

April 2014

Delegate Doings



Delegate Progress
Association

\$1.20
incl. GST

ISSN 1446-6716

Volume 13, issue 4.

“BIDGEE DREAMING” AND “FALL INTO WINTER” NEW SHOWING AT LOCAL GALLERY.

Two new exhibitions at the Bundian Way and Borderline Galleries were officially opened on Thursday 27th March by Andrew Gray of South East Arts, and Mayor Bob Stewart. Two important aboriginal paintings on loan from the Sydney Harbour Foreshore also featured in Andrew's opening address. A good number of guests, including John Blay, Co-ordinator of the Bundian Way Project, admired the exhibitions in both galleries as well as the drinks and nibbles which followed.

South East Arts have been contracted to organise the exhibitions for this year, and there will be a further two exhibitions later in the year. The next one will feature art from the Dept. of Correctional Services, and the following one by Cooma Artist, Natalie Bateman.

John Blay informs us that he has good news for the Bundian Way track, having obtained funding which will complete the first section around Eden, which he said will be the most difficult of the whole track.

Right: One of the colourful paintings on display by Alice Williams

Below: John Blay, Ian Sellers and Mick Francis.

Centre: Andrew Gray.

Right: Chris, Robin, and Ngaire McCrindle.



Next Issue: 2nd May

then: 6th June

and: 4th July

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Dates for your Calendar

- 5th, 6th, 7th April. Cabanandra Camp Draft
- 15th April—Men from Snowy River Com. meeting
- Easter week-end: Good Friday Duck Race, Saturday and Sunday Writing and Film workshop. Saturday evening dinner at Country Club.
- 25th April Anzac Day Ceremony
- 27th April Delegate Country Club AGM
- 29th April Delegate Progress Association meeting

BIRTH NOTICE

Rebecca and Raymond are please to announce the birth of their beautiful little girl, Lily Margaret Kading, born 20/03/2014 weighing 8lbs. First granddaughter for Judy Dare & Lorraine Kading.

LAUGHTER THE BEST MEDICINE

An Aussie ventriloquist went to a Kiwis farm and says to him. "I can talk to your animals." The Kiwi says "Yeah, whatever bro." The Aussie sees a horse and starts up a conversation. "How are you horsey". The horse replies "I'm good mate" "How does your owner treat you." The horse replies "Very well". The Kiwi is astonished. Bring over your dog and I'll have a talk to him says the Aussie. He asks the dog "How's life?" "Couldn't be happier says the dog." "How does your owner treat you" he then asks. "Excellent" says the dog. "He takes me for walks everyday." The Kiwi could not believe what he was hearing. The Aussie then asks if he can talk to the sheep. "No no." cried the Kiwi. "You can't believe anything he says—he is a terrible liar"

Festival of Writing and Film 2014

Easter 18th—20th April

Delegate School of Arts

Pre Registration is vital

Registration forms available at Visitor information Centre in Bombala , RTCT Centre in Delegate and Bombala Council Chambers.

Cost: \$45.00 Concession \$35.00

All Enquiries

Bombala Visitors Centre

0264584622

Delegate Country Club

AGM

Sun 27th April 3pm

Item of special interest

Adoption of new Constitution

TUESDAY CLUB

On 18th March, the Tuesday Club held it's first meeting since December. About 13 members, some wearing green hats for St. Patrick's Day, gathered at the Delegate Cafe, where once again we enjoyed a delicious afternoon tea followed by a couple of hours of laughs and story telling. This included plenty of jokes, especially from some of our older members, as well as poetry reading, one in particular by Neville Shorrock about "Bart" and "Hobbsie" and another by Dot Hepburn, about her Grandparent's home.

Items such as an old music book, dated 1916, a Women's Weekly from 1964 and a hand painted umbrella that one of the members had painted for her mother, were some of the pieces of Memorabilia that had members reminiscing, with more stories and jokes, and most members contributing a tale or two.

Everyone enjoyed a good laugh and are looking forward to our next meeting on 8th April, to organise our activity calendar for the next 6 months.

So bring along your ideas and join in the fun.

Any enquiries please phone Sandra Walker on 64588089



Above: The ladies got into the spirit of things wearing their green hats.

Below Left: Dorothy Hepburn reads her poem while Bessie Cameron watches on. Middle: Jane Sellers reads a story. Right: The group enjoyed their afternoon out.



MEN FROM SNOWY RIVER COMMITTEE

MEET TRAFFIC CONTROLLERS.

Stephen Elliott from the Major Events Transport Management Centre, and Inspector Paul Carrett from the NSW Police Major Events and Incidents recently met with members of the Men from Snowy River Commemoration Committee to discuss the proposed re-enactment march to take place in October 1915. They had detailed plans of the route taken by the original marchers and a long discussion took place as the practicality of a march in 2015 replicating what took place in 1916. A century has made changes that those men could not have even imagined. Dirt roads with very little traffic have changed into busy highways with huge trucks barrelling down every few minutes.

Both men were adamant that safety was their first priority and that on no account would they permit any group to march on a bitumen road, even roads which are not classified as highways. They said it would not be a problem to arrange traffic control in towns or cities as that is something they do frequently at major events throughout the state. The Kangaroos and the Cooee marchers will have to deal with the same obstacles with traffic, and Transport Management's solution is for buses to be hired for the busy sections between here and Goulburn. The group to march through the streets of Sydney would then be entrained to the city from Goulburn just as the Men from Snowy River were prior to embarking for Europe in 1916.

Both Stephen Elliott and Paul Carrett will be meeting with representatives of the other marches and again with the Delegate Committee at a later date.

R: Anyone who has driven over the busy Queanbeyan bridge in recent years would find it hard to visualise a time when the men were able to walk over it without fear of traffic.



For Sale



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Contact Alana **0458171222**

All as new



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DELEGATE HOTEL

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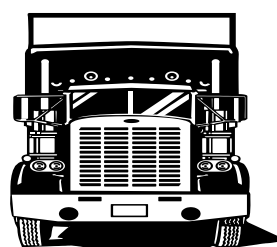
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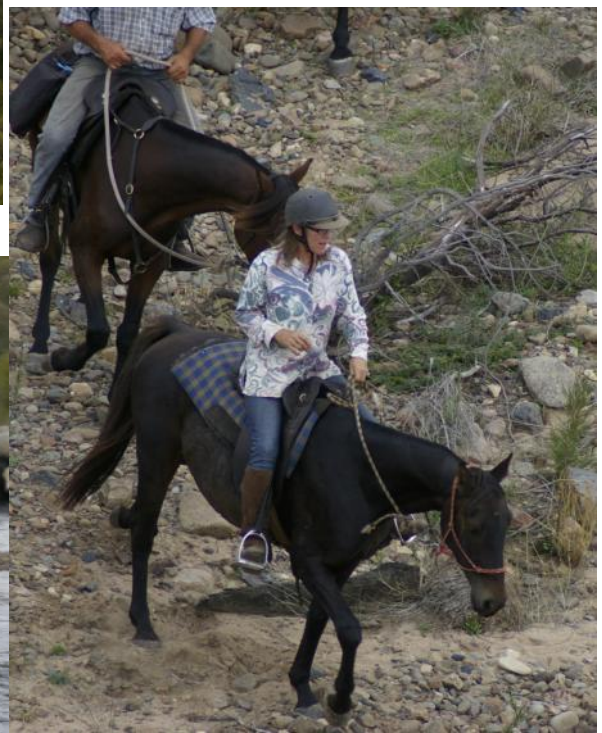
THE POPULAR CAMPDRAFT SEASON IN FULL SWING

Following a successful weekend for the organisers of the Delegate Campdraft held on the weekend of the 7th and 8th March, this week sees our local bushmen bringing the cattle down the mountain for the Cabanandra campdraft to be held this week-end. The preparation for this major event which brings hundreds from far and wide means plenty of work for the organisers. Several horsemen spend days collecting the cattle from the Gelantipy area and bringing them down the steep mountain to the crossing at the Snowy River.

Delegate although on a smaller scale also means much preparation, doing the draw, getting the ground in order and of course in both instances feeding the big numbers who descend at the grounds for the event. Welcome rain helped to lay the dust in Delegate and such will be the case for Cabanandra, the area having received rain recently.



*Above: Bringing the cattle down,
L: The Snowy River and crossing the Snowy.
Below right: The hills are "twice as steep
and twice as rough"*



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DELEGATE GOOD FRIDAY DUCK RACE

Easter Egg Hunt, Kids Activities, Cob Oven Cooking, Kids Boat Race and the Duck Race will be the place to bring the kids this Good Friday, April 18th starting from 12 noon at Bill Jeffrey Park, Delegate.

The Egg Hunt will start at 12 noon, followed by some great fun kids activities, including the kids creating their own mini pizza to cook in the cob oven.

The Kids Boat Race is a fantastic activity for the kids, they will need to get making these boats before the day and there will be great prizes for those participating.

This years Duck Race we are trying something new. You can buy a duck for \$10, all duck's will be the same price, (in previous years the number of the duck was the amount you would pay). If you would like a duck you will need to see Su King or ring her on 6458 8315, you do not need to pick out a duck you can just pick your number – if it is still available.

All proceeds of the Duck Race go towards the Platypus Pals, the local environment group that do great projects to help protect our iconic platypus. Some of our projects have included weed removal from river systems, tree planting to protect river systems from erosion and platypus counting, including wild-life observation at the Platypus Reserve.

The platypus are an important part of our communities. We are lucky to have an abundance of platypus in all of our river systems. The platypus are a great tourism opportunity for this region with hundreds of visitors stopping at the Platypus Reserve each year bringing tourists through Bombala and Delegate every week.

So please help our cause, come along to the Duck Race this Good Friday starting from 12 noon with the actual Duck Race to be held at 3pm. Remember to get your favourite Duck number

Important Visitor to Delegate.

The appearance of a very large, colourful semi — trailer van outside the Delegate MPS is making heads turn and question, what is it? It could be part of a travelling art exhibition it is so beautifully decorated with large photographs and paintings by artists Pro Hart and John Dynan.

It is the "Sister Alison Bush AO, Mobile Simulation Centre" from NSW Health, run and supported by 'HETI' (Health Education Training Institute), and it travels around country NSW providing on the spot tuition for local health staff, including NSW Ambulance personnel, with a 3D Wireless Sim-man (made by Laerdal), which is a life sized manikin, named George!

The Manager of this futuristic Centre is Kirsti Dixon, who willingly gave me a wonderful tour of her facility, which consists of four rooms. The computer Control Centre, which sets the programs and data for all the manikins, an emergency room with George, a debriefing room and a ward with a female Sim-mum and newborn babe.

George is part of a travelling family of five, together with the Sim-mum, (Molly) and babe, there is a 3 — 6 month infant and a seven or eight year old child manikin to enable the centre to cover all scenarios. Molly can even deliver the newborn babe! These figures are so highly specialised and are computerised to simulate different medical conditions, enabling staff to refresh their skills.

What a terrific concept and how inspiring this must be for Health professionals in isolated communities to have this support behind them, as well as being reassuring for local residents to know that staff are keeping up their skill levels. Well done everyone.



Some of the Art Week on the outside of the bus. Below: R: Kirsti Dixon with “George” the manikin ready to be resuscitated while Gloria watches on.

L: Kirsti , Manager Janice Rumph, Karen Evans, Rosie Walcott, Jade Marks, Jane-lee Bobbin and Ambulance Officer Bernie Du Field with Sim-mum “Molly” and baby.



Delegate Multi Purpose Service

Wellness Clinic is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open

Mon 9am -10.30am Tues 9am – 10am

Thur 9am – 10.30am Fri 9am – 10am

Every week except public holidays. No
Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

Pathology clinic

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

Other Services

Women's Health Nurse

3rd Wed of the month

Dietician and Diabetes Educator

2nd Thur of the month

Immunisations – 4th Fri of the month

Podiatry – for HACC clients – monthly

Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

Child and Family Health – visits Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.

Visiting Staff Profile

Name: Emma-Jane O'Cass

Job Description: Clinical Dietitian

Emma is based in Cooma at the Cooma Community Health Centre and provides regular free, confidential outreach services to the townships of Delegate and Bombala.

Service provided: Nutritional assessment and management for diabetes, obesity, heart disease, malnutrition, food intolerances. Nutrition education and general healthy eating advice.

Highlight of Career: Seeing patients enjoying healthy foods to achieve their weight and health goals.

Appointments for Delegate MPS

2nd Thursday (mornings) of the month, please phone Delegate MPS on 64598000 for an appointment.



DELEGATE SCHOOL NEWS

K12 Go Wild for Healthy Eating

Students in K12 have enjoyed learning about healthy eating habits through the Crunch and Sip Program. This week they learnt about the benefits of various fruits by creating their own 'Wild Thing Fruit Monster'.

The learning task correlated with their book study of 'Where the Wild Things Are' by Maurice Sendak. As part of the study learners developed their own wild thing character profile, including the construction of a costume.



Our First Harvest for 2014

Students enjoyed exploring and learning in the Stephanie Alexander Kitchen Garden. There were lots of smiling faces as the students planted seeds, picked ripe fruit and vegetables and marvelled at the sunflowers. The program aligns with the Science syllabus and is a fun, engaging and hands-on way for students to learn about the world around them.





Bendoc Fishing Club Annual Windup

The Bendoc Fishing Club held there Annual wind-up over Friday and Saturday the 21st and 22nd of March. The Old Bendoc School House and grounds were the back drop and the weather was just what was needed. Lunch time Saturday was the weigh in after which the-celebrations started with raffles and the usual games. It was really good to see some of the bush crew from years gone by come back and get involved on the day.

Katrina and Wayne Jamieson won the Camping raffle and Maribel Cameron the major raffle. Minor winners were Cleo Jamieson, Carla Hepburn, Tahlia Beddingfield, Des & Billy Piesley and Beau & Kerri Peck. Congratulations to all and well done to the fisher man and women.

The results were as follows.

Junior Biggest Trout Janine Jamieson	255gms
Biggest Redfin Junior Aiden Camm	345gms
Biggest Black Fish Russell Jamieson	445gms
Biggest Red Fin Joe Camm	395gms
Biggest Black Fish Sandy Stokes	400gms
Biggest Bag Eels Junior Nicholas Camm-Ohehir	1115gm.s
Biggest Bag Eels Senior Joe Camm	1665gms
Senior Biggest Trout Jessie-Rey Abinal	695gms

Jake Jamieson Memorial Trophy Most Consistent Fisher Person

Junior Russell Jameson 725 points Senior Jessie-Ray Abinal 695 points

Biggest Off Comp Trout Nichols Camm-Ohehir 820gms

Junior Encouragement Bryson Phillips Jones.

All the children had a great day, the stick cubby house was a huge team effort and was definitely bigger than the fishing comp.

Kathy Smith and the other committee members would like to say a big thank you to everyone who helped throughout the year. Special thanks to those who organised raffles and catering on the day and wish everyone the best for the next season. New members are always welcome, phone Kathy Smith for details. 02 6458 8233

Right: Little Connor Reed helped with blowing out the candles

Happy birthday to Natalie Armstrong for the 3rd of April. Friends joined Natalie for a lunchtime celebration at the Delegate Cafe. Marilyn Callaghan made and decorated a lovely cake, and gave Nat a beautiful bunch of roses. Nat also received lovely cards and gifts from family and friends.

Joke of the Week

A man hasn't been feeling well, so he goes to his doctor for a complete check up. Afterward, the doctor comes out with the results. "I'm afraid I have some very bad news," the doctor says. "You're dying, and you don't have much time left." "Oh, that's terrible!" says the man. "How long have I got?" "Ten," the doctor says sadly. "Ten?" the man asks. "Ten what? Months? Weeks? What?!" "Nine..Eight...."



SENIORS TRIP TO MERIMBULA

During seniors week the Bendoc Bus travelled to Merimbula for a delightful day out for seniors of the district. They called at Wyndham for morning tea, visited Pambula for a look around the shopping centre including a visit to Toad Hall. It was then on to Merimbula for a tasty lunch at the Wharf which also included a tour of the Aquarium there. On the way home a great day was concluded by afternoon tea at Oaklands.

The trip was funded by the Department of Family and Community Services, the Bendoc Progress Association and the East Gippsland Shire Council.

L: A glimpse into the aquarium

R: Gloria gets a lesson in digital use from Louise.



HERE & THERE

Many happy returns to Kath Ingram, resident of the local MPS who, celebrated her 99th birthday on Thursday 27th March. She went out for lunch with her daughter Frances at the Delegate Cafe. Also happy birthday to the others who share April birthdays, including George Tonissen, Cheryl Mustard, Edna Reed, Lola Tonissen, Logan Nicol, Connor Reed, David Reed, Natalie Armstrong and Lorraine Kading.



Sadly this month we have a long list of deaths to report for the month of March, commencing with one mentioned briefly last paper. Former resident Rita Thornton died following a heart operation in a Sydney Hospital. Rita and her family moved from Delegate to Sydney over 30 years ago. She is survived by one brother Jack, who also resides in Sydney.

Another former resident, Nola Payten died following a long illness. Her funeral took place at the Catholic Church, Manuka, ACT followed later by Cremation. Nola is survived by three children, Luke, Natalie and Anthony, and sympathy is extended to all.

Sympathy is also extended to a lady who is often seen in Delegate in her role of photographer for the Bombala Times, Sally Ann Thompson, who recently lost her father.

Another well known former resident of Delegate June Beileiter passed away at her home in Bombala on Wednesday 18th March.

Her funeral service took place on Tuesday 1st April in the Catholic Church in Bombala, followed by interment in the Bombala Cemetery. June is survived by three children, Don, Julie and Sue, and seven grandchildren.

The sudden death took place of long time resident Heather Commons at the home of her daughter Joan on 24th March.

Her funeral service took place at St Philips Church, Delegate on Monday 31st March followed by interment in the Delegate Cemetery.

Heather is survived by three children Rita, Joan and Arthur, 10 grandchildren and 11 Great Grandchildren. Her husband John and two children pre-deceased her.

We extend our sympathy to all the bereaved.

Local teens recently made their debut at another very successful ball held in Bombala recently. It was a deb ball with a difference with the girls dressing to suit the "Great Gatsby" theme of the 1920's.

It's footy time again and the ladies League Tag is up and running with locals being evenly divided between the teams of Cooma and Merimbula. In their last game Cooma ran out the winners. Reports say that the Ingram sisters played a major role in the Cooma team's win.

Also ten students from Bombala High trialled for the Eurobodalls zone rugby league under 15 and open teams.

Congratulations are in order to five of the ten who were selected.



Welcome to a new girl in town. Lily Margaret Kading a first child for Rebecca and Raymond came into the world at Cooma Hospital on 20th March.



With some welcome rain and a green tinge coming through, people can breathe a sigh of relief that the bushfire season is over. With more much needed rain forecast the outlook appears brighter.



LOOKING BACK



The above photo is in our “Looking Back” photography section. At this stage people are unknown to us. Can anybody help?? It appears to have been taken at the Convent School, at either a Confirmation or First Communion.



This appears to be a very old photo of Delegate, which Sandra O'Hagan discovered in “Trove”

Community Information

EMERGENCY / AMBULANCE: 000

FIRE: 000

POLICE

Delegate: 6458 8044

Bombala : 64583444

Cooma: 6452 0099

Bendoc: 6458 1523

HOSPITAL: 6459 8000

DOCTOR: 64951369

CHURCHES

Catholic: Father Paul Hothnance PP 64522062
Sister Teresa Keane: 6458 3045

Services: Delegate Saturday 6:00pm
Liturgy of the word and Holy Communion
Bombala Sunday 9:00am
Liturgy of the word and Holy Communion

Anglican: Rev. Denise Channon 64583018
64957040

Services: Rev Judy Holdsworth—64583513
11am every Sunday..

St. Andrews Community Church—
To be Advised

COMMUNITY HEALTH (3 days per week)

Generalist Community Nurse –Monday, Thursday, Friday

Wellness Clinic—Monday and Thursday 0900-10.30

Tuesday and Friday 9.00—10.00

Pathology—Wednesdays 0930-1-3- hours

Immunisation Clinic—Fourth Thursday from 1100hours.

Podiatry Clinic

Victorian Visits Tuesdays

Call MPS 64598000

Healthdirect and GP helpline 1800022222

MONARO FAMILY SUPPORT SERVICE

Bombala Office: 6458 4888

open Tues to Thurs - 9:00am to 5:00pm

COUNCIL CHAMBERS: 6458 3555

DELEGATE PRE-SCHOOL: 6458 8196

DELEGATE PUBLIC SCHOOL: 6458 8183

DELEGATE PROGRESS ASSOCIATION

RTCT Centre - 6458 8388— dpaooffice@bigpond.com

Newspaper: delegateprogress@exemail.com.au

NRMA/RACV: Jack Stewart: 64588047

TUBBUT ACCESS CENTRE: 6458 0295

DELEGATE CARAVAN PARK: 64584047

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ADVERTISING IN THE “DELEGATE DOINGS”

Spot Ad:	1	6	11
\$5 cash—\$7.50 a/c	Issue	Issues	Issues
1/4 Page	\$17.50	\$87.50	\$157.50
1/2 Page	\$35.00	\$175.00	\$315.00
Full Page	\$70.00	\$350.00	\$630.00
Back Page	\$80.00		
Full Page Insert	\$90.00		

Colour advertising: prices on application

April Garden.

Susan Tocchini.

In our area April is the time to plant the main crop of garlic. Garlic plants produce leaves all through winter and into spring. The more leaves that grow during this time, and the more lush they are, the more excess food the plant has available to divert into the storage organ called the head (or sometimes the “bulb”). The stronger the plant the larger the individual cloves will be in the head. In late spring lengthening days and warmer weather give the chemical signal to the plant to start storing food i.e. to form the cloves in the bulb. Each clove is capable of making a new plant the following autumn.

When garlic is planted late, say June to August, the signal is given to the plant before it has grown more than a few small leaves. The storage process proceeds because the plant cannot ignore its hormones but only one clove is formed and it looks a little like a small daffodil bulb. The single round clove is perfectly edible and really much easier to peel, but they do not store for very long. I cannot resist planting shot cloves of garlic no matter when they appear in the cupboard as I hate to waste them. So I end up with a mixture of shapes and sizes when cooking.

Garlic grows best on fertile, well-drained, loamy soils in full sun. In ideal conditions the soil should be slightly acid with a pH in the range 5.5 to 7.0. Remembering that most vegies like a pH closer to neutral (i.e.7) the garlic can go into a lesser quality spot in the vegetable garden. The best growing days for garlic is when the temperature is between 13^o C and 24^oC but garlic will not die in the frost - it just slows down. Planting just involves pushing the cloves into the ground with their peaks just at surface level. If the weather is hot and dry in November just before harvest of the main crop the heads will store well and cloves will have maximum pungency.

All parts of the plant are edible. A few outside leaves can be harvested and added whole to the soup pot for flavour and removed just before serving. When the tender flower stalks emerge with their pixie caps on top they can be cut to length and added to stir fries. Whole heads can be slow roasted with a drizzle of oil and the smooth pulp squeezed out to make a butter replacement on crusty bread – a real cold weather treat with soup or roasts. Remember that roasted garlic loses the pungency and smell associated with the other cooking methods so is quite sociable to eat lots. In Korea raw cloves of garlic are served between courses to cleanse the palate. This has the expected consequences and crowded lifts can be a challenge to the uninitiated.

It is also time to cut back and divide many perennials in the flower garden so that new parts can make good growth while the soil is still warm. Plants like Shasta daisies, campion, perennial phlox and Easter daisies to name a few all benefit from a very savage thinning out.