

AUGUST

A BIG MONTH FOR BENDOC



Departs 7.30am... Delegate RTC

BOOK TODAY!!

Join the *Bendoc Bus Craft Crew* and head to

Australia's No One Craft and Quilt Fair.
Saturday the 23rd of August, in Canberra.
There will be Workshops available throughout the day, as well as wonderful Craft on display.
Grab a friend and book today for your seat just \$38.00 includes entry and the bus to and from Canberra.

PHONE 6458 1402

BUS IS FILLING FAST

THE LITTLE GREEN FROG IS COMING 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 28th August 2014 from the Bendoc Hall from 10.30am-1pm and will provide:

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

LIGHT MORNING TEA AND LUNCH WILL BE PROVIDED

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

NEW FAMILIES ALWAYS WELCOME!!

For further information about the Little Green Frog Visit to Bendoc contact

DELEGATE PRE-SCHOOL 64588 196 Mary Marrapodi
Louise Manning on 02) 64581402 Renee Grant on 03) 51529600



PAMPER DAY

COMMUNITY GET-TOGETHER



Focus on "Self-care"

- ♥ Relax and recharge
- ♥ Have a massage
- ♥ Meet others
- ♥ Get creative
- ♥ Be pampered

Wednesday 13th August
Bendoc Hall
11Am — 2.30pm

Pampering includes

- Massage
- Beading/Button creations
- Chocolate making
- Nail art
- and much more

Join us for a cuppa and lunch



Bookings by Thursday 7th August 2014
Phone 6458 1402

BENDOC NEIGHBOURHOOD HOUSE



BTG Regeneration Project



SOCIAL

AUGUST BIRTHDAYS

HAPPY BIRTHDAY TO ALL THOSE CELEBRATING
A BIRTHDAY IN AUGUST.

WE DON'T HAVE ANY BIRTHDAYS ON FILE FOR AUGUST IN BENDOC BUT IF YOU DO CELEBRATE YOUR BIRTHDAY IN AUGUST OR PERHAPS A FRIEND DOES PASS IT ON TO US AND WE CAN INCLUDE IT NEXT MONTH BELATED OR FOR NEXT YEAR.

Belated Birthday

Gone to Bombala but not forgotten
Amy Jamieson celebrated a birthday last month
Happy Birthday Amy

In Your Thoughts

This months our thoughts go to Dulcie Bent who has been ill and in Hospital both in Bombala and Bega. Welcome home Dulcie and we all hope you feel a lot better very soon.

TUESDAY CLUB TO VISIT BENDOC

Everyone's Very Welcome

Grab a friend or two and head out to the Bendoc on Tuesday the 12th of August for a Dance Day at the Bendoc Hall . The Tuesday Club will be attending but everyone is invited. The fun begins at 11am and you can enjoy either being giving some boot-scooting dance instruction or simply sit back and take in the skill demonstrated by Chrissie Page of Bombala. Chrissie who has as much fun instructing as simply demonstrating the different dance steps, has no restrictions on numbers learning or the age of participants. Lunch will be provided and everyone is welcome. Many of those who attended the last day were keen to learn some of the Old Time Dances so there will be some Gentle Waltzing and The Pride of Erin.

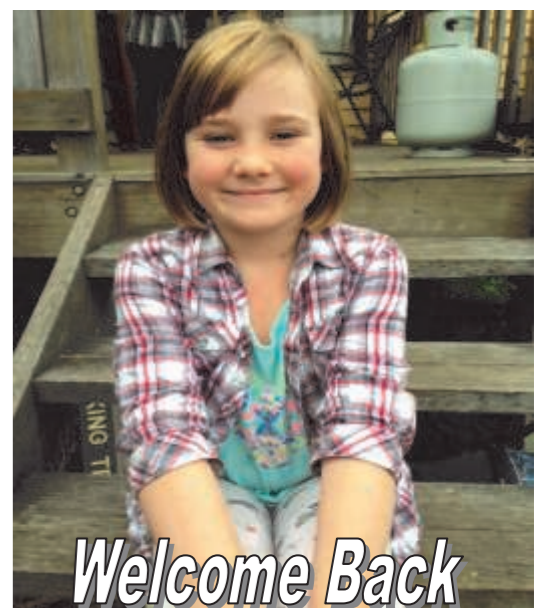
WHAT'S BEEN HAPPENING AT THE BENDOC RESOURCE CENTRE

Often people ask staff at the Resource Centre exactly what do you do and who visits the Centre. Well these are questions that are easy to answer and fair to ask, in fact over the next few months each month we will include a little catch up on what happens at the centre just to remind people how the centre can be used. Maybe there is something we can do to help you that you had not considered before as the main goal is to be able to help as many people in the district as we can in someway.

Over the past month for example we have had people call to the centre to use our computers some don't have their internet and conduct everyday email checking and business banking for example. Another person downloaded movies as they don't have access to television. Someone else was having problems with their computer and is waiting to buy a new computer so visited the centre in the interim. We had documents to fax for a customer and another just needed to use the phone. Plus we had someone who recently purchased a computer in for some private tuition on where to start and we hope they will continue.

Also this month time has been spent applying for a grant in the hope of receiving a grant to have a market day or a type of festival for the Bendoc Community to be held in November and would include activities like markets, health checks, a talent quest and family BBQ. Included with this we would hope to make it a back to Bendoc Day and collect some history and perhaps stories to print at a later date. There has also been several enquires for council about the tip and distribution of keys.

Someone who has been away from Bendoc for many months but has but has recently returned is Christine Cox and we were delighted to have Christine visit the Centre to use the computers and we wish her luck at Bombala Primary School. Good luck Christine....



URGENT ATTENTION

NEXT WEEK IS A BIG WEEK IN BENDOC WITH

THE TUESDAY CLUB VISITING (INFORMATION PAGE 6)
AND THE PAMPER DAY (INFORMATION PAGE 5)

IF YOU ARE FEELING THE WINTER BLUES GET OUT AND ENJOY SOME OF THE EVENTS ON OFFER IN YOUR LOCAL AREA, YOU WILL BE PLEASED THAT YOU DID, EVEN BETTER GRAB A FRIEND OR TWO AND MAKE YOUR WAY OUT. DELEGATE, BONANG, TUBBUT AND RESIDENTS EVERYWHERE IN BETWEEN ARE VERY WELCOME.



Leave It To Beaver

It was a sad end for this local Bendoc Hotel visitor on a Monday evening a couple of weeks ago. We all know it does not start your week off well if you have a heavy night out and about on a Monday. This Bendoc resident learnt the hard way when he picked the wrong route home after being at the Bendoc Hotel. By the size of this hairy guest it had not been the first time that he had been indulging in the good life and has obviously run out of luck on this particular evening.

There is an old phrase you may have heard from the name of an American comedy Leave it to Beaver. Beaver in this program was always finding himself in the middle of trouble. However that's not the case for our Bendoc Beaver he seems to always come to the rescue, in this case he was a little late to save his patron but he did take him to a very special however secret resting place. The MORAL TO THE STORY IS

Big Nights Don't Always End Well!!!



NAIDOC WEEK 6 - 13 JULY



Naidoc stands for National Aborigines and Islanders Day Observance Committee.

Its origins can be traced 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.

Naidoc Week was once again celebrated locally at the DEPI office in Bendoc. Local children were asked to contribute their own expressive art works and these were displayed during the week at the Offices.

The theme for 2014 was Serving Country Centenary and Beyond.

This theme was to honour all Aboriginal and Torres Strait Islander men and women who have fought in defence of country. From our warriors in the Frontier Wars to our warriors who have served with honour and pride in Australia's military conflicts and engagements across the globe.

Melissa Kidd was proud to coordinate the celebrations on a local level with an official raising of the Flag Ceremony held on Tuesday the 8th of July followed by a morning tea. Mel is pictured with staff and her son Cooper and daughter Abby who were happy to be a part of this important day in Bendoc.



Recipe of Month Blueberry cake



Blueberries work so well in cakes, as they become soft and juicy and a wonderful deep purple. This Cake is moist enough to be served without the frosting if you prefer.

METHOD

Put the butter and sugar in a freestanding electric mixer with a paddle attachment and cream until light and fluffy. Add the eggs one at a time, mixing well and scraping any unmixed ingredients from the side of the bowl with a rubber spatula after each addition. Beat in the vanilla extract, flour and baking powder until well mixed. Add the soured cream and mix well until everything is combined and the mixture is light and fluffy. Gently stir in the blueberries by hand until evenly dispersed. Pour the mixture into the prepared ring mould and smooth over with a palette knife. Bake in the preheated oven for 40 minutes or until golden brown and the sponge bounces back when touched. Leave the cake to cool slightly in the mould before turning out onto a wire cooling rack to cool completely. When the cake is cold, put it on a serving plate, cover the top and sides with the Cream Cheese Frosting and decorate with more blueberries. Dust with a light sprinkling of icing sugar.

Ingredients

- 350g unsalted butter room temp
- 350g caster sugar
- 6 eggs
- 1 teaspoon vanilla extract
- 450g plain flour
- 2 tablespoons plus
- 2 teaspoons baking powder
- 280ml soured cream
- 250g fresh blueberries
- Extra berries to decorate
- 2 quantities cream cheese frosting
- Icing Sugar to decorate

Have a Laugh

An AUSSIE GENTLEMAN

G'day mate
Pleased to make your acquaintance.

He's blotto
Inebriated beyond the capacity to stand up.

You little ripper!
Words of praise fall me.

Rack off
Your presence is no longer required.

Pair dinkum
Of course I'm telling the truth.

Pull ya head in
You may be correct in your assertion but shut up.

Wanna rage?
Would you like to drink large amounts of alcohol with me until we both drop?

You drongo
A rather dimwitted person.



Your shout
If you value your well being you should buy the next drink.

Go on
I'm not entirely convinced you know what you're talking about.

Whadayawant?
Might I enquire about your needs?

Have a chunder
The delicate act of regurgitation.

You pong
Dear me, we do smell don't we.

Bloody oath!
I'm in total agreement with you.

Howya going?
May I enquire about your welfare?

Give it a go ya mug!
Are you perhaps incapable of performing this act?



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The Delegate Multi Purpose Service

Visiting Staff Profile - Immunisation 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.

Career Highlight 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.

Community Bill Board

FOP MEETING Important

A Fire Operations and Planning Meeting will be held on Monday the 18th of August at Tubbut from 2pm till 3pm and then again from 1pm till 6pm on Tuesday the 19th of August at the DEPI Offices at Bendoc. Everyone is welcome to come along and contribute to the fire planning for this area for the coming year. Come along and be a part of this very important Consultation. For information please phone 02 6459 0500.

DELEGATE HOSPITAL AUXILIARY ANNUAL CASSAROLE LUNCH. Will be held on Tuesday the 2nd of September at the Delegate Country Club for Members and Friends. Everyone is very welcome. There will be all the usual lucky door prizes and plenty of laughs, so grab some friends and book today. Starts 11.30 for 12 noon lunch, cost is just \$15.00 per head. Bookings essential. Phone Gail Smallman 02 6458 7128 or Claire Strickland 02 6458 1433.

LIBRARY VAN. The Library Van visits Bendoc on Thursday the 14th and 28th of August.

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.

TUESDAY CLUB LINE DANCING AT BENDOC TUESDAY THE 12TH OF AUGUST

Line Dancing and Lunch at the Bendoc Hall.

CRAFT & QUILT FAIR BUS TRIP. Saturday the 23rd of August. Departs Delegate 7.30am from the Delegate RTC. Bookings can be made by phoning the Bendoc Resource Centre on 02 6458 1

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..

BENDOC WHEEL

bendocpa@bigpond.com

Bendoc Battered

Bendoc certainly did not miss the wind last week with trees down and branches every which way. The well known Bendoc Hilton took a very hard beating with its roof ending up at Katrina and Wayne Jamieson's. There were several trees down in that area and the winds were said to be some of the highest speed on record for this area.

SES Members spent several hours last Thursday night attending and surveying the damage and fitting tarpaulins to the Bendoc Hilton. However the tarps were no match to what was being dished out weather wise.

Locals Danny and Lana Jamieson were on the scene early on Friday Morning on the Haydens Bog Road were several large trees had fallen and blocked the road. Danny cut the large pieces with the chainsaw then used his machinery to clear the road. (pictures below). Lana kept traffic at a safe distance. There will be plenty of cleaning up over the next couple of weeks with Grover and Sandy having a change to their normal out-look with an old tree across their front lawn.

The Bendoc Resource Centre also had their notice board blown down and smashed in the force of the wind storm.

The owners of what was PJ Jamieson's block who celebrate Australia Day each year in force will need a working bee to reconstruct their shed which was completely demolished with the winds.

It was just a relief for everyone to wake up on Friday and know that no one had been hurt in the shocking conditions.



AUGUST 2014



THIS ISSUE

Beever Rescue

REGULAR FEATURES

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Bill Board.. Pg 8

RESOURCE CENTRE

10am - 2pm

Mon-Wed-Thu

END OF
WINTER
MARKET DAY

TO BE HELD AT
THE DELEGATE
EXHIBITION HALL
SATURDAY 30TH OF AUGUST
FROM 10AM TILL 3PM.

ALL ENQUIRES
PHONE KATRINA
0428 301 176

Bendocpa@bigpond.com