

# THE BENDOC WHEEL

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)

## March

Save the date, as Nigel Kerin is at Delegate on Thursday 30<sup>th</sup>

### March.

This event will cover the steps and results of grazing to land potential. Nigel is passionate about helping other farmers and he will discuss his experiences of integrating land, pasture, stock, and financial triggers to support daily decisions on the farm. Nigel will reinforce the importance of tactical planning, which is where the greatest value is often achieved in any business activity.

The event will be held at the *Delegate Country Club* and will include lunch. We have been working with our partners to secure Nigel Kerin back to Delegate for one of his informative and thought provoking sessions. Thank you to our partners Emma Orgill of East Gippsland and Carmen Lee of Maffra and District Landcare for delivering this opportunity.

This is a terrific event and we hope that you can attend.

### ***Background:***

Nigel Kerin and his wife Kate own and lease 4000ha over several properties in Yeoval, NSW. Along with their management team they operate three enterprises; commercial Merinos, a Kerin Poll Merino stud, and a trade sheep and cattle operation. They still crop, but the yield stays on farm as feed for the livestock.

One of the main realisations for the Kerin's was that their greatest profit driver is their pasture, and not so much their stock. Today, Nigel always has 128 days of grass in front of his stock. When rain does arrive, the Kerin's are in position to have both grass, and money, to buy stock at lower prices. Nigel believes that 'whenever you have got grass, you've got options; while whenever you've got options, you've got a life'.

Further background on the Kerin Poll operation can be viewed at the following link:  
<http://kerinpoll.com.au/>

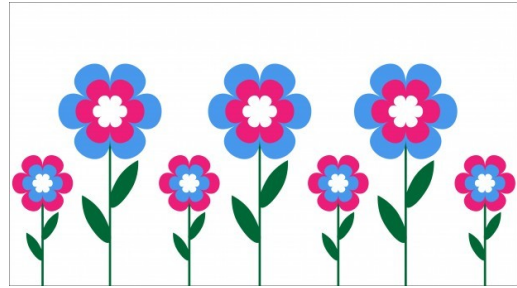
Please RSVP to Emma Orgill ph: 03 51542867 or email: [emma.orgill@fevl.org.au](mailto:emma.orgill@fevl.org.au)  
or

Mark Chaplin on ph: 02 64584003 or email: [srlc@bigpond.com](mailto:srlc@bigpond.com)

### Inside this issue:

Welcome Back	2
First Aid EOI	2
Agri News	5
Community News	6
Delegate Pony Club	3
Birthdays	5
Nigel Kerin	1

A Big Welcome Back to Deb from Camms Road!



First Aid Course EOI

Expressions of interest now open for those of you who wish to attend a First Aid Course, to be held here at the Centre.

Please phone 02 6458 1402 to register

Merimbula Bus

Every second Friday of the month.

\$20 return trip

Departs Delegate at 8am and Bombala at 8.30am.

Please phone either Nola on 02 6458 3285, Simone 02 6458 1402 or Claire 02 6458 1433 to book!



---

# Condolences

On behalf of the Bendoc Emergency Services & Community  
We wish to extend our heartfelt sympathy to the family and friends of

Luke Alcock (Reg)

Our thoughts are with all of you at this sad time

# Delegate Pony Club



What a fabulous weekend.

## **Saturday 18th Feb:**

Delegate Pony Club invited specialised instructor Peter Gillis to come and conduct private lessons for riders within Zone 18.

Saturday kicked off very early and Peter ran 15 private lessons and one group lesson. He focused on control, technique and jumping.

Peter is a Cross Country course designer.

Delegate Pony Club has put forward a submission for a local cross country riding area and with the possibility for the future to hold one day events.

Many of the riders and parents camped overnight at Delegate ready for a special rally day on Sunday. Delegate Pony Club members were very impressed and happy to take advantage of the new undercover grandstand area at Delegate Show ground.

## **Sunday 19th Feb—Special Rally Day:**

There was one early lesson conducted by Peter Gillis.

First thing for the 23 riders was a briefing and then they were split into groups of riding ability. There were 4 groups and 4 different activities each group had an hour before rotation. Peter Gillis ran the riders through techniques using rhythm, pace, control and jumping. Delegate Pony Club appreciated Peter travelling so far and conducting a great couple of days. He also spoke to the riders at the end of the day and gave them feedback and a few specialised pointers. Rowena Butterworth ran an unmounted session using bailing twine and blind folds. This session showed the riders what their horse feels like when you are riding them. It was all about steering and control. One rider was the horse (blind folded) the other was the rider. Another group ran by Gail Smallman worked on riding and lead classes, with the up and coming shows it was a great opportunity to take advantage of a local who has plenty of experience in this field.

Nadean White took a group and ran them through braiding and plaiting for showing.

All the riders learnt so much and had fun learning.

Delegate Pony Club had 2 new sign ups on the day. The youngest rider signed up yesterday on her 2nd birthday, little Myah Voveris loves her pony Lolly and loved that she can officially be part of Delegate Pony Club.

Delegate Pony Club would like to thank all the instructors for their time and sharing their skills with the riders, thanks to all the riders for coming along and engaging well on the 2 days, the parents and helpers that helped make a very proactive and fun weekend, without all our volunteers it would not be possible to have such successful days and club.

**Next rally day is Sunday 5th March 9:30am gear check for a 10:00 start.**

## Recipe of the Month: Asian Beef Mince Noodle Bowl

### INGREDIENTS:

- 500g beef mince
- 2 tbsp veg oil
- 1/2 cup of hoisin sauce
- 1/2 520g bag asian style coleslaw mix
- 4 eggs
- Noodles of choice, prepared following packet directions
- 1 long red chilli, thinly sliced
- Green onion (Spring), thinly sliced
- Steamed asian greens to serve



\*\*\*You can get the Asian coleslaw at most supermarkets

---

### METHOD:

1. Heat 1 tbsp oil in a frying pan or wok over medium heat. Add mince and cook for 5 minutes, breaking it up with a wooden spoon, until browned.
2. Add hoisin sauce. Stir well until combined. Add coleslaw mix and 1 tbsp of water and toss until well combined. Cook for 1 minute or until vegetables are just tender.
3. Meanwhile, heat remaining oil in a large frying pan. Fry eggs for 2-3 minutes or until whites are cooked. Spoon mince mixture over noodles. Place an egg over mince, sprinkle with chilli and green onions. Serve with steamed asian greens.

*\*\*this recipe is part of a campaign called 'You 're Better on Beef' , in which the MLA are encouraging women to eat more beef. 1 in 3 Australian women are not getting enough iron from their diet! #yourebetteronbeef!*

## Agri News

### Target 100

**Target 100 is 100 initiatives to deliver sustainable farming of sheep and cattle.**

*' Farmers are custodians of a fair part of Australia and need to leave it in a better state than we found it for future generations. ' ( excerpt from Target 100 introductory video ).*

Visit the Target 100 website to read stories from like minded farmers who are committed to the sustainability of our farming future!

You will also be able to read up on the 100 Research Projects that the cattle and sheep industry commissions Australian Universities and research organisations to undertake to find more efficient and environmentally beneficial practices across the supply chain.

The 100 initiatives, both big and small, tackles such issues as biodiversity, water management, reducing emissions and promoting soil health to ensure we continue to lead the way in sustainably producing some of the worlds best beef and lamb.

Visit: [www.target100.com.au](http://www.target100.com.au) to find out more!



### FARM WORLD—LARDNER PARK 2017!

Thursday the 30th of March at 9am until Sunday the 2nd of April 4pm

50 year anniversary celebration.

4 days of exhibits, competitions, conference sessions, demonstrations , retail shopping and a huge Equestrian Expo!

## BIRTHDAYS!

**A big Happy Birthday to two of our wonderful and treasured Committee members & Volunteers**

**Stefan and Nola Sanajko.**

**We appreciate all you do!**





# 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 5th 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.

**NIGEL KERIN TALK** Delegate Country Club. Thursday the 30th of March. 9.30am—2.30pm. Lunch Included.

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)

**Get your  
FireReady Kit**

**1800 240 667**  
[www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

**PREPARE. ACT. SURVIVE.**  
**FireReady** 

**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](mailto:robshaz10@dodo.com.au)  
collector of antique bottles