

# Happy Birthday

Ebony Bayliss-Brandenburg

Claire Strickland

## Watch this space.....

Later on in the year.....when the weather warms up and everyone will feel like straying from the comfort and warmth of their homes we will be hosting some fun and exciting classes here at the centre!

Mason Jar Decoration  
Soy Candle Making  
Various Cooking Classes  
Cheese Making  
Ag-Chem Accreditaion

### 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!*



## Around the Campfire.. Bush Humour!

There were two cows chatting over the fence between their paddocks.

The first cow said, "I tell you, this mad-cow disease is pretty scary. They say it is spreading fast; I heard it has hit some cows down on the Johnson Farm."

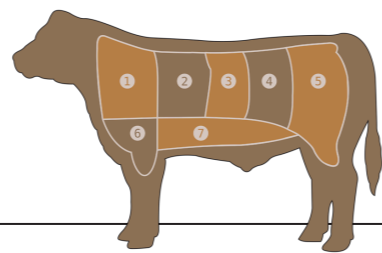
The other cow replies, "I ain't worried, it don't affect us ducks."



I explained to the doctor, "Whenever I harvest our cornfields, I get a really bad headache."

"Its a migraine," he explained.

"No, its not, its mine—and why have you started speaking Italian?."



## Rotate your drench

**Drenches are made up of three main groups—BZ or benzimidazole (White), LV or levamisole (Clear) and ML or macrocyclic lactone (Mectin).**

An easy way to identify these groups are as follows:

- ◆ White drenches are generally opaque white in colour.
- ◆ Clear drenches are a translucent yellow or blue colour.
- ◆ Mectins brand names usually end in 'mec' or 'mectin'.

To ensure your herd does not become drench resistant you need to rotate these types of drenches on a yearly basis. Eg; white one year, clear the following year and mectin thereafter. It doesn't matter what order you follow as long as you are rotating them.

In the case where drench resistance has occurred, it means one of the following four things:

1. You have a drench resistance problem.
2. The animal wasn't wormy in the first place.
3. You failed to drench the animal properly (eg; the animal spat the drench out, you under-dosed or you simply missed one of your animals)
4. The drench gun isn't working properly (eg; it is sucking air when refilling, the piston is sticky and is not returning to your pre-set position after each drench.) always check that the drench gun is delivering the correct dose before you commence drenching.

*By following a steady rotation program you can ensure the health of your herd and limit the chance of drench resistance occurring.*

## Have you heard about...

### Integrated Pest Management

*IPM (Integrated Pest Management) reduces reliance on pesticides, especially broad spectrum pesticides, limiting the chance of resistance and encouraging populations of beneficial species.*

Points to remember:

- ◆ Long-term use of broad spectrum pesticides for invertebrate pest control is not sustainable.
- ◆ IPM integrates cultural, biological, chemical controls where possible. Choice of controls is based on economic thresholds.
- ◆ An understanding of pest and beneficial insect dynamics, and how to monitor them is essential for successful IPM.

Synthetic pesticides have been the accepted method for controlling invertebrate crop pests since the 50's.

While these are relatively cheap and broad spectrum, their widespread use has increased selection pressure for resistance in pests.

Some of the knock on effects of broad-spectrum use include:

- ◆ Pesticide resistance.
- ◆ Eradication of beneficial species (also known as 'Natural Enemies' - these are basically insects that will destroy pests!) that can aid in pest control.
- ◆ Secondary Pest Outbreaks.

By creating a beneficial IPM Strategy/Program the above factors can be minimised.

To learn more about creating an IPM Strategy for your farm either drop in to the centre and I can give you a fact sheet or visit the Grains Research and Development website at [www.grdc.com.au](http://www.grdc.com.au).

## AgriTrain

Are you looking to start a career in Agriculture, perhaps work on a farm, or own a farm and wish to further your education? I have been a student of this fabulous initiative for a while now and can't praise them enough for the training they provide. AgriTrain have training in mind and want to get people into Agriculture and also further farmers skills. The enrolment cost is extremely cheap may I add!

Phone (03) 5199 2626 or visit [www.agritrain.com.au](http://www.agritrain.com.au) to check for eligibility and to start furthering your Ag Skills!

# Delegate Pony Club

Delegate Pony Clubs July Rally was well attended, with 10 riders and their mounts braving the very frosty -5 morning.

Roweena and Rachel Butterworth were there to instruct riders in some new and exciting sporting and mounted games activities.

All the riders and their ponies had a fantastic day, implementing new techniques, whilst maintaining team work. It was great to see all the riders encourage each other as they worked together as a team.

All riders, instructors and members are currently abuzz with excitement for the impending Delegate Pony Club Gymkhana, which will be held on Sunday the 4th of September 2016 at Delegate Showgrounds.

We will be holding two rally's next month: Sunday the 7th and Sunday the 21st of August 2016 -9.30am gear check for a 10.00am start—these are being held in preparation for the Gymkhana.



## Gifts Available at Centre

**Here at the Centre we are currently setting up a 'Made-Local' selection of gifts available for purchase.**

- ◆ We currently have jewellery available from Eddie and Co (Sim) - polymer clay earrings and necklaces, fabric covered button earrings.
- ◆ Beautifully crafted handmade cards by Claire Strickland.

And coming soon we will have soy candles and melts made for the centre to sell and some other exciting gifts—watch this space.

Being so far away from gift shops we recognised the need for some unique presents to be available for purchase.

Pop in to the centre to come see our range of hand crafted gifts.

#handmade #buylocal #supportlocaltalent #supportneighbourhoodhouse

***Even if you don't wish to purchase anything, please remember cuppas and chats are complementary here at the centre!***

# Staff Movements



Hi Everyone,

Here at the centre we are thrilled to hear that our colleague Chris will be back in the centre on Tuesday the 19th of July!

Following on from his surgery and recovery we are thankful that he is now on the mend!

We look forward to seeing you back in the centre Chris!

I will be away from the close of business on Thursday the 21st of July for my sinus and nose surgery.

At this time I am unaware of the exact recovery time from the surgery as it is all dependent on how it all goes—Claire and Chris will be kept in the loop of my return date.

In the meantime—any information for the wheel can be forwarded on to my home email address: [wongadellbeef@gmail.com](mailto:wongadellbeef@gmail.com) as I will be working on the wheel remotely, on my laptop, during my recovery.

I look forward to seeing you all upon my return and cant wait to host some fun and exciting classes later on in the year!

Stay warm,

Sim

# 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!

# Whats Cookin!'



## Cauliflower Buffalo Wings

### INGREDIENTS

- ◆ 1 head of cauliflower
- ◆ 1/2 cup of water
- ◆ 1 cup of plain flour
- ◆ 2 tsp garlic powder
- ◆ 1 tsp cumin
- ◆ 1 tsp paprika
- ◆ 1/4 tsp of salt

### METHOD

1. Line an oven tray/dish with baking paper. Preheat your oven to about 180°.
2. Cut cauliflower into florets (bite sized pieces).
3. Mix the milk/water/flour and spices in a mixing bowl (Set aside the sauce and butter for later). Mix until the batter is thick and is able to coat the cauli without dripping.
4. Dip the cauliflower in the batter. You can do this one by one or in batches. Shake off excess batter before placing cauliflower on the baking tray. Arrange in a single layer.
5. Bake for 20-25 minutes until golden brown, flipping the florets over half way through to get all sides golden brown and crispy.
6. While the cauliflower is baking, get your

7. Once the cauli has done its first bake in the batter, remove them from the oven and put all the baked florets into a bowl with the wing sauce and toss to coat evenly. Return cauli to baking tray and bake in the oven for another 20 minutes.
8. Serve with Ranch, Blue Cheese or your favourite sauce!!



# 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)

## Cooking with Cleo!

# July



On Wednesday the 22nd of June we held a Cooking with Cleo class here at the centre.

The day was well attended with Simone, Marg Weir, Leonie Walmsley, Dennielle Tonissen, Maree Coates, Maribel Cameron & Irene French all there to enjoy the days festivities and learn some amazing cooking skills from our wonderful Cleo Jamieson.

After mastering the art of Spring Rolls, we learnt how to make prawn parcels and a delicious Asian style noodle dish, followed by an intriguing dessert. On the completion of everything being cooked we enjoyed a banquet style lunch and there was lots of chatting and remarking on how beautiful the food was!

I would like to personally thank Cleo for sharing her culinary knowledge with us as we all went away from this class with some new skills...and a doggy bag of food to enjoy later on at home!

Thanks Cleo and all the lovely attendees—by attending classes like this you help our little centre out.

## WHATS INSIDE

- ◆ COOKING WITH CLEO
- ◆ KINDLING FOR SALE
- ◆ DELEGATE PONY CLUB
- ◆ BIRTHDAYS
- ◆ BOMBALA WASTE MANAGEMENT
- ◆ FOR THE FARMER
- ◆ RECIPES
- ◆ COMMUNITY BILLBOARD
- ◆ DELEGATE MPS
- ◆ PROFESSIONALS WANTED
- ◆ PLUS MUCH MORE!!

# 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.

**DELEGATE PONY CLUB Next Rally:** Sunday 7th and Sunday 21st of August 2016. 9.30am gear check for a 10.00am start.

**CRAFT GROUP Will start up after winter.** 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)



## Happy Snaps of the Class!

## RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu