

# Bendoc Wheel

## News from the Neighbourhood House

From the Co-ordinator's desk Bendoc Neighbourhood House.

Okay who spotted the deliberate mistake on the hard copies sent out? No idea go have a good look at page 1.

As a result the first page has now changed slightly.

Page 5 has an acknowledgement to Mrs Dulcie Bent (dec)

A firearms Safety Course is currently in the planning stages, for those young and old please see advert on page 5.

Yoga has started in Bendoc, if you are interested see our Facebook page or contact the office during office hours.

Pamper day for the ladies on May 14th at the centre, please contact us for further details.

Winter is here, take it steady on the roads with foggy and icy conditions making travelling a little tricky. Stay alert and be careful.

Also be aware that the snow bunnies ( Tourists ) will soon be making their way from Sydney and Canberra to the snow, so if planning any trips to Canberra, or anywhere in that region, stay safe.

If you have any ideas that Irene or myself could utilise here at the centre, please do not hesitate to contact us.

Our May opening times are displayed on the door of the centre and on page seven of this publication.

Stay warm and do drop in for a cuppa if you are in the area.

Till Next Month...

### Opening Hours

See enclosed calendar on  
Page 7

Closed Public Holidays

(Subject to change)

[bendocpa@bigpond.com](mailto:bendocpa@bigpond.com)

02 6458 1402

[www.bendoc.org.au](http://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 and  
borrowing.

### Inside this issue:

Fire Restrictions	2
Nursing Courses	3
Senior of the Year	4
Firearms Safety Course	5
Community Info	6
Notices	7
Pamper Day Bendoc	8



Fire Restrictions Lifted Gippsland May 1st  
♦ The Fire Danger Period and Seasonal Prohibited Period will end 1:00am Wednesday 1st May in all Gippsland municipalities.

- ♦ Information about fire restrictions is available at [www.cfa.vic.gov.au/restrictions](http://www.cfa.vic.gov.au/restrictions) or by phoning the emergency Vic hotline 1800 226 226

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Bendoc Neighbourhood House is on Facebook, for up to date information on the activities planned for the centre and for people to share ideas for the community please visit Bendoc Resource Centre on Facebook.



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## 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](mailto:stephenscroope@bigpond.com)**

**Vehicle pictured is Steve's actual Bobcat**

## COURSE INFORMATION SHEET

### HLT54115 Diploma of Nursing

Partners in Training Gippsland have an intake for HLT54115 Diploma of Nursing commencing at our Sale campus on the 22nd May.

Partners in Training also offer payment plans and flexible fee-paying options on tuition fees for this course.

If you have any further questions don't hesitate to contact Partners in Training on 5144 5112 or email any queries on available options to [kschebella@pta.edu.au](mailto:kschebella@pta.edu.au)



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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](mailto: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.

### **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)

**Tree of Life Craft day will recommence in April. Please ring Co-ordinator for times.**

Email to [bendocpa@bigpond.com](mailto:bendocpa@bigpond.com) or ring 0264581402 Mon-Wed 9.30 to 2.30pm



## Nominate Now!

Do you know someone who inspires others or contributes significantly to our local community?

Acknowledge an older person or organisation that you think deserves recognition this year.

Nomination forms available online or call in to the Bendoc resource centre for your form.



## Firearms Safety Course



We have made some enquiries and if we are able to get enough interested participants, Stuart Jones the Bairnsdale Firearms Officer, is willing to run a Firearms Safety Course here at Bendoc.

If you are interested please contact:

Irene French - 0412675253

Or

At the Bendoc Resource Centre - 02 6458 1402

email - [bendocpa@bigpond.com](mailto:bendocpa@bigpond.com)

ADDITIONALLY: It may be of interest to mention that the Firearms Safety Course for adults and juniors (12—17) is the same course.. So any young people wishing to get their *supervised licence*, this course will benefit you.

See the Victorian Firearms Safety website for more information  
[www.police.vic.gov.au/victorian-firearm-safety-courses](http://www.police.vic.gov.au/victorian-firearm-safety-courses)

### In Memory of Dulcie Bent nee Jamieson.

It was with sadness that the Bendoc Community saw the passing of Mrs Dulcie Bent of Bendoc. Dulcie was laid to rest in the Delegate Cemetery beside her husband and daughter. A long time member of the Bendoc Progress Association Inc, she will be sadly missed.

To her relatives our thoughts are with you..

Staff & Members of the Bendoc Progress Association Inc. and Bendoc Neighbourhood House.

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BIRTHDAYS! For May 2019

Celebrat-

ing their birthdays this month are..

Diana Brandenburg, Melissa Kidd, Suzy Kidd and Helen Jamieson

If you are having a birthday. 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 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](http://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](mailto: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](mailto:robshaz10@dodo.com.au)  
collector of antique bottles

**Y O G A**  
 At the Bendoc Hall  
 @5pm Tuesdays



**\$10**  
 Per person

Join us for a new class!  
 All welcome

Please contact Su for further details 0447732525

## May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			OPEN 1	2	3	4
5	6	OPEN 7	OPEN 8	9	10	11
12	OPEN 13	OPEN 14	OPEN 15	16	17	18
19	20	OPEN 21	OPEN 22	23	24	25
26	OPEN 27	OPEN 28	OPEN 29	30	31	

print-a-calendar.com

New Hours of  
 Operation for  
 Bendoc  
 Neighbour-  
 hood House  
 for March  
 2019



Neighbourhood House  
 the heart of our community



# BENDOC PAMPER DAY

**14<sup>th</sup> May 2019**

(We hope to run this as a monthly service at Bendoc)

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**Leonie Cottrell from *Elegance Beauty and Wellbeing* is bringing  
her services to Bendoc Community Resource Centre.**

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## **SERVICES AVAILABLE**

- Manicure
- Pedicure
- Eyebrow wax and tint
- Eyelash tint
- Signature Japanese Cosmo Facial treatment

- \* Facial wax
- \* Body wax
- \* Lash lift

**Bookings essential. Please call or message Leonie for pricing and  
package details. 04 1202 2441**