

Happy Birthday

I need your help! Do you know someone celebrating a birthday that we can put in the wheel? I don't have anything for January...and most months so please let me know so I can pop it in the calendar so we don't miss anyone! Much Appreciated. Sim.
If you did celebrate a birthday recently we hope it was a good one!



Little Green Frog

Thursday March 17th at 10.30am

Bendoc Hall

Sausage Sizzle for lunch to welcome new LGF host Heather Heil!

Please call Simone Kelly to book: 02 6458 1402



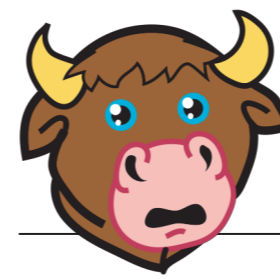
Bendoc CFA

Bendoc CFA wish to extend a massive thanks to:

"The Happy Campers from Wagga Wagga"

For their organisation of the Australia Day Cricket Match held here in Bendoc.

They raised a lovely sum of money for the local CFA and for that we are very grateful!



Agri News



Silver lining for Charolais Stud

The Charolais-Angus cross has proved fruitful for farmer Graeme Cook.

Graeme wanted to value-add the heifer progeny from his Angus herd and decided to try a Charolais bull he bought from the renowned Palgrove stud in QLD.

He was that impressed with the resulting Angus-Charolais progeny he decided to set up a Charolais stud.

"I saw a bit of a gap in the market and decided that I may be able to breed some Charolais bulls to fill the gap," he said.

That was 11 years ago, and with clear business nous, customer focus and hard work, the Cooks have built up a ready market for the 40-50 bulls they sell each year.

Commercial traits are always at the forefront of everything they do.

It is why they use their bulls to breed Charolais-Angus weaners to sell at the calf sales each January.

They want to know their genetics are performing and use their commercial weaners as proof.

Last week, the Rangan commercial weaners sold to a top of \$1270 and averaged \$1204 at the famed Victorian weaner sales.

And vealer heifers sold at the prime market the same week made 323c/kg, or \$1163. It was further reinforcement their stud is following the right path.

Information sourced from The Weekly Times.

What is a Silver Calf—which they are commonly referred to?

Charolais Silver Calves are quickly developing a reputation among informed beef producers as a smarter alternative and financially more rewarding way to produce beef cattle.

They are the result of cross-breeding Charolais Sires with Angus females.

Buyers are learning that Charolais Silver Calves consistently reach target weights at a younger age and provide a higher yielding carcass.

Pictured right: One of Rangan Charolais Stud's Charolais Bulls.

What to plant this month

- Lettuce
- Spinach
- Leek
- Silver beet
- Asian Greens
- Broccoli & Spring Onions could be worth a shot as the nights start to get cooler
- Garlic
- Dianthus
- Viola
- Pansies
- Verbena
- Ageratum

Plants will appreciate a feed at this time of year—a seaweed tea or liquid fertiliser would be perfect!



Pictured above: Some of Rangan Charolais Stud's 'Silver Calves'.



2016 Class Sneak Peak!

- . **iPad Basics**
- . **COOKING**
- . **Jewellery Making**
- . **CARD CREATING**
- . **Wood work**
- . **BEAUTY FROM THE KITCHEN**
- . **Plus loads more!**

Please advise us of any classes you would like to see happening here at the Centre !

Delegate Pony Club Pictorial



Aspen Cameron



Ange teaching saddle fitting



Ground Work



The keen group of riders!

Internet Pricing at the Centre

Just a reminder that to check emails, social media etc at the centre is free but any downloading will incur a cost.

We try to keep these prices down to make it fair on all users.

An updated pricing schedule will be posted on the Notice Board for 2016.

We extend our thanks to everyone who uses our services!

Memorial March Pictorial



Delegate Pony Club

The first Rally of 2016 was held on Sunday the 10th of January.

The day was attended by existing members plus a whopping 8 riders signed up!

Ange Kane was in attendance, instructing children on anatomy of the horse, various horse breeds, saddle fitting, groundwork and show jumping.

Under the guidance of instructor Sinead Cameron the children were also given lessons on sporting/ novelty activities.

A great day was had by all and the club wishes to remind everyone that you are able to sign up at any rally!

Also, Dalgety Gymkhana is on Sunday the 3rd of April 2016.

Rally Days are generally on the first Sunday of every month but please check our Facebook page for updated info.

NEXT RALLY: Sunday the 7th of February. 9.30am Gear Check for a 10.00am start.

Delegate Pony Club Welcomes all New Members.

Healthy and not too Naughty..

Our recipe section has had a makeover and will now be featuring some healthy, yet delicious, recipes to try out at home!

Cacao Bark

Benefits of Cacao

INGREDIENTS

- 1/2 cup of cacao powder
- 1/2 cup of coconut oil, melted
- 1/4 cup honey or maple syrup
- 1/3 cup of pistachios (Or any type of nuts you like)
- 1/3 cup cranberries (Or any dried fruit you like)
- Pinch of rock salt (ground down!)

(Ensure your nuts and fruit are broken down into small size pieces)

METHOD

1. In a bowl combine together the melted coconut oil, cacao powder (found in the health section of most large super-markets) and honey (or maple syrup). Stir well until smooth.
2. Now line a flat oven tray with grease-proof paper and pour mixture onto it so it is about an inch thick.
3. Sprinkle nuts, dried fruit and rock salt all over it .
4. Now pop in fridge until setting point has reached.
5. To store—break up into bark—like pieces and store in container in freezer.

**** Experiment with your toppings to your personal taste!****



Cacao (pronounced cu-Cow) is quite different tasting to chocolate but don't be put off at first as it is something you will grow to love and with the magnitude of health benefits you get from eating it or drinking it why not give it a try!!!

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 rotated regularly for your enjoyment.

BENDOC FISHING CLUB Next comp to be advised.

DELEGATE PONY CLUB Next Rally Sunday the 7th of February. 9.30am Gear Check for a 10.00am Start.

BENDOC BUS The Merimbula Bus will be running the second Friday of every month. Phone Claire on 6458 1433 or Simone on 6458 1402.

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

Celebrating 100 Years Jan/Feb



On the Australia Day long weekend Delegate had a very busy and exciting few days!

On Saturday the Bombala Strong Wool Championships were held at the Delegate Show Grounds.

The day saw shearers compete against one another in what was a great display of skills and stamina.

There was also the mini triathlon which was well attended. With competitors undertaking a kayak, bike ride and run to determine the winners.

Throughout the day there was a range of markets stalls to browse and also some wonderful displays of trucks and an array of engines and machinery put together by the Bombala Historical Machinery Society.

On the Sunday 100 years of The Men from Snowy River was commemorated with a march and parade with participants dressed in period costume.

Bemboka Lighthorse Brigade led the parade, followed by descendants of the original 12 and the Duntroon Military Band, then they had general descendants who wanted to march.

When they arrived at the memorial gates there was a ceremony to remember those who fought in the war.

Then, the March proceeded up to the school of arts followed by a series of floats involving a historic row boat, stretcher bearers, women pushing antique prams, the tennis club float, delegate MPS, world war two willies jeep, Land Rovers, historic motorbikes, historic cars, RFS, SES Bendoc, two restored minis, followed up by the lone piper—Will Houghton— playing the bagpipes to conclude the March.

At the school of arts the Snowy River Choir sang songs and Peter Fitzsimmons gave an inspiring speech on the history of Gallipoli and the western Front.

The Duntroon Military Band played the national anthem followed by an array of songs.

After lunch a lone Roulette from the Sale RAAF base put on acrobatic flying demonstration that went for about 10 mins.

An all round top weekend in Delegate!

With special thanks to Russell Buckman for relaying this information to us!

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RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

Bendocpa@bigpond.com