Bendoc Wheel



bendocpa@bigpond.com 02 64581531

Hello everyone

Hoping you're all keeping warm enough on these cold May nights and have enough time to gather your firewood before the collection cut off date

- 30th June

COOMA CAR CLUB COMES TO BENDOC

On a perfect Sunday - April 21st, a number of vintage & classical cars paraded along the Monaro Highway and made their way towards Bendoc.

They lined the main street, adding to the town's picturesque scenery while their drivers

enjoyed the food and company at

the Bendoc Pub, .

Bendoc Neighbourhood House

Free computer, printer & internet use Tea/coffee, Swap/borrow books, Gifts for sale, History & Local info.

WEDNESDAY CRAFT MORNINGS
Bring whatever you're working on or
just come for a visit

Tues 12-4 Wed 9-1 Fri 9-1 Sat 9-12

The Green Shed

'Not just any old stuff' but great stuff & well worth a look all for a donation. Behind the Hall If Bob is not there, he's happy for you to call/text 0408981524

Tues 9-12 Thur 9-12 Sat 9-12

East Gipps Shire Mobile Library Join, borrow, return or order a book or DVD from the Mobile Bus at

or DVD from the Mobile Bus at the Bendoc Reserve. or BNH during open hours if you miss the bus

Wellness Nurse

Appointments 0456 167 011

More info on the fantastic services provided by Sharon on page 4

Thurs

Thurs

10.30 -



¹ Bendoc Community Resource Centre is Your Centre

A new look for Hayden's Bog Rd for the day - heading for Bendoc



Bendoc Hotel
Mon - Sat Opens 12.00
CLASSIC PUB MEALS
BOOKINGS ESSENTIAL
Dinner - Wed to Sat
Lunch & Dinner - Sat

Thursdays - Roast & Raffles Saturdays - *Joker Draw* at time of printing at \$1,255!!

02 64581453 Bendochotel@gmail.com



² Bendoc Community Resource Centre is Your Centre

JACK OF ALL TRADES, MASTER OF CONCRETING

BB'S CONCRETING AND EARTHWORKS

Specialising in concreting and excavating with a 3 tonne excavator featuring hydraulic grab and auger. Tip Truck and crane for hire to move anything from crushed rock and wood piles, to furniture and other household needs. Demolition, site clean-up and rubbish removal available, as well as handyman services to help with repairs and maintenance and much more.

Brodie Bendle

Mobile: 0423 946 592

Email: brodiebendle@gmail.com

Bore Driller visiting
Bendoc soon
Ring Scott on
0472661333

FOR SALE – Near new 4 wheel drive tyres on Nissan Chrome rims, came from a Pathfinder. Only travelled about 500ks. \$100 each. 04 29483411



Get the job done right with Robinson's Windows and Chimneys. We offer fast, friendly services for all your window and chimney cleaning needs.

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Windows include:
Cobweb removal
Interior and exterior wash
Cleaning of flyscreens
Mobile pressure washing available

Chimneys include:
Cleaning flue
Cleaning glass door,
Checking cowl and flue damage
Remove blockages and creosote
Repairs and spare parts

Call Dave: 0497 911 548

Locally owned and operated servicing the Bombala Region



SPACE for your AD or items for SALE
Contact BNH
02 64581 531
or bendocpa@bigpond.com



GP'S TO VISIT WELLBEING SPACES!!

Dear Errinundra to Snowy district resident

Truly exciting news today as there will be GP's from Orbost visiting our E2S Wellbeing Spaces over the coming weeks!

To make the most of our Wellbeing Spaces, we have been working hard to get our Video Telehealth procedures in place. Orbost Regional Health has invested in telehealth equipment but before we can use telehealth services with the doctors at Orbost Medical Clinic, you must be seen in person by a doctor from the clinic within the last 12 months.

Getting down to Orbost can be challenging - so - we've booked the GPs to come to visit us!

Tuesday 28th May – Dr Edwina will be at Goongerah (Ongoing clinics every Tuesday from the 4th June; 11am – 12:30pm)

Thursday 6th June – Dr Roisin will be at Bendoc (Ongoing clinics every Thursday from the 13th June; 11am – 12:30pm)

Wednesday 12th June – Dr Edwina will be at Tubbut (Ongoing clinics every Wednesday from the 19th June; 11am – 12:30pm)

Please use this opportunity to see a GP in person about your health care. Once you've seen a GP in person within the past 12 months, you can access them again via all the telehealth technology we have at our Wellbeing Spaces.

Call me on 0456 167 011 to make a booking.

Sincerely,
Sharon Small
Nurse Care Coordinator

Maddison from CURRAWARNA will be visiting the Bendoc Neighbourhood House soon to fill us in on the **changes to Currawarna and the service that's provided.** All interested are welcome – please contact the BNH for a date & time or Maddison on **0484 068 399**

Errinundra to Snowy Wellbeing Spaces

0456 167 011

infoE2S@orh.com.au

Goongerah - Tuesdays Tubbut - Wednesdays Bendoc - Thursdays On Wednesday 1st May BNH was visited by Nathan & David from 'Care Finders', explaining the services they offer. They are a Government funded organisation who



assist aged & vulnerable people to access and understand the aged care services that are available to them in Gippsland. Call Nathan or visit the BNH for more info.

Bendoc Neighbourhood House SPRING

- MARKET DAY -

ON A SUNDAY IN OCTOBER

Let us know if you have a preference for a date

At the Hall - 10 - 3 We plan to have hot soup & bread rolls - Ideas & help very welcome

CALLING FOR STALL HOLDERS

???AGRICULTURAL WORKSHOP IN BENDOC

In lieu of the Farming Workshop that was postponed earlier this year, we will be holding another agricultural event sometime in November. This will be free, includes a meal and will be designed according to the needs & interests of local people.

WHAT AREAS OF AGRICULTURE & FARMING INTEREST YOU?

The 'Trigger Plan'- before feed & water get tight Health, Wellbeing & Safety on the Farm Solar energy on the Farm Understanding more about Soil

Farm Finance Carbon Farming Hobby Farming First Aid

PLEASE SUGGEST YOUR IDEAS OR INTERESTS at the BNH



This project, coordinated by EGSC, is jointly funded by the Victorian Government and Commonwealth Government under the Commonwealth-State Disaster Recovery Funding Arrangements.



Free Workshop "Running a successful group"

Thursday 23rd May

1.30 -3.30 BENDOC COMMUNITY HALL

DELEGATE MULTI-PURPOSE SERVICE

Craigie St, Delegate (02) 64598000

The Delegate MPS Assessment, Treatment and Care Centre (ATCC)

The Delegate MPS Assessment, Treatment and Care Centre (ATCC) has replaced the Emergency Department. The ATCC is now open. For bookings, please call Delegate MPS (02) 64598000 or 'walk-in'. Our nurse led ATCC is a walk-in clinic open 24/7, offering:

Wound Care

Nursing assessments

Blood pressure readings

Blood sugar readings

Suture or clip removal

Injections with Doctors written order

Other procedures that do not require a Doctor

Pathology

Wednesday 09:30am-10:30am. No appointment necessary. Every week except public holidays **Woman's Health Clinic**

4th Thursday of the month at Delegate MPS

Phone 1800 999 880 (Community Health Central Intake Team) for an appointment

Other Community Health Services

- Dietician
- Diabetes Educator
- Immunisations
- Podiatry
- Child and Family Health Nurse
- Generalist Community Health Nurse

Women's Health Nurse

To refer to any of the above please ring Community Health Central Intake Team on ph. 1800 999 880

Victorian Visits

Community Nurse Visits Victorian Clients every fortnight. For referral of info ring ORBOST Regional Health (03) 51546666 or Delegate Community Health Nurse on (02) 64598000

A message from Jim

Interested in Tourism in our region? Got some ideas to attract visitors to our area? We would love you to join in with the Errinundra to Snowy Community Recovery Committee's "Nature Based Tourism" Working Group.

Discussion points are, but not limited to:

Our region's assets - the natural world, ancient trees, wildlife, off the beaten track Types of visitors we want to attract

Tourism opportunities for our region - walks, drives, bike riding, infrastructure Existing tourism ventures

Where visitors can spend their money

Collaboration opportunities with surrounding regions - Orbost, Delegate, Bombala Attracting city visitors

Grant opportunities

Tourist and other associated, Accommodation

YOUR IDEA HERE

AND HERE

Tama: kanukadale4horses@hotmail.com

0450 816 512

Contact one of the members to register your interest

Jim: wilson.stevenson@hotmail.com 0403 196 528 or 0475 575 258

FYI:- The original
Tourism Working Group
started back in 2019,
following public meetings
in Bonang to develop the
Errinundra to Snowy
District Community Plan



East Gippsland Shire are offering free TECH SAvvY workshops on -

- * UNDERSTANDING ONLINE BANKING and
- * LEARNING MORE ABOUT USING LIBRARY RESOURCES. Orbost, Bairnsdale, Lakes, Omeo, Paynesville & Mallacoota (for online banking only) from 9th May to 24th. Please ring the library on 03 5152 4225

Bendoc Wheel



FIRE RESTRICTIONS TO END IN EAST GIPPSLAND SHIRE

The Fire Danger Period (FDP) will finish at 1.00am on Monday, 15 April in East Gippsland

While restrictions are lifting in this area, CFA still expects the grassfire risk to remain across the state, so you need to remain alert and prepared.

Residents are reminded that Total Fire Ban days may still occur so any fires that are lit must be able to be extinguished immediately.

The end of the Fire Danger Period (FDP) will be an opportunity for some landowners to burn-off again, however it's important that residents check that local conditions are safe before undertaking these activities.

You must register your burn-offs, check weather conditions and follow local council laws, as well as EPA laws and applicable regulations.

Registering your burn-off ensures that if smoke or fire is reported, the incident is cross-checked with our register, which prevents firefighters from unnecessarily responding.

When conducting burn-offs, remain alert and always have resources on hand to extinguish the fire.

Landowners can register their burn-off online at www.firepermits.vic.gov.au or call 1800 668 511.

If possible, landowners should also notify their neighbours and others nearby who may be sensitive to smoke so they can take necessary precautions.

Tips for looking after your health when there is smoke can be found on EPA's website.

Keep your burn off safe and legal:

Check fire restrictions in your area and always register your burn at www.firepermits.vic.gov.au.

Check and monitor weather conditions – particularly wind.

To avoid unnecessary calls to emergency services, notify your neighbours beforehand.

Leave a three-metre fire break, free from flammable materials around the burn.

Have sufficient equipment and water to stop the fire spreading.

Never leave a burn-off unattended – stay for its entire duration.

If your burn-off gets out of control, call '000' immediately.

Tips for looking after your health when there is smoke can be found on EPA's website.

For further information head to: www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property/burning-off

Notification of fox control using 1080 and/or PAPP baits as part of the Southern Ark project

This is a notice advising you that the Department of Environment, Energy and Climate Action (DEECA) will be undertaking an ongoing baiting program on all public land in the **Snowy District**, in the **Colquhoun and Kenny Forests in the Tambo District**, and in the **Red Bluff section of the Lakes Entrance-Lake Tyers Coastal Reserve**, to control **foxes**. **Foxoff® baits** containing the toxin 1080 (sodium fluoroacetate) or **Foxecute® baits** containing the toxin PAPP (Para-aminopropiophenone) will be used for these programs, and they will be buried at a depth of 15cm below the ground in preconstructed and maintained bait stations.

TIMING OF THESE PROGRAMS:

Fox control on all public land (State Forests and National Parks) in the **Snowy District** is continuous <u>from April 17th</u> **2024** until **October 17th 2024**.

Fox control on public land (State Forests and National Parks) in the **Kenny and Colquboun Forests** in the Tambo District will occur from **May 13th 2024** and continue until **May 26th 2024** (14 days) and from **July 15th 2024** and continue until **July 28th 2024** (14 days). Outside of these dates, <u>unpoisoned</u> baits will be buried in bait stations in these forests.

Fox control in the Red Bluff section of the Lakes Entrance-Lake Tyers Coastal Reserve will continue from April 17th 2024 until October 17th 2024. Baits will only be placed on the forest tracks in this reserve and NOT along the beach front.

There is no known antidote for 1080 and baits should not be handled by unauthorised people. There is an antidote for PAPP but must be administered by a veterinarian within 30 minutes of bait consumption. Unrestrained pets may be at risk. Please heed all warning signs and keep pets under control to ensure they do not consume baits.

The use of the 1080 and/or PAPP baits will comply with the product label and the *Directions for the Use of 1080 and PAPP Pest Animal Bait Products in Victoria*. When used in accordance with these documents, the risk of humans or animals being poisoned by 1080 or PAPP baits can effectively be managed.

Further information concerning this poisoning program can be obtained by contacting the Dept of Environment, Energy and Climate Action (DEECA) in Orbost via email on andrew.murray@delwp.vic.gov.au

* Bendoc Community Resource Centre is Your Centre



1800RESPECT Domestic/family violence 1800 737 732

> MensLine Australia 1300 789 978

> Beyond Blue 1300 224 636

Kids Help Line 1800 55 1800

GIVIT's big-hearted community is here to help those impacted by domestic violence.

Upload your requests now!

GIVIT can assist Bendoc Neighbourhood House in obtaining essential items for the individuals you support.

Is someone you're assisting starting from scratch and lacking essential belongings?

From fuel vouchers to new clothing, homewares, and furniture, GIVIT's community of donors are ready to lend a hand to you and those you care for. This month, GIVIT will highlight these needs to aid individuals affected by or recovering from domestic and family violence.



Improve recycling campaign!

East Gippsland Shire have embarked on a recycling campaign to improve recycling and reduce contamination rates in the commingled recycling bins. We have bin stickers, fridge magnets and a new Waste Wise booklet available to make recycling the right way easier for all residents in East Gippsland.

The new material is available from our service centres in Mallacoota, Orbost, Omeo, Lakes Entrance, Bairnsdale and Paynesville or we can post it to you on request if you call us on 5153 9500.







Small acts make a big impact! Let's do our bit and recycle right!



East Gippsland Fire and Flood Recovery Community Update



From Mallacoota to Buchan and Cape Conran, Parks Victoria is working on bush-fire and flood recovery works right across East Gippsland. While the scope and complexity of recovery works have been huge, we're committed to ensuring they are carried out safely, while also preserving the unique cultural heritage and environmental values of these special places. Learn more about recovery works that are now complete and what's underway next at Parks Victoria fire and flood recovery in East Gippsland.

Buchan Minji (Buchan Caves Reserve) is back open

Following the flash flood on Boxing Day 2023, Parks Victoria and Gunaikurnai Aboriginal Land and Waters Corporation undertook an immense program of flood repair works. The reserve is now back open and welcoming visitors once more.

What's happening around Mallacoota

The Mallacoota Visitor Precinct project is progressing with various assessments, including the ecological assessment as part of the Flora and Fauna Guarantee Act approval, now complete.



Take a cliff-side walk at Cape Conran Coastal Park

The spectacular East Cape Boardwalk is now repaired and open following the devastating damage caused during the Black Summer bushfires. Elsewhere in Cape Conran Coastal Park, recovery works are progressing through approvals.

Thurra River Bridge early works begin

Early works have begun on the Thurra River Bridge rebuild project following bushfire and flood damage. Led by the Department of Energy, Environment and Climate Action, the work begins with the appointment of a contractor to demolish the old bridge.

Meet our new Ranger Team Leader in Mallacoota

Newly arrived from Bendoc and the Alpine, Snowy River and Errinundra national parks, Gary Bellesini is our new Ranger Team Leader in Mallacoota. Gary has a 34-year-career with Parks Victoria that has seen him excel in pest plant and animal control, protected area management, fire suppression, controlled burning and compliance. Make sure you say hi to Gary if you spot him around town.

Bendoc Bard Poetry Competition

Are you a wordsmith, a literary luminary, or just like to throw words together? If so, the **BENDOC BARD' COMPETITION** is calling you. Get creative & send in your poem, composition or ditty.

ENTRIES ARE ANONYMOUS & WILL BE PRINTED IN THE WHEEL.

Send in your entry by email, in the box on the Neighbourhood House verandah, or mail.

When we receive **ten** entries readers will vote for their **favourite** piece & a winning poem will be announced

So, no matter your age, your style or literary skills, Dust off your typewriter & grab your quills. Anyone reading this can enter

Dittys & ditties

I thought I'd write a little ditty just because I like the word. Though I do think it is a pity the plural looks so absurd.

1st. ENTRY

Surely with a simple 'S' (& not changing aesthetics around), we can share plurals & possessiveness and the apostrophe's missing sound.

You may think I'm being a bit nitty for the sake of the look of my paper, and the playful lilt of the pretty ditty is just malarkey, nonsense and caper.

Well, have a look at the paunch of the D', it's curve giving cute to the 'i'.

And working a team is the 'double t' saying hi to a generous 'y'.

An i,e & s gives a sombre hue and drags flat across my lines, whereas a flexible 's' springing out of the blue moulds to fit on the end just fine.

So deep was the chill to the south of the hill, There was frost on the floor of the forest, Scarcely a whisper from litter to crown, When fall of feather breaks softly down.

2nd ENTRY

From too high for foxes at night with her nest, In her humble opinion, up there with the best, Laughs at herself with an audible sound And glides to the ground for a look around.

Chuckling quietly nigh on his perch, Seeing and hearing its safe for her search, There clearing the ground just by digging around, The lyrebird birsts into song.

All of the birds of the forest, In tandem, in totem, in chorus, What pray the forest say? What can it mean When bell-bird and whistler colour the green?

Where grow the Indigo spreading it's name, Through shadow and rainbow and all who shall see And deep is the mystery surrounding the history, Of just how the lyre bird lies

And now know that who built the bower was theif, I promise to be candid and brief, The overall reason, the treason beneath

The lyrebird lies through his teeth

By A. Ymous

Community Contributions

BNH invites your suggestions, points of interest, photos & news. Please send your contributions to bendocpa@bigpond.com Ph 0264581531 or come in & see us

THE WHEEL IS DIS-TRIBUTED MID MONTHLY & THE FINAL DATE FOR ARTICLES IS GENERALLY THE 15TH

If you would like the 'Wheel' emailed or you don't receive it in the post please let us know & update your contact details

What do you call an empty Chocolate Bavarian Box?
i pallassa(

MAY 2024 -									
SUN	MON	TUES	WED	THU	FRI	SAT			
12	13	14 BNH 12-4 <i>GR. SHED</i> 9-12 MAY WHEEL	15 BNH 9-1 Craft Morning 9.30-12 ish	16 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	17 BNH 9-1	18 BNH 9-12 <i>GR SHED</i> 9-12			
19	20	21 BNH 12-4 <i>GR SHED</i> 9-12	22 BNH 9-1 Craft Morning 9.30-12 ish	23 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	24 BNH 9-1	25 BNH 9-12 GR SHED 9-12			
26	27	28 BNH 12-4 GR SHED 9-12	BNH 9-1 Craft Morning 9.30-12 ish CURRAWARNA info Visit?	30 W. Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30 Comm . Hall Workshop	31 BNH 9-1	1st June BNH 9-12 GR SHED 9-12			



SAT 8 -11 WED 11-3 MON 8-12



JUNE 2024									
SUN	MON	TUES	WED	THU	FRI	SAT			
2	3	4 BNH 12-4 <i>GR SHED</i> 9-12	5 BNH 9-1 Craft Morning 9.30-12 ish	6 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	7 BNH 9-1	8 BNH 9-12 GR SHED 9-12			
9	Public Holiday	11 BNH 12-4 <i>GR SHED</i> 9-12	BNH 9-1 Craft Morning 9.30-12 ish BPA Meeting?	Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	JUNE WHEEL	15 BNH 9-12 <i>GR SHED</i> 9-12			
16	17	18 BNH 12-4 <i>GR SHED</i> 9-12	BNH 9-1 Craft Morning 9.30-12 ish	20 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	21 BNH 9-1	22 BNH 9-12 GR SHED 9-12			
24	25	26 BNH 12-4 GR SHED 9-12	BNH 9-1 Craft Morning 9.30-12 ish	Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	29 BNH 9-1	30 BNH 9-12 GR SHED 9-12			

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