

Opening Hours

Tuesdays

9.00am–3.00pm

Wednesdays & Thursdays

9.30am–3.00pm

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org

THE BENDOC WHEEL

New look Wheel!

After some careful thought and consideration, it has been decided to change the look of our beloved wheel!

We have had some technological issues of late with the printing of A3 sized paper and after what seemed to be the final straw on our last production day we have decided a new look, A4 sized spread, is what we will be going with.

We will structure the newsletter the same, just in a different size format.

Don't panic—its not changing!!

Now that we have found a suitable format we are happy with, we need you as a community to suggest what you would like to see in here!

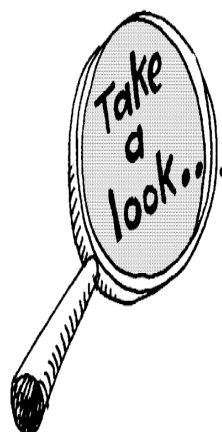
Whether it be more historical

articles, upcoming events in the region....we need to know what our readers want!

If you have any suggestions, please let us know and we will try to accommodate you accordingly.

Please note that the theme of this months Newsletter is a TRIAL run, so if you are not happy with it please let us know.

We welcome feedback and suggestions here at the Centre, the Wheel is created for the members of the Bendoc Community and we want everyone to be happy with it!



Bendoc CFA

Domestic Prop

Arrives at Bendoc 17th of October until the 14th of November 2016.

Training:

Sunday the 23rd of October, 2016. 10am–3pm.

Round Robin Exercise: Prop, Comms, Fire Blanket Usage, Extinguisher Usage, Map Reading & More.

We would like to see as many Local Brigade Members go through as this is a great training opportunity!

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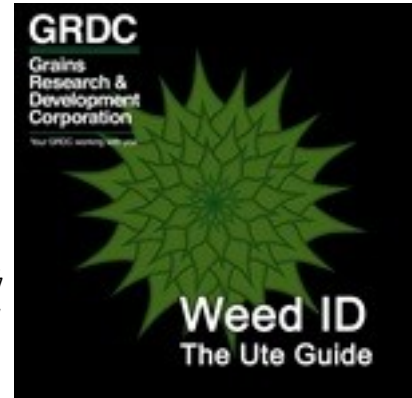


AGRI NEWS

APP OF THE MONTH—WEED ID: THE UTE GUIDE

I downloaded this little gem to my iPad (for free) a while ago and I can say it has been one of my more well used apps.

'Weed ID: The Ute Guide is designed to assist growers in the identification of the most common weeds found in paddocks throughout Australia, where possible, photos have been provided for each stage of the weeds lifecycle, from seed and seedling through to mature and flowering plants. These are categorised by plant type, and results for each can be refined by state and lifecycle, and whether they are native, currently flowering or have a distinctive smell.'



Some of the features I feel are noteworthy are:

- The ability to refine your search by state, cycle—annual, biennial or perennial, whether it is flowering now and if it has a distinctive smell
- Its a free app!
- The pictures are clear and make identifying weeds, especially less common ones a simple task.
- The ability to take a photo of the weed you wish to identify so you can compare with the weeds in the database.

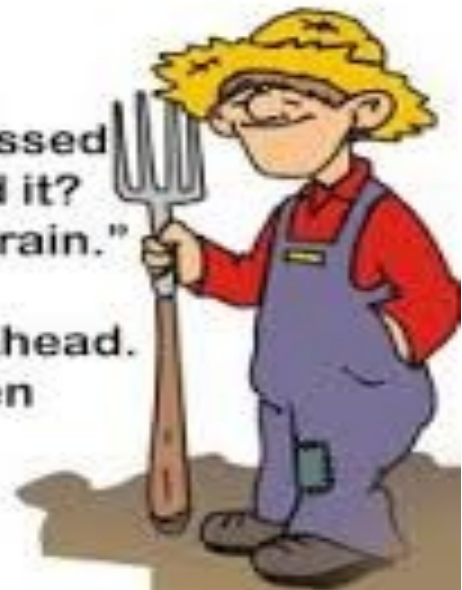
One of the cons is that it is missing a few weeds and it can get confusing as weeds you may call by a certain name will be under a different name in their database.

All in all it is a great app and I would highly recommend downloading it.

Its available for Iphone/Ipad and on Google Play for free!

**A man asks a farmer near a field,
“Sorry sir, would you mind if I crossed
your field instead of going around it?
You see, I have to catch the 4:23 train.”**

**The farmer says, “Sure, go right ahead.
And if my bull sees you, you’ll even
catch the 4:11 one.”**



Big Bonang Arvo

Tuesday 8th November 2016



Bonang Hall 3 - 7 pm

Community Market

Enquire Tubbut Neighbourhood House
02 6458 0295



**Lucky door prize,
Fruit & Vege Raffle,**

Health information and lots more



Shire info, Counselling Team, Occupational Therapy, Physiotherapy, Speech Therapy, Dental Health, Women's Health, Dietitian, Delegate MPS, CFA, Mental Health Team, Doctor



Proudly supported by



Recipe of the Month—Spicy Lamb Meatball Salad Bowl

INGREDIENTS:

- 4 x 20cm flour tortillas, cut into wedges
- Olive oil cooking spray
- 500g lamb mince
- 3/4 breadcrumbs
- 1 egg, lightly beaten
- 2 1/2 teaspoons piri-piri seasoning
- 1/2 tablespoons vegetable oil
- 1/2 small pineapple, peeled and sliced
- 1/4 red cabbage, finely shredded
- 2 tablespoons lime juice
- 1 tablespoon rice bran oil
- 125g cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 1 tablespoon fresh coriander leaves
- 1/4 cup light sour cream, to serve
- Lime wedges to serve



METHOD:

1. Pre heat oven to 200C/180C fan-forced. Line a baking tray with baking paper.
2. Place tortilla wedges, in a single layer, on prepared tray. Spray with oil. Bake for 10 minutes or until golden and crisp.
3. Meanwhile, combine mince, breadcrumbs, egg and 2 teaspoons seasoning in a bowl. Season. Roll level tablespoons on mixture into balls. Heat vegetable oil in large fry pan over medium heat. Cook meatballs, turning occasionally, for 5 to 7 minutes or until browned and cooked through. Transfer to a plate. Cover to keep warm. Return pan to heat.
4. Toss pineapple and remaining seasoning in a bowl. Add to pan. Cook for 2-3 minutes each side or until beginning to char.
5. Toss cabbage, 1/2 the lime juice and 1/2 the rice bran oil in a bowl. Season with salt and pepper. Divide cabbage, pineapple, meatballs and tortilla wedges among four bowls. Combine tomato, onion, coriander and remaining lime juice and rice bran oil in a bowl. Top bowls with tomato mixture. Serve with sour cream and lime wedges.

NOTE: You can replace the piri-piri with whatever seasoning you like—especially if you do not like spicy foods.

Delegate Pony Club

14 riders enjoyed a glorious and sunny day in Delegate for the October Rally.

Split into two groups for the day:

Juniors

Mounted games practice, negotiating obstacles, navigating around obstacles whilst holding objects, picking objects up off witches hats, transferring objects between containers.

Correct way to mount and dismount, horse care, identifying brushes and their uses, correct techniques for picking up horses feet, stretching and warming up their mounts, jumping focusing on body position—the juniors done really well at mastering body position whilst going over jumps!

Seniors

- Flat work focusing on transitions, body position and horse movement.
- Jumping focusing on body position, control, direction and learning jumping etiquette.
- Mounted games in teams practice.

To finish up a great day the juniors and seniors joined force, forming two teams, they competed in mounted games.

Thank you once again to Rowena Butterworth for Instructing on the day.

The next Rally is on Sunday the 6th of November, 2016, leading on to Delegate Gymkhana 27th of November, 2016.

Everyone is welcome to attend, even if you would just like to see what Pony Club is all about.

If you would like any further information on Pony Club please contact a local pony club member, attend a rally or join us on Facebook—Delegate Pony Club.



Bendoc CFA Continued.....

FULL PPE ESSENTIAL inc BOOTS!

Please let Melissa Kidd know if you are attending on 0411 612 027.

CFA First Aid Training

To be held at Bendoc.

Please advise Mel as soon as possible if you are attending.

(If you need to update your First Aid Training this is a must)

0411 612 027



www.bendoc.org.au

Bendoc Resource Centre and Neighbourhood House is nestled in the logging and farming town of Bendoc, Vic; situated in close proximity to the breathtaking Errinundra National Park,

Some of the services we offer here at the Centre are:

- Photocopying/Printing
- Phone/Fax
- Computer/Internet
- EGSC Library Outreach
- Classes
- Tourist Information

The Bendoc Resource Centre & Neighbourhood House Welcomes all visitors!

Pop in for a cuppa and a chat...

Bendoc Progress
Association



Bendoc Neighbourhood House



Community Information Board

MOBILE LIBRARY The Mobile Library visits Bendoc as per calendar (once a fortnight) from 9.00am—10.00am. You are also able to sign up as a member (membership is free), borrow and return books here at the Resource Centre. Here at the Centre we have a broad range of books that are rotated regularly for your enjoyment!

DELEGATE PONY CLUB Next Rally: Sunday the 6th of November, 2016. 9.30am Gear Check for a 10.00am start. Everyone is welcome to attend rally days, whether it be to see what it is all about or to sign up as a new member! If you would like and further information, please contact a local PC member, attend a rally day or join us on Facebook.

CRAFT GROUP Will recommence SOON!

BENDOC BUS SERVICE Merimbula Day Trip—once a month on a Friday. Please phone Claire 6458 1433, Nola 6458 3285 or Simone on 6458 1402 to book your seat.

CHRISTMAS OPENING HOURS Following on from our AGM being held next week, we will inform you of the shutdown hours occurring over Christmas.

WANTED Lounge suite & TV. Please phone Tracey on 0403 297 311 if you have anything that may suit.

RENTAL PROPERTY WANTED Male occupant. Loves to garden. Bush setting and close to town preferred. Excellent references provided. Please call Robert West on 0467 654 445.

ANGLICAN PARISH GARDEN DAY Saturday the 3rd of December 2016. Commencing at 10.00am with morning tea at Di & Matt Greens property "Greenshill". Located 3.4km from Bombala PD on the Cann Valley Highway—follow the signs from Wedmore Road. All Gardens open till 4.00pm. Lunch between 12.30 and 2.30pm. Market Stalls. Raffle on the day. Cost \$20 per person includes: 5 gardens, morning tea and lunch.

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BOMBALA WASTE MANAGEMENT

— Servicing of septic tanks, grease traps and all other liquid waste
— Portaloo hire

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collector of antique bottles