

# Bendoc Races



Above: The Hayes Family immaculately dressed, enjoying a day out at the Bendoc races.

## Bendoc Races, Saturday 9th January 1904.

The annual race meeting of the Bendoc Jockey Club eventuated on New Year's Day, on the Lower Bendoc Course, but was not nearly so well patronised as on former years, while the racing was not of a very high order, the principal events being poorly filled. The weather in the early part of the day was very hot and muggy, culminating in a storm in the afternoon, but not sufficiently heavy to interfere with the meeting. Mr C.J. Dudley officiated as secretary (Assisted by Mr Mahony), Mr Watson clerk of the scales, H Collier & J Hopkins Judges, Me E. Downey starter, and Mr W. Oslington clerk of the course, and all carried out the duties allotted to them to the satisfaction of the club and the public. The publican's booth was run by Mr C. Dudley, and he did a lively business, while Mr A. McDonald had the refreshment booth, which appeared to be well patronised. On the ground were also several fruit stalls, a side show and other racecourse games. (This piece courtesy of Di Carroll)

## Thankyou

A big thanks goes out to the lovely Di Carroll: Historian & CEO/Founder of the Trans-Help Foundation and relation by family (Di is now married to my mothers cousin Peter!) and whom also lived at Bonang with her husband Gary Cullinan (sadly deceased) whose family had the Saw Mill there. Di works countless hours in her own time to share all her wonderful knowledge with the public. Without people like Di where would we be if we wanted to know certain things about our past and also communities and townships long forgotten?! Di has some wonderful groups that are for anyone to join on Facebook— History Of The Monaro District & High Country Heritage for anyone who would like to explore the wonders of our amazing histories.



# Bounty Back In.



The Fox & Wild Dog Bounty will resume in March 2015. The DELWP website will be updated soon with the relevant date and times, but in the meantime if you have any enquiries here are the details for collection sites across Gippsland.

### Ellinbank (2pm-4pm)

23rd March 2015

25th May 2015

### Yarram (2pm-4pm)

25th March 2015

27th May 2015

### Bairnsdale (12pm-2pm)

24th March 2015

26th May 2015

### Woori Yallock (12pm-2pm)

26th March 2015

28th May 2015

### Maffra (9am-11am)

25th March 2015

27th May 2015

## Scalp Collection



Fox Scalp  
\$10 each



Dog Scalp  
\$100 each

\*\*\*\*Please note Yarram & Woori Yallock only accept Fox scalps\*\*\*\*

## Terms & Conditions of Collecting the Bounty

### 6.0 Bounty Rewards

- Acceptable entire fox scalps, including both ears, the skin surrounding both eyes and nose, will be rewarded at \$10 each.
- Acceptable wild dog skin pieces, being a single piece of skin and fur running from the snout, incorporating the ears, along the animal's back and including the tail will be rewarded at \$100 each.

For more information or the full set of terms and conditions please go to [www.depi.vic.gov.au](http://www.depi.vic.gov.au)

*Just a thought, if you are put off by the distance to the hand—in centre perhaps you could do what we used to do in Benambra: One person volunteers to take everyone's scalps down. This means not everyone has to make the trek down?*

## Visiting Staff Profile



**Name:** Cooma Pathology Outreach Clinic held at Delegate MPS  
Currently staffed by Karen.

**Services provided:** Blood collections and all other pathology collections.

Delegate MPS is fortunate in that this service has been running for the last 6yrs.

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 mid-night 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.

## Bereavement



Our deepest sympathy goes out to the Hepburn family on the passing of their beloved 'Nette'.  
Our thoughts and prayers are with you all at this sad time.

*'May beautiful memories bring you peace in this difficult time'*

## FRESHWATER FISHING COMPETITION

**Bendoc Fishing Club** will be hosting their **Freshwater Fishing Competition** on Friday the 13th of February.

The competition kicks off at 6pm finishing with the weigh-in on the **Bendoc Hotel Verandah** on Saturday at 6pm.

Following the weigh-in and presentations enjoy a sausage sizzle and raffles for just a gold coin donation.

Don't hesitate, be a part of this fantastic local community group your whole family can join, children are very **welcome** with great prizes for all ages and skill base!



### Contact

Danny: 0407 485 205

Helen: 02 6458 1462



### Burn Off Notification

**ALWAYS REGISTER YOUR BURNS WITH CFA**

**Dial 1800 668 511**

- Check with your local council for regulations prior to burning off
- **Never** leave a burn off unattended!
- Always make sure it is safe to burn  
Can you fight the fire if it gets out of control?

*1800 Number can only be called from landline currently*

# JUST FOR FUN!

## FOR THE KIDS!



### HAVE A GIGGLE!

Farmer George had so many children that he ran out of names. Eventually he started calling his kids after different things around his farm. It was the first day of school and the teacher asked each child their name. When he got to one of farmer George's sons, the boy replied, "Fencing Wire."

The teacher said, "I need your real name, boy."

"Its Fencing Wire, sir.....really," the lad replied.

The teacher was clearly rather annoyed by this apparent cheekiness.

"All right, young man. Take yourself right down to the principal's office this minute," the teacher said.

The youngster pushed himself out of his chair, turned to his sister and said, "C'mon, Rain Gauge. He ain't gonna believe you, either."

Q: Why cant you give Elsa a Balloon?

A: Because she will 'Let it Go!!'

Q: What do you call a sleeping bull?

A: A bulldozer

**Knock, knock.**

Who's there?

Canoe.

Canoe who?

Canoe help me with my homework?

## Aussie Facts

**Former Prime Minister Bob Hawke set a world record for skulling 2.5 pints of beer in 11 seconds. Hawke later suggested that this was the reason for his great political success!!**

## Household Hint

**Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem , they will ripen faster and go browner quicker.**

**Who knew?!**



# Savoury & Sweet: Recipe's for the Home Cook

## Baked Lamb Chops with Pumpkin



### INGREDIENTS

- 1 golden nugget pumpkin (can alternate with whatever variety you like)
- Olive oil cooking spray
- 8 lamb chops (Cut of your choice)
- 1 cup of orange marmalade
- 1/4 cup of orange juice
- 2cm piece of ginger, peeled, finely grated
- 175g baby green beans, trimmed, steamed

### METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper. Place pumpkin wedges onto prepared tray. Spray with oil. Season with salt and pepper. Bake for 15 minutes.
2. Meanwhile, place chops into a large ovenproof dish. Combine marmalade, orange juice and ginger in a bowl. Season with salt and pepper. Spoon mixture onto chops. Turn to coat. Place chops into oven under pumpkin. Bake for a further 35 minutes or until chops are cooked through and pumpkin is golden and tender. Place chops onto serving plates. Drizzle with pan juices. Serve with pumpkin and beans.



## Banana Bread & Butter Pudding

### INGREDIENTS

- 40g reduced fat spread
- 9 slices of grain bread
- 2 cups of skim milk
- 3 eggs
- 2 tablespoons of honey
- 1 teaspoon of ground cinnamon
- 2 small bananas, thinly sliced
- Ice cream or custard, to serve

### METHOD

1. Preheat oven to 170°C. Spread reduced fat spread over both sides of bread slices. Cut off crusts. Cut each slice of bread in half.
2. Whisk milk, eggs, honey and cinnamon together in a jug.
3. Layer bread over greased, oven proof dish. Top with banana slices.
4. Pour over milk mixture. Set aside for ten minutes. Bake for 45-50 minutes or until puffed and golden. Serve with ice cream or custard.

# The Delegate Multi Purpose Service

## Wellness Clinic – Delegate MPS

This is a clinic where people come in for procedures or assessments by nursing staff.

### This includes:

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent ECG

Suture or clip removal

Other procedures that do not require a Doctor.

### Wellness Clinic is held on the following days and times

Monday 9.00am – 10.30am

Tuesday 9.00am – 10.00am

Thursday 9.00am – 10.30am

Friday 9.00am – 10.30am

No appointment necessary. Closed Public Holidays.

The Delegate MPS will still be open as per usual, so if you have a health concern please come over and be assessed by the nursing staff.



## Community Billboard

**LIBRARY VAN.** The Library Van will next visit Bendoc on Thursday the 12th February. New members are always welcome. Don't forget that you are able to sign up to be a member or return books via the Bendoc Resource Centre. The Centre also has a range of books that can be borrowed direct anytime the Centre is open. These books are changed regularly for your enjoyment.

**BENDOC FISHING CLUB.** The Bendoc Fishing Club Fresh Water Competition will be held over the weekend of the 13th & 14th February see page 3 for details or phone Fishing Club Secretary Helen Jamieson on 02 6458 1462.

**BENDOC CRAFT GROUP.** The Bendoc Craft Group meets for the first time for 2015 on Tuesday the 17th February 2015 starting at 10am and then held on the 2nd Tuesday of every month after that. There is not a restriction on what type of craft you can bring—perhaps a UFO (Unfinished object) or how many friends, just come along and socialise while enjoying what you love doing. (BYO Lunch).

**BENDOC BUS** The Merimbula Bus will resume running the second Friday of the month commencing on the 13th of February. Phone Claire on 6458 1433 or Nola on 6458

**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..**

Come in for a cuppa!

# BENDOC WHEEL

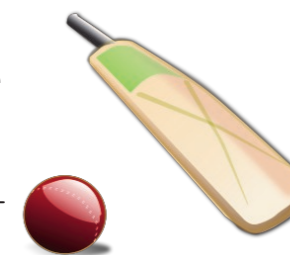
[bendocpa@bigpond.com](mailto:bendocpa@bigpond.com)

## Australia Day Cricket Match

The Cricket Match was held once again on Monday the 26th January 2015.

Although numbers were down on last years event, a fun day was had by all in attendance.

Could anyone with photo's and more details on the fun day please contact me at The Resource Centre as I will do a spread on this in the March Wheel.



## Delegate Tigers Reunion



The Delegate Country Club is hosting  
**The Delegate Tigers Rugby League Reunion**

To be held on Saturday the 28th February 2015.

The day will kick off at 4pm with a dinner, live music, plenty of speeches which will give everyone a chance to catch up and reminisce.

Whether you were a player, supporter, involved in the club or just wish to come along for a catch up you are invited!

If you have any memorabilia you would like to share please bring it along on the evening.

A bus will be running and for more information please phone  
Carl Crotty on 0428 657 914



## JANUARY 2015

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## RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

[Bendocpa@bigpond.com](mailto:Bendocpa@bigpond.com)