

Biggest Morning Tea a Success!!!



In May we held our Biggest Morning Tea at the CFA Station here in Bendoc to help raise much needed funds for the Cancer Council.

The morning was well catered, with lots of delicious homemade treats for everyone to enjoy! With around 16 people in attendance over \$300 was raised for the charity event.

A big thankyou to Bendoc CFA for loaning us their beautiful facility and also all who came along for a chinwag and a cuppa, and also for opening up not only your hearts, but also your wallets!!!

The Major prize winner in the raffle was Denise Nichol—well done Denise.

Lucky door prize winners were—Helen Jamieson, Nola Sanajko & Simone Kelly.



Bendoc CFA Elections

ELECTION RESULTS:

CAPTAIN—Doug Cameron

FIRST LIEUTENANT—Eddie Sellars

SECOND LIEUTENANT—Mick Hawkins

THIRD LIEUTENANT—David Nichol

FIFTH LIEUTENANT—Theo Hartmeirer

COMMUNITY SAFETY COORDINATOR—

Graham Beaver

HEALTH & SAFETY COORDINATOR—Mick

Hawkins

TRAINING COORDINATOR—John Reed

SECRETARY—Melissa Kidd

TREASURER—Claire Strickland

COMMUNICATIONS—Graham Beaver

GROUP DELEGATE—David Nichol & Mick Hawkins

FIRE PREVENTION—Doug Cameron &

Ray Jamieson

WELL DONE!

Delegate Pony Club



The June Rally was a very chilly one with 9 riders (And their steeds!) braving the frosty conditions of the morning. Once this cleared it was a beautiful sunny day!

All the kids worked exceptionally hard this rally and their two brilliant instructors emphasised steering techniques and control of their mounts. They also learnt more about turning their ponies in both directions and the importance of this.

Well done to Ella French and Gabby Kidd for their encouragement awards who were handed to them by Ange Kane from Glen Mia Saddlery in Bega.

A big thanks goes out to Roweena Butterworth, Sinead Cameron and our guest instructor Ange Kane for their expertise in instructing the kids this month.

Thanks to all the kids who attended and their parents for bringing them along for a fun day out!





June Birthdays!

Marg Weir - a special one! &

Happy Birthday! Mick Brandenburg

With Sincere Thanks

Our deepest thanks and appreciation go to the people of Bendoc who were kind and generous enough to help out with mum and dads funeral preparations. To all those who helped out with the Church and the flowers, thankyou. Special mention to Helen, Claire, Nola, Stefan, Hobbsy, Gillian and Grover, who let us use the power from his house. Special mention to Shirley Hepburn and Shirley Badewitz for flowers. To anyone we have forgotten, our deepest apologies. Also a big thankyou to the Delegate Hospital Auxiliary.

Everybody's kind thoughts and prayers helped us through a very difficult time. It is so reassuring to know that so many people care.

Sincerest gratitude from the Hepburn Family.



Thanks



Tracey Cox and family would like to extend a massive thankyou to whoever returned their pony to the yard (with a nice big biscuit of hay) on Saturday morning. They were preoccupied with something that had happened and had accidentally not shut the gate. So once again a big thankyou to the kind person who did this for them—it was much appreciated!

NEWS Car Ends Up in River

'On Wednesday 27th May, at approximately 12.40pm, Doze and I were coming from one of our paddocks and could hear desperate yells for help. Realising the yells were coming from the Lower Bendoc/Big Flat Road bridge, we raced over there, as did two passing fishermen. We found a man had misjudged the turn and had propelled his car off the approach to the bridge and into the river. His car had come to rest on the bottom of the river and the man was standing on the roof of his car wailing about not being able to swim! We queried him on just what he was doing and where he was going. Turns out he was on his way to Canberra from Melbourne. His GPS thought the Lower Bendoc Road was the ideal way to get there! Barry Jamieson then took him home for a shower and a feed. Bendoc River tends to be a bit chilly this time of year. Then we were stuck with a problem. What do we do with the lost, broken English, Asian tourist man and his car, that was still in the river?

The decision was made to call the police. They would be better equipped to deal with this matter and the car. About 20 minutes after the call went to the police, the emergency services started arriving. In the end, there ended up being one policeman, one DELWP (Formerly DEPI) officer, one NPWS guy, one bush worker, 2 from Bendoc CFA, 4 from Bombala Fire & Rescue and 2 ambulance officers.

All we wanted was someone to help deal with the guy and someone to get the vehicle out of the river. Have to say the response was pretty impressive and if nothing else, they had a good training exercise.

The guy was taken to Delegate—I think, and the car was gone from the river by 11pm that night.

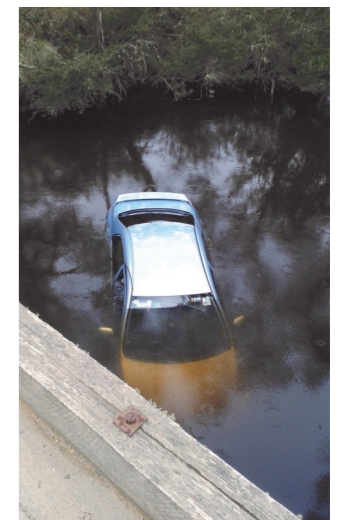
There have been lots of close calls at that bridge but know one has ever gone in. The more mature folk in the area confirmed that to their knowledge, nobody has ever put a car in there.

On the bright side, nothing happens out here at Lower Bendoc, so we guess it was nice to see some activity that had a happy and safe ending!

Lessons learnt from this incident:

- Toyota Corolla's don't float
- If you cant swim, don't drive into the river
- The Bendoc River is not a good place to park your car
- The Lower Bendoc Road is not the correct way to Canberra from Melbourne
- If you are going to throw your GPS in the river, be sure to disconnect it from your car first!

***As told to us by Carla Hepburn.

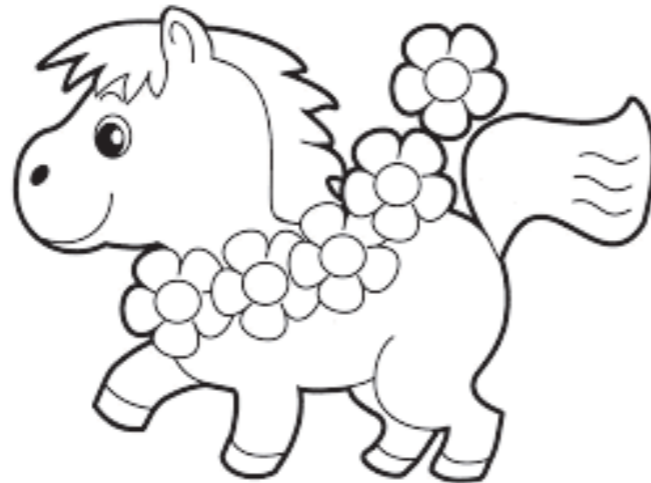




Colour Us In!



Here is a dump truck filled with sand.



Norman's Birthday



Savoury & Sweet: Recipe's for the Home Cook

Goulash Soup

INGREDIENTS

- 1 tablespoon olive oil
- 400g beef chuck steak, trimmed, cubed
- 1 medium brown onion, chopped
- 1 medium carrot, peeled, chopped
- 2 garlic cloves, crushed
- 1 teaspoon paprika
- 3 1/2 cups Campbell's Real Stock Beef
- 400g can diced tomatoes
- 450g potatoes, peeled, cubed
- Sour cream and chives to serve

METHOD

1. Heat oil in saucepan over medium-high heat. Cook steak, stirring, in two batches, for 2 to 3 mins or until browned. Transfer to a bowl.
2. Add onion and carrot to pan. Cook, stirring, for 5 minutes or until softened. Add garlic and paprika. Cook, stirring, for 30 seconds or until fragrant. Add stock and tomato. Stir to combine. Add steak. Bring to the boil. Reduce heat to low. Simmer, covered, for 1 hour or until steak is tender. Add potato. Cook, partially covered, for 30 minutes or until slightly thickened and potato tender.
3. Season with pepper. Ladle into bowls. Dollop with sour cream. Sprinkle with chives. Serve!



Berry Pudding

INGREDIENTS

- 3 granny smith apples, peeled, chopped
- 2 tablespoons lemon juice, plus 2 teaspoons grated lemon zest
- 1 1/2 cups caster sugar
- 500g frozen mixed berries
- 2 eggs
- 1/2 cup milk
- 2 tablespoons of whisky
- 1 teaspoon vanilla extract
- 1 cup of plain flour, sifted
- 1 teaspoon baking powder, sifted
- Icing sugar, to dust
- Thick cream mixed with 1 teaspoon ground cinnamon to serve

METHOD

1. Preheat oven to 160C. Place the apple, juice and 1 cup sugar in a small pan and cook over low heat, stirring, for 3 minutes or until sugar dissolves. Cook for a further 3-4 minutes, stirring occasionally, until apple softens slightly. Cool, then stir through berries. Transfer to a 1.25 litre baking dish. Set aside.
2. Whisk eggs, milk, whisky, lemon zest and vanilla in a bowl until combined. Set aside. Place flour, baking powder and remaining sugar in a bowl. Pour egg mixture into dry ingredients, whisking well to form a smooth batter. Pour over fruit, then bake for 30-35 minutes until golden and firm to the touch.
3. Dust with icing sugar and serve with warm cinnamon cream.



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 be visiting as per schedule as normal. 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 We look forward to seeing you all next season. New members welcome!

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

WALKING GROUP Please meet at the centre at 2pm every Tuesday if you would like to join us!

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

Norman Turns 81!

On the 6th of June Norman Armstrong of Delegate celebrated his 81st Birthday at the Bendoc Pub.

His family joined him in the celebrations and a lovely time was had by all!

Norman is no stranger to the area after serving 40 years on the forestry and there were plenty of memories to share.

A big thanks goes out to Beever and Margaret for their kind hospitality and also to Charlie Burton for driving the bus.

Happy Birthday Norman! (More pictures on page 2)



JUNE



WHAT'S INSIDE

- **NORMAN TURNS 81**
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- **BIRTHDAYS**
- **SINCERE THANKS**
- **RETURN OF PONY APPRECIATED**
- **CFA ELECTIONS**
- **BIGGEST MORNING TEA—A SUCCESS**
- **DELEGATE PONY CLUB RALLY**
- **COMMUNITY BILLBOARD**
- **DELEGATE M.P.S**

RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

Bendocpa@bigpond.com