

Bendoc Wheel

News from the Neighbourhood House

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

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

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

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

Opening Hours

See enclosed calendar on
Page 7

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 and
borrowing.

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The poster features a blue border and a white background. At the top, there is a blue circular logo with a white checkmark and a blue heartbeat line. Below this, the text 'Check in & Check Up' is written in large, bold, orange letters, followed by 'Community Skin Check Day' in smaller, blue, cursive-style letters. A blue rounded rectangle contains the text 'Bendoc Resource Centre & Neighbourhood House' and 'Dowling St, Bendoc' in white. To the left of this rectangle is a small illustration of a stethoscope. Below the rectangle, the text '10am - 2pm' and '30th October 2019' are written in a large, black, cursive-style font, followed by 'Skin Check' in a smaller, black, cursive-style font. At the bottom, the text 'COST: FREE - LUNCH WILL BE PROVIDED' is written in a small, black, sans-serif font. Below this, a blue banner contains the text 'Please make appointments prior to the day' in white. At the very bottom, there are logos for 'RSVP to Bendoc Resource Centre and Neighbourhood house' (02 6458 1402), 'Regional Landcare East Gippsland', and 'VICTORIA State Government'.

Check in & Check Up
Community Skin Check Day

Bendoc Resource Centre &
Neighbourhood House
Dowling St, Bendoc

10am - 2pm
30th October 2019
Skin Check

COST: FREE - LUNCH WILL BE PROVIDED

Please make appointments prior to the day

RSVP to Bendoc Resource
Centre and Neighbourhood house
02 6458 1402

Regional Landcare
East Gippsland

VICTORIA
State Government

funding to support this event has been provided by the Victorian Government through the Community Resilience Program.

Errinundra to Snowy District Group Meeting

This group will be holding their next meeting Wednesday the 19th June, 11am—1pm at the Bonang Hall.

Pamper Day in Bendoc 18th June 2019

To be held at the Centre. See next page for further info.

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.



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

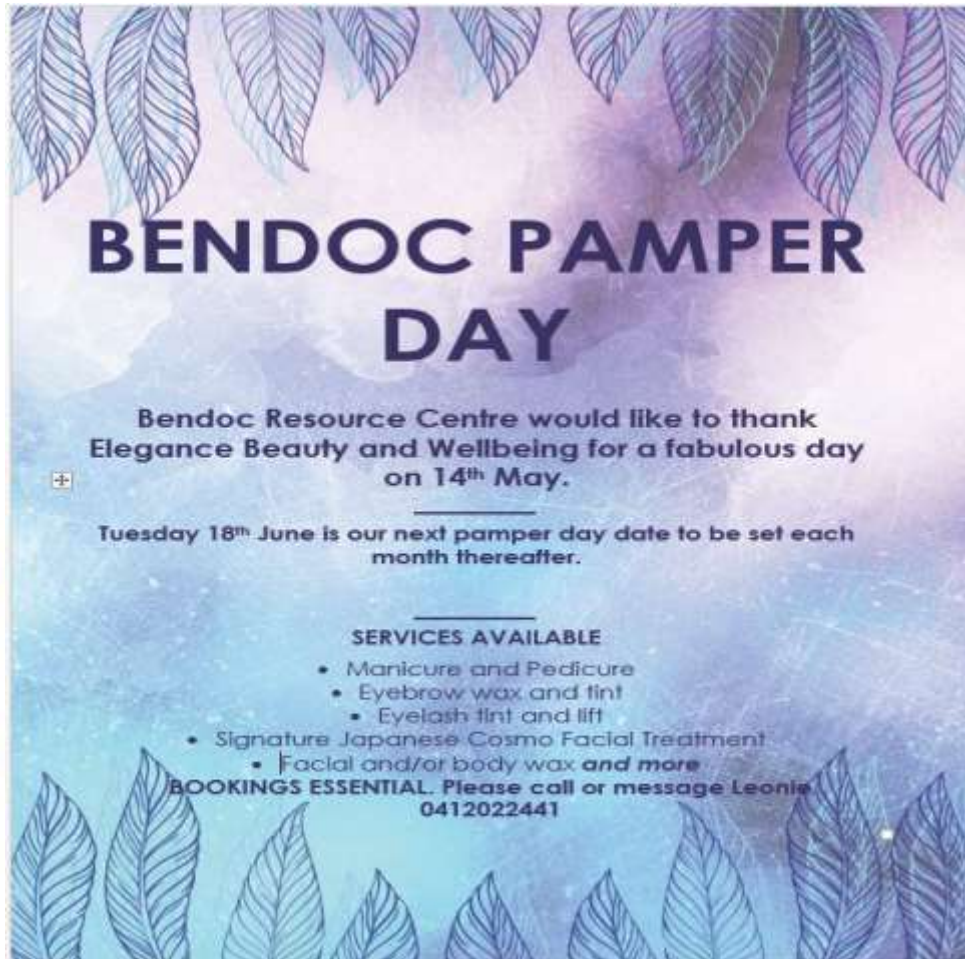
Fully insured

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



Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

Mon, Tue, Thur and Fri 10.30am - 11.30am

Every week except public holidays.

No Appointments necessary.

A clinic where well people come for health monitoring and a variety of nursing procedures such as:

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent and pre-operative Electrocardiograms (ECG)
- Health Assessments
- Suture or clip removal
- Injections with Doctors **written order**
- Other procedures that do not require a Doctor
-

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am – 10.30 am.

No appointment necessary.

Every week except public holidays.



Birgit Shaedler from Orbost Regional Health would like to send out a “big, big thank you to everyone who has completed and returned their Future Service Need Assessment questionnaire”. We are hoping for many more, in an effort to provide funding bodies with the best insight into our LOCAL needs.

We would also like to announce that on the 30th October 2019, Dr. Ann Miller will be at Bendoc to offer skin check at no cost.

Dr. Miller will be at Bendoc from 10-3pm and bookings are essential. For further inquiries or to make a booking please call: 0351542867.

BIRTHDAYS! For June 2019

Margaret Weir, Michael Brandenburg and Maribel Cameron

Wishing you all the best..



Firearms Safety Course



We are still taking names for those interested in completing their firearms safety course at Bendoc. This safety course must be completed by anyone wishing to apply for a Victorian firearms licence.

Please contact the Bendoc Resource Centre - 02 6458 1402
email - 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

Fox and wild dog bounty

Foxes and wild dogs are established pest animals in Victoria. They cannot be eradicated from the state and require ongoing management by all public and private land owners.

Effective fox and wild dogs management requires an integrated approach utilising all available management practices including poison baiting, trapping, exclusion fencing, fumigation and appropriate animal husbandry. Hunting can play an important role in supporting an integrated management approach.



This program rewards eligible Victorian hunters with a \$10 bounty reward for each fox killed, and \$120 bounty for each wild dog killed, subject to the [Victorian Fox and Wild Dog Bounty Terms and Conditions](#).

Senior wild dog control contact for this area is:

Geoff Hodge	Buchan, Gelantipy, Orbost, Cann River, Bonang, Bendoc, Tubbut, Deddick	0427 321 312
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Chemical Users Course

We are still taking names for a chemical users safety course to be held at Bendoc. Please contact the Bendoc Resource Centre if you are interested.

Ph0264581402



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 0458428475 or Inola 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

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.

**Get your
FireReady Kit**

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

PREPARE. ACT. SURVIVE.
FireReady

Deer Butchery Course
@Bendoc CFA shed
23rd June 2019



shutterstock - 105774518

Bendoc Neighbourhood House in conjunction with Landcare Bombala and the East Gippsland Shire Council are pleased to announce we will be holding a deer butchery course at the CFA shed in Bendoc on the 23 June 2019.

The very talented Damien Filtiness will demonstrate all you need to know to prepare your own venison.

Places are limited and bookings are essential.

Pease contact the Bendoc Resource Centre on
02 6458 1402



This event is generously funded by the East Gippsland Shire Council

The above course will run from 9am to 4pm at the Bendoc CFA Shed. **Course fee is \$15per person or \$20 per family/couple.** Contact Irene at Bendoc Neighbourhood House 02 64591402 or Snowy River Interstate Landcare Committee 02 64584003 or at srilc@bigpond.com



We would like to thank the local community for embracing this newly offered experience in Bendoc. Yoga is a great way to stay fit and make new social connections and will continue at the Bendoc hall on Tuesday afternoons for anyone interested.

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	OPEN 9-2pm	OPEN 9-2pm	5	6	7
9	Public Holidays	10	11	12	13	14
		OPEN 8.30 - 3.30pm	OPEN 8.30 - 3.30pm			15
16	17	OPEN 9-2pm	OPEN 9-2pm	19	20	21
23	24	25	26	27	28	29
	OPEN 8.30 - 3.30pm	OPEN 8.30 - 3.30pm	OPEN 8.30 - 3.30pm			
30						

New Hours of
Operation for
Bendoc
Neighbourhood
House for March
2019

