

Bendoc Wheel

bendocpa@bigpond.com 02 64581531



Here we are again in the midst of the cold season, hopefully keeping warm & toasty before settling to read the wheel



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

WED 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 - behind hall grounds
 Pay by donation.
 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 MOBIL LIBRARY
 Join, borrow, return or order a book from the Mobile Bus at the Bendoc Reserve or access this service during BNH hours

Thurs 10.30 - 11.30

BENDOC HALL

A not so long ago memory snap sent in by Jonathon Glonek at his Bendoc Philharmonic Concert in 2022


WELLNESS NURSE
 Appointments 0456167011 More info on medical services through the wellness spaces pg.5

Thurs

AN INVITE FOR ALL-
A VISIT TO THE GREEN SHED

With treasures coming & going, you may be surprised at what you find.
 Read all about it in the Green Shed News, Pg. 3

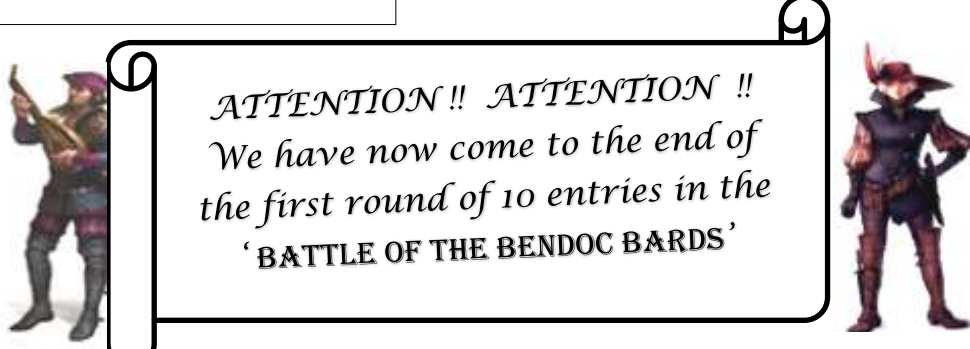
MON 8-11
 WED 12-3
 SAT 8-11



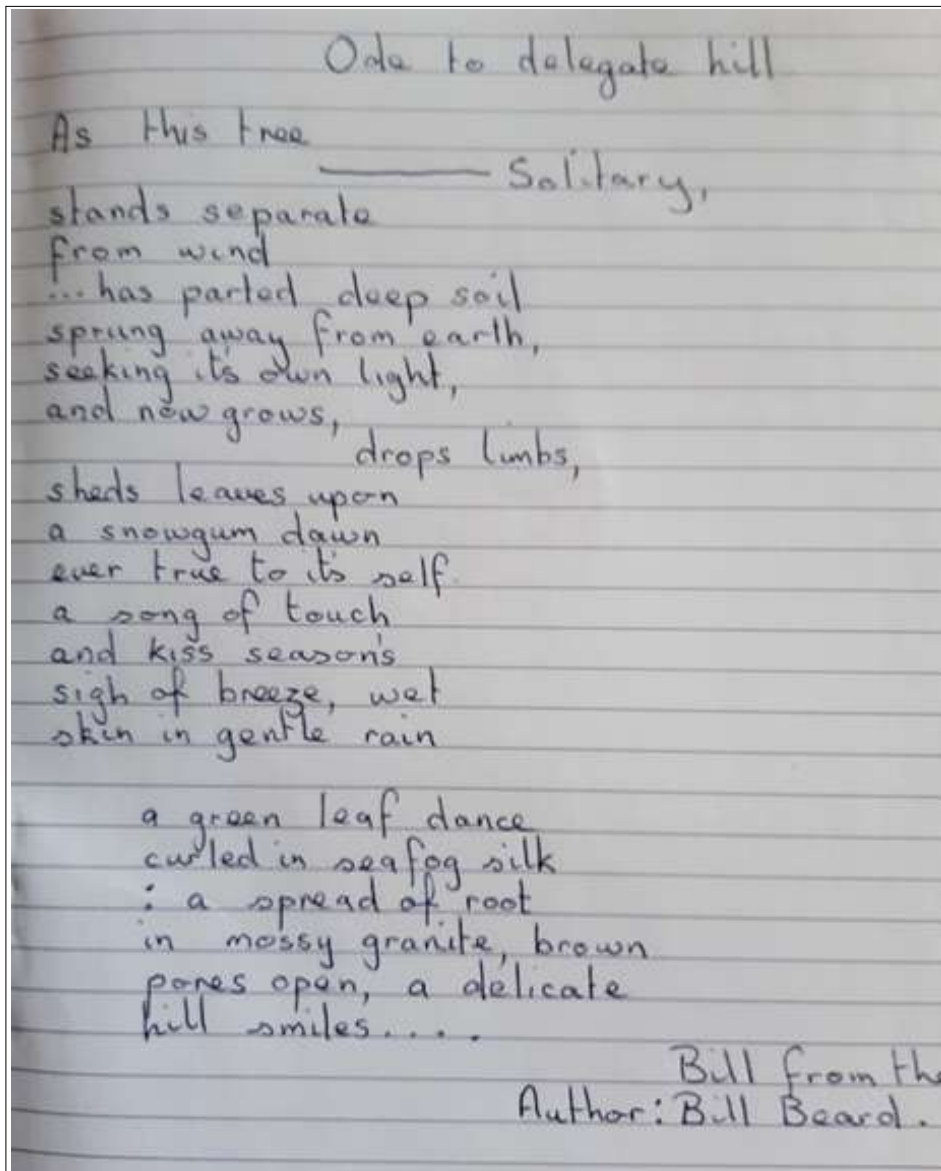
PO Mon-Fri 2 - 5
 Sat 12 - 5

Voting has commenced!!
Details page 13

ATTENTION!! ATTENTION !!
We have now come to the end of the first round of 10 entries in the 'BATTLE OF THE BENDOC BARDS'



We received this very sad news from lynne Daley.



It is with a sad heart that I pass on to you the death of Bill Beard. He was a local character for many years climbing the bendoc fire tower every season for 20 and more years. He was no Angel, you will all have your Bill from the hill stories. He was a real genuine person who gave of himself freely and with love. Bill died in Bega hospital of covid related illness. His final brief time was shared with family and friends.

Yours sincerely,
Lynne Daley.

WILLIAM KENNETH BEARD

06/03/1942----21/06/2024

VALE.

Lynne wrote to us about how much Bill and herself enjoyed sharing the Bendoc Wheel together, and sent in this very apt poem by Bill.



General meeting to be held at the Bendoc CFA shed

WEDNESDAY 24TH JULY

6 pm for sausage sizzle, then 7pm for meeting

This meeting is an opportunity for all to thank Doug Cameron for his many years of outstanding service as Brigade Captain. This will also be an opportunity to elect a new captain and for Service Medals to be handed out.

The meeting is open to all members, joining members and any person interested in becoming a member of the CFA.

Save the Date: **SUNDAY 13TH OCTOBER**

This is the proposed date for the Mt. Delegate Group Training Day. We have organised a "Car Prop" to be on site for everyone to utilise. These props are often the most life-like and effective method to bring our fire fighting skills up to standard. Last year's training day was attended by CFA brigades from Goongerah, Bonang and Bendoc together with a great representation from RFS brigades, Delegate, Craigie and Currawong. We'll be hoping for the same this year.

ALL MEMBERS ARE REMINDED THAT NO BUSHFIRE SEASON DOESN'T MEAN NO FIRES.

WINTER IN OUR AREA BRINGS OUT THE WOOD, GAS AND ELECTRIC HEATERS. ALL THESE ARE A POTENTIAL SOURCE OF FIRE !!!

LET'S KEEP OUR SKILLS UP TO DATE.

NEWS FROM THE GREEN SHED

Well, where do we start with what's in the green shed?

We are the keepers of a spa at the moment, waiting for a good home (with a large bathroom), or white water rafting. It also may have been used in the movie , The Titanic? (still waiting for confirmation on that).

We have plenty of pots & pans that are said to have inspired the new book, The Faraway Tree, starring Pots & Pans with Dame Washabout. Movie to come out later.

We have keyboards only in 2 colours, an old bassinet, high chair & other kids stuff. For the late bloomers we have wheely chairs, kitchen chairs & tables.

An old brass bed in good order has been road tested & will go a lot more times around the block. Bookings a must to try out this bargain.

NICK NACKS GALORE - Jugs, books, furniture, clothes, cutlery, crockery, frames & pictures, but none of me - coming soon. Kids will get free prizes if they bring mums & dads. The great pet beds we have will be handy for when mums/dads have been out too long at the raffles. All of this true at time of writing .

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 designed according to the needs & interests of local people.

We intend to continue on with the previous chosen topics if interest is there and we still have the opportunity to change or add a new idea.

PREVIOUS TOPICS • The 'Trigger Plan'- before feed & water get tight
 • Farm Finance • Carbon Farming
 • Understanding more about Soil

OTHER POSSIBLE TOPICS WE COULD EXPLORE ?

- Health, Wellbeing & Safety on the Farm
- Solar energy on the Farm • Hobby Farming • First Aid

WHAT AREAS OF FARMING & AGRICULTURE INTEREST YOU? PLEASE SUGGEST YOUR IDEAS OR INTERESTS AT THE BNH

Bendoc Neighbourhood House SPRING MARKET DAY

ON A SUNDAY
IN OCTOBER

Let us know if you have
a preference for a date

CALLING FOR
STALL HOLDERS

At the Hall - 10 - 3

We plan to have hot
soup & bread rolls

IDEAS & HELP VERY WELCOME

Whats for sale on the Neighbourhood House Community Shelf

CROTTED BLANKETS & BEANIES

Diamond Painting Kits

Bendoc Honey
Sold out for a little while

Pottery garden pots & figurines

And some Freebies

Vintage Prints ready for mounting

HANDMADE GREETING CARDS

PAPER CUT OUTS - CARD MAKING KITS

Variety of handmade crafts



ERRINUNDRA TO SNOWY WELLBEING SPACES Tubbut Bendoc Goongerah

Dr. EDWINA BROWN

Orbost Medical Clinic

Tubbut Wednesday 17th July 2024

Bendoc Thursday 18th July 2024



If patients have seen a GP from the Orbost Medical Clinic in the past 12 months you can access the convenience of a GP video telehealth appointments with Dr. Edwina Brown between

11:00 AM and 12:30 PM at each of the three Wellbeing Spaces.

Assistance with bookings and video telehealth will be offered.

Goongerah - Tuesdays, Tubbut - Wednesdays and Bendoc on Thursdays.

Appointments call 0456 167 011

Email Sharon.small@orh.com.au

- Wellbeing Spaces – ECG, ABI, Spirometry. Diabetic Education referral. Cardiac Rehab.
- Physiotherapist available for Errinundra to Snowy patients at Orbost Regional Health.
 - HbA1C and Cholesterol on-site testing.
 - 24-hour Blood Pressure Monitor.
- Wound care, suture removal, navigation of health referrals, My Aged Care.
 - Mental health support referrals.
- Optometry and Dental coming soon via Royal Flying Doctors.
 - Ear wax removal – suction.



DELEGATE MULTI-PURPOSE SERVICE

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

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

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

**Craigie St, Delegate
(02) 64598000**

Other Community Health Services

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



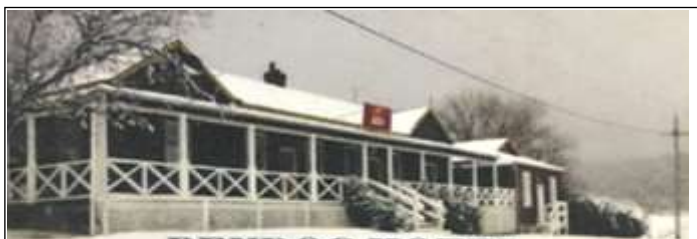
Get the job done right with Robinson's Windows and Chimneys. We offer fast, friendly services for all your window and chimney cleaning needs.

Get a free quote for a fast friendly service

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



BENDOC HOTEL

10-12 Dowling Street
 Bendoc 3888

PH - (02) 6458 1453 Bendochohotel@gmail.com

MON - SAT WINTER HOURS 2.00 — CLOSE

CLASSIC PUB MEALS BOOKINGS ESSENTIAL

DINNER - WED TO SAT LUNCH - SAT.

Th ursdays - Meat Raffles

Members Draw - 7.30

Saturdays - *Joker Draw over \$1,700*

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, maintenance and much more.

Brodie Bendle
 Mobile: 0423 946 592
 Email: brodiebendle@gmail.com

Report road issues to Regional Roads Vic.
 133778

NEWS FROM BNH

You can now drop off the 10c return cans & plastic recyclable bottles at the Neighbourhood House.

They will be collected by Jim & the funds will go to local community services.

Please note- we are having the interior of BNH painted. We will close from Friday 19th/7 and plan to open the doors again on the 24th/7 if not earlier.

You can still email us during this time & we will be checking phone messages regularly.

We have made a change to our Business Advertisements.

Please see page 13 for more details

To place your Ad here please contact Bendoc Neighbourhood House on 0264581531 or bendocpa@bigpond.com

Welcome to free support in your community

East Gippsland Mental Health and Wellbeing Local is a new service that will offer mental health and wellbeing support whenever you need it. It's free, easy to access without a referral, and located in your community.

If you are 26 years of age or older and would like support with your mental health and wellbeing, East Gippsland Mental Health and Wellbeing Local is offering telehealth and outreach support. More supports will be available over the coming months.

We believe anyone needing help should be able to access straight-forward continued support. We will be with you throughout your journey.

mental health & wellbeing local
Free support in your community

For free support, call 1300 000 352 or visit betterhealth.vic.gov.au/mhwlocal

wellways Latrobe Regional Health COMPLETE Health

East Gippsland Mental Health and Wellbeing Local services are delivered by Wellways in partnership with Latrobe Regional Health and Gippsland Lakes Complete Health and are funded by the Victorian Government.

Susie Bady paid a visit to BNH last week and spoke to a gathering of interested locals on the set up of this service.

Susie stressed the benefits of continued local support, lived experience staff, access to professionals and smooth referral processes.

1800RESPECT
Domestic/
family violence
1800 737
732

MensLine
Australia
1300 789
978

Beyond Blue
1300 224
636

Kids Help Line
1800 55
1800

Nominations for the Volunteering Awards 2024

If you know an inspiring volunteer or community organisation, now's the time to nominate them for the Volunteering Awards. It's quick and easy to nominate online, and you'll help to make sure Victoria's incredible volunteers are deservedly recognised.

The Victorian Government is proud to partner with Volunteering Victoria to celebrate Victorian volunteers and volunteer organisations, recognising their achievements through the Volunteering Awards. **Nominations close 22 July**

volunteeringvictoria.org.au/awards

Our Community Vision 2040

Shaping the Future



Help Shape Our Community's Future

Your input is vital in shaping the future of East Gippsland! As we embark on a review of our Community Vision 2040, we invite you to share your thoughts and insights through a simple survey.

Why Participate? Your feedback will directly influence the development of our next four-year Council Plan. By reviewing the existing vision statement, you'll help us understand what's working well and where we need to adjust our focus to better serve your needs and aspirations.

How to Participate: It's easy! **Scan the QR Code** below to access the survey, as a bonus, for completing the survey you can go into the draw to win a \$100 voucher*!

Your responses are anonymous and will be used solely for the purpose of refining our Community Vision.

The updated Community Vision 2040 will guide the development of the next four-year Council Plan to be adopted in June 2025.

Thank you for being an active participant in shaping the future of our community!



Our Communities will include, encourage, respect and value everyone



Our Place will be accessible, safe connected and healthy



Our Environment will be managed and preserved for all generations



Our Economy will be sustainable, innovative and supportive of existing and emerging industries

Our Vision

In 2040 our people, place, environment, and economy will be connected, in balance and resilient. Our unique and diverse communities will be accessible, inclusive, well connected and safe.

We will value and care for each other and our natural environment. Our economy will support existing and emerging industries by being agile, innovative, and sustainable.

For more information:

Please visit <https://yoursay.eastgippsland.vic.gov.au/community-vision-2040-review> or scan the QR Code



*Terms and conditions apply

Act Now. Stay Secure

As a wrap up to the Act Now, Stay Secure cyber security awareness campaign, we are reflecting on behavioural changes Australians can make to better protect themselves online.

With the tagline 'What are you risking online?', this campaign encouraged Australians to add three simple actions into their online activities to improve their cyber security

1. Set up multi-factor authentication to add an extra layer of security to your online accounts.
2. Install software updates regularly to keep your devices secure.
3. Create strong and unique passphrases that are over 14 characters long and use 4 or more random words. **For more information and resources, visit actnowstaysecure.gov.au.**

LEARN LOCAL COURSES

This page contains courses being delivered from the following Learn Local providers:

- [Buchan Neighbourhood House](#)
- [Orbost Education Centre](#)
- [Heyfield Community Resource Centre](#)
- [Paynesville Neighbourhood Centre](#)
- [Sale Neighbourhood House](#)

We run training courses at many community locations, including remote areas within Gippsland. If you'd like us to come to you please make contact so we can help. Courses can be delivered through a variety of formats, including face to face and **online classrooms**.

Our training can support learners with their Workforce Australia mutual obligation requirements. Learn Local programs are "other government program" for mutual obligation (PBAS) – speak to your Employment Service Provider about an activity code. Please contact the Learn Local provider for booking and further information.

All our programs are flexible in delivery and we can arrange the content to suit the needs of participants. Our classes are small and personalised where everyone is welcome. Please promote these courses through your networks, clients and/or community partners.

Feel free to connect with us for further information on 5156 0214 or contact the Learn Local directly advertised in each community.

Together we can empower adult learners in Wellington & East Gippsland to thrive in study, work and life - we look forward to working with you!!

As a matter of interest - this map was purchased from an antique map collector in the Nicholas Building, Melbourne. We are unsure of the date, however some research & the absence of Canberra tells us it is likely to be from between 1890 &1913. Note the spelling of Bendock. It has been loaned to the BNH & you're welcome to come in & have a clearer look.



MISSING

WORLD WAR TWO HONOUR ROLL

Last seen hanging in the Bendoc State Hall beside the one pictured here. If anyone knows of it's whereabouts, please contact Bendoc Hall Committee members or Jim on 0403 196 528 or 0475 575 258



GARDE NING BITS WITH BOB

Well we have crossed the line & half of the year is gone. From here on in it's full-on time in the garden. Weeds, mulch and pruning and being careful with new plants and seeds as it's too early to plant out.

When driving around here, have a look, things are changing at the top end of town. I have started to improve things at the Hilton. Big plans for the bush area. First clean it up & get rid of the wattle, lightwood, blackberries & long grass. Planning is underway with Japanese Maples, shaped by large gums, rhododendrons, azaleas, bottlebrush and crepe myrtle as well as native flowering tree shrubs to help with birds, bees & more.

So if you're passing, stop by & say hi, I do not bite & love new ideas and input. I make a good cuppa & have biscuits. My dog Maggie, only bites if she doesn't get a biscuit.

After a lot of reading I feel confident about planting my first 3 tubers. I picked a sunny south facing spot at the front, protected by the wind. I mulched cow & chicken pelletised manures, a bed of leaves, paper, rotted down sawdust and vegetable matter to help worms keep the ground loose. I added lime to bring the PH up to 7– 7.5 but if your soil is already alkaline, use gypsum. Not all nurseries still sell soil kits.

Roses and Black spot.

Autumn is when black spot will be seen. Roses are often troubled by fungal disease, especially black spot which affects the foliage. To help break the disease cycle, remove the damaged leaves and pick up fallen leaves and burn them.

Spray remaining foliage with a suitable organic fungicide and feed the plant with rose food and liquid potash. Replace mulch as it will contain fungal spores. It can be used elsewhere in the garden.

To help control black spot, mildew & rust

- Water roses in the morning
- To make a natural Fungicide - Mix

1 tsp bicarb-soda , 1 drop vegetable oil
1 drop of dish detergent in 1 litre of water

Spray 3 times leaving 3 weeks between sprays

Lesley Crowed of Kaydale Lodge in Tasmania said “We have never seen an overfed **peony**” They enjoy plenty of lime compost and potash from the open fire. I have held off planting because of the rain & plan to plant on the 19th/6 To those interested, come & have a look & see what's happening.

Feeding

Around March is the time to feed Azaleas, Camelias & Rhododendrons so they are ready for winter and spring. These plants are acid lovers, so seek out a fertiliser specifically formulated for them.

Pull back mulch from around the base of the plant. Apply fertiliser according to instructions. Water well & replace mulch.

HINTS

Camelia's love wood mulch, vermicompost, and organic pellets. I apply seaweed solution and molasses 4 times a year, and trace elements before flowering. I have also been experimenting with adding Biochar and fulvic acid.

final entries of round 1 of
The Battle of the Bards

The gods will soon take it,
Whatever you make it,
The castle, the diary, the rhyme,
Or some over-long series
Of dearies and wearies,
Dead whiskers,, from grandfather time.

7th ENTRY

A.N.Y.M.S.

9th ENTRY

Food for Thought

Once upon a time, only the church traded in
knowledge through literature.

Priests could read, but it was blasphemous for
laymen to read.

When the printing press was invented
(the Guggenheimer revolution), it connected the
world with its own thoughts.

In a sense, a collective consciousness was
born, and from there the Renaissance was born
(the belief in science over God).

The internet is the same, but how we use it
makes all the difference.

When people engage in
writing, poetry and publishing,
they are doing what humans do best, and that is
creating humanity by parking in something that
is bigger than one person.

Our words outlive us; writing is how
humans become better.

Connecting people, building knowledge, and
opening channels to the story of who we are is
more noble than people think.

A. Resident

JUNK

A junk yard man when he dies,
and takes his place within the skies.
A field of junk lays abound,
Magnificence - would astound.
In realms of earth, and sky betwixt,
his paradise, of things to fix

By ... Left Blank Intentionally

8th ENTRY

10th ENTRY

WHAT COULD IT BE ?

Claire said she thought she saw it,
Grover said "No", he didn't see it.
Kyle's away, so he's no help.
Rocky said he saw it up there.

It was big but got smaller.
"Where?" I asked. "Up there" he said.
"Up there?" I asked.
"Yes, up there, over there, up there".


I asked Mick, did he see it?
See What?. So I knew he had not.
Rocky said it went that way,
So where did it go?

Mundy asked what time did this happen.
But he was like Karl - not here.
He said he'd ask Cleo, but she was
ironing Mundy's clothes for work.

So back to the start. Claire thought she saw it,
Grover did not, Karl's away,
Rocky saw it, Mick did not.
Rocky said it was big and round,
and went that way. Rocky's sister said

By ... WHO COULD IT BE?

ATTENTION!! ATTENTION!!
WE HAVE COME TO THE END OF THE
FIRST ROUND OF THE
'BATTLE OF THE BENDOC BARDS'



The most voted for Favourite Literary Piece will be unveiled in the August Wheel and the Bard responsible will receive their choice of

treasure from the Green Shed.

All entries will contribute to the creation of the 'BENDOC BOOK OF BARDS'

ATTENTION!! AGAIN!!
TO THE BARDS WHO DIDN'T GET TO WARM THEIR QUILLS,
 bottle up your verse & enter in the wheel
 for the
second round of THE
BENDOC POETRY/PROSE COMPETITION

Are you a wordsmith, a literary luminary, or just like to throw words together? If so, the
'BENDOC BARD' COMPETITION IS CALLING YOUR NAME.
Get creative & send in your poem, composition or ditty.
ENTRIES ARE ANONYMOUS & WILL BE PRINTED IN THE WHEEL.
EMAIL , POST OR PLACE ENTRIES IN THE BOX ON THE NEIGHBOURHOOD HOUSE VERANDAH.
When we receive ten entries, readers will vote for their favourite piece. The winning poem/prose & poet (if u wish) will be announced.
 So, no matter your age, your style or literary skills,
 Dust off your typewriter & grab your quills.
Open to all

Readers can now vote for their chosen piece via email, post, or in the box at the neighbourhood house.
 Identify your choice by No. 1, No. 2, or Title.
 Entries can be viewed at BNH, on the website or in the past 3 Bendoc Wheels
 (we have some copies)

ENTRIES

- 1 - *Ditty's & Ditties* May publication
- 2 - *The Lyrebird* “
- 3 - *What did they see?* June
- 4 - *Poam* “
- 5 - *Menura - 2nd version of Lyrebird*
- 6 - *I see a little bird* “
- 7 - *“The gods will soon take it”* July
- 8 - *Junk* “
- 9 - “
- 10 - *What did they see?* “

BUSINESS ADVERTISEMENTS
For a little while Business Ads in the 'Wheel'
 have been free. We hope readers understand BNH's decision to resume the practice of charging a small fee

All other 'Wheel' contributions - articles of interest, news, community announcements and Services will still be free

Small spot AD \$5.00	1 issue	6 issues	11 issues
¼ Page	\$17.50	\$87.50	\$157.50
½ Page	\$35.00	\$175.00	\$315.00
Full Page	\$70.00	\$350.00	\$630.00

COMMUNITY CONTRIBUTIONS
 BNH invites suggestions, points of interest, photos & news. Please send contributions to bendocpa@bigpond.com
 Ph 0264581531 or drop in & see us.
 THE WHEEL IS DISTRIBUTED TO LOCAL RESIDENTS MID MONTHLY & THE FINAL DATE FOR ARTICLES IS GENERALLY THE 13TH
If you would like the 'Wheel' emailed or don't receive it in the post please let us know & we'll update your details.

JULY 2024

SUN	MON	TUES	WED	THU	FRI	SAT
14	15 JULY WHEEL	16 BNH 12-4 <i>GR SHED 9-12</i>	17 BNH 9-1 Craft Morning 9.30-12 ish Doctor Tubbut	18 Wellness Nurse Doctor Bendoc GR. SHED 9-12 LIBRARY BUS 10-30-11-30	19 BNH 9-1 Closed for painting	20 BNH 9-12 Closed for painting <i>GR SHED 9-12</i>
21	22	23 BNH 12-4 Closed for painting <i>GR SHED 9-12</i>	24 BNH 9-1 Maybe closed for painting CFA MEETING	25 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	26 BNH 9-1	27 BNH 9-12 <i>GR SHED 9-12</i>
28	29	30 BNH 12-4 <i>GR SHED 9-12</i>	31 BNH 9-1 Craft Morning 9.30-12 ish	1 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	2 BNH 9-1	3 BNH 9-12 <i>GR SHED 9-12</i>

AUGUST 2024

SUN	MON	TUES	WED	THU	FRI	SAT
4	5	6 BNH 12-4 <i>GR SHED 9-12</i>	7 BNH 9-1 Craft Morning 9.30-12 ish	8 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	9 BNH 9-1	10 BNH 9-12 <i>GR SHED 9-12</i>
11	12	13 BNH 12-4 <i>GR SHED 9-12</i> Last day 4 wheel contributions	14 BNH 9-1 Craft Morning 9.30-12 ish	15 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30 August Wheel	16 BNH 9-1	17 BNH 9-12 <i>GR SHED 9-12</i>
18	19	20 BNH 12-4 <i>GR SHED 9-12</i>	21 BNH 9-1 Craft Morning 9.30-12 ish	22 Wellness Nurse GR. SHED 9-12 LIBRARY BUS 10-30-11-30	23 BNH 9-1	24 BNH 9-12 <i>GR SHED 9-12</i>
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