

Bendoc October Birthday's

Happy Birthday to our Bendoc Girls this month Lydia Jamieson and Veronica Hartmeier. We wish both girls well. Lydia is having a particularly special time with winning the colouring competition last month and a birthday this month.

Welcome to Bendoc



A BIG WELCOME
to Jan Lang who recently moved to Bendoc.
Jan is really enjoying her new surroundings and has already become an active member of the Bendoc Progress Association.
If you see Jan don't forget to say "Hi.."



Casserole Lunch Success

Delegate Hospital Auxiliary held a casserole luncheon at the Delegate Country Club on Wednesday the 25th of September as one of their annual fundraiser. For many years now the Auxiliary have held the Snowy River Muster however decided to have a change this year and are please to announce that the luncheon was a success. There was a wonderful variety of dishes and thank the local community for their cooking and support.

Guest Speaker for the luncheon was locally grown Gloria Cotterill. Gloria presented a very entertaining power point presentation with pictures from her many travels and shared her stories, as well as a display of treasures that she has collected along the way. Gloria also generously donated one of her paintings to be raffled on the day which was a lovely contribution to the prizes and helped with the ticket sales substantially on the day. There is no doubt that the Casserole Luncheon is one that needs to be added to the social calendar for 2014 well done ladies.

Also a thank you to Bill Bateman who was the volunteer bar person for the Country Club Bar on the day.

Sad Passing

Arthur Bridges—Age 94 years

Arthur Bridges died peacefully in his sleep in Sydney recently. Arthur owned and operated a successful transport business in Delegate for many years. Arthur was married to Molly who is deceased (nee Ryan).

Molly and Arthur's children were Barry, Yvonne and Kerry they have several Children and Grand Children who will sadly miss Arthur. Our thoughts are with them.

Late Thank You

Better late than never is the saying and that is what needs to be said to Charlie Burton who spent a day at the Centre tidying up the garden and moving the HUGE pile of woodchip by wheel barrow. Thank you Charlie it has been well overdue to be moved and the pruning and removing in the garden was very much appreciated. Charlie is a volunteer who is always reliable and never expecting thanks. Charlie drives the bus each month to the coast at no charge, as well many trips away.

THANK YOU CHARLIE from the Bendoc Resource Centre Staff and Committee.

Recipe Of The Month

MEAT BALLS IN WINE

- 1kg Mince
- 1 medium potato grated
- 2 eggs
- 2 onions grated
- Salt

Sauce

- 2/3 cup brown sugar
- 6 tbsp lemon juice
- Garlic
- 1 can tomato puree
- 1 cup dry red wine
- Salt

- Mix together mince, potato, eggs, onions, and salt.
- Roll into balls, put on tray and place in 260c oven for 5 minutes.
- Simmer sauce ingredients with meatballs for 20 minutes.

Joke

After much nagging from his wife, Sam was visiting the audiologist. Yes, he would need hearing aids and they ranged in price from \$10.00 to \$2,000, was what he was told. "I'll try the \$10.00 pair" Sam said.

The nurse placed the hearing aids into his ears and hung a wire around his neck. "Does the wire really have to be around my neck?" asked Sam. "Why of course!" replied the nurse. "You think these things in your ears do anything?!" It's the wire around your neck – it makes people talk louder!"...

Trivia

The Wine Cask, the ubiquitous plastic bag full of wine contained in a cardboard box, was invented in Australia in 1967.

Community Bill Board

Up-Coming Events

Bega Bus

The Merimbula Bus runs the second Friday of the Month however in October the bus will be running to Bega instead, this will be the 11th of October 2013. Bookings Phone Claire 6458 1433 or Nola 6458 3285.

Regular Events

MOBILE LIBRARY BUS IN BENDOC. The Library Van will be in Bendoc on Thursdays the 10th and 24th of October 2013.

BENDOC CRAFT GROUP. The Bendoc Craft Group have change their program and have decided to make every Tuesday, Drop in Day and people can then come when ever the feel like with whatever Craft they desire or just come for a cuppa and a chat. Everyone is welcome.

DELEGATE PONY CLUB. The Delegate Pony Club meet monthly on a Sunday which is not stated as it often changes depending on circumstances. New members are always welcome. For information phone 6458 8496 or delegateponyclub@hotmail.com.

THE TUESDAY CLUB. Meet monthly on the second Tuesday of the month at 1.15pm at the Delegate Country Club. Take time out to join and share a laugh and some company. Contact Sandra Walker for details.

THE GREEN FROG. The Green Frog Playgroup will be visiting Bendoc Hall for a Christmas Party from 11am till 1pm on Thursday the 12th of December 2013. More information will be in the next issue.

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

BENDOC FISHING CLUB

*Don't miss this years
Bendoc Fishing Club Weekend
at Mallacoota.*

*The Competition kicks off
6pm on Friday night
weigh-in on Saturday night at 6pm
at the Foreshore Caravan Park.*

Everyone is very welcome.

To validate your entry you must be a member.

Membership can be obtained when you arrive.

History Insert Information

In the August Bendoc Wheel the history segment featured the photo on the right, of the Endurance Ride and mentioned the shop in the background. One of our readers Dorothy Hepburn contacted the Centre with some history in regard to this building, the owner, and the history of the Foodland store. The owner was better known as Coulie. This information includes a very inclusive history encounter and is this months insert

Thanks to Dorothy Hepburn and others involved for this report including,
June Beileiter who suggested the article be written,
Nola Bedingfield who provided the family photos,
Doreen Standen who provide the negative of Coulie in uniform to be copied .



RESOURCE CENTRE NEWS

Let's Dance Dance Demonstration and Light Lunch

Bendoc Resource Centre and The Tuesday Club joined together last month on the 10th of September to hold a Dance Demonstration Day. Chris Page, assisted by Caroline Webb gave instruction on how to Line Dance. There were sixteen ladies in attendance on the day however some chose to enjoy the entertainment and just sit back. However for some the watching made them stiff and sore the next day from the amount of laughing at coordination of some of the dancers or the lack of co-ordination that may have been. A great day was had by all and it was a pleasure to have Chris make the effort to give up her time to share this talent with the ladies. Chris loves to come back to Delegate and surrounds as she spent her childhood with her two sisters, Kerry and Carol Olgyv at Airlie Park at Corrowong. Another day is planned with a date to be set and there is also talk of trying to arrange funding to enable this to occur on a regular basis. It was great for exercise and better for the social side. A big thank you also to Sue Guthrie who provide the bus as transport from Delegate on the day.



Adding to the excitement on the day was the celebrations of "The Tuesday Clubs" first anniversary. Lorraine Cottrell provide a delicious chocolate cake for the day and there was little left after the celebration. Thank you also to the photographer on the day who captured all the memories, Heather Jones, it was Heather's very first time using an i-phone and as you can see from the shots she was quite the professional .Looking forward to shaking the boards at the Bendoc Hall again very soon..

Pictured Left to Right. Enid Stewart, Jean Talbot, Barbra Bateman, Audrey Armstrong, Joan Jones, Gloria Cottrell, Sue Guthrie, Heather Jones, Kaye Reed, Sandra Walker. Sitting, Bessie Cameron and Dorothy Hepburn.

BENDOC WHAT'S NEWS

ON THE BEAT IN BENDOC

A big reminder to everyone that the Phillip Island Races will be held on the weekend of the 19th and 20th of October. With the races brings an increase in the volume of traffic passing through our area. Generally these bikers or motorists are not familiar with the roads and conditions so extra caution from everyone will help to avoid accidents during this period.

Bendoc Hall Committee Meeting

The Annual General Meeting of the Bendoc Community Hall Committee was held on Tuesday 8th October. The committee elected Helen Jamieson as President, Lana Jamieson as Vice President. Rita Barnes as Secretary/Treasurer. The change over of the water supply to tank water with the acquisition of a new tank was discussed. The cement path outside the toilet block will be extended to comply with disable access regulations. The committee will investigate the cost of putting in reverse cycle air conditioning in the dining room. The committee also discussed having a social evening on the Australia Day long weekend 2014. The committee is open to any member of the Community who is interested. Please contact the President if you have any ideals or would like is going to help.

Shire Council News

The Shire Council Community Meeting planned for October has now been transferred to December a date yet to be decided. Apologies to those who had made plans and information regarding the new date will be in the next Bendoc Wheel Edition.

News On The Depot

Although there is still no official opening date for the Bendoc DEPI Depot everything is finished and is being used at this point. It is hoped that a date will be set in the next month for the opening all is going well and everyone using the Depot are happy with the new facilities it will certainly make operations easier in the future.

Country Music Get Together

The Bombala Country Music Group will be having a Get Together at the Bendoc Hall on Sunday the 20th of October from lunch till late. Bring along your meat and salads will be provided for lunch. Everyone is welcome. For further information phone 6458 1236.

SHIRE NEWS CONTINUED



Should you need to contact the Shire Council and are not sure how to go about it then you can call into the Bendoc Resource Centre during business hours and your enquiry or issue will be passed onto to the department most suited to deal with your problem.

In early September the tree pictured in the photo on the right was reported to the Bendoc Resource Centre by a concerned resident of Bendoc. The tree was leaning in a very concerning way along the Haydens Bogg Road. The resident had a real fear that the tree was a danger to passing motorists. With this concern in mind an inspection was carried out and the tree removed. So it is important to keep in touch with the shire as they are more than happy to listen to your concerns at any point. If you follow the procedures for reporting or enquiring you will be pleased with the result.

Don't Forget

There will be a Remembrance Service at the Monument in Victoria Parade in Delegate on the 11th of November at 11 am. Please arrive by 10.45am sharp to ensure the service is ready to commence at 11 am.

In the next Edition of the Bendoc Wheel to in conjunction with the Remembrance Day memories we will be publishing the story behind the famous WW11 picture of the Fuzzy Wuzzy Angel and the injured Un-named Soldier. Keith Bent has kindly copied the story for our readers to share.

We will also have a picture of Keith Bent at the unveiling of his portrait for those who were not able to attend the ceremony at the Delegate Hall on Saturday the 5th of October. The portrait of Keith painted by talented artist Wayne Dowsent was amazing to say the least, it's pleasing to know that an artist has taken the time to embrace one of our local heroes in such a way for people to share in years to come.

CONGRATULATIONS

Denise Nichol was the lucky winner of the Painting that was donated by Wayne Dowsent to raise money at the Exhibition-Unveiling. Denise will certainly have something to hand down to her children from this artist with such a positive future ahead of him.

The 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 as well as a Visiting Staff Profile.
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 – 3rd Wed of the month
 Dietician and Diabetes Educator – 2nd Thur of the month
 Immunisations – 4th 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.

Monthly Visiting Staff Profile

Visiting Staff Profile - Immunisation

Name: Justine Rumph

Job description: Generalist Community Health Nurse, Accredited Nurse Immuniser
How long have you been working in this position
 I have been a Community Health nurse for 10 years and have been a Nurse Immuniser for 4 years.

Services Provided
 Early childhood immunisations. Catch up programs for children behind in their immunisations.

Highlight of your Career
 To be able to provide this much needed service locally.

Appointment times for Delegate MPS
 A clinic is held at Delegate MPS once a month. Please phone Delegate MPS on 64598000 for an appointment.



Bendoc Progress Association Inc is a not-for-profit organisation. It is the auspices organisation for the Bendoc Resource Centre and Neighbourhood House. The Centre offers up to date internet and computer technology, including free internet access. 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 everyone 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 and offers Information on Shire Services.

BENDOC WHEEL



Adult Learners Week

Flavours Of Asia



Cooking with Cleo

As part of the scheduled program for Adult Learners Week at the Bendoc Resource Centre, an Asia Cooking Class was held on the 12th of September at the Centre. Cleo Jamieson demonstrated to a group of over 10 people a few of her favourite dishes. Each student participated in the rolling of mini spring rolls and the preparation of the stir fry noodles, Pansit Bihon Chicken and Dim Sims. Cleo had previously prepared sticky rice desert and the tastes and smells of the banquet were sensational to say the least. The class then concluded with each person leaving with a full stomach and a takeaway container for their dinner that night. It's been a long time since Cleo shared her talents in the kitchen, however it is hoped that a similar day will be held again before Christmas. If there are other people in the community who have a talent whether it is an art or craft or perhaps a dish that you have perfected and are happy to share, please contact the centre as it is a great way to bring the community together a learn new skills.



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RESOURCE CENTRE

Open
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