

40 Year Anniversary

40 Year Anniversary of the Opening of The Delegate Country Club

Yes it has been 40 years since the opening of the Golf Club at the current location. Many of the community have **been involved with the club during this time working and/or volunteering it really has been the people's club.** It was with this in mind that some of the senior members of the club decided it would be the right time to bring everyone back together and join to celebrate this amazing milestone. During the 40 years the club has had many **changes and if you have photo's or memorabilia that you believe would be of interest for the anniversary please** phone The Delegate Country Club on 64 588 169 so others can share them.

Celebrations will include a Golf Day and Dinner held at the Club on Saturday the 28th of June..

The golfers will begin at 12noon and enjoy an afternoon of catching-up and sharing memories. The golf will then be followed by a dinner and entertainment which everyone is welcome to come along and enjoy.

For the ease of catering it would be ideal for people to phone and book however last minute meals will be available.

So don't miss out on this piece of history grab your friends and family and head to The Delegate Country Club.

GOOD LUCK CHARLIE! BUS AS NORMAL

Although Charlie Burton is currently away enjoying the RHS Chelsea Garden Show for 2014 however the Bendoc Merimbula Bus will run as scheduled for June. The Flower Show Charlie is attending is run each year over 5 days in May by the Royal Horticultural Society in the grounds of the Royal Hospital Chelsea in Chelsea, London. It is the most famous flower show in the United Kingdom and probably the world so we will look forward to **some photo's and a story or two from Charlie on his return.**

MAKE AN OFFER

BENDOC RESOURCE CENTRE
Would like to sell a
Canon BJC-4650
Inkjet Printer .
Simply phone the Centre and
make an offer... 02 6458 1402

What Am I?

I CAN BUY A HOUSE BUT NOT A HOME
I CAN BUY A BED BUT NOT SLEEP
I CAN BUY A CLOCK BUT NOT TIME
I CAN BUY A BOOK BUT NOT HAVE KNOWLEDGE
I CAN BUY A POSITION BUT NOT RESPECT
I CAN BUY MEDICINE BUT NOT HEALTH
I CAN BUY BLOOD BUT NOT LIFE

I AM MONEY

THE LITTLE GREEN FROG IS BACK TO BENDOC

The Little Green Frog which is the Mobile early childhood program ute that travels around East Gippsland visiting communities was in Bendoc on Thursday the 29th of May for the regular visit each term.

It was really good to see mums and children make the effort to come along to this morning tea and lunch at the Bendoc Hall. All the children had a great time getting to know each other a little better most of these children will eventually be at school together so it's building those relationships for the future that is important for sustaining a healthy community.

The Playgroup are just one group that use the Hall however its always good to remind people just how much t the Bendoc Hall has to offer, sometimes it can be overlooked and it is a great venue. Now heated and cooled by the reverse cycle and furnished with very comfortable chairs and plenty of space everyone needs to remember to use it as it is very cost effective. Phone Rita and book your next function at this hall you will be very pleased you did.

Another date is planned for late July or August it will be printed in the next edition of the wheel.



East Gippsland Shire Council Community Notice

Do you know or can you identify a vulnerable person within your community? Is this person in a position to care for him or herself in time of an emergency?

What is an emergency?

Fire, flood, storm, earthquake, explosion, terrorist act, accident, epidemic or warlike action) which:

1. endangers, or threatens to endanger, the safety or health of persons or animals, or
2. destroys or damages, or threatens to destroy or damage, property; and
3. that may require a significant and co-ordinated response.

Who is a vulnerable person?

This is someone living in the community who is frail, and/or physically or cognitively impaired and unable to comprehend warnings and directions and/or respond in an emergency situation.

If these individuals cannot identify personal or community support networks to help them in an emergency then they need your help.

How can you help?

If you are aware of any members of your community who you believe are vulnerable and don't have the community support needed during an emergency then please contact **Lucia Johnson Project Officer VPR East Gippsland Shire Council on 5153 5000.**

SOCIAL

JUNE BIRTHDAY'S

HAPPY BIRTHDAY TO ALL THOSE CELEBRATING IN JUNE
FROM ALL YOUR FRIENDS IN BENDOC

SHIRLEY BADEWITZ CELEBRATING BIG BIG 50

Happy Birthday Shirley from all those who love you! I am sure a surprise awaits you.

DANNY AND ANTHONY JAMIESON

STEPHEN GROVES "GROVER" We think it's your Birthday.

MICHAEL BRANDENBURG

MARGARET WEIR

SHIRLEY HEPBURN

Many Many Happy Returns.

HAPPY 40TH MARIBEL CAMERON



Local Bendoc Girl Maribel Cameron (guess she is not a girl anymore now she is forty) celebrated her 40th Birthday on Saturday the 31st of May at the Merimbula Bowling Club with Family and friends. Cleo Jamieson made the cake and it tasted as good as it looks. Maribel is pictured above with three of her five sisters and her niece. A lovely night was had by all with a highlight being Maribel speech eloquently describing the changing of age.

40 YEARS OF

FAMILY



Brave Bendoc Boy Takes On Adaminaby

Aspen Cameron is pictured on the right with fellow Delegate Pony Club Member Ruby Smith. Aspen, Ruby and Max Smith were the three riders who represented Delegate Pony Club at **the Adaminaby Mother's Day Gymkhana on the 11th of May.**



There would certainly have been some very proud mothers with Ruby and Aspen competing in the assisted rider under 7 years while Max Smith was in the 9 and under 11 years. This was a very special day for the Delegate Pony Club as it is the first Gymkhana attended since the reforming of the Delegate Pony Club over a year ago. It was also the first Gymkhana for all three riders. Max and Ruby Smith from Bombala along with local Bendoc boy Aspen Cameron, have been attending the rally days at Delegate. The trio were able to demonstrate what they have learnt in events like barrel racing and bending and flag races. This team also participated in some new events on the day that they will be able to show their friends at the next club meeting in Delegate. All three completed a jumping course and cleared the whole round. There were 50 riders on the day and the weather was perfect so all round proved to be very worthwhile for these up and coming riders and Bendoc looks forward to hearing more about Aspens achievements in the coming years. People interested in joining Delegate Pony Club are always welcome to attend the local monthly Rally Days at the Delegate Show Ground which are held on the 1st Sunday of each month starting at 10am. Even if you do not have a pony you are welcome to come along and experience **what Pony Club has to offer. There is a sausage sizzle lunch with a gold coin donation and it's a really good way to introduce your children to the pony club experience and get to know children with similar interests.**

FOR FURTHER INFORMATION REGARDING PONY CLUB CONTACT 0417 277 665

ASPEN CAMERON AND RUBY SMITH PICTURED ABOVE WITH THEIR GOLD FISH VOUCHER DONATED BY COOMA PET SHOP AND BELOW ASPEN IN FRONT WITH HIS TRUSTY HORSE GIDGET.



WALK FOR LIFE

After the success of the Biggest Morning Tea in Bendoc it was discussed that we should have similar days more often and as this one was for a great cause it seemed fitting that we continue down the fund raising path.

At 10am on Thursday the 25th of June those interested in completing the five kilometre walk out to the Airstrip (Lower Bendoc) and back will be meeting at the Bendoc Resource Centre. A gold coin donation is required to participate in the walk and there will be prizes rewarded for efforts on the day..

All entries need to wear something pink.

A decision will be made by those attending on the day exactly which cause they would prefer to have the donation given to. For those who feel a little weary along the way, a pace car will be in attendance to pick you up and help you along. Don't feel that you can't be a part of the Walk For Life just because five kilometres is out of your fitness level, if catching up with friends and delicious food is more your style lunch will be provided at the Centre for a \$10.00 donation.

There will also be a lucky door prize and raffles on the day. You don't have to live in Bendoc to be a part of this activity so grab a friend and come along and either **Lunch or Walk For Life** every little bit helps. Put the 25th of June on your social calendar today and enjoy some time out.

RememberWalkers 10am ... Lunch will be at 12.30pm (this will allow walkers to return to Bendoc).

Phone the Centre for more information or simply turn up on the day 02 64 581402.

Lunch or Walk for Life
The Choice is Up to You!

COMMUNITY REMINDER TO SHOOTERS

As a courtesy to your neighbours please take the time to make a phone call or send a text to let those around you know that you will be shooting on your property. It can be un-nerving for those who are not accustomed to shooters when they see lights or the sound of gun fire. Richard is more than happy to pass on a message if you are not able to make contact for any reason. This then means that if Richard has a call from a concerned resident he is able to make them aware of what's happening around them and where the shooters will be. It is however easier if you make the contact between residents and build on community awareness and looking out for one another.

FOR YOUR INFORMATION

As an Out Reach Centre for the East Gippsland Council The Bendoc Resource Centre provides copies of draft plans, customer surveys and a range of current Grant Applications and the guide lines for such. You can call and look at any of the information that we have or we can forward questions on your behalf to the Council. Please don't hesitate to call in and peruse this information at any time. Currently we have information for Community Grants, Arts and Heritage Alliance and Regional and District Events Sponsorship. Please don't hesitate to call and make enquires Tuesday, Wednesday or Thursday each week.

Morning Tea Recipe Of The Month

COCONUT BANANA BREAD

Having the Biggest Morning Tea during the month at The Centre gave people the chance to share some delicious recipes. Kids and adults alike will love this coconut banana bread. It makes for a great snack.

1 1/2 cups of plain flour
1 teaspoon baking powder
1 teaspoon of bicarbonate of soda
1 cup firmly packed brown sugar
1 cup desiccated coconut
270ml can Ayam coconut cream
2 eggs
1 cup mashed banana
1 teaspoon vanilla extract
strawberry jam to serve



Method

Preheat oven to 170C / 150C fan-force. Lightly grease a 6cm-deep, 10cm x 20cm (base) loaf pan. Line base and sides with baking paper, allowing a 2cm overhang at long ends. Sift flour, baking powder and bicarbonate of soda into a bowl. Add sugar and coconut. Stir to combine. Place Coconut cream, eggs, banana and vanilla in a jug. Whisk to combine. Fold into flour mixture. Spoon into prepared pan. Bake for 1 hour to 1 hour 15 minutes or until a skewer inserted in the centre comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack to cool. Serve with jam. You'll need 2 large ripe bananas for 1 cup mashed banana. ENJOY!!!

Tea Trivia

Tea bags were invented in 1908 in the United States by Thomas Sullivan. He created small silk bags to give samples of tea to his customers. Some of them thought that the bags were supposed to be put directly in the tea pot, like a metal infuser, rather than emptied out. Thus, the tea bag was created by accident!

Tea absorbs moisture, so it's important to store loose tea or tea bags in a sealed container.

MORNING TEA JOKE

Little Johnny's father was a pastor in a small church.

One day, his father told Little Johnny that a very important bishop was coming and that he would be staying with them. Little Johnny became very excited and asked his father if he would get to meet him. His father thought about this and decided that he would let Little Johnny bring the bishop tea in the morning and wake him up. Little Johnny agreed to do this and was very excited.

His father gave him instructions: first, knock on the door of the bishops room and then say to him "It's the boy, my Lord, it's time to get up."

Little Johnny was very excited and rehearsed his lines repeating them over and over. Finally the day came and Little Johnny had learned all his lines. He went to the door and knocked. He was so excited and nervous though that his lines got mixed up and the boy said,

"It's the Lord, my boy, and your time is up!"

The Delegate Multi Purpose Service

Cooma Pathology Outreach Clinic held at Delegate MPS

Currently staffed by Karen. (Pictured right)

Services provided:

Blood collections and all other pathology collections. Delegate MPS is fortunate in that this service has been running for the last 5yrs. When you come to the MPS for this service remember to have your pathology form with you along with your Medicare card. On arrival at the MPS a number system is in place, so grab yourself a number and take a seat, Karen will call your number, numbers must stay within the MPS building. Also a reminder that fasting means no food or drink from midnight the night before. Please remember that you may have to wait.



Pathology Clinic times for Delegate MPS

The clinic is run on a Wednesday between 9.30am and 10.30am. Closed public holidays. Bombala Hospital also has Pathology Clinics.

Winter Health Tips

1. Boost Your Diet.. Eat Foods High in vitamin C this will help keep your immune system strong.
2. Exercise Regularly.. Even though it's cold get out there.
3. Stay Connected.. Socialising helps your immune system by keeping you active and reducing your stress levels, so avoid the temptation to rug up and stay at home
4. Scrub Up.. Wash your hands frequently stops pick up and spread of spreading of germs.
5. Sleep Well.. Lack of sleep has a serious effect on your immune system. Try to go to bed at the same time each night even on weekends.

Community Bill Board

DELEGATE HOSPITAL AUXILIARY AGM. The meeting commences at 10am with morning tea.

Christine Smith the Zone Representative will be the special guest.

WALK AND LUNCH FOR LIFE. The first every Walk and Lunch for Life Day at Bendoc to starting at 10am at the Bendoc Resource Centre Thursday the 26th of June.

LIBRARY VAN. The Library Van visits Bendoc on the 5th and the 19th of June 2014.

BENDOC CRAFT GROUP. The Bendoc Craft Group will return to meeting on the 2nd Tuesday of each month. There is not a restriction on what type of craft you can bring or how many friends just come along and socialize while enjoying what you love doing.

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

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 WHEEL

bendocpa@bigpond.com

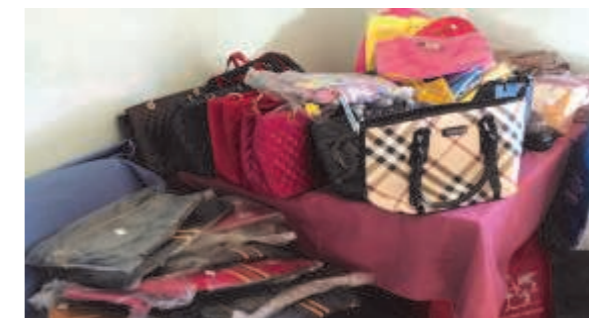
THE BIGGEST MORNING TEA



The Bendoc's Biggest Morning Tea was held once again this year to raise funds for the Cancer Council. This year the Cancer Council Victoria through this event we're hoping to raise over \$3 million dollars to fund world class cancer research as well as prevention programs. The more common programs include Sunsmart and Quit. The funds also support services for cancer patients and their families so it is definitely a great way to help the community while spending time enjoying a catch-up. Lyn Button also had a Helpex student with her who looked a little dazed at the jokes shared by the ladies a culture shock perhaps. In total on the day \$239.70 was raised this money come from donations as well as a raffle and other prizes. Thanks to Graham and Margaret from the Bendoc Hotel for a bottle of wine and also to Lyn Button for a bag of craft items, winners on the day were Lana Jamieson, Denise Nichol and Susan Phillips. Cleo Jamieson brought along a range of handbags to sell and a percentage of money from each sale was donated back to the morning tea. There were also donations were made from the Tuesday Club in Delegate and community members who were unable to



Emily Chew



attend, all were very much appreciated. With the success of this day it was decided that a Walk For Life would be organised to raise awareness and donations for other cancer causes on a more local level keeping the community spirit alive. See page 2 for details

JUNE 14



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REGULAR FEATURES

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RESOURCE CENTRE

Open 3 days

Tuesday

Wednesday

Thursday

10am - 2pm