



# Bendoc Wheel

bendocpa@bigpond.com 02 64581531 Bendoc.org.au

There's been plenty of action going on in Bendoc this last month, & heading towards xmas, there's sure to be more. Have fun with your preparations.



**Bendoc Farm/Field Day**  
Graced with perfect weather on the 7th November, a group of local farmers & residents gathered for an information filled day at the Bendoc Hall



Soil testing at Peter Guthrie's Farm

**BENDOC NEIGHBOURHOOD HOUSE**

**XMAS CLOSURE TIMES**  
SAT 21st Dec last day  
Back on TUES 14TH Jan '25

Computer - Printer  
Internet - Laminator  
Council & Library outreach - Local Info  
Tea/coffee - Gifts 4 sale  
WED CRAFT MORNINGS & chat all welcome

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

**THE GREEN SHED**  
Behind hall grounds. Great second hand stuff & forever changing

RE-USE, RECYCLE, REPURPOSE

If unattended, call Bob 0408981524

Tues Th Sat 9-12

**EAST GIPPS SHIRE MOBILE LIBRARY**  
Join, borrow, return or order a book from the Mobile Bus at the Bendoc Reserve or access through BNH shire outreach service

Thurs 10.30 - 11.30

**WELLNESS NURSE**  
Appts. ring 0456167011  
More info on medical services through wellness spaces pg.4

Thursdays

**PO**  
SAT 12-5  
MON-FRI 2-5



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



Don't forget to get your poems/prose in for the last round of the 'BATTLE OF THE BARDS' —SEE PG 13





**FARM DAY - A SUMMARY OF EVENTS BY KAYLENE WICKHAM—EAST GIPPSLAND SHIRE**

On the 7th November Council partnered with Southern Farming Systems and travelled to Bendoc to host a farmer wellbeing, soil productivity and know your carbon number workshop.

There were 12 farms represented with over 20 attendees, who visited Peter Guthrie’s property inspecting soil cores to show what is beneath the surface of two different paddocks, with two very different results. The day then continued with an agronomist speaking on the reasons for the difference and strategies to boost pasture growth and maximise forage quality.

Gippsland Agriculture Group presented on trials and learnings for soil renovations, understanding how to know your carbon count number in the complex world of carbon farming and ‘Trigger Plan Essentials’ to prepare for water and feed shortages in changing climate events.

The day included was a lovely lunch prepared by the Bendoc Hotel with time to network with RFCS and others and a Business of Farming session on being clear on your finances, with tips on income, expenses and budgeting, succession planning and knowing who to turn to for help.

The day was very well received, feedback noted the importance of soil testing, succession planning is necessary and there was valuable information present. The community is keen to have more sessions aligned with the topics presented.

Through the Rural Skills workshop funding, Council is working with Neighbourhood Houses to deliver ag skill programs in community. This funding will provide a chance to host a follow up session with farmers who attended the November workshop to perform soil coring on their property and provide a summary of some measures to improve soil healthy.

This was funded through the Community Wellbeing Social Events, Victorian Government Emergency Recovery Victoria’s Recovery and Resilience Grant program and the Commonwealth-State Disaster Recovery Funding Arrangements in response to the 2019-20 Eastern Victorian Bushfires.

■ **Kaylene Wickham** ■ *Agribusiness Development Officer*



A small gathering came together in Delegate to pay their respects to all those who have fallen in past wars & mark the anniversary of the Armistice, ending the 1st world war in 1918. Hosting the event were Dermott & Pip Ryan from the Delegate RSL & the morning was rounded off with scones & tea at the RSL Hall.



A very poignant and touching speech was given by Jonathon Marshall, who was able to relate his own personal experiences to the value & significance of this event.



The haunting notes of the Last Post were played beautifully by Steven Bailey on the trumpet — followed by 1 Minute of silence



### Market Day in Bendoc -

a fun spring day getting us out & about, enjoying the sun & exploring the wonderfully varied market tables covered with beautiful craftwork, locally grown produce, plants and interesting bric a brac — not to mention of course catching up with friends & market goers and the tasty barbeque cooked by Jim.

Just a glimpse at just some of our fantastic stalls



We are planning another Farm/Field Information Day next year, please register your interest & dates that may suit.



BNH would also love to hold another market early on in the new year, please let us know if you would like to be involved,



## BENDOC CFA NEWS:

The ultralight is back in the station after having the suspect wheels replaced. 54 vehicles across the state had the same possible issues but the CFA has taken steps to minimise any potential risks. Fire season is approaching and a few warm days can make all the difference

to grass and forest moisture content. Lush green this week, tinder dry the next.

Brigade members who have not undertaken their annual burn-over drill requirement and three yearly Hazardous Trees course will need to do so if they wish to maintain their operational status.

Stay safe and fire aware!

It's never not Fire Season.

For information on joining the local CFA please contact  
Ian Cole - 0419642492 or Lyn Button - 0488719233

## RIP Karl

It is with great sadness that we say goodbye to our friend and neighbour Karl Kainz who passed away in Bendoc due to a tragic accident last week.

We will miss Karl's company and presence terribly and send the deepest of condolences and thoughts to Karl's family and friends. May precious memories provide some source of comfort & peace

## Errinundra to Snowy Community Recovery Committee / District Representative Group October meeting round up

Our October meeting was full of great conversation – more informal than usual as there was only a couple of us there.

Sue (Tubbut Neighbourhood House), Jim Stevenson (Bendoc, CFA), Tama Green (Goongerah) and Kath Macdonald (Place Facilitator Coordinator, EGSC)

We skipped through our governance and operations part of the agenda and went onto item 2, funding. We celebrated Tama's successful application to the Gippsland Community Foundation for Homesteading Workshops that will be advertised shortly.

We discussed ideas to apply to coming grant programs, things like the Lost trades fair – learning how to make a stool out of wood with no nails or screws, Gin distillery workshops, as well as starting to plan for a Big Bonang in 2025.

We talked about the Tubbut Neighbourhood House Wellness Day and Tama taking up the ponies for some equine hugs.

We discussed economic opportunities – connecting with the Economic Development team at Council to have a website developed that lists accommodation, maps, tours, walks and trails by place. Getting some new signage and Dark Skies.

Council has a new Culture and Creativity team and Ashley Ball, the Culture and Creativity Place Officer is keen to come up to meet with with any artists interested in connecting in the new year. We got excited talking about creative ideas like wood carvings, sculptures, ceramics workshops and led-light classes.

Other things we discussed were:

- Providing a monthly summary for the Tattler and the Wheel
- Inviting new Councillors up to talk to us when they are settled in.
- The Wellness Space project and the fantastic take up and how hard Sharon is working and the need to get her some administrative support asap. (Been advertised)
- Australian Business Volunteers

Our last meeting for the year is at the Bonang Hall on 28<sup>th</sup> November at 10.30am – noon





ERRINUNDRA TO SNOWY  
WELLBEING SPACES  
Tubbut Bendoc Goongerah

Errinundra to Snowy Wellbeing Spaces

Appointments are available for video telehealth with Dr Edwina Brown –  
11:00 AM to 12:30 PM at each Wellbeing Space.

Goongerah – Tuesdays. Tubbut – Wednesdays. Bendoc - Thursdays.

**\*\*Please Note that Edwina and the Orbost Medical Clinic may not be able to continue blocking out these times for the Snowy to Errinundra community if they are not utilised.**

Please call 0456 167 011 to make an appointment with the Nurse Care Coordinator of Dr Edwina Brown.



Learn the skills.  
Help save a life.

Suicide is preventable. Anyone can make a difference.

- 4-hour workshop in suicide alertness skills
- Suicide Alertness training for everyone
- Learn what to do if someone is having thoughts of suicide and how to best support and help them

**Date:** Thursday 28th November, 10am - 2pm

**Location:** Bendoc Neighbourhood House and Shire Outreach Centre  
18 Dowling Street, Bendoc

**Hosted by:** The Healthy Communities Foundation Australia

**Cost:** Fully Funded by The National Rural & Remote Suicide Prevention Program (valued at \$120pp)

To register use the QR code  
OR email  
suicideprevention@thcfa.org.au



MensLine Australia  
1300 789 978

Kids Help Line  
1800 55 1800

Beyond blue  
1300 224 636

Domestic/family  
violence  
1800RESPECT  
1800 737 732

Alternatively - to book in you can contact the BNH on 02 64581531  
This workshop is free





**DELEGATE MPS  
CARDIO-RESPIRATORY  
EDUCATION DAY**

Do you suffer from Emphysema?  
Chronic Obstructive Pulmonary Disease?  
Are you on home oxygen?  
Do you get short of breath easily?  
Do you care for someone with any of the above?

Please join us for afternoon tea at the Delegate MPS for an education session with Cardio Respiratory Nurse Practitioner Jane Cotter from Goulburn Hospital.

The aim of the education session is to discuss respiratory issues, improve the management of cardio respiratory diseases and prevention of exacerbations.

Also Joining us is Tracey Bilish, Occupational Therapist from the Enhanced Community Care Program in Cooma and Mary Elliot, Aged Care Nurse Practitioner from Goulburn. We are very excited to have these wonderful guests visit Delegate.

**MONDAY 9TH DECEMBER  
1.30PM TO 3PM**

Contact our friendly staff at Delegate MPS  
RSVP to Emily Guthrie  
(02) 6459 8000



**DELEGATE MULTI-PURPOSE SERVICE**  
**Craigie St, Delegate (02) 64598000**

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 pre-constructed 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 from November 6<sup>th</sup> 2024 until May 6<sup>th</sup> 2025.

Fox control on public land (State Forests and National Parks) in the **Kenny and Colquhoun Forests** in the Tambo District will occur from **December 2<sup>nd</sup> 2024** and continue until **March 28<sup>th</sup> 2025**. Outside of these dates, unpoisoned 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 **November 6<sup>th</sup> 2024 until May 6<sup>th</sup> 2025**. 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 [drew.murray@decca.vic.gov.au](mailto:drew.murray@decca.vic.gov.au)

**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**

4<sup>th</sup> 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

**Other Community Health Services**

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





**ROBINSON'S**  
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Professional Window Cleaning and Chimney sweeping

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:  
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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 St Bendoc (02) 64581453  
Bendochotel@gmail.com

MON - SAT 12.00 - TILL CLOSE  
*CLASSIC PUB MEALS* *BOOKINGS ESSENTIAL*  
DINNER - WED TO SAT LUNCH - SAT.

Thursdays - Meat Raffles Members Draw 7.30  
Saturdays - *Joker Draw*

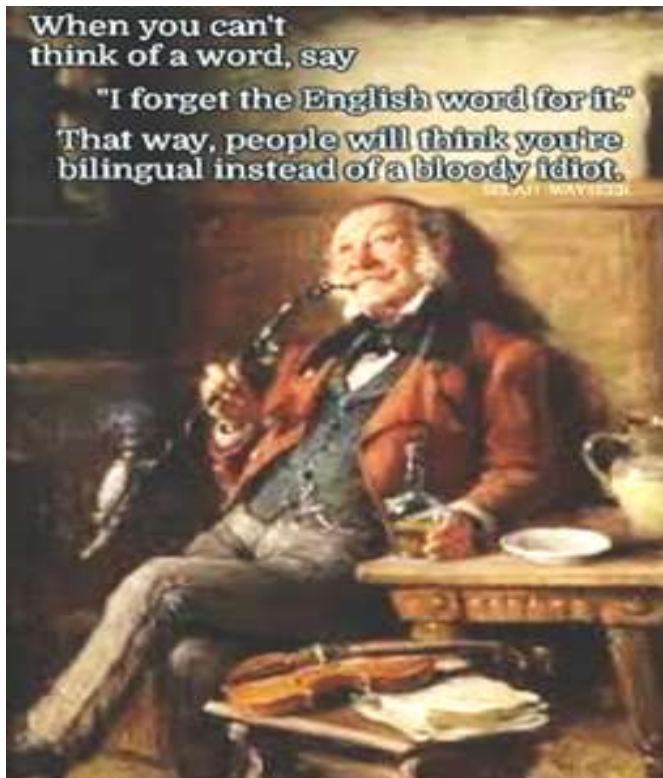
**Bushbubs Wildlife Shelter**  
Looking after sick and or injured Australian Wildlife

*Lyn Button*  
Gap Rd  
Bendoc Vic 3888

0488719233



Bushbubs01@gmail.com



Report road issues Regional Roads Vic  
133778

You can drop off your empty  
10C RETURN CANS & PLASTIC  
RECYCLABLE BOTTLES  
in the yellow wheelie bin at  
BNH  
*They will be collected by  
Jim as a fundraiser for the  
BNH*

**BENDOC NEIGHBOURHOOD HOUSE**  
CHRISTMAS CLOSURE LAST DAY FOR 2024 -  
21ST DEC OPENING 14TH JAN '25

Use this page for your AD  
Community notices & Contributions  
free. For business ads see page 13

**East Gippsland Mobile Library Bus**  
Service will have a break over  
Christmas – Thursday the 19th will  
be the last date in Bendoc for 2024  
for 2025 dates please ring 03 5153 9500

**EAST GIPPSLAND**  
SHIRE LIBRARIES

FREE | BOOKINGS ESSENTIAL

# Calligraphy Workshop



**Bairnsdale Library**  
 Tuesday 12 November  
 Tuesday 26 November  
 Tuesday 10 December  
 10.00 am - 12.00 pm

**Book Now**

At your library  
5152 4225

[www.trybooking.com/events/11/eastgippslandshirelibraries](http://www.trybooking.com/events/11/eastgippslandshirelibraries)  
Scan the QR code



Join us for an exciting morning learning the art of calligraphy.

Ever been interested in upping your handwriting level? Looking to learn more about the art of calligraphy? Then this workshop may just be for you!

Spend the morning practicing your calligraphy and learning how to turn your letters into works of art.



## Detox your Home

Help keep your family, pets and the environment safe

**Saturday, 30 November 2024**  
**Bairnsdale Livestock Exchange**  
**11 Saleyard Road, Bairnsdale**  
**9am - 12pm**

Registrations essential at [detoxbairnsdale2024.eventbrite.com.au](http://detoxbairnsdale2024.eventbrite.com.au)

If you need assistance to complete an online registration, please call Council's waste team on 5153 9500 or Sustainability Victoria's Detox Your Home team on 1300 363 744

### What is accepted at Detox Your Home?

Acids and alkalis | ammonia-based cleaners | brake fluid  
car care products | car coolant | detergents | disinfectants | fertiliser  
fuels | glues | household cleaners | insect sprays | rat poison  
weed killers | pool chemicals.

For a complete list, visit the link below  
[www.sustainability.vic.gov.au/accepted-items](http://www.sustainability.vic.gov.au/accepted-items)



# BOMBALA — & — DISTRICT CHAMBER MARKETS

Saturday November 23rd 2024  
8AM - 2PM

Held along the Bombala river bank

Stall enquires please call Shirley on  
0427581488



**Best Start  
Best Life**

# Become a kinder teacher or educator.

## Financial support of up to \$34,000 available.

The Victorian Government is delivering Free Kinder. And that means thousands of new jobs across the state. Financial support to help you study and Free TAFE courses are available.

Learn more at [vic.gov.au/kinder](http://vic.gov.au/kinder)



<sup>9</sup> Bendoc Community Resource Centre is Your Centre



## GARDENING BITS WITH BOB

### USEFUL TIPS & more tips

Soapy water thrown or sprayed over plants infested with aphids, ants, red or white spider mite and sooty mould will act as a pesticide and fungicide.

Do not apply fresh manure to plants as it may burn surface roots. Even well rotted manure should not be allowed to build up around the base of the plant stem or trunk.

A few lumps of charcoal will help keep the water in small containers fresh.



If embarrassed by your weeds tell visitors that area is being preserved for butterflies and birds.

- Collect snails and slugs to reduce the population in the garden and check underneath leaves for caterpillars, aphids and whitefly.
- Protect seedlings with fine gauge netting to prevent chewing insects and possums feasting on them.
- Try 'beer traps' if snails are getting to your strawberries before you. Train and tie bramble berries to wires or framework.
- Plant summer vegetables including tomatoes, cucumber, pumpkin, zucchini, corn, chilli, capsicum, eggplant, beans and melons.
- Plant sunflowers, cosmos, marigolds, alyssum, snap dragons, violas, lobelia and local wildflowers and grasses to add colour and diversity to the garden. Edible flowers such as borage will flowering prolifically- **don't forget to add some to a salad** or cake decoration.
- Continue to plant year round veggies such as spring onions, silverbeet, beetroot, carrots and kale and herbs. Leafy greens can be planted in a shadier part of the garden during the warmer months.
- Keep weeds under control with ongoing hand weeding. Weeds compete with other plants for water, space and nutrition. Use mulch to smother them and out-compete them with prostrate herbs and flowers.
- The rising climate has seen an increase in the occurrence of fruit fly in Victoria. It is important, once flowering has finished on fruit trees, to cover with insect netting to protect your fruit and slow the spread of this pest species.
- Thinning some fruits on fruit trees will help ensure a better quality harvest.

## CORNISH PASTIES

## RECIPE Ideas

### METHOD

1. Preheat oven to hot, 200°C/400°F. Line a baking tray with baking paper.
2. In a large bowl, mix together mince, vegetables, salt, pepper and parsley.
3. Using a saucer or small plate as a guide, cut pastry into 4 rounds. Place some mince mixture onto one half of each pastry round.
4. Brush around edge of pastry with water; bring edges together and shape into a semicircle. Pinch edges together to seal.
5. Place pasties on oven tray. Prick each with a fork four or five times; brush with milk.
6. Bake pasties 10 minutes. Reduce heat to moderate, 180°C/350°F; cook a further 35 minutes.
7. Serve pasties hot with tomato sauce or chutney.



### INGREDIENTS

- 250g (8 ounces) lean beef mince
- 1 small onion, peeled, finely chopped
- 1 small potato, peeled, diced
- ½ carrot, peeled, diced
- ½ small turnip, peeled, diced
- freshly ground black pepper, to taste
- 1 tablespoon chopped fresh flat-leaf parsley
- 4 sheets frozen shortcrust pastry, thawed
- 2 tablespoons water
- milk, for brushing
- tomato sauce, chutney, to serve



**BIG ANNOUNCEMENT** - We have a tie — the most voted for poems in the 2nd round of the  
**'THE BATTLE OF THE BARDS'** aaaaaarrre.....  
**'Sour Grapes'** by David Whitlock & **'Females'** by Anonymous –congratulations  
 & congratulations to all of the entries for their wonderful & varied thoughts & words

Bring out your gods  
 With their rules and their rods  
 And ask yourself, what are the odds.  
 You could deck them with something  
 That means something more than a day at MacDonald's and  
 the footy score?

ENTRY 5

And laugh at the falls, gasp at the brawls  
 Cheer for the goals and the honours.  
 Pick up your pen all you hard working men  
 Open your mind or your undies  
 Is the colour of blood for the heart of stone  
 Or tomato sauce on a pie.  
 Bleed on the paper and do it alone.  
 Could you even rhyme with aye aye?  
 I taught the computers, invented Babbage.  
 And play banjo Paterson, with a cabbage.

So put up your dooks you swaggering spooks  
 And waltz me to my billabong bane  
 And drown me once more or suffer the score  
 Of the bore and the door and the pain.  
 Engarde ye bard come now play me your card  
 Life wasn't meant to be hard.  
 To express, to impress, could you even address  
 The order of sound  
 Mess with the mind  
 Stress the wrong end

But no, back to the beat  
 Or you'll step on my toes  
 Or my nose  
 With your rhyming prose  
 I'll drop the subject and talk about you  
 Better still, All the others, the cities, the zoo,  
 The farmlands, the islands? and here's a thought ;  
 Where people get water, for God's sake,  
 The Himalayas! What on earth will we do ?

I don't speak to all and I don't speak for any  
 But those who allow me their mood.  
 All we are of renown  
 Is to know what is evil and what is good,  
 And write it down as we drown.  
 The trees have their roots in the billabong.  
 For Henry and Banjo and me.  
 The faces in the street was incomplete.  
 The street is as wide as the sea.  
 They lied about oil and they lied about coal.  
 We knew that, and you called us woke.  
 Well fold it up boys, all your weak ended toys,  
 I didn't quite drown, I'm a bloke.

Why did the chicken cross the road?  
 Didn't he see what was coming?  
 Black heads and moles from the days in the coals,  
 And the islanders just the beginning.  
 What's plain to see,  
 Ocean to Ocean, sea to sea,  
 Poets just don't have time or space to write.  
 Has it gone to your head?  
 Is it really Anzac or ANZ?

Round 3 continues

It's not academic, it's values we teach  
 The gifted, the glorious more than the glutton  
 Potatoes and bleach cries freedom of speech  
 Well mashed potatoes and mutton  
 Give the dummy a button.  
 Good on ya Australia one more fetid failure  
 You dullard you dedded you dork.  
 Terra Australis is still Terra Nullis  
 For all of your tell and your talk.

ENTRY 5 cont.

And you over the ditch can you throw me your pitch  
 Somewhat better than you can pronounce it.  
 Can your birds even fly, do you have a blue sky,  
 Or did Gandalf and Bilbo renounce it,  
 As mountains of doom shake the earth as they fume,  
 Where the dark lord could never disgrace  
 The occasional leader with ethics,  
 To add to the touch, and the grace.

From the bald patch in the crown  
 of the far south east,  
 Over football and cricket and copyright,  
 There's no time for that, a bat is a cat in a hat.  
 My time is my car, my pencil my shovel and bar.  
 You've not heard me before I'll not hear you again,  
 My chainsaw my brush and my pen.  
 Kangaroo poor and islander amour,  
 Is Australocean your second language?

Let me leave you with this just in case it was missed,  
 Somewhere, in there  
 Is a Kiss.  
 Here's to the Vegemite sandwich.  
 Lest we forget  
 It couldn't taste much worse wet.

† Denotes Fallen

ENTRY 6

Can you hear the drums?  
 I hear them calling.  
 Can you hear the drums of war?  
 And I will come.

Can you hear the guns?  
 I hear them roaring.  
 Can you hear the guns pound the shore?  
 As I bare arms.

Can you hear the men?  
 I see them falling.  
 And can you see their blood on the ground?  
 As I lay down.

Only Me

ENTRY 7

Home again & off to the fridge  
Oh no!, there it is, I had forgotten about you.  
But NO, not now, maybe later.

I shut the fridge door ,but what about one quick look.

Oh yes, there you are,  
Rounded, well coloured and fresh  
and the smell.

No, not now maybe later.

But still, I may touch it,  
smooth, well coloured & firm  
I must not eat you now.  
I must not look, but one touch will not hurt.  
Smell, kiss and put you back.  
But NO! if I touch you, will I give you back?

Once in my hand, I will be in your power.  
The smell, the taste, the smooth soft flesh.  
The sweet juices, full flavour running down my chin.  
NO!, put it back, Keep it for later.

But what if it spoils?, NO, but it might?  
Put it back & shut the fridge door.

Oh NO! the alarm has gone off to shut the door.  
How am I to go if I put it back,  
can I wait to have it tomorrow?  
or tonight or later?

Will it still be as good? Or will I loose interest  
in the lovely sweet & smooth soft flesh with the  
cool juices that run down my chin.

Sucking on the skin, making a lovely mess to my  
face, & shirt front.  
Sticky sweet fingers, Mum said use a spoon-  
but NO!, this is the way.

A knife to cut, but not to share.  
So to share is to split it up into small portions.  
NO, this is not that big and I am one.  
This is one, so sharing my bit is smaller -  
Less sweet taste  
Less great smell  
Less soft flesh to taste

No dribbling down my front.  
So NO to putting it back in the fridge.  
No to waiting  
No to maybe tomorrow  
No to sharing  
Yes to now  
Yes to having it all now

It is mine, all mine  
So no waiting  
No putting it back  
**But Wait! What's That ?**  
Way in the back is a second one  
Is it mine? Or who else has one?  
Only I must have the promise of such joy  
Sweet  
Juicy  
Soft flesh of this  
Forbidden fruit - only me.

By Only Me

ENTRY 8

The wave and the particle went to see  
From when to where to be  
Naught could impede the need of the seed,  
The form or the the deed, the speed guaranteed.  
Waving the time and defining the flight  
Through the dark as the light, the precise and the quite  
All of the will and the might  
Delight  
Delight  
All of the will and the might.

Transmitting reception, receiving transmission,  
Fusion and fission as if on a mission  
Determined to follow and bend a rule  
They married in a molecule.  
The proton was charged to do the deed, not everyone present  
agreed.  
Indeed.  
Indeed.  
Not everyone present agreed.


Considering roles of opposing poles  
Was a force in itself unresolved.  
Everyone dressed in infrared  
Nothing more need be said.  
It was nothing to do with the light of the moon  
From certain perspectives they married too soon.  
Information unforgot  
A lot was lots and things got hot.  
Got hot  
Got hot  
A lot of things got hot.

Oh yan said ying you dingaling  
Which way when are we going?  
Around about or in and out?  
You know there is no slowing.  
Paused but a while considering style  
From the limited possibilities file  
Collapsed in a heap as though they were asleep  
And woke up and that was the while.

On their way to be something with something to say  
As day follows night follows day follows day  
At some unspecified location or rate  
One to the other was heard to relate  
We are the way you little imp  
Intent is bent, let's keep it simp.  
Nothing to abstract, the fact,  
All we do is act! That's that!  
That's that!  
That's that!  
All we do is act.

So they sailed away for a year and a day  
To the land where the bong tree grows  
And waited till spring for the pig and his ring  
and the owl and the cat do their thing with his nose  
As off they shone and on and on  
No purpose nor intention  
The timeless glow from stay to go  
To be  
To be  
Dimension through dimension.



**Please fill in our Neighbourhood Houses survey** You can use your phone to scan this code - its simpler than it sounds Turn on camera, face towards the code as if taking a picture, click the  button. *Its near the camera icon or close by*

Some phones will then show a message saying 'click the camera icon' click & a site in a blue line will appear, click & it will take you to the first question.

Some phones will take you straight to the questions after clicking the button.

Or you can just go to this site on your phone or computer. Ensure the whole site address is typed in as the last digits are specific to Bendoc Neighbourhood H.

<https://survey.alchemer.com/s3/8031084/Participant-Survey?id=20S03&NH=Bendoc-Resource-Centre>



## Tell us about your Neighbourhood House experience!

We'd love to hear about your personal experience in our Neighbourhood House. Please complete this short survey.



Bendoc Resource Centre  
this survey finishes  
24th Nov



[info@nhvic.org.au](mailto:info@nhvic.org.au) | [www.nhvic.org.au](http://www.nhvic.org.au)

Are you a wordsmith, literary luminary, or just like to throw words together ?

If so, the 'BENDOC **BATTLE OF THE BARDS**' is calling your name

Get creative & enter your poem, composition or ditty in the 3rd round

**ENTRIES ARE ANONYMOUS & WILL BE PRINTED IN THE WHEEL. YOU CAN ENTER MORE THAN ONCE. EMAIL, POST OR PLACE ENTRIES IN THE BOX ON THE BNH VERANDAH.**

After ten entries in each round, readers will vote for their favourite piece. The winning poem/prose will be announced. You can remain anonymous as a winner, if you wish

So, no matter your age, your style or literary skills,

Dust off your typewriter & grab your quills.

Open to all

**BNH invites suggestions, points of interest, photos, news & community notices. Contributions are free**

**bendocpa@bigpond.com Ph 0264581531**  
**18 Dowling St Bendoc PO Box 50 Bendoc 3888**

**Website – bendoc.org.au**

THE WHEEL IS DISTRIBUTED MID MONTHLY.  
THE FINAL DATE FOR ARTICLES IS AROUND THE 13<sup>TH</sup>  
**If you would like the 'Wheel' emailed or are local & don't receive it in the post, please let us know & we'll update your details.**

PRICES for business advertisement only

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

### Important contacts

Emergency —————000  
Bendoc Police—————0264581523  
Delegate Police————0264503360  
Bombala Police—————0264583444

Orbost Regional Health———0351546666  
Bendoc/Tubbut/Goongerah  
Wellness Nurse—————0456167011  
Health Direct—————1800 02 2222  
Delegate MPS—————0264598000  
Bombala MPS—————0264585777  
Bombala Medical Practice—0264583022

Register your burn off—————1800668511

NOVEMBER

S	M	T	W	TH	F	S
17	18	19 BNH 12-4 GR SHED 9-12	20 BNH 9-1 1 CRAFT 9.30-12	21 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	22 BNH 9-1	23 BNH 9-12 GR SHED 9-12  BOMBALA MARKET DAY
24	25	26 BNH 12-4 GR SHED 9-12	27 BNH 12-4 GR SHED 9-12	28 GR SHED 9-12 LIB. BUS 10.30-11.30 <b>MENTAL HEALTH WELLBEING WORKSHOP</b>	29 BNH 9-1	30 BNH 9-12 GR SHED 9-12

DECEMBER

1	2	3 BNH 12-4 GR SHED 9-12	4 BNH 9-1 CRAFT 9.30-12	5 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	6 BNH 9-1	7 BNH 9-12 GR SHED 9-12
8 <b>BNH &amp; Co. Xmas get together</b>	9 DelegateMPC Cardio Ed Day	10 BNH 12-4 GR SHED 9-12	11 BNH 9-1 CRAFT 9.30-12	12 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	13 BNH 9-1	14 BNH 9-12 GR SHED 9-12
15	16	17 BNH 12-4 GR SHED 9-12	18 BNH 9-1 CRAFT 9.30-12	19 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	20 BNH 9-1	21 BNH 9-12 GR SHED 9-12  <b>LAST DAY BNH FOR 2024</b>
22	23	24 GR SHED 9-12  BNH Closed	<b>25 Xmas Day</b>  BNH Closed	26 Boxing Day  BNH Closed	27  BNH Closed	28 GR SHED 9-12  BNH Closed
29	30	31  NEW YEARS EVE	1 JAN	2	3	4
S	M	T	W	TH	F	S

Last day for December Wheel around the 13th.

There will be no January Wheel.

Opening 2025 14th Jan