

Bendoc Wheel

News from the Neighbourhood House

It is hoped that everyone has had a good Easter and school holidays. To those Year 12 students who have completed their mid year exams, hope you all did well.

On a sadder note, we have learnt that one of our executive members of the Bendoc Progress Association Inc., passed away just before Easter. Jan Lang, a resident of Bendoc passed away at the Bombala MPS just before Easter after a long illness. She will be sadly missed by us here and no doubt by the members of the Delegate Hospital Auxiliary where she volunteered as well. It is also noted that Mrs Shirley Hepburn of Bombala formerly Lower Bendoc passed away mid April, our condolences go out to her family members.

Do remember that in Victoria the Autumn firewood collection season opened as of March 1st and closes June 30th 2018. For information and updates including interactive maps of collection areas please visit www.ffm.vic.gov.au/firewood from March 1st or call 136 186 to find out more.

To all the fire crews with DELWP our thanks for the hard work you have put in this fire season, hope to see you back in town for the next season.

The Cooma traditional craft fair is on again on May 26th at the Cooma Ex Service Club. We are trying to arrange a bus trip for those who may be interested. The event is on Saturday May 26th from 10am to 4 pm, Gold coin entry fee at event. Please ring Chris on 0264581402 Mon-Wed if you are interested. Bus fare applies. Some items include Beaded Crochet; Felt-ing; Jewellery; Mosaics; Soap Making; Weaving; Quilting/Applique; Lace Making; Paper and many more. Watch, try and Buy .. Till next month stay safe..

Bendoc Progress
Association Inc.

Opening Hours

Monday, Tuesday, &
Wednesday

9.30am—2.30pm

Closed Public Holidays

(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 & DVDs
for your perusal.

Inside this issue:

Bendoc Fishing Club	2
What's on in May	3
Recipe of Month	4
Pony Club	5
Pony Club Photographs	8
Community Info	6
Cemetery Trust	7

Bendoc Fishing Club Wind Up

Our wind up will be held at the Lower Bendoc School on the 12th May.

The fishing competition starts of Friday 11th at 12 noon. Weigh in takes place at 12 noon on Saturday. Followed by trophy presentations.



The car fridge raffle will be drawn and there will be meat and sea food trays plus pick of the table raffles.

There are \$20 tickets available, includes BBQ, drinks and a chance to win \$1000, plus 5 chances to get your money back. Please bring glass for beer and wine.

For Further Information or to book, please ring Helen on 02 64581462

Images from Clip Art online.



BOBCAT CONTRACTOR

Do you need:

Heavy duty slasher and bucket



Slasher suitable for scrub or regrowth removal
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

Vehicle pictured is Steve's actual Bobcat

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!



The Bendoc Wheel is published by the Bendoc Progress Association Inc, we welcome articles and other contributions from the general public, clubs and organisations in our area. The publisher accepts no responsibility for any advertisement or article. All items published are at the risk of the contributor who accepts liability for any intended publication. All such contributors agree to indemnify the publisher and warrant that the material is correct and accurate and is neither deceptive or misleading, in breach of copyright, defamatory or in breach other national and international regulations and laws.

With that said, please forward any interesting historical or current items to the Editor, Bendoc Wheel c/o Bendoc Progress Association Inc, PO Box 50 Bendoc Vic 3888.

Or via email at bendocpa@bigpond.com

What's on this Month..

May 8th 10 am Tree of Life Bombala Arts and crafts workshop. Ring 0264581402 for bookings.

Due to lack of numbers, the Cooma Little Theatre Trip for May has been cancelled. However, when they have their next play running, we will try then..

Cooma Traditional craft fair May 26th. Ring Chris 0264581402 Mon-Wed for info.

DVD's and books are available at the centre, do remember that we are an East Gippsland Shire Outreach Centre, if you have any questions just drop in.

Recipe of the Month

Easy sweet potato and crumbed chicken salad



Ingredients

- 800g gold sweet potato, cut crossways into rounds
- 1/4 cup (60ml) olive oil
- 1 teaspoon fennel seeds
- 1 tablespoon rosemary leaves
- 400g packet Chicken Breast Fingers
- 1/4 cup (35g) dried cranberries
- 1/4 cup (40g) pine nuts, toasted
- 60g packet Australian Baby Rocket
- 1 tablespoon olive oil, extra, to serve
- 2 tablespoons red wine vinegar

Method

Step 1

Preheat oven to 200C. Line a large baking tray with baking paper. Arrange the sweet potato in a single layer on the lined tray. Drizzle with oil. Sprinkle with fennel and rosemary. Cook for 30 mins. Add the chicken to the tray. Cook for 10 mins or until sweet potato is tender and chicken is cooked through.

Step 2

Meanwhile, place the cranberries in a bowl and pour over enough cold water to cover. Set aside for 10 mins to soak. Drain.

Step 3

Arrange the sweet potato, chicken and rocket on a serving platter. Sprinkle with the cranberries and pine nuts. Combine oil and vinegar in a small bowl. Drizzle over the salad to serve.



Delegate Pony Club News

The Delegate Pony Club held their April rally on the 2nd Sunday of the month due to Easter long weekend. We had an excellent turn out for the day. The weather was fine, actually quite warm but very nice. Our riders got underway after being split into 2 groups. We had a guest instructor Skeet (Peter) Evans, who came along and ran our riders through jumping techniques. Through the course of the day he had the younger riders ensuring their eyes were where they needed to be and getting their ponies to commit to the jump set in place. The older riders worked on positioning of hands and bodies for jumping successfully. The riders thoroughly enjoyed his way of teaching.

Rowena Butterworth Delegate Pony Clubs President and Chief Instructor took the older group for the first session through some general maintenance for looking after their ponies, using a real horse for demonstrating. During the day all the riders had their go at something different and interesting.

The riders are currently working on gaining their different levels of certificates that NSW Pony Club have set in place for certain ages. The riders then went on to doing flat work and some general dressage instruction. The afternoon session was fun filled with mounted games activities in preparation for Wamboin Mounted Games competition at Bungendore Show ground that will be held on the 27th May. The day was a great success with 6 new members.

Our next rally day will be Sunday 6th May 9:30am gear check for 10:00 start. Please check our Facebook pages for any changes - Delegate Pony Club Community Page.

Expressions of Interest

Every month we will be holding craft classes at the Tree Of Life in Maybe St Bombala for all those who may be interested, classes are \$20 payable on the day.

Please let us know if anyone would be interested in attending the quilt and craft fair in early August up in Canberra., or for our flower enthusiasts, we may be organising a trip to Canberra later in the year for flower shows, please watch this space for further information.

For more info ring Chris on 02 64581402 Monday to Wednesday.

Free internet services are still available at the Bendoc Neighbourhood House Monday to Wednesday.

Till next month, enjoy life.

BIRTHDAYS!

Celebrating their birthdays this May are..

Diana Brandenburg, Helen Jamieson, Melissa Kidd and Suzy Kidd

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

New times for DWELP Office Bendoc

Monday 9am to 3,30pm lunch 12.30 to 1pm

Tuesday to Thursday 9.00am to 3.00pm lunch 12.30 to 1pm

Closed on Fridays

Effective 1st May 2018 till 30th November 2018

**Get your
FireReady Kit**

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

PREPARE. ACT. SURVIVE.
FireReady

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

East Gippsland Shire
Council Outreach Centre
and Library.

**We now have our own DVDs
and Books for borrowing. Drop
in and have a look and enjoy a
free cuppa. Also have a look at
the newer EGSC Library
books.**

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

BENDOC CEMETERY TRUST

The Bendoc Cemetery Trust is seeking expressions of interest from suitably qualified members of the community who would be interested in becoming honorary trust members. Women and those from a diverse background are actively encouraged to seek appointment to ensure that the trust's membership accurately reflects the composition of the community it serves.

Cemetery trust members are appointed by the Governor in Council for a term of up to five years and are responsible to the Minister for Health for the proper and efficient management of the public cemeteries under the control of the trust, including the provision of future cemeteries services and the preservation of local history.

Being appointed to a cemetery trust provides successful applicants with a unique opportunity to develop their competencies as a board member. In addition, the Department of Health and Human Services provides free governance training to all trust members.

More information about the role of cemetery trust members is available at: <https://www2.health.vic.gov.au/public-health/cemeteries-and-crematoria/cemetery-trust-appointments/class-b-cemetery-trust-appointments>

To register your interest please contact the Bendoc Cemetery Trust by telephoning the Secretary on 02 6458 1236 or 0459 407 281 within two weeks of the date of this advertisement.

The Victorian Government is committed to ensuring that government boards and committees reflect the composition of the Victorian community. This includes appropriate representation of women, regional Victorians, Aboriginal people, young Victorians, Victoria's culturally diverse community, the LGBTI community and Victorians with a disability.

YG1793



CFA News

2 awards handed out, one Miles Malcolm and Brad Stevens for 10 years service and the other was for Nick Aniello and Miles Malcolm sorry not sure what for.



Please note new office hours for DELWP Bendoc Office commencing May 1st 2018 until 30th November 2018.

Monday 09.00 am to 3.30 pm lunch 12.30 -1pm
Tuesday 09.00 am to 3.00 pm lunch 12.30 -1pm
Wednesday 09.00 am to 3.00 pm lunch 12.30 - 1pm
Thursday 09.00 am to 3,00 pm lunch 12.30 - 1pm
Friday CLOSED

Delegate Pony Club Photographs

