December.

They started their day with winning the best presented club on the day.

Congratulations to DPC riders on their great effort and sportsmanship.

Congratulations to Jasmine Butterworth reserve age champion, Jess Cuzner on reserve age champion, Lydia Jamieson on Age Champion and a big congratulations to Jasmine Butterworth for D grade jumping champion.

Thank you to Nimmitable Pony Club for a well organised day.

Please don't quote me on anything I didn't attend the day I am just forwarding the info.

Cheers Mel

More Pony Club information on Page 5 Photos Page 8.

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)

Tree of Life Craft day will recommence in April. Please ring Co-ordinator for times.

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

Broccoli and bacon zucchini slice



Chef from clipart

INGREDIENTS:

- ½ cup olive oil
- 1 brown onion, finely chopped
- 4 rashers bacon chopped
- 1 large head of broccoli, cut into florets
- 2 garlic cloves, chopped
- ½ cup parsley or basil, finely chopped
- 3 zucchini, grated
- 2 cups grated tasty cheese
- 1 ½ cups self-raising flour
- 8 eggs
- ½ cup milk
- 100g fetta, crumbled

**METHOD:**

1. Preheat oven to 180c. Grease a 25cm x 25cm (approx) baking tray.
2. Heat 2 teaspoons oil in a large frying pan over medium heat. Add onion and bacon. Cook, stirring, for 5 minutes or until onion softens. Add broccoli. Cook, stirring, for 2 minutes. Add garlic. Cook for 1 minute. Remove from heat and set aside to cool.
3. Transfer bacon mixture to a large bowl. Add herbs, zucchini, 1 ½ cups cheese and flour. Mix well to combine.
4. Whisk eggs, remaining oil, and milk in a bowl and add to vegetable mixture. Mix well to combine. Season well with salt and pepper. Stir in fetta. Pour mixture into prepared pan. Sprinkle with remaining tasty cheese. Bake for 40 minutes or until top is golden and mixture is firm to touch. Serve warm or cold.

Delegate Pony Club News – Feb 2019

Delegate Pony club held its rally day last Sunday 10th Feb and what an lovely day it was.

The riders and instructors had a big day with a lot of different activities organised.

The 8 riders started their day with a nice warm up with their mounts. They went on to some general ground work. Learning new techniques to control their mounts. The riders went onto some mounted game practises with riders learning to rein their mounts for command.

The afternoon was a session of jumping, positioning ready for preparation to the up and coming local shows.

The riders finished their day with some work in cross country jumping and techniques and were put through a small course.

Next rally day is March 3rd 9:30am gear check with a 10:00am start. Please check Delegate Pony Club Community Facebook page for any changes.

EXPRESSIONS OF INTEREST

If you feel like stretching and strengthening your body and calming your mind, Yoga might be for you!

Su King is taking expressions of interest for a yoga class to be held once a week in Bendoc. If you are interested please contact Su on 0447732525

BIRTHDAYS! For Jan, Feb and March 2019

Celebrating their birthdays this month are..

(Belated Jarvan Bayliss-Brandenburg), Graham Beever , Sandy Stokes, Nola and Stefan Sanajko, Astrid Brandenburg

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.

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collector of antique bottles

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**Come to our next meeting on Monday
25th of February, at 10:00am at the
RSL club in Delegate!**

**Help us put on an AMAZING review
for the region!!!!**

If unable to attend but interested call:
Marion on 0411359091

Mountains Project
Drought Relief
*COMMUNITY RESILIENCE
GET-TOGETHER*

When: Friday May 3rd 2019
Where: Orbest Neighbourhood House
Time: 11.00am–2.30pm

Focus on "Self-care"

- Relax and recharge
- Dine on our lunch.
- Join in with the activities
- Be supported and support

**All community members are welcome to come
and have a cuppa, chat and lunch.....
also join in the activities if you wish.
..... and it's FREE !!**

SPACES ARE LIMITED SO BOOKINGS ESSENTIAL:
PHONE: ORBEST NHH
5154 1570

 Organised by Dr Robertson from Rural Family Resources. As a mental health professional, Dr will be here to listen to you and provide helpful strategies.

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						2
	3	4	5	6	7	8
		closed				9
	10	11	12	13	14	15
		open 9 to 2	open 9 to 2			16
	17	18	19	20	21	22
	open 08:30 to 3:30	open 08:30 to 3:30	open 08:30 to 3:30			23
	24	25	26	27	28	29
		open 9 to 2	open 9 to 2			30
	31					

New Hours of
Operation for
Bendoc
Neighbourhood
House for March
2019

Delegate Pony Club



Michelle Farran

It is with deep sadness that we farewell Michelle Farran. Our heartfelt condolences go out to all of Michelle's family and loved ones. Michelle was a much loved and respected member of the community and will be greatly missed.