February, 2017. Issue 1, Volume 4

# THE BENDOC WHEEL

# February

#### Media Release

February 3 2017

# Not happy: theft of table from popular picnic spot angers residents

Local residents in the Tubbut-Bonang area were disgusted to find that a picnic table and benches recently erected by the Shire of East Gippsland were stolen over the Australia Day long weekend.

Residents have been asking for better facilities at this popular site on the Jingallala River for years. Discussions with a shire officer who has developed good relationships with local people led to the installation of the table last year.

The shire maintains the Dellicknora Road and thus has an interest in the site. The Dellicknora Road itself exists only because an active group of local people lobbied the Orbost Shire Council to turn the local track into a two-wheel drive road in the 1950s, cutting off more than 10k from Tubbut peoples' trip to town (Delegate).

Deb Foskey, coordinator of Tubbut Neighbourhood House, said that locals were hopeful the table would be returned.

"You don't get away with much around here, there's always someone looking," she said.

Sandy Cameron, who worked hard to secure the table, was devastated by the theft.

"Don't they know that we have to work for everything we've got around here?" she asked.

"Workers stop there for their lunch and tourists like the spot with its table and nearby stream. Now they can't even boil the billy because someone stole the barbecue before Christmas."

Someone liked the spot so much that his family have placed his ashes there. No-one knows the story, but the plaque shows this has long been a favourite spot for visitors.

It deserves a table and residents appeal to the thief to bring it back.

If anyone has any information or would like to discuss this matter please, ring Sandy Cameron 0264580255

### Bendoc Progress Association

#### Opening Hours

Tuesdays

9.00am-3.00pm

Wednesdays & Thursdays

9.30am-3.00pm

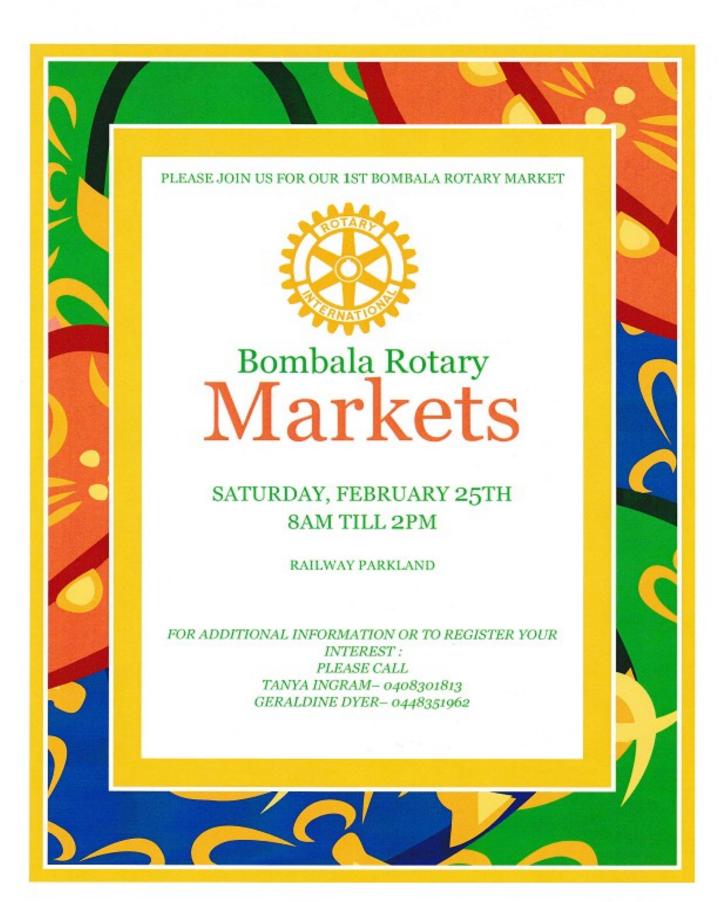
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#### Inside this issue:

Agri News	5
Bombala Rotary	2
Community News	6
Delegate Pony Club	3
Birthdays	5



# Delegate Pony Club

#### January 2017.

2017 memberships are now open with 19 members signing up, of these 14 riders participated in the 1st rally for 2017.

The riders started the day off with a bit of horsemanship with Ange Kane.

Ange went through some basics, brushes and which one to use, how to care for your gear and your horse, all the riders enjoyed this session and they certainly walked away with a lot more knowledge.

The riders then split into 2 groups in the morning. Ange took the riders on new mounts and worked on flat work, control and flexion.

Roweena Butterworth ran the other riders through trot poles.

After lunch the 2 groups combined to participate in mounted games such as rope race & bottle race.

All riders had a great day and was great to see new riders signing up.

Thanks to all the riders, the instructors and the helpers.

Anyone interested in joining Delegate Pony Club can do so at any of our rally dates. If you would like a copy of what is planned for the year and the future rally dates please contact Delegate Pony Club via Facebook or email on delegateponyclub@hotmail.com.











# Recipe of the Month: Vietnamese Chicken and Noodle Bowl

#### **INGREDIENTS:**

- 1/4 cup Oyster Sauce
- 1 TBS Brown Sugar
- 1 TSP Sesame Oil
- 8 Chicken Thigh Fillets
- 200g Vermicelli Rice Noodles
- 2 TBS Lime Juice
- 1 large Carrot cut into matchsticks
- 1 small Red Onion cut into wedges
- 1 Red Chilli sliced
- 1/2 cup Mint Leaves
- 2 TBS Peanuts chopped
- Sweet Chilli Sauce & Lime Wedges to serve



#### METHOD:

- 1. Pre heat oven to 220C. Line a large baking tray with baking paper.
- 2. Combine oyster sauce, sugar, 1 TBS water, oil and chicken in a large bowl. Place on the prepared tray. Bake, brushing with any tray juices, for 20 mins or until browned and cooked through. Set aside for 5 mins to rest. Thickly slice.
- 3. Meanwhile, place the noodles in a heatproof bowl and cover with boiling water, stand for 5 mins to soften. Rinse under cold water. Drain. Toss with lime juice.
- 4. Divide the noodles among serving bowls. Top with the chicken, carrot, onion, chilli, mint and peanuts. Serve with sweet chilli sauce and lime wedges.

## Agri News

#### EID/RFID 's now Mandatory for Sheep and Goats.

Sheep and Goats born in Victoria after January 1st 2017 are now required to be tagged with an EID.

The Victorian government has committed 17million in subsidies to try to help soften the blow when purchasing tags for producers.

Until recently the average tag cost was 77 cents but with the aide of the package they will now be reduced to 35 cents per tag.

With traceability being a crucial part of livestock production, processing and consumption, it will be interesting to see how effective this is. Ed Note.



#### **BIRTHDAYS!**

Nothing on record for this month, if you would like to dob someone in please let us know!

We endeavor to wish all our lovely community members a 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

### 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 19th of February. 9.30am gear check for a 10am start. Delegate Pony Club welcomes new members.

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.

**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.

Bendoc Resource Centre 12 Dowling Street BENDOC VIC 3888

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E-mail: bendocpa@bigpond.com



www.cfa.vic.gov.au





- Portaloo hire

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collector of antique bottles