

# Happy Birthday

We have no Birthdays on record for this month!

If we have missed you we do apologise!

Anyone celebrating a birthday for the month of August—could you please let us know so we can update our birthday calendar.

## 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!

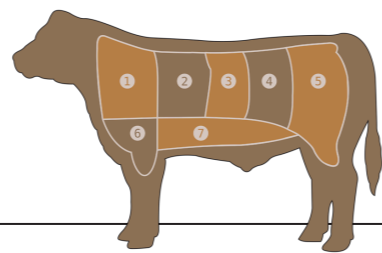
### YOU KNOW YOU'RE AUSTRALIAN WHEN:

You believe that stubbies can either be drunk or worn. You pronounce Melbourne as 'Mel-bin'. You believe that the letter 'l' in Australia is optional, and it's perfectly ok to call it 'Straya'. You're secretly proud of our killer wildlife. You believe it makes perfect sense for a country to have a \$1 coin twice as big as a \$2 coin.

You understand that 'Wagga Wagga' can be abbreviated to 'Wagga', but 'Woy Woy' cannot just be 'Woy'. Beetroot on your hamburger - of course! You wear Uggboots outside your house. You believe that the more you shorten a persons name, the more you like them. You understand that 'excuse me' can sound rude, but 'scuse me' is always polite. You know what its like to swallow a fly, on occasion via your nose. You know it's not summer until the steering wheel is too hot to handle and the seat belt buckle becomes a pretty good branding iron. You know how to abbreviate every word, all of which usually end in 'o', convo, garbo, metho, muso, smoko, rego, speedo, righto, etc. You know there is a universal place called 'Woop Woop' located in the middle of knowhere. And, you can understand all of this. I love Australia!

Author Unknown.

# For The Farmer



## Worm Your Dogs

I am certain many of you have heard of the dreaded Hydatid Tapeworm.

Something we can all be guilty of as farmers is not regularly worming our farm dogs.

The lifecycle of this parasite can involve a number of animals, including humans, but the most important species involved are sheep, kangaroos and dogs. Hydatid disease is diagnosed in tens of humans each year!

The affect of hydatid infection in humans depends on the organ in which cysts develop, and the size the cyst eventually reaches. Obviously, a small cyst in the brain will be potentially more serious than a large cyst in the liver or lung. Extensive cyst development in any organ will affect the organs function.

While it is easy to treat the tapeworm in the intestine of the dog with a wormer, in man the removal of cysts may require major surgery. In some instances, multiple major surgeries may be requires to remove cysts from affected organs.

Control measures need to be taken to 'break' the life cycle of this parasite:

- ◆ Ensure your dogs are regularly treated with effective wormers to remove the hydatid tapeworm.
- ◆ Prevent your dogs from accessing offal from affected immediate hosts (particularly sheep and kangaroos).
- ◆ Dogs that have had access to offal should be regularly treated with praziquantel tablets to remove the tapeworm.

### Basic rules for hydatid prevention are as follows:

- ◆ Wash your hands thoroughly after handling dogs
- ◆ **Ever feed offal to your dogs!**
- ◆ don't allow dogs to lick your face
- ◆ don't allow your dogs to roam, or gain access to carcasses of wild or farm animals.
- ◆ Treat dogs that are at a high risk of getting hydatid with praziquantel every 4 weeks.

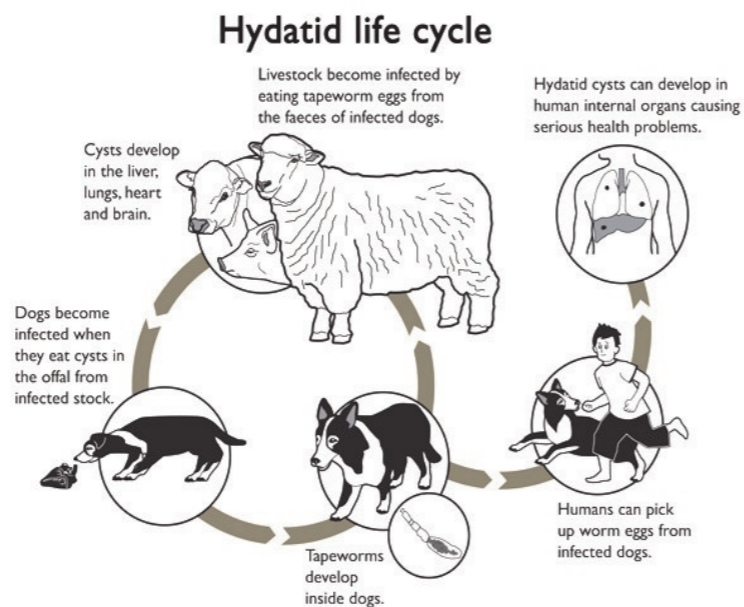
Overall, by maintaining a routine worming program with your dogs, you not only ensure the health of you and your mates, you will also be increasing productivity on your farm.

There are three dog tapeworms which have a lifecycle that includes sheep: hydatids, sheep measles and bladder worm.

In a recent MLA survey it has been revealed farms across Australia are not worming working dogs regularly enough to stop the spread of costly sheep measles.

The old recommendation of worming every six weeks is too long, considering some parasites lifecycles are 35 days.

Worm your dogs once a month with an 'all-wormer' to reduce the risk of unhealthy dogs, humans and livestock!



## 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 Club had seven riders compete at the Bemboka Gymkhana on the weekend of the 14th of August, 2016.

There were over 90 riders competing at the event overall!

Riders competed in most events on the day and these included; Showjumping—AM5, Jackpot and 6 Bar, ridden classes, pairs ridden classes, bare-back ridden classes, Novelties/Sporting Events—Barrel Race, western pole bend, keyhole bounce and in & out the paddock.

Congratulations to Rochelle Voveris, Emily Vincent, Jay Voveris, Lydia Jamieson, Gabrielle Kidd, Aspen Cameron and Dustin Voveris for representing Delegate Pony Club in their age groups, we are all very proud of your efforts!!

Next Rally Day is this Sunday the 21st of August, 2016. 9.30am gear check for a 10.00am start.

**Delegate Pony Club Gymkhana will be held on Sunday the 4th of September at Delegate Showgrounds.**



# 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 complimentary here at the centre!**

# Staff Movements



Hello everyone!

What a couple of months we have had here at the Centre!

Both Chris and myself are back on deck and look forward to seeing some visitors to the centre.

I personally would like to thank everyone for their patience in what has been some trying times for us.

We value the support of our wonderful little community and are hopeful things will go a bit better in the coming months!

Please be sure to pop in and see us – opening hours are back to normal.

Warm wishes,

Sim

## Bereavement Thanks

To all dear friends,

Thank you for your sympathy and support in our sad loss of Laurie and Wally Armstrong.

Please accept this as our personal thanks.

Norman & Audrey Armstrong

**CFA** **FIRE PLANS & SPRINKLER WORKSHOPS** **EAST GIPPSLAND SHIRE COUNCIL**

**Wednesday 7<sup>th</sup> September, BONANG HALL**

**9.30– 12pm: CFA Bushfire Planning Workshop**  
Have you actually done your Plan? Come along, get it done, learn, share & receive a free leaving early kit & CFA "Go Bag".

**12pm– 1pm: BBQ Lunch supplied**

**1pm – 3pm: Total Eden Wet Exercise** Maximise this session by having a detailed mud map of your property showing distances & heights of buildings, vegetation, water points etc.

RSVP-Tubbut NHouse 02 6458 0295  
It's all free! You can attend 1 or both workshops.

**TOTAL EDEN** Bringing Water to Life

Organised by Bonang & District Emergency Group

# Whats Cookin!'



## Sugar & Spice Roasted Nut Mix

### INGREDIENTS

- ◆ 1 tbs ground cumin
- ◆ 3 tsp curry powder
- ◆ 3 tsp ground cinnamon
- ◆ 2 tsp cayenne pepper
- ◆ 3 egg whites, at room temp
- ◆ 2 tsp salt
- ◆ 1/3 cup caster sugar
- ◆ 1 cup unsalted cashew nuts
- ◆ 1 cup blanched almonds
- ◆ 1 cup walnut pieces
- ◆ 1 cup pecan nuts
- ◆ 1/2 cup flaked coconut
- ◆ Black pepper to taste

### METHOD

1. Pre heat oven to 180°C. Line a large baking tray with non-stick baking paper.
2. Combine the cumin, curry powder, cinnamon, cayenne pepper and black pepper in a small bowl.
3. Use the electric beater to whisk the egg whites and salt in a clean, dry medium mixing bowl until the mixture is frothy with large air bubbles. Add the sugar 1 tablespoon at a time, whisking constantly. Use a large metal spoon to fold in the spice mixture.
4. Combine the cashew nuts, almonds, walnut pieces, pecan nuts and coconut in a large bowl.

Add the spiced egg white and stir to coat the nuts. Spread the mixture over the lined tray and bake in a pre-heated oven, stirring every 5 minutes, for 20 minutes or until the nuts feel dry. Cool completely on the tray, then transfer to an airtight container.



# 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.

**DELEGATE PONY CLUB Next Rally:** Sunday the 31st 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 Merimbula day trip.** 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!

# BENDOC WHEEL

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

## Delegate Hospital Auxiliary

# August

## Casserole Luncheon

**When?:** Tuesday the 6th of September 2016.

**where?:** Delegate Country Club.

**what time?:** 11.30pm start for a 12.00pm Lunch.

**Cost?:** \$15 per head

Lucky Door Prize and Raffle

Bookings are essential

Please phone either:

Claire on 02 6458 1433

or

Gail on 02 6458 7128



## WHATS INSIDE

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- ◆ Bombala Waste Management
- ◆ Fire Plans Workshop



## Bendoc CFA

### Navigation Skills & Radio Training

Meet at Bendoc CFA Shed Saturday the 20th of August, 2016.

10.am—6.00pm.

*All Members encouraged to attend.*

This training day will be off-road vehicle based training. Get basic skill in map reading, radio communications, local area familiarisation, local brigade equipment usage plus many more skills.

**BBQ Lunch | Full PPE essential including boots**

*See you there!*

## RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

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