

Bendoc Wheel

**Bendoc Progress
Association**

Opening Hours

Tuesday, Wednesday &
Thursday

9.30am–2.30

(Subject to change)

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org.au

Farewell

An open letter from me to all of you!!!

It is with a heavy heart I have made my decision to hang up my reins here at the Centre and what a fabulous 2.5 years it has been!

When I first commenced here in the role of Coordinator I had no idea what I was in for and I tell you what, it has been worth every minute of time I have spent in this beautiful little timber town.

Bendoc may not be the biggest community, but those who live here all share the same passion and fondness for their little town.

I am thankful I was able to be apart of the community for an extended period of time.

In my time here at the Centre, I have gained some wonderful friends, knowledge of Bendoc's rich history, including some interesting aspects to the towns logging and mining times and above all the knowledge that I got to be apart of a lovely little community organisation.

Although some times have been trying, I am thankful to partake in a somewhat challenging at times role, due to our community population and remote locale.

I have had a lot of fun over my time here, lots of laughs are what seems to be the general consensus here at Bendoc—they do say its the best medicine after all!

On a personal note, I wish to thank Clare, Chris & Diana, Stefan & Nola, Charlie, Cleo, Dave and Irene for all you do for the centre and also for the friendship and fun! I am extremely grateful to have got to know you all and your dedication to this hub is crucial and I am happy in the knowledge that it is in safe hands!

I hope to see everyone around the traps!

Sim x

As to not leave you all on a sad note, here is a photo of me on one of my horses Danny testing the depths of a creek crossing at home on the farm...on a very chilly Spring Day... Needless to say it was a bit deeper than we thought!!! (Hope you get a laugh out of this)



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- Large 90hp Compact Track Loader. Tracks ensure minimal ground disturbance.
- 900 mm Trencher ideal for pipe / cable laying
- 6 ft slasher for paddock, scrub & advanced regrowth clearing with tree pusher, ideal for fence line maintenance
- 1600mm Road Broom / sweeper
- 300mm post hole auger
- Bucket, dozer blade, pallet & hay forks
- Fan assisted sprayer for difficult terrain
- Experienced operator
- Fully insured & GST registered
- Experienced in Rural fence design & construction

Call Mark on 0264 580 225

First Aid Course Expression of Interest

We require a minimum of 8 people to conduct a First Aid Course here at the Centre and we are very close to achieving this... We just need a few more people!

Whether you are an employer, employee, have your own business or even a farmer, a First Aid Certificate is crucial to have!

Please call the Centre on 02 6458 1402 to book.

Seeking Information

Email from Ron Grainger:

I am a Private Researcher with a special interest in the history of rugby union (refer: [https:// rugby-victoria.wordpress.com](https://rugby-victoria.wordpress.com)).

I have noted a report in the Delegate Argus of 9th September 1920, that the Delegate Rugby Club played a new team at Bendoc. So far I have seen no other reference to a rugby tea or club in Bendoc around that time.

Any information you are able to share on the subject would be much appreciated.

Regards, Ron Grainger. Email: rongrain@optusnet.com.au

Delegate RSL News

CARD NIGHT

WHERE: Delegate RSL Sub Branch

WHEN: Saturday 22nd of April, 2017.

TIME: 5pm onwards

Gold coin donation for electricity will be greatly appreciate. Hope to see you there!



ANZAC DAY 2017

DAWN SERVICE: 6.00am at the Memorial Gates.

MAIN SERVICE: 11.00am at the Memorial Gates.

MARCH: 10.45am at the Cenotaph (Muster at 10.30am)

RAIN: in the event of rain, the services will be moved to the School of Arts Hall.

GUN FIRE BREAKFAST: Delegate Hotel verandah after the Dawn Service. No bookings necessary.

LUNCH: Delegate Country Club—Bookings Essential. Book via RTC or phone 02 6458 8081.

COURTESY BUS: leaves the Hotel at 12.30pm and will drop back there after lunch.

BOBCAT CONTRACTOR

Do you need:



Heavy duty slasher and bucket

Slasher suitable for scrub or regrowth

Clearing

Small Earthworks

Levelling

Preparation for sheds, carports, water tanks and paving

Clean ups

Reasonable rates

Fully insured

Contact: Steve on 02 64580303 or 0407190258 (Mobile does not work at home)

Or email: stephenscroope@bigpond.com

Silage Wrap Recycling 2017

Drop Off Point:

Bairnsdale Landfill: 200 Johnstons Road, Forge Creek.

Orbost Transfer Station: Bonang Road, Orbost.

When: Monday 17th of July until Sunday 30th of July.

Cost: \$11 per Bulka or Plasback bag (only accepted method of delivery)

- No Net Wrap or Baling Twine will be accepted.
- Silage wrap needs to be shaken clean of silage, gravel and other contaminants.
- Payment is cash only and will be receipted.
- Burning silage wrap is illegal and it is a better way of disposing it for the environment, rather than burying it or putting it in landfill.

Recipe of the Month: Kale and Apple Salad w/ Stuffed Chicken

INGREDIENTS:

- 4 chicken breasts
- 8 sage leaves
- 80g cheddar cheese ,coarsely chopped
- 2 1/2 tbs of olive oil
- 8 slices of prosciutto
- 2 tsp honey
- 2tbs apple cider vinegar
- 1 tsp wholegrain mustard
- 1/2 bunch kale, ends trimmed, coarsely shredded
- 120g pack of baby spinach
- 1/3 cup walnuts, coarsely chopped
- 1 granny smith apple, cut into match-sticks
- 2 tbs dried cranberries



METHOD:

1. Preheat oven to 200°C. Use a small sharp knife to cut a small slit lengthways into the side of each chicken fillet to make a pocket (Don't cut all the way through). Place two sage leaves and one quarter of the cheddar in each pocket. Season chicken. Lay 2 slices prosciutto slices end to end on a clean work surface. Place one piece of chicken at a right angle over one end of the prosciutto. Roll up to enclose. Repeat with remaining prosciutto and chicken.
2. Heat two teaspoons of oil in a large frying pan over medium heat. Cook chicken for 2 mins each side or until golden brown. Transfer to a baking tray. Bake for 10 minutes or until cooked through. Set aside for 5 minutes to rest. Thickly slice.
3. Meanwhile combine vinegar, honey, mustard and remaining oil in a screw top jar. Combine kale, spinach, walnuts, cranberries and apple in a large bowl. Drizzle with dressing. Toss to combine. Divide the salad among serving plates. Top with the chicken.

Bendoc Fishing Club

Bendoc Fishing Club are holding their final Day-Night Comp on Friday the 5th of May, starting at noon.

Weigh-in will be held at the old Lower Bendoc School on Saturday the 6th of May at noon.

Following the weigh-in, the annual wind-up BBQ and trophy presentations will be held.

\$20 admission tickets now available for Food and Drinks and the chance of winning \$1000!!

The raffle for the portable generator will be drawn.
(Tickets still available at Delegate Cafe and
General Store)

There will be loads of ' Pick of the Table 'prizes and also some meat and seafood raffles!!!

Everyone Welcome!

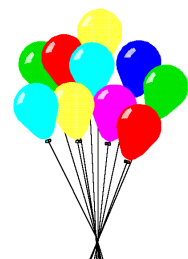
Please bring your own beer glass on the day.

Find us on Facebook: Bendoc Fishing Club.



BIRTHDAYS!

No Birthdays listed this month...if you would like to dob someone in please let us know!!





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!

BENDOC FISHING CLUB: Final comp and wind-up. Friday 5th of May, weigh-in and celebrations commencing noon on Saturday 6th of May.

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

Phone: 02 6458 1402
Fax: 02 6458 1402
E-mail: bendocpa@bigpond.com

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FireReady Kit**

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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
collector of antique bottles