

# THE BENDOC WHEEL



## Bendoc CFA

Mt Delegate Group Captain Andy Bennett organized a wonderful training opportunity for the local brigades.

On Saturday the 22nd of October, eight volunteer lieutenants from Bendoc and Goongerah had training on how to run the Domestic Prop that was delivered to Bendoc last week.

On Sunday the 23rd of October we had a gathering of some 34 plus brigade members from across District 11 including; Bendoc, Bonang, Goongerah & Delegate River. Three volunteer trainers gave up their time to run members through a round robin training day.

A big thanks goes out to Aaron Lee (Bairnsdale Captain), Les Beechly (1st Lieutenant—Bairnsdale) and Clinton Pendergast (Firefighter/BMT Rep) for travelling such a long distance to run us through the day.

Also, a big thanks to all the members who attended on the day and made it such a great success, despite the snow, cold and wet conditions, but as we all know house fires do not pick perfect weather to work in when it happens.

Thanks to everyone who made this training day happen!

**Another training day will be held on Sunday the 6th of November.**

### Coming Up In CFA:

**Pre-Season Fire Briefing at Bendoc DELWP DEPOT**—Thursday the 17th of November—1700—2000, BBQ dinner provided. RSVP to Andrew Hammond 03 5161 1328 or CFA E: [admin@cfa.vic.gov.au](mailto:admin@cfa.vic.gov.au).

**CFA Open Day**—Everyone welcome, we open our doors to everyone wanting to know more about the CFA, also calling for new members to sign up. It would be nice to know that your home could be saved if by chance you had a fire. Date TBA.

## Bendoc Progress Association

### Opening Hours

Tuesdays

9.00am—3.00pm

Wednesdays & Thursdays

9.30am—3.00pm

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

02 6458 1402

[www.bendoc.org.au](http://www.bendoc.org.au)

### Inside this issue:

Bendoc CFA	1
Recipes	4
Something to Make	3
Agri News	2
Community News	6
In Memoriam	2
Track Closures	5



AGRI NEWS

# Wild Dog Bounty Back In!



According to reports the Wild Dog Bounty will be reinstated in Northern Victoria and Gippsland Control Zones between March and October 2017.

The bounty has also gone up with \$120 being made available for handed in scalps, compared to \$100 last time.

## CFA Pictorial



# In Memoriam

At Boonah Hospital, Queensland.

Mrs Maria Taylor, nee Brandenburg, passed away Monday 24th of October, 2016.

Sadly missed by her husband Greg and her family.

A sad loss to the Brandenburg family, Donald, Josie, George, Michael, Astrid & Diana and their families.

# Something to Make..

---

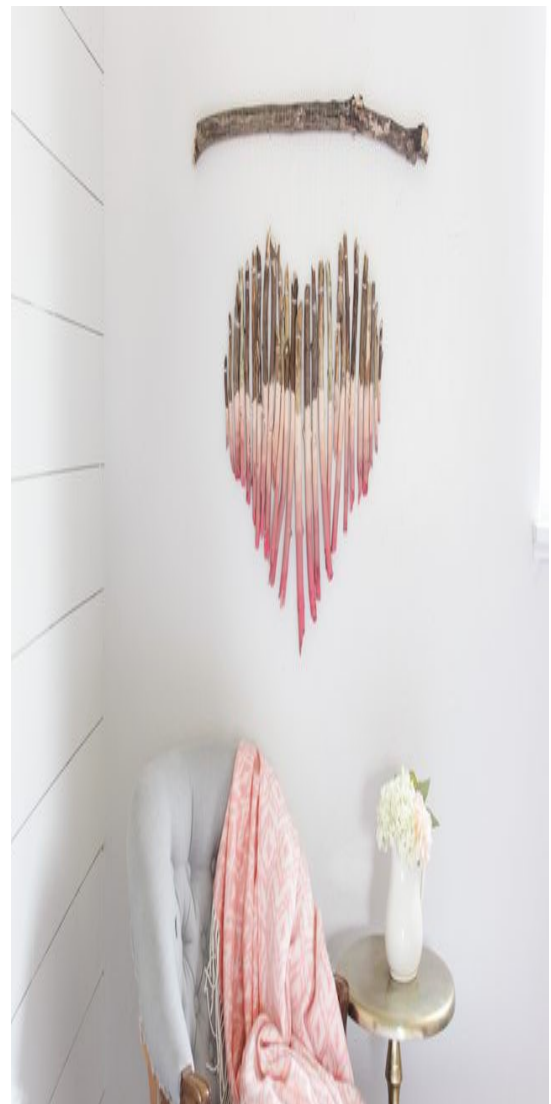
## Things You Will Need:

- Large scrap of cardboard , approx 2 1/2 feet long by 2 feet high
- Black marker
- 20–25 short tree branches, 1 inch diameter or less, 18 inches long or less
- Pliers
- Craft paint—4 different shades of the one colour (to create that ombrè look).
- Paint brush
- Nylon thread
- Large tree branch, 2—3 inches in diameter and 2 1/2 feet long.

**Tip:** Choose branches that are completely dead and have been broken off the tree for a long time.

## How To:

1. Clean the branches by scrubbing them with warm water to removed mud, dirt and loose bark. Let them dry completely before using.
2. On a large piece of cardboard, use a pencil to sketch out a large heart (or a shape of your choice). Then with a permanent marker, draw over the sketch for an easily visible template of the wall hanging.
3. Starting with the thickest branch in the middle, lay branches vertically as they correspond to the height allowance. (If some branches are not the exact height needed, lay the branch in the location desired, mark where the break needs to be, then use the pliers to break the branch at the exact location—giving it a rustic look, not a clean break).
4. Paint the branches with an ombrè effect—painting the darkest colour at the start of the branch, working through to the middle of the branch, ending in the lightest colour.
5. Position the large branch above the heart branches on the template. Wrap nylon thread around the large branch and tie the corresponding hanging branch to it—continuing through until all hanging branches are attached.
6. Hang on the wall, ensuring all the hanging branches are evenly spaced, while still giving it a rustic look.



## Recipe of the Month: Wild Rice & Pecan Salad

### INGREDIENTS:

- 1 cup of white long grain rice
- 100g packet of wild rice
- 2 celery stalks trimmed and sliced
- 4 green onions, thinly sliced
- 1/2 cup of pecan nuts, roughly chopped
- 2 tablespoons fresh chopped chives
- 1 tablespoon of lemon juice
- 1 tablespoon of olive oil
- 1 tablespoon of white wine vinegar
- 1 tablespoon of plain yoghurt
- 1/2 teaspoon of caster sugar



### METHOD:

1. Cook rices separately following packet directions. Drain. Rinse under cold water.
2. Place rices, celery, onion, pecans and chives in a bowl. Stir to combine.
3. Place lemon juice, oil, vinegar, yoghurt and sugar in a screw top jar. Season with salt and pepper. Secure lid. Shake to combine.
4. Add lemon juice mixture to rice mixture. Toss to combine. Serve.

*Wild Rice is not in actual fact rice, although closely related. It is four species of grasses that from the genus Zizania, and the grain that can be harvested from them!*

*Because of its high fiber content, wild rice keeps your digestion smooth and helps lower cholesterol. Wild rice is a good source of essential minerals such as phosphorus, zinc and folate, which give you energy and nurture your bones. Vitamins A, C and E are essential for overall health and immunity.*

*What's not to like about wild rice!!!*

# Please Note:

Seasonal Road Closures have been extended  
until late November for this region.

Any queries please see  
Gary Bellesini (Ranger/Team Leader )  
Bendoc—Snowy—Croajingalong

## BIRTHDAYS!

Apologies for missing last months birthdays:

Callan Jamieson

Lydia Jamieson

Veronica Hartmeier

★HAPPY★  
BIRTHDAY!





# The Delegate Multi Purpose Service

Bendoc Progress  
Association

## 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 Neighbourhood House**



[www.bendoc.org.au](http://www.bendoc.org.au)

## 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.

Bendoc Resource Centre  
12 Dowling Street  
BENDOC VIC 3888

Phone: 02 6458 1402  
Fax: 02 6458 1402  
E-mail: [bendocpa@bigpond.com](mailto:bendocpa@bigpond.com)

### BOMBALA WASTE MANAGEMENT

– Servicing of septic tanks, grease traps and all other liquid waste  
– Portaloos hire

ROBERT & SHARON HAMPSHIRE

11 High Street, Bombala NSW 2632  
0417 423 983 or AH 02 6458 3075 | [robshaz10@dodo.com.au](mailto:robshaz10@dodo.com.au)  
collector of antique bottles