

Bendoc Wheel

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.

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News from the Neighbourhood House

Another month has passed and our first craft class was held in Bombala at the Tree of Life on May the 8th. Following the class our five ladies enjoyed a well deserved meal and chat. Planning to do another craft day on 12th of June Tuesday.

Dry Season Workshop planned by Snowy River Interstate Land Care, Ag Vic (Bairnsdale & Maffra), Rural Financial Counselling Services Vic, Bendoc & Tubbut Neighbourhood Houses and Bendoc CFA.

Emma Orgill of Landcare with Caroline Love of Ag Vic and John Bowman Ag Vic spoke with around 20 farmers at the Bendoc CFA shed on Thursday 10th May. Wayne Jefferies of Rural Financial Counselling Services Vic was also in attendance. The CFA Ladies put on a very good morning tea to start off the meeting.

A good turn out for Bendoc with a similar event being held that afternoon in Tubbut with 9 people turning out. All we need now is rain, something that is very scarce at the moment. (Update it rained some places getting up to 60 mm Friday to Saturday 11th and 12th May)

Expressions Of Interest.

Between June and 22nd of July the National Gallery of Australia has the Cartier Expo daily. If people are interested in a bus trip to the event, we require a minimum of ten people. The Bendoc Progress Association Inc, depending on numbers, will try to arrange the trip. Proposed cost is \$50 this includes entry to expo and bus fare. Please call Chris on 64581402 Mon to Wed.

A word from the Bendoc LPO.

They have two Post Office Boxes available for rent, if you are interested, drop in and speak with Margaret.

Until next month, good reading..

Local man honoured on new Memorial Wall in Canberra

Stephen Jamieson, formerly of Bendoc lost his life while working with his dozer to help contain fires on Lightning Track off the Yalmy Road in January 2008.

Stephen was among 500 people recognised in Canberra on Tuesday May 1 when the Australian and New Zealand National Council for Fire and Emergency Services (AFAC) held a memorial service honouring the courage and sacrifice of those who have died in the line of duty.

The service paid tribute to people who have died protecting our communities, through the unveiling of their names on the new Memorial Wall at the National Emergency Service Memorial on the northern shore of Lake Burley Griffin, Canberra.

An AFAC memorial medallion was presented to the families of those who have died in the line of duty.

Stephen's son Todd, daughter Amy, his brother Ray and his widow Shirley attended the service and were proud to receive the medal honouring Stephen's sacrifice and courage.

Forest Fire Management Victoria Operations Coordinator at Bendoc, Trent Tonissen said he too was proud to be at the service.

"It was a very special day and a fitting tribute to Stephen, to his family and to other firefighters who have lost their lives protecting our communities."

The service was also attended by Gippsland's Assistant Chief Fire Officer, Chris Stephenson and Forest Fire Management Victoria's Chief Fire Officer, Darrin McKenzie



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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!



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, also the Cartier Expo at the National Gallery Canberra. please watch this space for further information. **For more info ring Chris on 02 64581402 Monday to Wednesday.**

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

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.

History Buffs

Any one out there can remember where and how many **timber mills** were operational in Bendoc and surrounds from 1945 to 2018? If you can help, please email your recollections to bendocpa@bigpond.com

Snowy Monaro Council Roads Dept.
If you wish to report road conditions in the new Snowy Monaro Shire please ring **02 6451 1018** (Main point of contact for all Roads related complaints)

Recipe of the Month

Beef Hot Pot for a slow cooker

Ingredients

- 1 onion, chopped
- 2 carrots, cut into 1cm/½in slices
- 1 tbsp. vegetable or sunflower oil
- 500g/1lb 2oz beef brisket, trimmed of excess fat and cut into matchbox-size cubes, or long, thick slices
- 5 garlic cloves, crushed or finely chopped
- 5cm/2in piece fresh root ginger, finely grated
- 1 fat red chilli, shredded (I leave the seeds in)
- 2 tbsp. light muscovado sugar
- 1 tbsp. miso paste, optional, but this will add extra depth to the sauce
- 6 tbsps. light soy sauce
- 300ml/½ pint beef stock
- 1 tsp sesame oil, plus more to serve
- 2 bunches spring onions, trimmed then cut into finger-length pieces
- few handfuls fresh beansprouts

Method

- 1 Place the onion and carrots into a slow cooker. Heat the oil in a large non-stick frying pan, then fry the beef in two batches until golden-brown, transferring to the slow cooker when ready. Scatter with the garlic, ginger and chilli.
- 2 Stir the sugar, miso, soy, stock and sesame oil into the juices in the frying pan then bring to a simmer, stirring to dissolve the miso and sugar. Pour the hot liquid over the beef and vegetables, cover with the lid and cook on low for 7½ hours.
- 3 Scatter with the spring onions, re-cover the slow cooker then cook for another 30 minutes until the onions are tender. Stir in the beansprouts, then drizzle with a little more sesame oil. Serve with steamed broccoli and boiled rice.



Preparation time less than 30mins

Cooking time over 2 hours

Serves 6 people

BBC Food for more Recipes..

Chef from clipart



Delegate Pony Club News

Delegate Pony Club held their May rally day with 17 riders on Sunday 6th May and wow what a success. The kids enjoyed a new purchase of bunting from funds kindly donated by Delegate Hotel Sunday Sips. Delegate Pony Club would like to thank the Sunday Sippers for their kind donation and their continued support to the local pony club.

Also a thank you to go out to the Snowy Monaro Regional Council for their kind donation for Youth Week towards special instruction for our riders in preparation for the upcoming mounted games. Delegate Pony Club organised a number of specific Mounted games that they will be going away and representing our club in. Delegate Pony Club has 2 teams heading to Bungendore on the 27th May for Mounted Games, the riders have been placed in their respective teams and practised mounted games to prepare them for this great competition.

Thank you to Delegate Hotel Sunday Sippers, Snowy Monaro Regional Council and to the instructors on the day Rachel Butterworth, Sinead Cameron, Tracey Cox and Rowena Butterworth.

Next Rally day will be held 3rd June 9:30am gear check for a 10:00am start. Please check our Facebook page for any changes.

Bendoc Fishing Club Wind Up May 2018

On a wet Saturday, the fishing club held a successful wind up celebration. Results and photographs will be published next month, sorry for delay, technical issues at our end.

For Future Voting Events within Bendoc and Area.

Due to there no longer being a polling booth in Bendoc residents are encouraged to register as General Postal Voters.

Registered Postal Voters are automatically sent voting papers prior to each election without the voter having to re-apply on each occasion.

Postal voting application forms are available at the Post Office but they are also available on the Australian Electoral Commission website <https://www.aec.gov.au/>

Hover over "Enrol To Vote" in menu; select "Special Category Enrolment" from the drop-down; select second option General Postal Voters. That will take you to an information and instruction page, with printable downloadable forms listed by state at the bottom of the page.

Thank you Margaret Weir for providing this information..

BIRTHDAYS!

Celebrating their birthdays this May are..

Margaret Weir, Michael Brandenburg, Maribel Cameron

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

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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

Saturday arvo at the movies has an audience.

Borderliners organised the event, held at the cosy RSL hall in Delegate, as part of its aim to increase cultural opportunities in our region. While Delegate is a great place for families, there is a lack of activities - for children in particular.

Public showing of movies might seem to be old-fashioned and unnecessary when people can watch videos at home in the comfort of their living room. But that can be a lonely activity. As the crowd of twenty plus showed, shared laughter and that intake of breath for the endangered hero bring people together. Homemade popcorn and other snacks help to evoke the feeling of the cinema.

The adult movie was enjoyed by those that stayed for it but it was clear that the children's movie answered a greater need, for children's activities outside school. Further Saturday arvo movies are planned.

Dr Deb Foskey
25 Warm Corners Track
Cabanandra
via Bonang
Vic 3888
phone 02 64580399



Agriculture Energy Investment Plan.

Just to let you know that Agriculture Victoria is offering primary producers free on-farm energy assessments as part of the State Government's \$30 million Agriculture Energy Investment Plan.

This is for a limited time only—until March 2020 or until funds run out, whichever comes first. So, apply early!

The assessments will provide farmers with expert advice on how to make smart on-farm energy decisions, and will be free for eligible businesses. Under the Plan, grants will be available to help farmers reduce power costs, make efficiency savings, and take up opportunities in clean energy.

Any farmer who wants to access one of the grants needs to have had an on-farm energy assessment conducted under this programme, or by an independent certified assessor in the past two years.

For more information and to apply go to <http://agriculture.vic.gov.au/agriculture/farm-management/agriculture-energy-investment-plan>

Please direct all questions to Agriculture Victoria via agenergy@ecodev.vic.gov.au or call the customer service centre on 136 186.

Farmers for Climate Action is keen to see the Agriculture Energy Investment Plan go well. Feel free to get in touch and let us know how you get on, so we can best advise the Minister for Agriculture, Agriculture Victoria, and the Independent Advisory Panel.

Best wishes,
Corey Watts
Victorian Coordinator
<http://www.farmersforclimateaction.org.au/>

Delegate Pony Club Photographs



8701 - Charlie Ingram Bates doing stepping stones with Tracy Cox instructing



8700 - Gabby Kidd



8702 - Anna Cameron with Gidget and Tracy Cox instructing



8703 - Shania Caldwell on Billy



8705 - Group pic of new bunting purchased with money from Delegate Hotel Sunday Sippers



8704 - Anna Cameron going over the hurdles



8698 - Harlen Ingram and Charlie Matthews



8699 - Gabby Kidd on Tom Tom with Erin Parran assisting in mounted games