

## Bendoc Wheel

Bendoc Progress  
Association

### Opening Hours

Monday, Tuesday, &  
Wednesday

9.30am—2.30

Open Thursday Morning  
on Library Bus Weeks

(Subject to change)

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org.au

## Welcome

Welcome to the first newsletter produced by acting co-ordinator.

There may be a change in style, but we hope you will enjoy it as much as you did those previously produced here.

Like many small communities we have lost a lot of services over the years, yet we are still a community here in Bendoc. What we at the Bendoc Neighbourhood House would like to know from our community members, is what does Bendoc require over the next twelve months? What do you want to see happen in Bendoc, or what would you like Bendoc to be part of?

An example of this is the First Aid Course to be held on Saturday 3rd of June 2017 at the Bendoc Hall starting at 9 am running till 5 pm. Our thanks to Apply First Aid Eden Monaro for running the course. There are still vacancies if any one else would like to attend.

Two ideas already put forward are a trip to Cooma Little Theatre and a trip to the Canberra Craft and Quilting expo later this year. These are now in the planning stages.

If you would like to do something or see something started please let us know. We are also interested in anyone with skills that they could share with others. Contact us if you think you could be a tutor.

## Bendoc Police News.

A 22 year old New South Wales man was charged by police for firearm and hunting offences over the Easter break. He has had his firearm confiscated and will appear at Orbost Court later this year.

Police would like to remind shooters that you cannot carry a firearm on private property unless you have permission from the owner. To hunt deer on private property, you must have written permission from the owner of the property, and carry it with you while doing so. ( This includes pine and hardwood plantations.) The form enclosed with this newsletter might assist property owners who wish to give this permission.

For further information on deer hunting, contact the Victorian Game Management Authority.

**DEWLP New Office  
Hours from 1st May  
to 30th Nov 2017 see  
community Info on  
page 6**

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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

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## First Aid Course Date Selected

The First Aid Course will be held on Saturday the 3rd June 2017 from 9am until 5pm. This course still has a few vacancies.

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.

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### New Opening Hours for Bendoc Neighbourhood House.

As of Monday 1st May 2017,

the centre will be open Monday, Tuesday and Wednesday from 9.30 am to 2.30 pm .

On the weeks when the East Gippsland Shire Council Library bus is visiting the centre will open on Thursday for 2 hours from 9 am to 11 am.

Hope to catch you at the centre. Drop in for a cuppa or a chat.



## Pony Club News

12 Delegate Pony Club riders attended Bega Pony Camp on the 8th April till 11th April 2017. All the riders had so much fun, formed new friendships and learnt new skills. The camp was at Bega Show

ground where there were over 90 attendees. The troops were split into groups with age and riding ability taken into account. There were group leaders who organised the groups on a daily basis after gear checks till the end of the day. Each day the riders rode from Bega Show ground down to Bega Valley fields where all the training took part. Activities for the days consisted of Polo Cross, Jumping, Riding Class, Lead Class, Soccer, Cross Country, Trail Riding, Sporting, Stockman's Challenge, Tent Pegging followed by a Gymkhana. The weather was favourable to us with only a little bit of rain in the late afternoon.

All of our riders had a great time and learnt so much.

### 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)**



Recipe of the Month:

## Impossibly Easy Chicken and Broccoli Pie

### Ingredients

- 2** cups Frozen Broccoli Cuts, thawed, drained
- 1 1/2** cups shredded Cheddar cheese (6 oz)
- 1** cup cut-up cooked chicken or 2 cans (5 oz each) chunk chicken, well drained
- 1** medium onion, chopped (1/2 cup)
- 1/2** cup Original Bisquick™ mix
- 1** cup milk
- 1/2** teaspoon salt
- 1/4** teaspoon pepper
- 2** eggs



### Steps

1. Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. Sprinkle broccoli, 1 cup of the cheese, the chicken and onion in pie plate.
2. In medium bowl, stir remaining ingredients with wire whisk or fork until blended. Pour into pie plate.
3. Bake 35 to 38 minutes or until knife inserted in center comes out clean. Sprinkle with remaining 1/2 cup cheese. Bake 1 to 2 minutes longer or until cheese is melted. Let stand 5 minutes before serving.



<https://www.bettycrocker.com/recipes/impossibly-easy-chicken-and-broccoli-pie/e8158b0f-7213-4de7-8054-5e30975087e7>

Cartoon chef from clip art

## 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 the 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.*

Glass slumping classes at the old delegate hospital with Sharon Buckman.

Course dates 27th May 2017, 22nd July, 23rd Sept, and 18th November.

If interested please ring Sharon on 02 64588333

## BIRTHDAYS!

Celebrating their birthdays this month are..

Diana Brandenburg      Melissa Kidd (Big 40)

Helen Jamieson      Suzy Kidd (big 30)

Wishing you all the best on your special day.







# 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!

**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 Chris on 6458 1402 to book your seat.

Free internet is still available at the Bendoc Neighbourhood House, along with fax and photocopying services. Just drop in during opening hours

DELWP new office hours from 1st May 2017 till 30th November 2017.

Monday-0900 till 1530

Wednesday - Closed

Friday - 0900 till 1500

Tuesday - 0900 till 1500

Thursday - 0900 till 1500

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** 

