

Bendoc Wheel

Bendoc Progress
Association Inc.

Opening Hours

Monday, Tuesday, &
Wednesday

9.30am—2.30

(Subject to change)

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org.au

Bendoc Neighbourhood
House

Shire Outreach Centre

Remember

East Gippsland Shire
Council Library Books
can be returned to our
centre, we also have
new books for your
perusal.

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News from the Neighbourhood House

Welcome to the October edition of the Bendoc Wheel and thanks to all of you who have congratulated me on my position here as Co-ordinator of the Bendoc Neighbourhood House.

News from the Neighbourhood House here in Bendoc.

Our first 2017 Tree of Life Bombala Craft class was held on the 12th of September with 7 people turning up and creating a wonderful wall hanging. Everyone had an enjoyable day with morning tea supplied. For some this was followed with lunch at a local cafe. The next course date has been set for Tuesday 24th of October 2017.

Floriade Trip was held on Tuesday 19th September.

With Russell Buchman as their driver, our garden enthusiasts were off to Canberra to view the spectacular displays on offer at Floriade. The weather was a little unkind as a good percentage of the displays were not in full bloom, despite this the day was a success for all concerned.

Bad Weather hits area on Father's Day.

Arriving at Bendoc on Monday 4th September was interesting with Jamieson St closed off due to power lines down, a tree in front of the centre down and branches and leaves everywhere. Thankfully the centre was undamaged. Apparently power was out for nearly 10 hours in some places. Winds on Sunday in Bombala hit 117kms per hour at 12.55 and 1pm according to weatherzone.com.au. Pictures on page 7.

Do remember that on Sunday 1st October at 2am DAY-LIGHT SAVINGS Starts.

The Bendoc Progress Association Inc. Annual General Meeting is to be held at the centre on October 11th at 10.30 am to be followed by lunch and a General meeting. All welcome to attend and bring along a cake or biscuits.

- 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

Bendoc Neighbourhood House Outing

Bus trip to Cooma Little Theatre

To view 'The Kitchen Witches' on November 11th

This matinee performance at 2 pm

This is a comedy well worth seeing.

With following synopsis:

Isobel Lomax and Dolly Biddle are two "mature" cable-access cooking show hostesses who have hated each other for 30 years, ever since Larry Biddle dated one and married the other. When circumstances put them together on a TV show called The Kitchen Witches, the insults are flung harder than the food! Dolly's long-suffering TV-producer son Stephen tries to keep them on track, but as long as Dolly's dressing room is one inch closer to the set than Isobel's, it's a losing battle, and the show becomes a rating smash as Dolly and Isobel top both Martha Stewart and Jerry Springer!

Seats still available if you are interested Bus and ticket to the show will be \$45 for Adults, \$40 for Pensioners/Students/Children. Please ring the Bendoc Neighbourhood House on 0264581402 to reserve your seats. Mon to Wed 9.30 to 2.30pm.

Forest Fire Management Victoria

They have released information on **Spring Firewood Collection** in our area. Visit www.ffm.vic.gov.au/firewood and check out locations. You are allowed to collect up to 2 cubic metres of firewood per person per day and up to 16 cubic metres per household per year. Spring season runs from **1st September 2017 until the 30th November 2017.**

Kindling For Sale



Aspen Cameron has kindling for sale now the colder months are upon us!

\$5.00 per bag (over 8kgs of kindling!)

Can be dropped off at Bendoc or Delegate

Please phone Sinead on 0409 144 265 to arrange!

Give this hardworking young man a start by purchasing his kindling—a lot of effort and hard work is going in to this for him!

Good on you Aspen!



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

Course dates Final Course on the 18th November.

If interested please ring Sharon on 02 64588333

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

Flying Doctor Optometrist Service

Mon 13 to Thurs 15th November 2017
at Goongerah Hall Victoria. Please ring
TNH on 0264580295.

Upcoming Bendoc Neighbourhood House Events.

Tree of Life Bombala Craft class on
24th October 2017

Glass Slumping on 30th October 2017

Cooma Little Theatre 11th November
2017

Ring the centre to book your
place and have a good day out.

CFA News

Clair Strickland was presented with her 15years of service medal.

CFA Bendoc ran a very successful training day on Sunday 27th August. Although they got snowed on the show still went on, fires do not discriminate.

The day consisted a number of activities

- Basic Familiarisation
 - Entry to Station, Light switch locations, Door openers
 - Vehicle Cut-off switch / charger
- Revision on basic Radio Procedure
 - Radio On/Off
 - Channels - Vic Fires, Fire ground, Cross Border
 - Radio Message Prompt Booklet
- Introduction to Maps & Navigation
 - Information on maps, North Points, Contour Lines & Shape of Ground
 - Identifying Grid References
 - Reading GPS information
- Vehicle Navigation Exercise
 - 'Scavenger Hunt' type activity where each group of members are sent to a series of map locations to gain information about that point or to conduct an elementary operational activity
 - Using radios to pass messages
- ☐ Off Road Driving Safety
 - Basic 4WD Procedures
 - Stall Recovery

Chef image from Clipart



Everyone came away with new knowledge. Photographs of page 7.

Recipe of the Month Fluffy Pancakes

The Dry Ingredients

- Flour: Use all-purpose flour or whole wheat. A combination of the both is nice, too.
- Sugar: We use granulated sugar, but you could experiment with brown sugar. Brown sugar will make the pancakes a little more moist.
- Baking Powder: Baking powder makes the pancakes so light and fluffy.
- Salt: We like to use 3/4 teaspoon of coarse salt. It balances the sugar nicely and brings out lots of flavour in the pancakes.

The Wet Ingredients

- Milk: We usually stick to reduced fat milk, since that's what we have in the fridge, but whole milk or non-dairy milk (like almond or coconut milk) will work, too.
- Melted Butter: You can't beat the taste of butter for this, but we've found that melted coconut oil is really tasty.
- One Egg: The egg adds structure and helps with how light and fluffy the pancakes become.
- Vanilla Extract: Vanilla adds sweetness and depth of flavour. You could try other extracts, too. Almond extract would be pretty delicious.

For Fluffy Pancakes, Don't Over-mix

Over-mixing pancake batter is a common mistake — it makes them heavy and flat, not fluffy. To prevent this, mix dry and wet ingredients separately at first then combine just before cooking. By the way, these tips apply to waffles and muffins, too. Once you're ready to cook, combine the two mixes — we use a fork. Stir until you no longer see dry clumps of flour. There can be some small lumps, though. Then fry use a frypan to cook to your taste. Enjoy... For GF simply use GF Flour.

Delegate Pony Club News

Upcoming Events for Delegate Pony Club.

Next Rally is Sunday 8th October 2017 due to NSW public holiday, 09.30 am gear check with a 10.00am start.

Cooma Gymkhana

Sunday the 17th September saw the Delegate Pony Club Riders competing in the Cooma PC Gymkhana, leading to a great day of activities. Our riders who received significant awards are :- Myah Voveris took home the Aged Champion for Assisted; Aspen Cameron came home with Aged Champion for under 7's; Lydia Jamieson collected Reserved Aged Champion for 7 to under 9's; Shania Caldwell, Jay Voveris and Natalie Vincent received Encouragement for 11 to under 13's. Our riders gave a fantastic days riding as they put their ponies through their paces. Here they put into the competition everything that they have been learning and practising at all Delegate Pony Club Rallies. Both riders and their families had a wonderful day supporting the Cooma Gymkhana. Photos on Back Page.

Local CFA and DELWP Information...

DELWP - reminder the firewood collection period see article page 2.

BIRTHDAYS!

Celebrating their birthdays this month are..

Callan Jamieson

Lydia Jamieson

Veronica Hartmeier

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

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 Bendoc Resource Centre. Where we have a broad range of books and DVDs that are rotated regularly for your enjoyment! Come in and browse our selection of books..

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. Usually 2nd Friday of Month..

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

Bendoc Resource Centre and
Neighbourhood House
Cnr Dowling & Jamieson Sts
BENDOC VIC 3888

Phone: 02 6458 1402

Fax: 02 6458 1402

E-mail: bendocpa@bigpond.com

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

**Get your
FireReady Kit**

1800 240 667
www.cfa.vic.gov.au

PREPARE. ACT. SURVIVE.

FireReady 

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

collector of antique bottles



Claire Strickland gets her 15 yr Medallion CFA Photographs above

Bendoc Monday 4th September 2017



Delegate Pony Club Photographs



Photographs from story on page 5.

Image 001 DPC riders 11 of them

Image 002 Gabrielle Kidd in stockman's challenge

Image 003 Shania Caldwell, Jay Voveris and Natalia Vincent

Image 004 Myah Voveris

Image 005 Jay Voveris

Photos sent through by Melissa Kidd.

Well done to all participants, keep up the good work.