

Lifecycle Regional Ride

15th - 24th October 2015

REGIONAL RIDE

www.life-cycle.org.au

THE CHALLENGE

Every two hours,
someone loses their life
to blood cancer.

The Lifecycle Regional
Ride (LRR) is a cycling
tour; visiting Southern
NSW communities
during October 2015 to
raise awareness of the
Leukaemia Foundations
services for patients with
leukaemia, lymphoma,
myeloma and related blood
disorders in the region.

15/10/2015 Canberra to Yass | 16/10/2015 Yass
to Gunning, Crookwell and
Goulburn | 17/10/2015 Goulburn to Braidwood |
18/10/2015 Braidwood to Moruya |
19/10/2015 Moruya to Batemans Bay return |
20/10/2015 Bega to Pambula Beach |
21/10/2015 Pambula Beach to Bombala | 22/10/2015 Bombala to Delegate return |
23/10/2015 Bombala to Cooma | 24/10/2015 Cooma to Queanbeyan and Canberra



More info in September Wheel.

Platypus Country Information Centre

Media Release

September ArtEscape to start the spring.

Creative types will be pleased to know that the next ArtEscape weekend promises challenge along with some fun.

Lesley Smith has found some beautiful resources for a papercraft workshop on Saturday the 19th but participants could choose to take the scrapbooking option. The workshops will be run together at the Delegate Arts Centre and we hope to attract some of the experienced papercrafters from around the local area to share what's new. Call the Visitor Information Centre on 6458 4622 to book a place and find out what you might bring.

On Sunday Sally-Ann Thompson will help you find out how to get the most from your camera. Learn how to capture images that are appropriate for a range of digital presentations. Bring your camera and its instruction manual and start making better photographs.

\$10 for papercraft or \$5 for the photography workshop includes morning tea. Bring your own lunch or join in at the Delegate Café. Why not stay overnight and do both workshops? Call for accommodation options.



Some of the projects on the papercraft plan.



AUGUST BIRTHDAYS!

We have no birthdays on record for this month so we are sorry if we missed you!

In light of this, we are calling for everyone to let us know of anyone they would like to see featured in this section. All we need is their name and birth month !!!

Jeff Forsyth Psychologist

We will have a Psychologist available here at the centre by appointment only.

If you are in need of this free and confidential service please call Jeff Forsyth on 03 5154 6717 to make your appointment.

Jeff's service is free providing you do the following:

- Go to your regular GP and request a referral to see a Psychologist
- Inform your GP you want this to be done under the Medicare Scheme and you will be able to have 10 free sessions with him

Jeff is more than happy to visit you at your home if this would be more comfortable for you.

Little Green Frog Visit



Due to Primary School Orientation we have decided to hold off on the LGF visit until further notice.

Watch this space for the re-scheduled visit date!



DELEGATE MPS STAFF PROFILE

Elizabeth Walker, the new Nurse Manager at Delegate MPS, started her new position on 6 July 2015.

Elizabeth is a registered nurse with degrees in education, community health and has a wealth of experience in nursing having worked in the past in hospitals, the NSW Department of Health, and The College of Nursing (NSW). She has also worked in nurse education in hospitals, universities and TAFE, and for a time worked on nursing publications. Her experience includes working in both the public and private sectors.



Elizabeth comes most recently from the Riverland in South Australia where she was the manager of a 58 bed aged care facility co-located with an acute hospital. When asked about her reasons for coming to Delegate, Elizabeth responded "after living through days of more than 45 degrees in the shade for weeks each summer it was time for a tree change – I needed some cold in my life". Now after several weeks in the cold, Elizabeth is finally learning how to keep warm.

Elizabeth is passionate about nursing and aged care in particular and is enthusiastic about her new role.

Stress Free Men's Night

Persistent tiredness & fatigue|Trouble concentrating|Short tempered or irritable|Dwelling on negatives

Stress has a huge impact on men's health.

Come and join Peter Quin, Jeff Forsyth, Kevin Healey and David Barnes for some handy hints over a BBQ dinner and drinks.

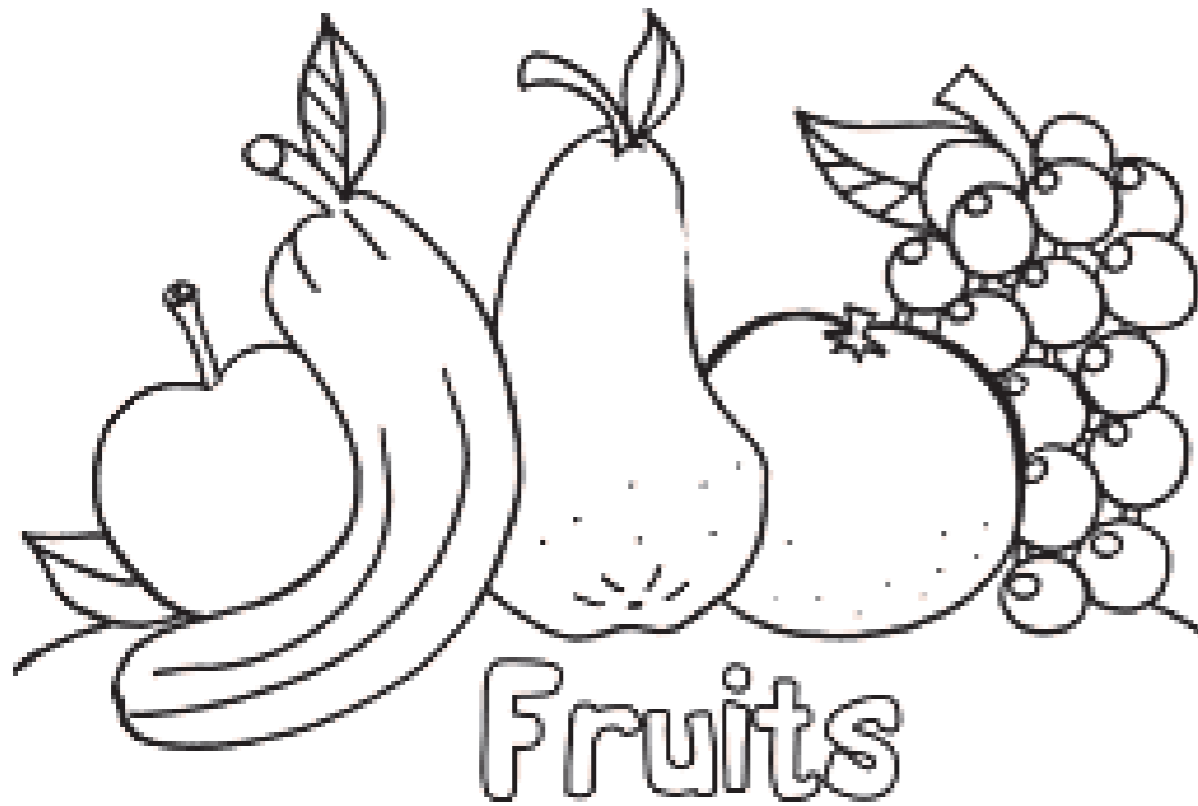
TIME: 4.30pm to 7.30pm

AT: Bonang Hall

WHEN: Tuesday the 8th of September

This is a reminder to everyone that this will be happening.

Please phone Lorelee Cockerill on 0427 850 457 or Birgit Schaedler on 0438 010 312 for more information.



Homemade Delights

With so many talented and crafty people in the community it has been decided that we will have a selection of homemade goods available for purchase here at the centre.

Items available will be:

- Jewellery
- Children's hats
- Cards
- Leather key-rings
- Beautiful soaps
- Timber furnishings
- Paintings
- And the list goes on!



Please pop in and see us here at the centre and see what's on offer from our wonderful community!!

Savoury & Sweet: Recipe's for the Home Cook

Spring Lamb Salad

INGREDIENTS

- 500g lamb back strap, trimmed
- Olive oil cooking spray
- 1 bunch baby carrots, trimmed, scrubbed
- 250g green beans trimmed
- 200g butter beans, trimmed
- 1 bunch thin asparagus, trimmed
- 1/3 cup of mint leaves
- 1 tablespoon boiling water
- 1/3 cup of white vinegar
- 1 tablespoon brown sugar

METHOD

1. Preheat oven to 180°. Season lamb with salt and pepper. Spray with oil . Heat a frying pan over medium-high heat. Cook lamb for 3 minutes each side. Transfer to a baking tray. Cover with foil. Cook in the oven for 12 minutes or until cooked to your liking. Rest lamb for 10 minutes. Slice thinly.
2. Meanwhile, bring a large saucepan of water to the boil over high heat. Add carrots. Cook for 5 minutes or until tender. Using a slotted spoon, transfer to a sieve. Refresh in cold water. Return water to the boil. Add beans. Cook for 1 minute. . Add asparagus and cook both for a further 2 minutes or until tender. Drain. Refresh in cold water. Combine vegetables in a large bowl.
3. Chop 3/4 of the mint. Place in a heatproof bowl. Drizzle with boiling water. Add vinegar and sugar. Stir until sugar has dissolved. Season with salt and pepper.
4. Place lamb and salad on plates, drizzle with mint sauce. Sprinkle with remaining mint leaves and serve/



Spring Berry Crumble

INGREDIENTS

- 4 apples peeled, cored and chopped
- 500g frozen or fresh berries
- 2 tablespoons of sugar
- 12 Butternut Cookies
- 1/2 cup of shredded coconut
- 2 tablespoons of plain flour
- 40g unsalted chopped butter
- Thick cream or custard to serve

METHOD

1. Preheat oven to 180°. Place apples, berries and sugar in a saucepan over medium heat. Cook, stirring regularly for 10 -12 minutes or until the apple is soft or the liquid has reduced. Remove from heat and set aside. Place cookies in a food processor and process until roughly chopped. Transfer to a bowl and stir through coconut and plain flour. Rub butter through the cookie mixture with your fingertips until crumbly. Divide the fruit mixture into four 1 1/2 cup capacity ramekins or an ovenproof cups, then top with the crumble mixture, piling it over the fruit in rough mounds. Bake for 15 minutes or until warmed through and golden brown on top. Serve warm with thick cream or custard.



The Delegate Multi Purpose Service

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

Suture or clip removal

Other procedures that do not require a Doctor.

Wellness Clinic is held on the following days and times

Monday 9.00am – 10.30am

Tuesday 9.00am – 10.00am

Thursday 9.00am – 10.30am

Friday 9.00am – 10.30am

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.



Community Billboard

LIBRARY VAN The Library Van will be visiting as per schedule as normal. New members are always welcome. Don't forget that you are able to sign up to be a member or return books via the Bendoc Resource Centre. The Centre also has a range of books that can be borrowed direct anytime the Centre is open. These books are rotated regularly for your enjoyment.

BENDOC FISHING CLUB We look forward to seeing you all next season. New members welcome!

BENDOC BUS The Merimbula Bus will be running the second Friday of every month. Phone Claire on 6458 1433 or Nola on 6458 3285.

THE GREEN FROG next visit to be advised.

For Further Information Phone Bendoc Resource Centre 64 58 1402
TUESDAY—9.30am-3pm WEDNESDAY—10am-2pm THURSDAY — 9.30am-3pm
Email.... bendocpa@bigpond.com

BENDOC RESOURCE CENTRE IS YOUR CENTRE..

Come in for a cuppa!

BENDOC WHEEL

bendocpa@bigpond.com

Firearm Safety Course

AUGUST



On Tuesday the 4th of August we held a Firearm Safety Course here in Bendoc and it was well received by the number of attendees.

We were lucky enough that Leading Senior Constable Stu Jones and Graeme Evans were willing to travel all the way up here to enable us attend the safety component which is compulsory when applying for a firearms license.

The night commenced with a casserole dinner prepared by the lovely Helen Jamieson and myself followed by an intense talk on safety, a slide presentation on various scenarios, a DVD, a talk from Graeme Evans who also brought some firearms in to make things a lot clearer and the exam, which a 90% pass rate was needed to get through—all in attendance passed with flying colours! I wish to thank the Bendoc CFA for donating their immaculate new facility for me to host this, Helen Jamieson for her help in setting up and preparing some delicious food and then cleaning up so I could partake in the course, Trent Tonissen for packing up for me as I had to hit the road, LSC Stu Jones (Divisional Firearms Officer) and Graeme Evans (JP) and all round guru of all things firearm! Above all I would like to thank all those who attended—without you all the course would not have gone ahead!!

All the best with obtaining your licenses and remember 'Be your own publicist every time you pick up a gun!'



Pictured: Graeme Evans and Leading Senior Constable Stu Jones.

WHATS INSIDE

- Firearms Safety Course
- Homemade Goods for Sale
- Recipes for The Home Cook
- Psychologist Available
- Stress Free Mens Night
- MPS—Staff Profile
- Little Green Frog Post-poned
- ArtEscape
- Lifecycle Regional Ride
- We need to know your birthdays!!
- For the

RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

Bendocpa@bigpond.com