

Happy Birthday



Nathan Bayliss-Brandenburg

Janine Jamieson

Rugged Cameron

Simone Kelly



Bendoc CFA

SECTION 29 MEETING

14th of September, be at the shed by 6.30pm for a 7.00pm sharp start.

Please check your gear before this date and contact Mel on 0411 612 027 as we will try to get region to bring up required PPE. If you require measuring up for new gear please let Mel know and she will send you a measurement sheet or you can try on gear at the CFA shed.

Please ensure you check all your gear including boots.

Domestic Prop

Arrives at Bendoc 17th of October till 14th of November 2016.

Pencil in dates for training—Sunday 23rd of October and Sunday 6th of November 2016. We would like to see all Bendoc Brigade members go through this great training opportunity.

Please let Melissa Kidd know what date you will be attending on 0411 612 027.

FULL PPE ESSENTIAL INCLUDING BOOTS

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!

Crikey, what a little bewdy!

What a marvellous specimen.

What a stinker of a day!

It's a hot day!

Bog in and have some tucker.

Let's eat.

He was spewin'!

Very unhappy/agitated.

Take a squizz at this.

Have a look.

Give it a burl.

Go on, try it.

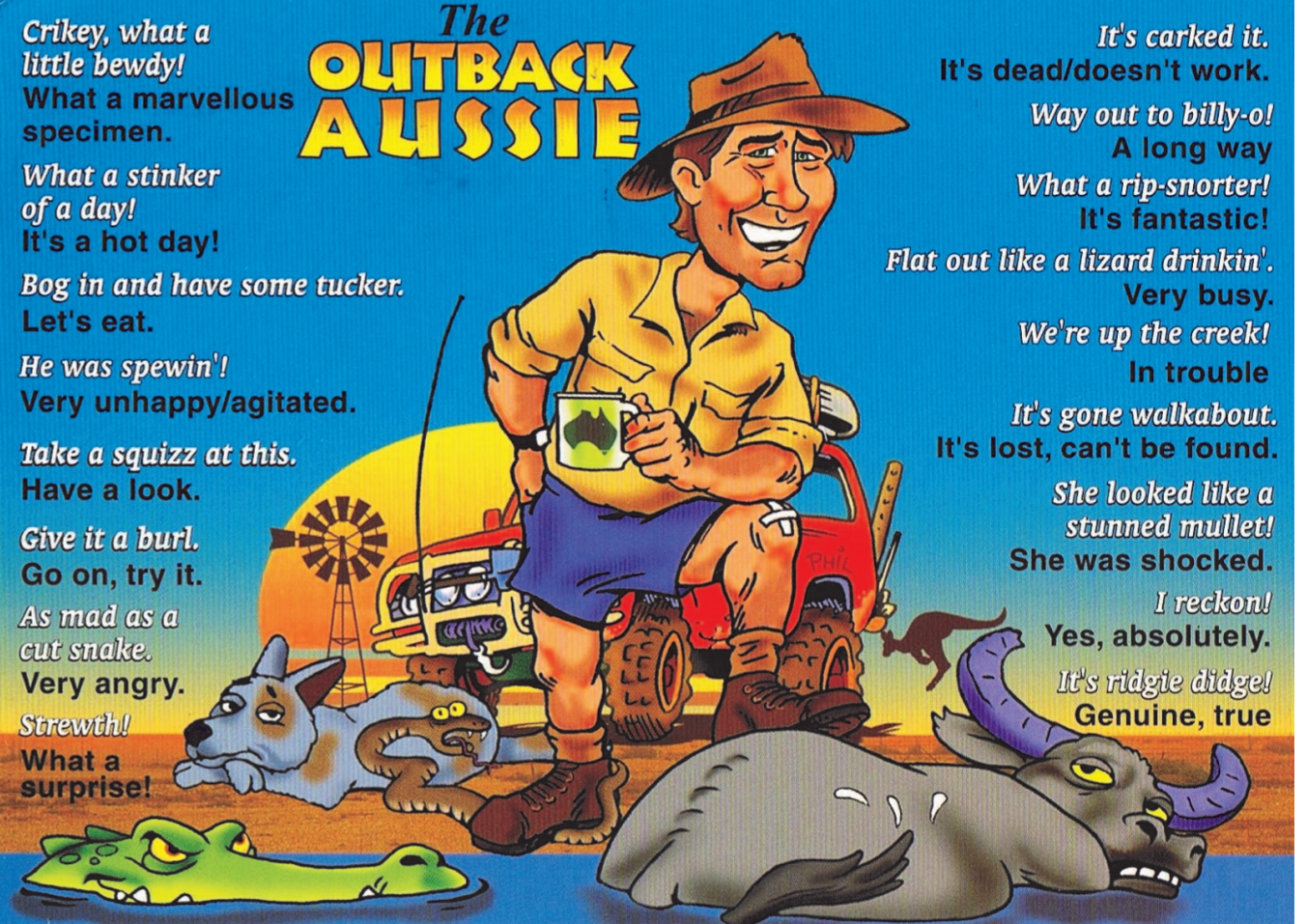
As mad as a cut snake.

Very angry.

Strewth!

What a surprise!

The OUTBACK AUSSIE



It's carked it. It's dead/doesn't work.

Way out to billy-o! A long way

What a rip-snorter! It's fantastic!

Flat out like a lizard drinkin'. Very busy.

We're up the creek! In trouble

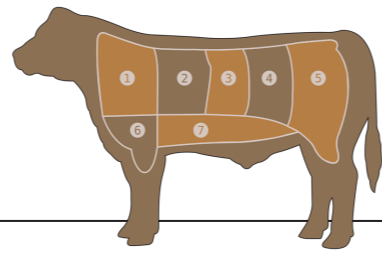
It's gone walkabout. It's lost, can't be found.

She looked like a stunned mullet! She was shocked.

I reckon! Yes, absolutely.

It's ridgie didgie! Genuine, true

For The Farmer



Quad Bike Rebate

*Almost 30% of Victorian workplace fatalities in the past 5 years have happened on farms, but only 3% of Victorians work on farms!
6 out of 19 fatalities so far in Victoria in 2016 have been farmers, with 10 serious injuries reported weekly.*

Do you own a quad bike that you use for day to day activities on your farm?

VFF has been asked to administer a rebate scheme for farmers to claim up to **\$1200** in rebates on quad bike operator protection devices (OPDs), side by side (SSV) and other alternate vehicles.

Now is the time to fit that roll bar to your quad!

The rebate is only effective for purchases made on and after 1st of September 2016, with farmers able to lodge applications to claim the rebate from 1st of October 2016.

Following on from some research for our own quad bike roll-over protection, we have discovered a fantastic new innovation in rider protection—the Lifeguard™.

This new product on the market has some amazing key features and they are as follows:

- ⇒ They are flexible, passive and yielding—rather than rigid.
- ⇒ They have a segmented construction (which is a new concept) and has the ability to deflect around a persons body, limbs or head on impact.
- ⇒ It cannot collapse or flatten and will support a quad off the ground to provide crush protection for the rider.
- ⇒ Arc shaped design to deflect the weight
- ⇒ Lightweight design and arc shape allow you to push the bike off you if you become trapped.
- ⇒ Designed to mould around you in the event of a rollover.
- ⇒ Designed and tested in Australia.
- ⇒ High quality alloy frame.
- ⇒ Easy to install.
- ⇒ Most importantly could save your life!

The cost of one is \$1364 inc. GST.

This may seem like quite an expense, but with the rebate you may only be a couple of hundred dollars out of pocket!

A small price to pay for something that could save your life!

Visit www.bequadsafe.com.au to find out more about the rebate scheme.

Also, if you wish to find out more about the Lifesaver roll bar visit www.atvlifeguards.com.

Please note that there are a variety of other rollbars on the market—it is all personal preference. I just thought it was noteworthy to mention this little gem.



PICTURED ABOVE IS THE LIFEGUARD™ FITTED TO A QUAD.

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 to check for eligibility and to start furthering your Ag Skills!

Delegate Pony Club

Delegate Pony Club had an additional rally day/trainer accreditation day on the 21st of August. The day was well received with 19 riders in attendance. 6 new instructors completed their assessments.

A big thanks to all involved in making the day a success.

Thanks to all our riders, a wonderful turnout, all dressed in their full uniform and looking exceptionally smart.

Pony Club members and their mounts worked on flat work, dressage, jumping—grades were assessed and reassessed by Sarah Woodhouse, ridden class, led class and sporting activities.

Thanks to Kerrie Eyding from NSW Pony Club for assessing on Sunday, Sarah Woodhouse for giving up two days to assist, assess and grade, the keen 19 riders and also the volunteers who completed their assessments to become accredited instructors within our Zone 18 for NSW Pony Club.

Next Rally Date and Gymkhana to be advised.

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!

Delegate Hospital Auxiliary

Delegate Hospital Auxiliary would like to extend a big thanks to all the community for attending their luncheon held on Tuesday the 6th of September, 2016 at the Country Club in Delegate.

The day was a fantastic event, with allot of community members in attendance!

A big thanks to all who volunteered on the day to enable it to be such a success!

Well done and Thanks!!

DELWP NEWS

**The 2016 Spring Firewood Collection commences
On 1st of September 2016—30th of November 2016.**

Firewood can be collected from designated collections areas on Public Land during this time.

Big Bonang Arvo

Its that time of year again!

Tuesday the 8th of November, 2016

Commences at 3pm and will finish following the BBQ Dinner at 7pm.

More information in October Wheel!

Whats Cookin!'



Superfood Bowl

INGREDIENTS

- ◆ 1 1/2 cups of SunRice Naturally Rice & Quinoa
- ◆ 1 head broccoli cut into florets
- ◆ 2 TBS olive oil
- ◆ 4 garlic cloves thinly sliced
- ◆ 1 bunch of kale thinly shredded
- ◆ 1 1/2 TBS cider vinegar
- ◆ 2/3 cup low fat cottage cheese
- ◆ 1/3 cup slivered almonds
- ◆ 1 TBS chopped chives

METHOD

1. Cook rice as per packet directions.
2. Meanwhile, cook broccoli in a small saucepan of boiling water (salted) for 2-3 minutes or until just tender. Drain well.
3. Heat oil in large saucepan over medium heat. Cook garlic for 4-5 minutes or until golden. Increase heat to medium-high and cook kale, stirring for 1-2 minutes or until bright green. Season and add vinegar. Toss and remove from the heat. Toss through the rice.
4. Serve warm at room temperature topped with broccoli, cottage cheese, almonds and chives.



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: TBA

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

BENDOC RESOURCE CENTRE IS YOUR CENTRE..

Come in for a cuppa!

BENDOC WHEEL

bendocpa@bigpond.com

Anglican Parish Garden Day September



Saturday 3rd December 2016

Commencing at 10.00am with Morning Tea

At:

Di & Matt Greens' property

'Greenshill'

Located 3.4kms from Bombala Post Office on the Cann Valley Highway—Follow signs from Wedmore Road.

All gardens open till 4.00pm

Lunch between 12.30 and 2.30.

Market Stalls

Raffle on the day..

Cost \$20 per person

Entry includes 5 gardens, morning tea & lunch!



WHATS INSIDE

- Anglican Parish Garden Day
- Delegate Hospital Auxiliary
- Whats Cookin'
- Birthdays
- Bendoc CFA
- Bombala Waste Management
- Kindling For Sale
- Around The Campfire
- For The Farmer
- Delegate Pony Club
- Gifts Available
- DELWP News
- Delegate MPS
- Community Billboard
- Big Bonang Arvo



RESOURCE CENTRE

9.30am - 3.00pm

Tue-Wed-Thu

Bendocpa@bigpond.com