

# 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  
 a

**MOBILE LIBRARY IN BENDOC.** Scheduled dates for July will be Thursday the 4th & the 18th of July., or you can return them 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 12th of July. 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...  
**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. Next meet will be held on Sunday the 14th of July 2013. For information phone 64 588 496.

Naidoc Week from the 8th till the 12th of July 2013.  
 NSW Resume School Tuesday 16th of July.

*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*

# BENDOC WHEEL



## Wild Dog Bounty

With the ongoing problems of wild dogs and foxes in our local area, it's time once again to remember what residents and landholders can do to help and maybe earn a little cash along the way.

The current Bounty for foxes is at \$10 and the Bounty for wild dogs from \$50 to \$100 and of course conditions apply. However it is a good opportunity for licenced landholders to help with the management of the problem and be reimbursed along the way.

The Bounty was established by the Victorian Government to reward eligible Victorian hunters for their efforts in contributing to fox and wild dog control, a total of \$4 million was allocated and the program commenced back on the 1st of October 2011.

Effective fox and wild dog management requires an integrated approach using all available management practices including poison baiting, trapping, exclusion fencing, fumigation and appropriate animal husbandry. However hunting can play an important role in supporting this integrated management approach. Remembering that gun licences and gun registrations need to be current, always work within the restrictions of these and research the terms and conditions required before taking on the opportunity to consider the Bounty Program.

These conditions surrounding the Bounty include the signing of an application which has a declaration that the animal has been collected in Victoria. Also evidence of residency, land ownership, or land lease in Victoria are just some of the requirements to take part. All the conditions are clearly stated on the Department of Environment and Primary Industries Website along with the requirements for the skin for wild dogs and the body part for the foxes to allow eligibility.

Normally the collection is on a monthly basis however due to holidays the next collection date for our area will be Tuesday the 20th of August at Bairnsdale.

The Website does include very well defined diagrams of the dogs as well as frequently asked questions and answers. These diagrams are also on page six for reference.

However if you do not have access to the internet the Bendoc Resource Centre staff can print out the information if you call in during office hours.

Web Address [WWW.dpi.vic.gov.au/bounty](http://WWW.dpi.vic.gov.au/bounty) or by contacting the DEPI Customer Service Centre on 136 186.

# JULY 2013

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 PHONE 6458 1402  
 TODAY!

Colouring In Comp Inside

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# RESOURCE CENTRE NEWS

## Centre Closure

Hey now I have your attention ... No the Centre is not closing but due to school holidays and staff during this time the Bendoc Resource Centre will be closed on Thursday the 11st of July. However will be open as normal on all other days during the school break.

Once again there have been lots of things happening at the Centre in Bendoc. In the June addition it was mentioned that we would be trying a new online training program through a Queensland based company who provide many different courses. During June two people trialled this program at the Centre and successfully completed their RSA Certificate. They were both impressed with the Centre facilities and one has already put her name down to completed the Food Hygiene course in the near future. If anyone is interested in completing the course please contact the Centre. Perhaps you are wanting to volunteer at the Country Club or for bar work at an up-coming event like the local camp drafts or similar. You only need to give approximately 3 to 4 hours of your time, depending on your computer skills. If you are not computer literate then staff at the Centre can help you by imputing the information for you. It is **great to have a training certificate in your resume even if it's just for your own satisfaction.**

Also this month we have had the usual bus trip to Merimbula. With the change in weather it was **thought the movies may be a little more popular but by all reports the "Shop Till You Drop" is still the most popular activity on this monthly adventure.**

A new Craft activity was trialled this month with Lyn Button donating her time to demonstrate the art of candle and melt making at the Centre. Lyn operates a very successful shop on Ebay selling lots of different bits and pieces including the homemade candles and melts. Much of the funds generated from this web shop goes back into caring for the animals that Lyn has through the WIRES program. Thank you to Lyn for your time and knowledge with this workshop, those people who attended are planning to make have a similar get together at the Centre on a regular basis.

Reverend Rowena Harris the Uniting Church Outreach Minister for this area, visited the Centre on Thursday the 27th June and would like to give a friendly reminder to anyone that may like to speak to her that she can be contact at anytime. Rowena is a trained councillor and would be happy to help people in our area even if it is just having someone to visit you or an ear to listen. Please call the Centre for details.

Also during June a Staff member from the Bendoc Resource Centre travelled to Lakes Entrance for a Neighbourhood House Network meeting to learn more about what is on offer for out local **centre and the residents of Bendoc and surrounds. Lots of great idea's come out of the meeting and we look forward to implementing them in the future.**

**Please don't forget that the East Gippsland Library is always available through the Centre as there are over a hundred books on offer at any given time. You can also return and borrow from the Centre or go on line and select your books and have them arrive on the Mobile Bus fortnightly and staff will pick them up and have them for you. Membership only takes a matter of days to be processed and the forms are available during office hours.**

# RECIPE OF THE MONTH

## Craft News

### Sweet and Sour Meat Balls

#### Ingredients

##### Meat Balls

1 kg of fine mince steak  
1 egg  
1 tsp cornflour  
1 tsp of salt  
2 tsp onions chopped  
1 tsp oil

##### Sweet and Sour Sauce

1 cup pineapple juice  
1 capsicum, chopped  
3 tsp cornflour  
1 tsp soy sauce  
1 cup pineapple pieces  
3 tsp vinegar  
**1/2 cup water**

#### Method

##### Meatballs

Combine mince, salt, egg, cornflour and onions. Form into approximately 18 meatballs, brown in a little oil and drain.

##### Sweet and Sour Sauce

Put in 1 tsp oil and add 1 cup of pineapple juice and cook over low heat for a few minutes, mix together cornflour, vinegar, soya sauce and water, Add to pineapple juice and cook until juice thickens, stirring constantly.

Add meatballs, pineapple pieces and chopped capsicum. Heat slowly till well mixed and serve.

## Joke

(One for the Wives)

A Husband and wife were attending a school reunion and the wife notice a drunk lady swigging a drink all alone at a table nearby.

**The wife asked the husband "Did you go to school with that lady, do you know her".**

**The husband answered "Yes she was my first girlfriend and apparently she has not been sober very often since we broke up"**

**The wife answered " My god who would think someone would keep celebrating for that long!"**

#### The Junior Jokers

In the school holidays my mum asked me child to go to the shops and get a long list of goodies. She wanted ingredients for soup including cauliflower and peas. She asked me to get a new bulb for the fridge, some elastic to repair the waistband on her jogging pants as well as calling at the local farm for free eggs and the vets for a breath freshener for the dog who poisons us every time he yawns. To remember it I wrote it out as follows.

Soupacaulifridgeelasticeggsspeasshalitosis.

# Classified

For Sale... Loads of Wood

Phone for wood today, take the easy way... 0439 581 467

For Sale... Youth Motor Cycle Helmet \$80.00

Phone .. 64 588 303

For Sale... Avon ...

A monthly book available at the Bendoc Resource Centre or contact Katrina Jamieson.

## Holiday Fun

### Picture Show Man

Monster University and Epic

Both these movies are screening now and will be for the whole of the NSW School Holidays and throughout July.

Despicable Me 2 will be starting towards the end of the NSW School Holidays.

All three animations are suitable for families and children of all ages.

For more information on screening times check

The Picture Showman Website or phone 64 95 3744 and follow the prompts.

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.

BENDOC WHEEL HOLDS NO RESPONSIBILITY FOR ANY TRANSACTIONS IN RELATION TO THE CLASSIFIED PAGE IN THIS NEWS LETTER.



## Join the Bendoc Bus Craft Crew and head to Australia's No One Craft and Quilt Fair in Canberra.

Saturday the 10th of August Australia No Quilt Fair will be held in Canberra. There will be Workshops available throughout the day, as well as wonderful Craft on display. Grab a friend and book today. Just \$35.00 includes entry and bus to and from Canberra. Phone 6458 1402 . Book ASAP to avoid disappointment.



Annette Hepburn talented local quilt maker brought in this wonderful creation to the craft group to share idea's with the other members. The quilt was totally handmade without any machine work.. Nett made it for one of her grandsons and you can see the motor bikes featured in the second photo. Well done Nett hours of work but a great result in the end.



Diana Bayliss-Brandenburg made the quilt in pictures 3 and 4 as a gift to her Son and Daughter-in-law for Christmas.

This one was all machine work but still was a project that took around three months to complete in Diana's spare time while looking after a household. Amazing Craft Works!

# 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.

## Around The Roads

With the last couple of weeks being so wet in the Bendoc area, Council have been busy trying to maintain our local roads. The bridge at lower Bendoc is still under repair with Shire assuring local farmers in the area that the final adjustments will be made in the next couple of weeks. These finishes will mean that stock can cross the bridge reasonably hassle free. Thank you to those farmers who use the bridge, for their ongoing tolerance for the situation.

## CFA ANNUAL GENERAL MEETING

The CFA held their Annual General Meeting on Tuesday the 25th of June. Although all positions were opened, as at all annual general meeting, all members were voted back into the same positions as the previous year. The Crew Roster will be printed in the August Bendoc Wheel, whenever it will also be posted out in the next couple of weeks to members. The CFA is a volunteer organisation and is struggling to recruit new members. If you feel like you would like to give back to your community through this vital and very worthwhile organisation, call the Secretary today on 02 6458 1471 for more details. The next meeting date will be advertised in the Wheel when it has been decided upon.

## Nominations open for Senior of the Year

Nominations for the Victorian Senior of the Year Awards are now open. The awards promote the achievements of senior Victorians to the broader community and demonstrate the benefits of positive ageing. If you know a senior East Gippslander who is making an extraordinary difference to the community, you can nominate them for an award. For a nomination for or more details please contact Seniors Information Victoria on 1300 135 090 or [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

NOMINATIONS CLOSE FRIDAY THE 19TH OF JULY.

# Celebrate Naidoc Week in Bendoc

Naidoc Week is from the 8th till the 12th of July 2013. Bendoc DEPI will be having a raising of the flag ceremony and morning tea at 10.30am on the 9th of July 2013. Everyone in the Bendoc Community is invited to this event. Please call into the Bendoc Office at 9–11 Nichol Street Bendoc or phone to RSVP by the 5th of July on 64 59 0500.

# Out And About



These photo's were sent in by one of our readers showing just how much water is around, this is the Brodribb River in flood. For those who may not have been down the Bonang Highway when it's been wet this gives an idea of just how much water is around. The photo's were taken last week. There have been several locals at Goongarah who have not been able to get out due to the rising of the river and the crossings either side of the bridges that have been washed out. Council are endeavouring to deal with the problems as they occur but it is very difficult to stay abreast of during times of constant rainfall and water coming from further upstream.



# BRODRIBB

## Profile

Name: Jane Redmond (visits Delegate MPS)

**Job Description:** Women's Health Nurse/ Clinical Nurse Consultant.

Jane has worked in this field for 26yrs. Jane is based in Cooma at the Cooma Community Health Centre and provides regular free, confidential outreach services to the townships of Jindabyne, Bombala and Delegate.

**Service provided:** Pap test, Breast examination, contraceptive advice, pregnancy testing/counselling, sexuality issues and menopause counselling. Jane also provides Education and information sessions on Women's Health Topics.

**Highlight of Career:** This is a fantastic job. Living and working in a rural area and working one on one with Women is so rewarding . Being able to "make a difference" in Women's lives and to normalise otherwise embarrassing procedures has assisted in her acceptance within the local communities.

**Appointments for Delegate MPS** are on the Third Wednesday of the month –

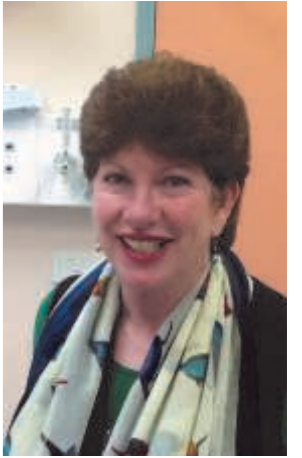
For appointments ph: 6459 8000

Appointments are also available in Bombala on the second and fourth Wednesday of the month

Ph: 6458 5777

For more information or an appointment in Cooma, phone Jane at Cooma Community Health Centre

Ph: 6455 3201.



# Colouring Competition

During July the Bendoc Resource Centre will be holding a colouring competition to fill in a little time during the cold nights and days of the holidays. All children in the area are invited to enter the competition especially those in Bendoc. We also invite Tubbut Bonang and Delegate children to join in to win great prizes. The Picture Man Cinema at Merimbula have come on board and are offering buy one get free passes as well as great prizes and the opportunity to go in a second chance draw to through the Cinema to win major prizes from the Epic movie promoters.

The closing date is the 19th of July and entries to the Bendoc Resource Centre, Bendoc DEPI Office or post PO BOX 50 Bendoc 3888. Ages 3-5, 5-7, 8-10, 10-12 years.

Local entries will be judged in-conjunction with by DEPI Staff.

**See Insert of pick one or more up from the Centre**

# Bendoc On The Move

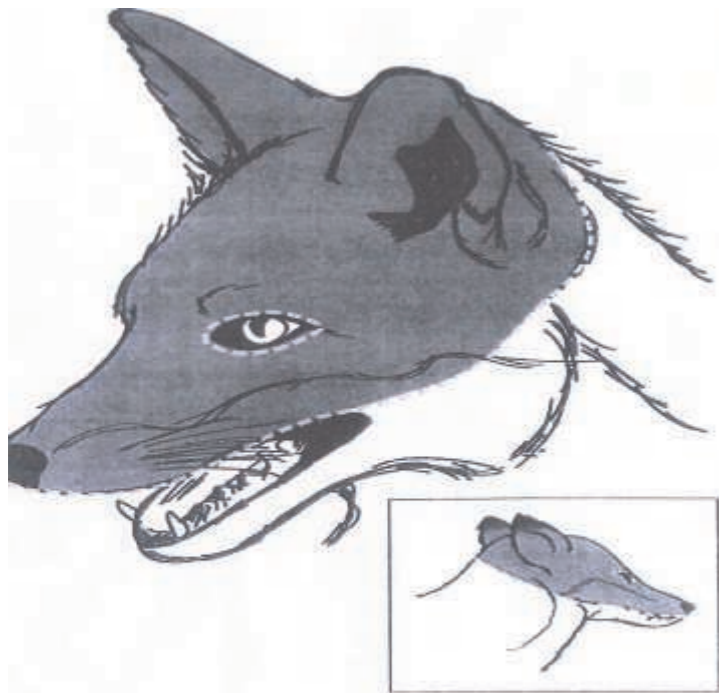


The Bendoc Department of Environment and Primary Industries residence pictured on the left (was owned by The Vic Forest previously) has been sold and is going to be moved very soon as the car-park will be constructed in this location. The site office has also been sold and is pictured below. A final inspection by the Project Managers is due to take place this month and then the keys will be handed over to the Bendoc DEPI soon after.

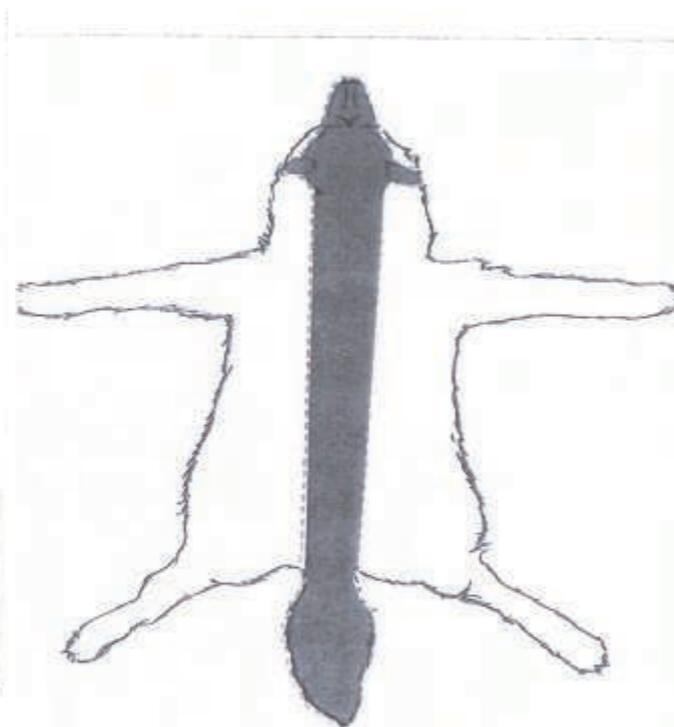


## Bounty Fox and Dog Specifications

Below are the specifications from the Website for more details regarding the specifications and bounty eligibility contact the Service Centre on 136 186 or [WWW.dpi.vic.gov.au/bounty](http://WWW.dpi.vic.gov.au/bounty).



Dotted yellow line denotes the edge of the acceptable body part required to apply for the bounty.



Dotted yellow line denotes the edge of the acceptable body part required to apply for the bounty.

# July Bendoc Birthday



**Happy 16th Birthday Amy Jamieson**

**BEST WISHES FROM  
YOUR FRIENDS AND FAMILY**