

Happy Birthday

Marg Weir

Mick Brandenburg

Maribel Cameron

May Apologies:

Diana Brandenburg, Helen Jamieson and Lyn Button— we apologise for missing your birthdays!!!



Little Green Frog

Due to lack of Government Funding, the program will cease to exist as at 30th of June, 2016.

We are saddened to hear of this, the Little Green Frog has played a vital role in the Early Learning and Development of our local children who attended this fantastic service.

If anyone wishes to share their concerns over the loss of this integral service, please pass them on to me in writing and I will pass on to the powers that be.

Hopefully with your voice we will be able to get this service re-instated.

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

collector of antique bottles

Kindling For Sale



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

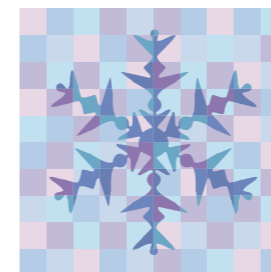
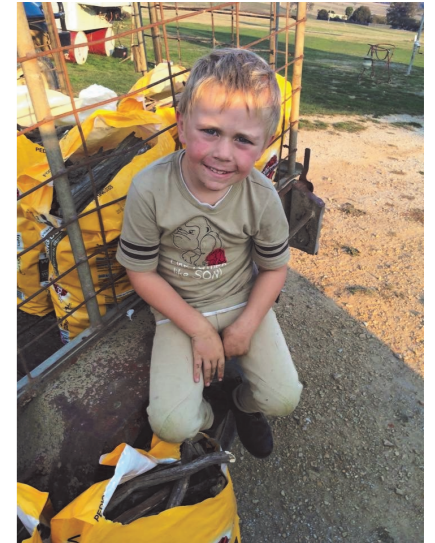
\$5.00 per bag (over 8kgs of kindling!)

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!



Stay Warm & Safe

With winter well and truly gaining momentum, we would like to take the time out to remind everyone to stay warm and safe.

It has come to that time of the year where our roads are very icy and have patches of black ice on some occasions—please travel safely.

We here at the centre wish everyone a safe winter for 2016!

Well Wishes to Chris!

On behalf of the Bendoc Resource Centre we wish to extend our well wishes, strength & positivity to our good friend and colleague Chris who has recently undergone surgery to have a kidney removed, following a cancer diagnosis.

Chris is a much appreciated and valued member of our team here at the Centre and we hope for a speedy recovery.

We hope all goes well and he is back at the Centre before we know it.

Cooking with Cleo!

On Wednesday the 22nd of June, commencing at 10.00am Cleo Jamieson will be at the centre to share with us her amazing cooking skills!

Join us for a morning of fun and laughter whilst learning to cook some delicious food.

Whatever food is cooked, will be enjoyed for lunch!

Cost is \$10 per person.

Please call the centre on 02 6458 1402 to book!



PROFESSIONALS WANTED

The Centre wishes to see more people pass through the doors, therefore we need your help!

Do you have a special craft you would be willing to share with us? Are you a professional such as a beautician, a masseuse, a tax accountant to name a few?

The centre would like to speak to you today to either organise a class to share your workmanship or open our doors so you can conduct some business making it easier for our locals to attend!

Please contact the centre today on 02 6458 1402 to discuss!

Healthy Recipes

Lamb, Sweet Potato & Rosemary Skewers

Ingredients:

- 400g sweet potato, peeled and cut into pieces
- 2 tablespoons of olive oil
- 2 garlic cloves, crushed
- 2 tablespoons chopped, fresh rosemary leaves
- 600g diced lamb
- 1 large red onion, cut into thin wedges
- 1 small iceberg lettuce, cored, cut into 8 wedges

Ranch Dressing

- 1/3 cup of whole-egg mayo
- 2 tablespoons of buttermilk
- 1 tablespoon white wine vinegar
- 1 garlic clove crushed
- 1 tablespoon freshly chopped chives
- 1/4 teaspoon sweet paprika

Method:

1. Cook potato in a saucepan of boiling water for 4 to five minutes or until almost tender. Drain. Cool. Combine oil, garlic and rosemary in a large bowl. Add lamb. Toss to coat in oil mixture. Thread lamb, potato and onion alternately onto skewers.
2. Heat a barbecue plate or chargrill on medium-high heat. Cook skewers in batches, turning, for 6 to 8 minutes for medium or cooked to your liking.
3. To make ranch dressing: place mayonnaise, buttermilk, vinegar, garlic, chives and paprika in a small screw top jar. Shake well to combine. Season with salt and pepper.
4. Drizzle lettuce with ranch dressing. Serve with skewers.



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

The Rains are Here!

June



Over the weekend of the 4th and 5th of June heavy rain fell throughout the region—a much needed break from the lack of rain of late (although, in this case, you can in fact have too much of a good thing!).

Across Dellicknora, Bendoc, Bonang, Delegate and surrounds an average of about 117mm fell over a few days.

The rain was quite heavy and steady—some might even go on to say it was relentless.

We have been lucky though as the rains other areas received have been damaging and sadly have taken lives—our thoughts are with the families affected by this.



Our Rain gauge with 117mm in it and our front gate and crossing (the bridge is completely submerged) at home at our farm in Dellicknora.



WHATS INSIDE

- ◆ HEAVY RAINFALL
- ◆ APOLOGIES
- ◆ RECIPES
- ◆ COOKING WITH CLEO
- ◆ WELL WISHES TO CHRIS
- ◆ DELEGATE PONY CLUB
- ◆ BENDOC FISHING CLUB
- ◆ BIRTHDAYS
- ◆ LITTLE GREEN FROG
- ◆ BOMBALA WASTE MANAGEMENT
- ◆ KINDLING FOR SALE
- ◆ PROFESSIONALS WANTED
- ◆ STAY WARM

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 Finished for the season.

DELEGATE PONY CLUB Next Rally to be advised.

CRAFT GROUP To be advised. 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

Apologies

Here at the centre we wish to extend our apologies for the recent closures.

With both our staff members being under the weather of late, it has seen the centre closed on occasion.

We thank you all for your patience at this time and hope to have things back to normal as soon as possible.

RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu