

# PUBLIC NOTICES

For Further Information Phone Bendoc Resource Centre 64 58 1402  
 TUESDAY 9.30am-3pm WEDNESDAY 10am-2.30pm  
 THURSDAY 9.30am-3pm  
 OR EMAIL ANYTIME bendocpa@bigpond.com

**MOBILE LIBRARY IN BENDOC** Scheduled dates for August will be Thursdays the 15th and the 29th. Remember you can return books any time to the Bendoc Resource Centre during business hours

**Merimbul a BUS** . The Merimbula Bus runs the second Friday of the Month which will be the 9th of August. Bookings and Enquires Phone — Claire 6458 1433 or Nola 6458 3285.

## BENDOC CRAFT Group.

The Craft Group meet fortnightly on a Tuesday. 10.00am—2.00pm.  
**FANTASTIC TO SEE A COUPLE OF NEW MEMBERS THIS MONTH.. ALL WELCOME!!**  
 The Group meets at the Bendoc Resource Centre.

**The Green Frog.** The next date for the Green Frog to visit Bendoc Hall is Thursday the 8th of August from 10am till 1pm. Everyone Welcome.

**DATES TO Tuesday Group.** The Tuesday Group meets the second Tuesday of each month starting at 1.15pm for 1.30pm at the Delegate Country Club. Take time out to join the group for a few laughs, sharing of stories and most of all company. Contact Sandra Walker for more details.

## Del egate Pony Cl ub.

The newly formed Delegate Pony Club hold a meeting monthly on a Sunday. New members are always welcome. At 9.30am a gear check is held at the kiosk where riders will be grouped in Classes for a 10am start. If anyone has spare gear from helmets to boots or ponies they would like to sell or loan once a month could they bring them along on the day for those just starting off. For further information [delegateponyclub@hotmail.com](mailto:delegateponyclub@hotmail.com). Next meet will be held on Sunday the 14th of July 2013. For information phone 64 588 496.

## ADULT LEARNERS WEEK

Get ready for Adult Learners Week 2013  
 1st to 8th September  
**EXTRA ACITIVTIES PLANNED FOR BENDOC!!**

*Bendoc Progress Association Inc is a not-for-profit organisation. It is the auspices organisation for the Bendoc Resource Centre and Neighbourhood House. The Resource Centre has up to date internet and computer technology available to the public, including free internet access on superfast broadband.*

*One-on-one Tuition is available to develop or improve computer knowledge and skills .*

*Bendoc Neighbourhood House is part of the East Gippsland Network of Neighbourhood Houses whose mission is to bring adult education, life skills and group activities to anybody who wants or needs them, in an inclusive, non-threatening environment, as well as to serve as a drop-in centre for those who desire a little company or just to share a cuppa. The Bendoc Resource Centre is also an East Gippsland Shire*

*Library Outreach Centre. Information on Shire*

*Services are available as are the local newspapers, The Bombala Times and The Snowy River Mail.*

**BENDOC RESOURCE CENTRE IS YOUR CENTRE..**

# BENDOC WHEEL



## Very Special Van



Take a really good look at this picture of the library bus, because it is very very special vehicle. It's so special that recently when the Library Van Operator, Jo, started up the engine and a very strange light appeared within the dash lights it became a very special big problem. After having no result with a thorough check of the manual to see what the light represented the Ford dealer from which the Ford Transit Van had been purchased was contacted. The dealer was also at a loss to know what this light represented. It soon became clear that as the van was manufactured in England there was going to be no other choice but to contact the manufacturer direct. After some research it was found that the code was related to the fuel injection body and there was nowhere in Australia that stocked this part or anything like it.

As these transit vans are custom made, there wasn't even one that was not in use that the part could be borrowed from. So the wait began for the part to be sent out to Australia. Up until the part arrived, it still was not certain that it was going to be the right part as the code had been changed when the manufacturer realised there was a fault. So there ends the story and the reason why the library van has not been visiting Bendoc and surrounding areas over the last couple of weeks. However, Jo and the van in question will be on the road again and back in action for the August visits and will resume fortnightly visits as normal there after. Any problems with overdue books or fines will be overlooked due to the breakdown.

(Do you wonder if they tried to find the part on ebay)? Joking... Taking into account the area's the bus visits a new phone has been installed for emergencies and it will include a back to base tracker system with the ongoing safety of the operator in mind. So it really is a very special Van!

## AUGUST 2013

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DELEGATE  
 MPS  
 PROFILE  
 INSIDE

# BENDOC'S NAIDOC CELEBRATIONS

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# RESOURCE CENTRE NEWS

Over the last couple of months several people have mentioned that for one reason or another they are not able to get a copy of the Bendoc Wheel. From now on there will be a plastic box with copies on the table out side the Bendoc Post Office. There will also be extra copies at the Delegate post office and other usual outlets, The Delegate RTC, The Cafe and General Store.

During July another person attended the Centre and completed their RSA course successfully. This program is proving to be a very good way for the Bendoc Resource Centre to acquire training hours and for the general public to make better use of the services available. Four computers are available during opening hours at the Centre and it is wonderful to see them being put to good use and the benefit to the local community.

In last months edition of the Wheel there was a colouring competition, entries were a little slow so the closing date was extended and winners will be announced next month. A big thank you to Lydia Jamieson who had her entry in nice and early and has made a great effort of staying in the lines.

There are still seats available on the Bendoc bus for the Craft and Quilt Exhibition in Canberra please call the Centre if you are interested.

## Survey

If there is something you think should be included in the Bendoc Wheel and isn't then why not make the suggestion. You may not wish to include your name but all suggestions will be considered. Return the below suggestion survey to PO Box 50 Bendoc Victoria 3888.

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# BENDOC WHEEL SUGGESTION SURVEY

Optional Name and Address.

Name.....

Address.....

I would like to read more information about (included in the Wheel) .....

.....

I enjoy the .....

Any other idea's and or suggestions.....

.....

**Please return to the Bendoc Resource Centre or post to PO Box 50 Bendoc Victoria 3888.**

# RECIPE OF THE MONTH

## Quick Fruit Crumble Ingredients

- 1 cup Cornflakes, roughly crushed
- 1/2 cup rolled oats
- 1 2 cup brown sugar
- 1/2 cup coconut
- 90 grams margarine, melted
- Large tin of mixed fruit or equivalent stewed fruit.

## Method

Mix together all ingredients and sprinkle over the fruit ...

Bake for 15 minutes....

*Recipe Supplied thanks  
Claire Strickland*

## Joke

A Solicitor died and arrived at the pearly gates. To his dismay, there were thousands of people ahead of him in line to see St. Peter. But , to his surprise, St. Peter left his desk at the gate and came down the long line to where the solicitor was standing. St. Peter greeted him warmly. Then St Peter and one of his assistants took the lawyer by the hands and guided him up to the front of the line into a comfortable chair by his desk.

The lawyer said, "I don't min all this attention, but what makes me so special?"  
St Peter replied, "Well, I've added up all the hours for which you billed your clients, and by my calculation you must be about 193 years old.

## The Junior Jokers

**Knock, Knock**

Who's there?

**Ada**

Ada Who?

**Ada lot for breakfast.....**

## Trivia

Q...How many countries are larger than Australia?

A...Five (Australia is the sixth largest country...Russia, Canada, USA and Brazil)

Q...What was the highest ever grossing Australia Movie?

A...Crocodile Dundee.

Q...Name Australia's western-most point?

A...Steep Point .. Shark Bay.

# Classified

FOR SALE	<h2>Loads of Wood</h2> <p>Phone for wood today, take the easy way. 0439 581 467</p>	FOR SALE
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FOR SALE	<h2>For Sale</h2> <h3>... Avon ...</h3> <p>A monthly book available at the Bendoc Resource Centre. Contact Katrina Jamieson 6458 1412</p>
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*Do you have something you would like to Buy, Swap Sell or Giveaway?*  
*Call and include your item in the next edition of*  
**The Bendoc Wheel. 6458 1402.**

# Buy Swap Sell

FOR SALE	<h2>... Honda ...</h2> <p>Four Wheel Motor Bike TRX Phone David Nichol 02 6458 1452</p>	FOR SALE
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## Picture Show Man

# Merimbula

## 80 Main Street

Now Showing

- The Wolverine (M) 2D and 3D
- Despicable Me 2 (PG) 2D and 3D
- Pacific Rim (M) 2D and 3D

Disney Princess Magical Movie Month Saturday and Sundays Throughout August

- Cinderella 4th and 5th of August (G)
- Aladdin 10th and 11th of August (G)
- The Princess and The Frog 17th and 18th of August (G)
- Tangled 24th and 25th of August (PG)
- The Little Mermaid 31st of August and the 1st of September (G)

- Now You See Me (TBC) 8th August 2013
- We're The Millers** (MA15+)
- The Mortal Instruments (TBC) 2D
- Red 2 (M) 2D

**All Movies Are Likely To Screen  
For A Minimum Of 2 Weeks**

For more information on screening times see  
 The Picture Showman Website or phone 64 95 3744 and follow the prompts.

BENDOC WHEEL HOLDS NO RESPONSIBILITY FOR ANY TRANSACTIONS IN RELATION TO THE CLASSIFIED PAGE

# Moving into Cyber Space

It would seem that these days every conversation someone is talking about Facebook, Texting, Blogging, i-phone, i-pad, i-tunes, Gumtree, Ebay, Google and Bling. What's it all about... HEEELLLP MEEE!!!  
**If you have purchased a computer or iphone and don't know what to do next? If you would like to clear the fog, find out a little more about the definition and application of some of the terms that are being tossed about in the great cyber space, then Bendoc Resource Centre may just be able to help.**

Call and book in to attend our new HELP ME sessions. On the first Tuesday of every month between 10.30am and 1pm Bendoc Resource Centre will open the doors for a session to help people to better understand the technology surrounding them. You may be considering buying a computer or perhaps you have had one for sometime and are not sure what to do next. Perhaps you just want to find out how to shop online or use general service available via the internet.

If the answer is yes to any of these then this is definitely the program for you..  
 Call and book your place for the first session to be help on



# Canberra Bus Trip

**Join the Bendoc Bus Craft Crew  
and head to  
Australia's Number 1  
Craft and Quilt Fair in Canberra.**

Saturday the 10th of August the Bendoc Bus will be heading to Australia's Number One Quilt Fair will be held in Canberra. You don't need to be a quilter to enjoy this one there are plenty of other crafts on display. There will be Workshops available throughout the day, as well as **amazing** craft on display. Grab a friend and book today.

**Just \$35.00 includes entry and your transportation to and from Canberra.  
Phone 6458 1402 . Book ASAP to avoid disappointment.**

# Delegate Multi Purpose Service

The Delegate Multi Purpose Service has lots to offer on a daily and weekly basis below is a listing of services available to the Community.

## Delegate Multi Purpose Service

Wellness Clinic is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open  
Mon 9am -10.30am      Tues 9am – 10am  
Thur 9am – 10.30am      Fri 9am – 10am

Every week except public holidays.      No Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

### Pathology clinic

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

### Other Services

Women's Health Nurse – 3<sup>rd</sup> Wed of the month

Dietician and Diabetes Educator – 2<sup>nd</sup> Thur of the month

Immunisations – 4<sup>th</sup> Fri of the month

Podiatry – for HACC clients – monthly

Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

### Child and Family Health

Visit Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.

## Visiting Staff Profile

Name: Wendy Chapman



**Job Description:** Clinical Nurse Specialist, Diabetes Educator and Wound Management.

Wendy is based in Cooma at the Cooma Community Health Centre with outreach clinics to Delegate and Bombala. These are provided on a regular free and confidential basis with no referral needed.

**Service provided:** Diabetes education, mostly with Type 2 diabetes, wound management that includes running a dressing clinic and respiratory education for people with asthma and chronic airways disease. Wendy sometimes visit schools to update their asthma emergency management or to provide education to staff if needed if there is a newly diagnosed child with diabetes.

**How long have you been working in this position:** More than 10yrs! Started at Cooma Hospital as a Registered Nurse in 1988 and moved to Community Health in about 1994. Love it.

**Highlight of Career:** Seeing a long term wound that has not been going anywhere become healed. Helping people diagnosed with diabetes to manage their condition and lead a normal or even a healthier life than before.

### **Appointments for Delegate MPS:**

2<sup>nd</sup> Thursday (mornings) of the month. Ring Delegate MPS to make an appointment 6459 8000.

# History

Local Progress Association Member Derek Manning has made a wonderful contribution to the History Files at the Bendoc Resource Centre. Derek has had a clean out and donated many different pieces of history to the Bendoc Resource Centre, including books and documents and photo's. This means that now other community members can read through and enjoy them in the years to come. The plan will be to create an area for these history documents to be stored at the Centre which will be accessible to community members to read and look over when they have the opportunity.

The information includes details of the Bendoc Endurance Rides as well as history booklets on the Delegate School, the old Delegate Hospital and Bendoc School Centenary. All booklets have photo's that would bring back lots of memories for the locals.

Many would remember the Bendoc Endurance Weekends which were two day horse events, held in 1992 and 1993 in early November. From all reports these were both really successful weekends and reading the information it's an interesting step back in time. It is amazing to see some of the photo's to see how Bendoc village has changed in just 20 years. During the months to come included in the Bendoc Wheel will be bits and pieces from the history file. Thanks again Derek Manning for this worthwhile contribution.

Below is one of the snaps from the collection. These junior are pictured leaving Bendoc at the start of the 160 km ride. In front, Gary McCarthy on "Tiffany" from Narooma, Number 302, Samantha Clark on "Bobby" from Murrumbateman and third Charlotte Proudfoot on "Trecadeu Sinabad" from Pearce ACT. Wonder where these juniors are now?

Take a second look at the shop in the back ground, how times have changed.



## Thanks Beaver

Pictured below is a photo of the winners plaque that was going to be used to honour the winners each year. The names from the 1992 and 1993 event are listed. Thank you to Beaver at the Bendoc Hotel for keeping this one in safe storage. Definitely a piece of history for years to come.



# Belated Birthday Wishes

HAPPY BIRTHDAY TO CLAIRE STRICKLAND  
CLAIRE CELEBRATED HER BIRTHDAY ON THE 16TH OF JULY  
AND IT WAS MISSED IN LAST MONTHS  
WHEEL EDITION....

BETTER LATE THEN NEVER

## FARM FACT

### Beef Cattle - Grass Tetany Hypomagnesaemia

Grass tetany is one of the commonest causes of death in southern Australian cattle in late winter and early spring. It is a nervous disorder of cattle associated with a low level of magnesium in the soil and the blood which causes increased excitability, muscle spasms and death. The use of nitrogen and potassium fertilizers in short-rotation rye grass pastures and fodder crops increases the risk of grass tetany especially in young and lush pastures.

**Symptoms:** An affected cow staggers, becomes aggressive may throw her head around and develops a stiffness of the limbs, grinds her teeth, has muscle tremors and shivering and convulsions, followed by collapse, violent paddling of the feet and death. Severe cases can die with few signs. There are no post mortem signs so grass tetany is usually diagnosed by history, symptoms and low Magnesium levels in the aqueous humour of the eye.

**Treatment:** Lick blocks fortified with magnesium, calcium and molasses are commonly fed out in the grass tetany season. Magnesium Oxide sprayed on hay is a more reliable method as are ruminal magnesium pellets.

Go to [www.dpi.nsw.gov.au](http://www.dpi.nsw.gov.au) and search Primefact 421 for further information.



THE LITTLE GREEN FROG IS COMING

## BACK TO...BENDOC!

The Little Green Frog is a mobile early childhood program which travels around to East Gippsland communities to visit local community groups. The vehicle is resourced with toys & activities for the children & resources and parenting information for adults.

The session will be operating on:

Thursday 8<sup>th</sup> August from the Bendoc Hall from 11am-1pm

providing:

- opportunities to foster children's development in language, motor skills and sensory experiences.
- families with opportunities to come together and socialise
- information relevant to child health and development

*Come along,  
join in the fun and  
meet up with other families*

For further information about The Little Green Frog

Contact Renee Grant on (03) 51529600 or Louise 0427 287 661



# Thanks

Thank you to Alana Smith, the Delegate Playgroup Co-ordinator, and the Delegate Playgroup Mums and Grandmothers who have attended when the Frog visited in the past, your participation has made a great contribution to the success of these visits.

# Bendoc DEPI Update

The Bendoc Department of Environment and Primary Industries car-park construction is well and truly underway. A final inspection by the Project Managers has taken place on the main building and the Field Staff are looking forward to moving into the new building very soon. A date will be announced in the August Wheel edition.

Naidoc Week Celebrations took place on the 9th of July at the Bendoc DEPI. Thanks to those who were a part of the raising of the flag ceremony and a morning tea was enjoyed by all. Thanks also to those children who contributed paintings and pictures for display during this very important week on the DEPI calendar. Story PG 7

# BENDOC CFA NEWS

As mentioned in the last Wheel edition a copy of the roster has been included as an insert in this edition.

## CFA THANK YOU TO CAMPDRAFT

A big thank you this month from all the CFA Members and the community to The Cabanandra Campdraft Committee for their kind donation of funds from their annual event.

**URGENT PAGERS**....All members need to be aware that if they currently have an old pager could it be returned to the shed as soon as possible, with the users name attached so that it can be returned to Head Office and a new one can be sent out in it's place.

**CLASS A FOAM COURSE**.... A One Day Class A Foam Course will be held on Saturday the 14th of September if any Bonang and Bendoc members are interested they need to call Mick Hawkins 02 6458 1345 or Lyn Button 02 6458 1471 as soon as possible as the closing date for numbers is August 13.

**PLANTATION FIRE FIGHTING 1**... A One day, One night Plantation Fire Fighting Course will be held on Friday night the 13th of September (prior to the Saturday One Day Class A Foam Course) and Sunday the 15th of September. Closing dates for numbers is Friday the 9th of August 2013. To complete this course the person must have Wildfire Minimum Skill. Contact Mick or Lyn for this course also (numbers above).

**FIRST AID TRAINING**...There will be a full course running for CFA Brigade Members on the 19th and 20th of October 2013 at the Bendoc CFA Shed. Numbers need to be in for this course by the 15th of September 2013. Contact Lyn Button (number above) or Doug Cameron on 6458 1442.

Thanks to all CFA Members for their ongoing work as our local volunteers.

# Council Up-date

During August the Road Maintenance Team will be in the area grading, repairing potholes and cleaning out table drains and Covets.

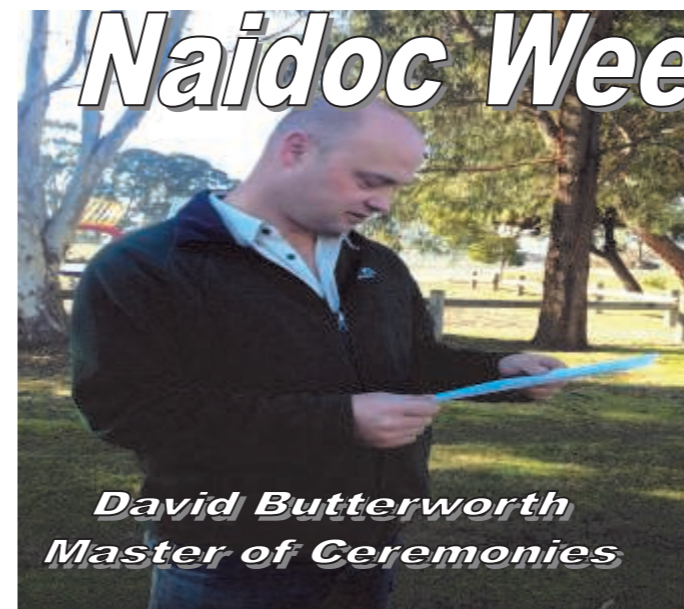
# Bendoc Sign

The Sign (pictured right) has been repaired and is back in the Bendoc Park. It has been missing whilst being repaired after falling over due to the base of the posts rotting away. However this process did not take place without a drama of sorts.

While the repair was taking place and the sign was down, the steel pegs that were to hold the sign in place were borrowed by an obviously very desperate person that had something that was in need of urgent repaired. Desperate because they obviously did not have time or the money to purchase the steel for themselves. Unfortunately this one of the reasons that rates increase each year.



# Naidoc Week Celebrations



David Butterworth  
Master of Ceremonies

## Naidoc Week Ceremony

Naidoc Week is celebrated each year to remember those that have fought for change and to honour the Yolngu people for their courage to move forward. Naidoc Week is from the 8th until the 12th of July this year and a rising of the flag ceremony and morning tea was held at the Bendoc DEPI Office on the 9th of July.

David Butterworth read the following speech and Melissa Kidd rose the flag for the Ceremony.

Welcome to the 2012 Flag Raising Ceremony for Bendoc's National Aborigines and Islanders Day Observance Celebrations.

We can trace the origins of NAIDOC to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

Today NAIDOC is a celebration of Aboriginal and Torres Strait Islander history, culture and achievements and an opportunity to recognize the many contributions of Indigenous Australians in various fields. In 2013 we celebrate the 50th Anniversary of the presentation of the YIKKALA BARK PETITIONS 1963 to Federal Parliament. This year's theme is about valuing the foresight, strength and determination of the Yolngu people who set in motion a long process of legislation and constitutional reforms for the Aboriginal and Torres Strait Islanders.

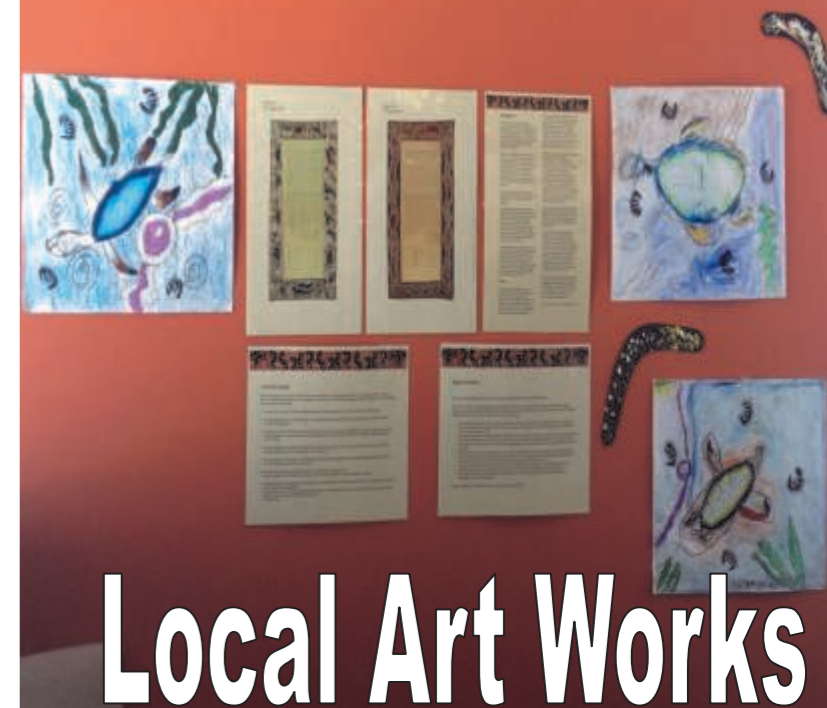
In 1963 the Yolngu people of northeast Arnhem Land Presented the petition framed by traditional bark paintings to seek recognition of rights to their traditional lands on the Gove Peninsula. The painted designs proclaim Yolngu Law, Depicting the traditional relations to land.

The acceptance of these petitions marks a bridge between two traditions of law. Though these documents didn't achieve the constitutional changes sought, they were effective in making a way for the eventual recognition on Indigenous rights in Commonwealth law. Assisting to achieve equality for all Indigenous peoples of Australia.



Mel Kidd Pictured

# Raising Of The Flag



# Local Art Works