

# Happy Birthday

**NO BIRTHDAYS ON RECORD FOR THIS MONTH.**



## Little Green Frog

When: 26th of May, 2016.

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*

# Kindling For Sale



Aspen Cameron has kindling for sale now the colder months are upon us!

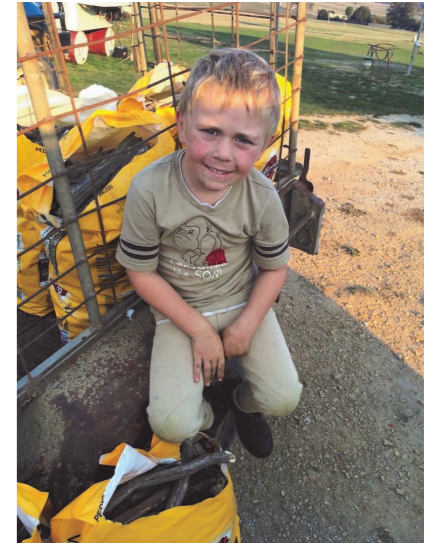
**\$5.00 per bag (over 8kgs of kindling!)**

**Can be dropped off at Bendoc or Delegate**

**Please phone Sinead on 0409 144 265 to arrange!**

*Give this hardworking young man a start by purchasing his kindling—a lot of effort and hard work is going in to this for him!*

*Good on you Aspen!*



## 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 Fishing Club

## ANNUAL FISHING COMPETITION & WINDUP

Bendoc Fishing Club will be hosting their last comp for the season on the 13th & 14th of May 2016 starting Friday at 12pm, finishing on Saturday at 12pm.

The weigh in will be combined with the end of season wind-up located at the old Lower Bendoc School.

There will be a major raffle of \$1000 1st Prize, with 5 runner ups receiving their money back.

Ticket also gets you and your family entry to a free BBQ and drinks for the day.

Tickets are \$20

The next major raffle is a 6 man Tourer 320 Series 2 Tent valued at \$500—tickets are \$1.00 each.

If you would like tickets please see any fishing club member or contact Lana Jamieson on 0427 581 466.

Please note: You don't have to be a member to come along and join on the days festivities!

# We hope to see you there!!!!

# Delegate Pony Club

Very busy April for most of our Delegate Pony Club members.

On Saturday 2<sup>nd</sup> April, 7 Delegate Pony Club riders and parents ventured to Snowy River Pony Club grounds at Dalgety where they participated in a rally with the club. Here they were graded in jumping by Sarah Woodhouse so that they could participate in jump classes at the gymkhana the following day. The riders also worked through most of the sporting activities they would be competing in the next day. The Snowy River Pony Club were very welcoming to all our members and they all learnt so much and had a fun afternoon.

Following a night of camping, Sunday 3<sup>rd</sup> April presented a lovely day for the Gymkhana which for most of the members was their 1<sup>st</sup> Gymkhana. We had 8 riders attend and they represented Delegate Pony Club well. The day consisted of aged groups competing in a Rider class, Numerous Sporting events and Jumping. All the kids had a great day and it was a great confidence boost for them with every rider coming home with a ribbon. Aspen Cameron received age champion with Dustin Voveris a close second receiving age champion runner up.

Sunday 10<sup>th</sup> April, 11 Delegate Pony Club riders met for their monthly rally day. After learning so many new things at the gymkhana the riders were very keen to get back in the saddle and work on the Stockman's Challenge Activities. The junior riders worked through awareness activities, preparing both rider and ponies for different objects that they might come across at other venues, followed by sporting activities. The older riders worked through Dressage techniques. After lunch both groups combined for Jumping. Everything the instructors and riders are working on at the moment is getting them prepared for Delegate Pony Club 2016 Gymkhana.

Wednesday 13<sup>th</sup> April through to Saturday 16<sup>th</sup> April, Delegate Pony Club had 7 riders represent the club at Bega Pony Camp. The riders rode in a parade down the main street of Bega with their DPC flag raised proudly. The riders worked very hard in different areas workshops, riding class, sporting, jumping, camp drafting, western riding, handler class and mounted games, they did flat work, dressage, horse soccer, vet talk, gymkhana, versatility, equitation, talent quest, scavenger hunt and games at night. Thanks to all the kids and their parents for attending and representing our beautiful Pony Club. Well done to you all.

If you would like more information about Delegate Pony Club or would like to attend one of our rally days please contact us via email - [delegateponyclub@hotmail.com](mailto:delegateponyclub@hotmail.com) or message on our Facebook page - Delegate Pony Club.

We welcome new members at any of the rally days.

Next Rally Date – **Sunday 1<sup>st</sup> May 2016 – 9:30am gear check 10:00am start**

# Expression of Interest

**I am looking for people interested in doing their Ag & Vet Chemical Course followed on by the 1080 Users.**

**If I can get enough interest, we should be able to hold one in Bendoc.**

**Call Simone on 02 6458 1402 to register (Please leave a message if the phone is unattended).**

# Delegate P.C. Pictorial



# Healthy and not too Naughty..

## One Pot Sausage Stew

### Ingredients:

- 1 Tablespoon Olive Oil
- 500g sausages of choice (chipolata work really well)
- 1 medium brown onion, halved & sliced
- 2 garlic cloves, crushed
- 400g cannellini beans, drained
- 800g can diced tomatoes
- 1/4 cup BBQ Sauce
- 1 Tablespoon brown sugar
- Chopped flat parsley leaves and crusty bread to serve



### Method:

1. Heat half the oil in a large pan over medium-high heat. Cook sausages, turning until browned all over. Transfer to a plate.
2. Heat remaining oil in pan. Add onion and garlic. Cook until onion is softened.
3. Add beans, tomato, bbq sauce and sugar. Return sausages to pan. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 25 minutes or until sausages are cooked through and sauce thickened. Sprinkle with parsley and serve with bread.



# 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.



# BENDOC WHEEL

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

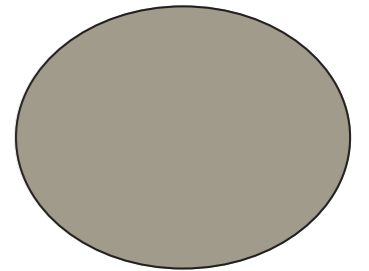
## Classes!!!!

# May



## WHATS INSIDE

- Class Input
- Recipes
- Delegate Pony Club
- Pony Club Pictorial
- Bendoc Fishing Club
- Ag Vet Chemical & 1080 Users Course EOI
- Birthdays
- Little Green Frog
- Bombala Waste Management
- Aspen Cameron—Kindling For Sale
- Basic Ipad and Computer Skills



## RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

Currently at the centre we have a few ideas being tossed around for classes, but, we really need your input as to what you would like to see hosted here at the centre!

We understand how busy everyone is and that's why we need to know what type of classes you would attend and also the times and days that would be most suitable.

I am committed to providing our little community with educational, informative and most of all fun classes—I just need some input as to what you would all like.

Whether it be cooking, wood working, craft orientated, basic photography, health and beauty, candle making or perhaps a whip making and leather working demonstration (My Father has been a whip maker and leather worker for over 30 years now) - this would also involve some basic whip cracking lessons. We want to know what you as a community would love to come in to the centre for!

To provide some feedback you can do any of the following:

- Pop in and see us in person at the centre—Cuppa's are complimentary.
- Give us a call on 02 6458 1402.
- For the tech savvy—email us on [bendoc.pa@bigpond.com](mailto:bendoc.pa@bigpond.com)
- Stop us in the street!

We hope to hear from you all soon.

Note: We extend an invitation to the people of Delegate, Bombala and surrounds to any classes we host in the future and also your input!!!!

Sim

# 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 1st of May. 9.30am gear check for a 10.00am start.

**CRAFT GROUP** Will be meeting here on a later advised date. Bring your own craft along if you wish, card making equipment available at the centre. 10.30am start—BYO Lunch.

**BENDOC BUS** Is running as per schedule. Phone Claire on 6458 1433, Nola Sanajko on 6458 3285 or Simone on 6458 1402 to book a seat.

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

**BENDOC RESOURCE CENTRE IS YOUR CENTRE..**

Come in for a cuppa!

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