

# Happy Birthday

No Birthdays on record this month—if we have missed someone please let us know!



## Little Green Frog

When: Thursday the 28th of April

Where: Bendoc Hall

What Time: 10.30am

BYO Lunch—tea and coffee provided

The lovely Heather from the Little Green Frog will be visiting us once again!

Bendoc Neighbourhood House extends an invitation to all parents and children who would like to attend!

*Please call Simone on 02 6458 1402 for more information!*

### BOMBALA WASTE MANAGEMENT

- Servicing of septic tanks, grease traps and all other liquid waste
- Portaloo hire

ROBERT SHARON HAMPSHIRE

11 High Street, Bombala NSW 2632

0417 423 983 or AH 02 6458 3075 [robshaz10@dodo.com.au](mailto:robshaz10@dodo.com.au)

*collector of antique bottles*

# History Discussion

When: Tuesday the 19th of April 2016

Where: Here at the Resource Centre

What time: 10.30am

What is it?: In order to preserve the history of our lovely town, a decision has been made to have a get together to discuss key points of Bendoc 's History so it can all be documented—along with all the existing information we have.

If you have some interesting things about Bendoc and its past you would like to share, please come along !

Also, if you have any photos, artefacts etc you would like to share—please bring these with you!

A light lunch of sandwiches and soup will be provided.

*We also would like to encourage anyone who is keen to learn more about Bendoc to come along on the day—the more the merrier!*

RSVP Tuesday the 12th of April 2016 for catering purposes—call the centre on 02

## Basic Computer and Ipad Skills

Are you struggling with how to use that computer that is now gathering dust? Or have you got an Ipad but have no idea how to even turn it on? I am here to help! Starting in April I will be giving tuition on how to successfully operate the technology that has had your mind boggled!! Things like smart phones, computers, laptops and printers can seem so daunting but once you have the basics they can change how you do things—whether it be to communicate, record things on the farm or even to keep in touch with loved ones!!!

Call the centre today to book with Simone — 02 6458 1402

\$5.00 per hour of tuition—this will help pay the internet and power bills at the centre.



# Bendoc Police News

**Found One Heavy Duty Tow Hitch.** If you have lost one recently, please phone the Bendoc Police.

**Also Please don't bring firearms to the Police Station or house without letting me know first.** Thanks, Richard.

**Bendoc Police Station: 02 6458 1444**



# Bendoc Fishing Club

## RESULTS FROM LAST COMP:

### *Juniors*

Biggest Redfin: Lydia Jamieson

Biggest Blackfish and Bag of Eels: Russell Jamieson

### *Seniors*

Biggest Bag of Fish and Biggest Bag of Eels: Cleo Jamieson

## ANNUAL FISHING WINDUP

Saturday the 14th of May at the Old Lower Bendoc School with tickets available after Easter!

\$20 ticket gets you in the draw for \$1000 first prize!!!

BBQ and drinks, with raffles throughout the day!

A game or two of quoits will be played no doubt!

don't forget to bring a drinking glass and money for the raffles.

Tickets can be purchased from Fishing Club Committee Members.

# Delegate Pony Club

Congratulations to all of our kids who took part in the Bombala Show, well done to you all!

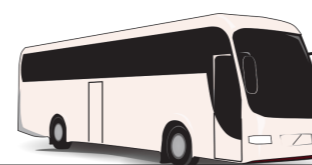
Pictured below are three of our members and their mounts who won overall in the same event:

**1st: Jess Vincent 2nd: Rochelle Voveris 3rd: Gabrielle Kidd**



**CHANGE OF DATE:** Delegate Pony Club Rally will be held on Sunday 10th of April @ Delegate Showground. 9.30am gear check for a 10.00am start.

**DONT FORGET:** Snowy River Pony Club Gymkhana—Dalgety Showgrounds Sunday 3rd of April 2016. 9.00am gear check for a 9.30am start. All entries to go through Delegate Pony Club Secretary.



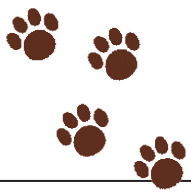
# Bendoc Bus Service

## Merimbula Bus

### Friday 15th April

Change of day this month as Charlie is unavailable on our usual Friday.

Please contact Claire on 6458 1433, or Simone on 6458 1402 to book.



# Wild Dog Management Field Day

At the start of March I attended a Wild Dog Management Field Day held at the CFA Shed in Delegate River.

The day was a great success with 15 landholders present!

At the start of the day we were provided with a lovely breakfast of bacon and egg rolls, cooked by Barry Phillips from the Southern Ark Project.

We were then shown various control methods including, trapping, baiting and a newer method—CPE ( Canid Pest Ejector ).

The CPE is a new tool for delivering 1080 to wild dogs and foxes and has just become available for use in Victoria.

CPE 's ( previously known as M-44 ejectors ) spray the contents of a sealed 1080 capsule directly into the mouth of the animal activating the device. As triggering the ejector requires between 1.6 and 2.7kgs of vertical pull force it is considered highly target selective to both wild dogs and foxes.

For more information on CPEs go to [www.animalcontrol.com.au](http://www.animalcontrol.com.au) for a brochure and to view a demonstration on how to use them go to YouTube and search Canid Pest Ejectors.

There was an open discussion on proposed bait runs where farmers could have their say with regard to where these will be happening.

A big thanks goes out to Tommy Kimber— ( DELWP—Wild Dog Controller ), Barry Davies ( DELWP—Wild Dog Engagement Officer ), Vaughn Kingston ( DELWP—Biosecurity Area Leader—Wild Dogs ), Steve Laffy a.k.a 'Fats' ( DELWP—Wild Dog Controller ), Marty Healey, Andy Murray and Barry Phillips ( The Southern Ark Project ) for providing the public with a very informative and educational day!



# 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!

## Wild Rice & Spiced Roast Veg Salad

### Ingredients:

- 150g wild rice
- 3 cups of water
- Half a butternut pumpkin, peeled, cut into 3cm pieces
- 2 red capsicums, cut into 3cm pieces
- 1 red onion, halved, cut into wedges
- 2 Tbs Olive Oil
- 2 Tbs orange juice
- 1 1/2 tsp ground Sumac
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp chilli flakes
- 150g fresh dates, pitted and quartered
- 1/2 cup fresh mint leaves, chopped
- 1/2 cup fresh coriander leaves, chopped
- 2 tbs pine nuts
- Fresh mint and coriander sprigs to serve.

### Yoghurt Dressing:

- 1/4 cup Greek yoghurt
- 3-4 tsp orange juice
- 1/2 garlic clove, crushed
- 1/4 tsp orange rind, finely grated

### Method:

1. Pre heat oven to 200C/180C fan forced. Line two baking trays with baking paper. Bring the rice and water to the boil in a saucepan over medium-high heat. Reduce heat to low. Cook, covered, stirring occasionally, for 45 minutes or until grains open and are tender. Rinse under cold water. Drain. Spread over a tray lined with paper towel.
2. Meanwhile, place the pumpkin on 1 prepared tray and the capsicum and onion on the other. Drizzle both trays with oil and orange juice. Combine sumac, cinnamon, ginger and chilli flakes in a bowl. Sprinkle over vegies. Season well. Toss to combine. Roast, stirring halfway, for 35 minutes or until vegies are golden and tender.
3. For the dressing, whisk all ingredients together in a small bowl. Season. Set aside.
4. Combine the rice, roast veg, dates, mint, coriander in a bowl. Divide among plates. Drizzle with dressing. Sprinkle with pine nuts and extra



Sumac is a fantastic herb and can be found at most supermarkets!

'The fruits of the Mediterranean sumac, used as a spice, especially in Middle Eastern cuisine!'

## Sumac

# 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 update hours!

Suture or clip removal

Other procedures that do not require a Doctor.

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

Monday-Tuesday-Thursday & Friday

1.00pm—2.00pm

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 Windup**—Saturday the 14th of May. See advert page 2 for more details.

**DELEGATE PONY CLUB** Next Rally: Sunday the 10th of April. 9.30am gear check for a 10.00am start.

**CRAFT GROUP** Will be meeting on Tuesday the 26th of April here at the centre. Bring your own craft along if you wish, card making equipment available at the centre. 10.30am start—BYO Lunch.

**BENDOC BUS** The Merimbula Bus will be running on Friday the 15th of April for this month. Phone Claire on 6458 1433, Nola Sanajko on 6458 3285 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](mailto:bendocpa@bigpond.com)

## Waste Management

On Wednesday the 23rd of March a Waste Management Meeting was conducted by East Gippsland Shire employee 's Katik & Michelle, at the Bendoc Hall.

The meeting was well received by community members and it was a great opportunity to discuss issues regarding the Bendoc Tip.

Some interesting facts that came out of the day were as follows:

- Aerosol Cans are in fact recyclable! (Who would of thought!)
- Silage and Net Wrap can be placed in general rubbish (And the tip trailers located in some of the communities) - please limit the amount you dump in the bins and be mindful of others using the service.
- Babies Nappies ARE NOT RECYCLABLE! These are to go in general rubbish.
- While most plastics are recyclable, a good thing to remember is that if it can be scrunched up—it cant be recycled.
- After some instances of illegal dumping, the Shire have installed surveillance cameras in various spots at the tip site and are monitoring this for any illegal activity.
- It was noted that on occasion the gate and the doors on the tip bin are still being left open—please ensure these are ALWAYS locked on your departure. This will help keep the site and bin in order.
- If anyone notices illegal dumping of goods—please take a photo and alert Shire to this activity.
- The Shire hopes everyone can adhere to the recycling and general rubbish disposal system. They mentioned that Bendoc are doing an excellent job at this so lets keep up the good work!
- If you are unsure about what items can go in what bin—an updated list on what you can and cant recycle will be posted on the wall at the front of the Centre for your convenience.

Please contact EGSC for more information on 03 539500

# April



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- Bombala Waste Management
- Delegate MPS
- Community Billboard
- Upcoming Course Guide

## RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

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