

# Bendoc Wheel



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



To all of our wonderful Bendoc Wheel readers & local communities, have a merry merry end of year break, look after each other & play safe.

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

#### Open normal hours

If unattended, call Bob 0408981524 Behind hall grounds. RE-USE, RECYCLE, REPURPOSE

Tues Th Sat 9-12

EAST GIPPS SHIRE MOBILE LIBRARY Last day Dec 19th Returning Jan 9th Join, borrow, return or order a book from the Mobile Bus Bendoc Hall Grounds

Thurs 10.30 - 11.30

#### Wellness Nurse

For appointments & days operating over xmas please ring Sharon 0456167011

Thursdays





Don't forget to vote for a poetry piece you enjoyed reading in the last round of the "BATTLE OF THE BARDS' all poems can be viewed on the website—Bendoc.org.au

PO

Closed on the public holidays Sat 12-5 Mon-Fri 2-5

Closed Pub Hols



MON 8-11 WED 12-3 SAT 8-11 0403196528 Mid December '24 Bendoc Wheel



With a Christmas buzz in the airchatter, good will, music, and the smell of hearty food oozed from the Bendoc Hall Sunday 8th.







Giving our organisers a well deserved break, the delicious roasts & vegies meal was fully catered for thanks to the generous donation from the Gippsland Community Foundation.

The GCF is a philanthropic trust, created in 2021 for the people of Gippsland, and through working in partnerships with governments and local

organisations benefit the wellbeing of our local communities.



Its with great sadness we hear of the passing of well known Bendoc local David Nichol, whose absence leaves behind a large gap within the local & farming communities. We would like to extend our thoughts & deepest sympathies to Denise and family.

Bendoc Neighbourhood House are planning another Farm/Field information Day in March next year. This will be a 2 day workshop and will involve taking and discussing soil samples from local farms.

Please register your interest with dates that may suit and let us know if you would like soil samples taken from your property.

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# HOLOLENS

Did you know your community has a HoloLens device?

This wearable headset creates a 'merged reality' environment that can be used to talk to and show people who

aren't in the room with you things in ways that help them interact with you.

- **NEIGHBOURHOOD HOUSE**
- 5 FEBRUARY 2025 SESSIONS EVERY HALF **HOUR FROM 10.00AM**
- GOONGERAH COWORKING SPACE
- 5 FEBRUARY 2025 SESSIONS EVERY HALF **HOUR FROM 1.30PM**
- BENDOC **NEIGHBOURHOOD HOUSE**
- 6 FEBRUARY 2025 SESSIONS EVERY HALF **HOUR FROM 10.00AM**

Free, fun and interactive sessions where you can learn something new and decide if it will be useful to you in the future! 1:1 or small group training

Kids welcome

To book call, text or email Eleni:

0423 639 452

hello@warmcornersco.com



Why would experimenting with the Microsoft HoloLens be of interest to you?

if you're wearing a HoloLens, you could take a tradesperson on a tour of a building so they could quote a job. If you visit the Community Nurse, the Nurse can wear the HoloLens and receive directions from a GP or specialist about how to bind or treat a wound, or zoom in on a skin blemish. These are just some ideas - you may think of more when you try it!

Bendoc Neighbourhood House would like to thank those who participated in the recent Neighbourhood Houses survey.

These surveys assist our funding body Dept. Fairness family & Housing in determining & continuing funding and resources.

There will be another survey coming up early next year & we hope again to receive your support.

A reminder from East Gippsland Council they will be doing inspections determining fire danger areas & will send out notices if your home is deemed to need fire prevention work

## **KEEPING OUR** PARKS CLEAN

Please be mindful in adhering to the signs on the park bins & do not use for household rubbish. The bins assist in keeping the area clean & need to be available for incidental rubbish for



everyone when using the park & caravan park.

<sup>3</sup> Bendoc Community Resource Centre is Your Centre

Mid December '24 Bendoc Wheel





OUTREACH PROGRAM

The Fire Safety Outreach program is a free service for community members and professionals to access information and fire safety education from trained CFA community education officers.

Our community education officers will get in touch at a time that suits, via whatever communication method works for you.



#### Find out about:

- · Bushfire planning for your household
- · Property preparation for bushfire
- Understanding the fire danger ratings
- · Where to gain trusted information during emergencies
- · Fire restrictions, what you can and cannot do
- Home fire safety information
- · Support education sessions for your community groups and clubs



To register your interest for the program please contact E: firesafetyoutreach@cfa.vic.gov.au or M: 0419 874 484 (BH) We will then make contact with you and refer you to one of our CFA Community Education Officers

For further fire safety information head to: www.cfa.vic.gov.au



#### **BENDOC CFA**

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

Emergency (000)
VicEmergency Hotline

1800 226 226

**Burn-off notification** 

1800 668 511

**CFA Headquarters** 

(03) 9262 8444

Gathering firewood season in East Gippsland finished 30th November & will start again 1st March 2025 to June 30th.

The FIRE DANGER PERIOD for this area is 9/12 to 1/5

During this time rules apply

They are different to TOTAL FIRE BAN DAYS & stricter rules apply. Check for total fire ban days on the CFA website https://www.cfa.vic.gov.au/warnings-restrictions

PERMITS can be requested for exemptions to rules & are free

<sup>4</sup> Bendoc Community Resource Centre is Your Centre

#### FIRE DANGER PERIOD RULES - CHECK FOR TOTAL FIRE BAN RULES

#### BBQ's ALLOWED- ONLY IF

- the BBQ uses only gas or electricity and is a permanently fixed structure built of stone, metal, concrete or another non-flammable material designed exclusively for meal preparation. Or the BBQ is designed and commercially manufactured exclusively for meal preparation (including portable gas BBQs and portable gas stoves), and when alight is placed in a stable position, and
- the area within a distance of 3 metres from the outer perimeter of the barbecue is clear of flammable material, and
- you have 10 litres of water ready, or a hose connected to a tap and ready to use, and
- an adult is there at all times when the fire is alight who has the capacity and means to put out the fire, **and** the fire is completely out before the adult leaves.

#### BURNING OFF ONLY IF

- you have a Fire Danger Period permit issued by CFA, FRV or a Municipal Fire Prevention Officer, depending on the location of the activity
- you have a written permit issued by a Fire Prevention Officer of a public authority if planning to burn on land under their jurisdiction
- you comply with the conditions of that permit
- A person is in attendance at all times while the fire is alight and has the capacity and means to extinguish the fire The fire is completely extinguished before the person leaves

#### PIZZA OVE N, SMOKER, OTHER OUTSIDE COOKING

- the wind is not more than 10km/h. This can be observed if leaves on trees are gently moving around in the breeze but branches are not moving.
- the fire is lit in a **properly-constructed fireplace\*** or in a trench at least 30 centimetres deep
- the area within a distance of 3 metres from the outer perimeter of the fire and the uppermost point of the fire is clear of flammable material
- the fire does not occupy an area in excess of 1 square metre and the size and dimensions of solid fuel used are the minimum necessary for the purpose
- a person is in attendance at all times while the fire is alight and has the capacity and means to extinguish the fire
- the fire is completely extinguished before the person leaves

#### FIRE FOR WARMTH FIRE PIT, CHIMNEA

- the wind is not more than 10km/h. If leaves and small twigs on trees are in constant motion the wind is more than 10km/h.
- the fire is lit in a properly-constructed fireplace. A commercially produced fire pit, chiminea or brazier is considered to be a properly-constructed fireplace.
- the area within a distance of 3 metres from the outer edges of the fire and the uppermost point of the fire is clear of flammable material.
- the fire does not occupy an area in excess of 1 square metre and the size and dimensions of solid fuel used are the minimum necessary for the purpose.
- a person is in attendance at all times while the fire is alight and has the capacity and means to extinguish the fire.
- The fire is completely extinguished before the person leaves

#### **CAMPFIRE**

- The wind is less than 10 km/h. This means that leaves on trees are gently moving around in the breeze but branches are not moving.
- The campfire must be lit in:
- o a properly-constructed fireplace of stone, metal or concrete, or
- o a trench at least 30cm deep.
- o The campfire must be no larger than 1 metre by 1 metre.
- o The area 3 metres around and above the campfire must be clear of anything that can burn.
- o Never leave the fire alone. A person who is able to put out the fire, and has the means to do so, must always stay by the fire.

The campfire must be put out completely using water before you leave.

#### WELDING, GRINDING, BEE SMOKER, OTHER HOT WORK

- a fire-resistant shield or guard is in place to stop sparks, hot metal or slag from the fire
- an area at least 1.5 metres from the operation is clear of flammable material or wetted down sufficiently to prevent the spread of fire
- you have a hose connected to a reticulated water supply or water spray knapsack containing at least 9 litres of water
- all cut-offs and hot materials from the operation are placed in fire-proof containers
- a person is in attendance at all times while the fire is alight and has the capacity and means to extinguish the fire
- The fire is completely extinguished before the person

<sup>5</sup> Bendoc Community Resource Centre is Your Centre

## BENDOCHOTEL PRESENTS

# EVENTS AT YOUR LOCAL



HERE ARE SOME GREAT EVENTS HAPPENING THIS WEEK
THAT YOU MIGHT BE INTERESTED IN:

SATURDAY 21ST DEC om Happy hour

5-6pm Happy hour 7pm Joker Draw

## MONDAY 23RD DEC Social Club - 6pm

S30 Christmas Buffet Gifts for club members

#### HOTEL CLOSURE DATES

SUNDAY 22ND - CLOSED MONDAY 23RD - OPEN TUESDAY 24TH - CLOSED WEDNESDAY 25TH - CLOSED THURSDAY 26TH - CLOSED FRIDAY 27TH - OPEN SATURDAY 28TH - OPEN SUNDAY 29TH - CLOSED



Pub & Post Office
Open - 12 till late
Closed Sundays

I hope this helps you find something fun to do this month! East Gippsland Shire Christmas and the New Year closure dates

Tuesday 24 December – Closed Wednesday 25 December – Public Holiday Closed Thursday 26 December – Public

Holiday Closed

Friday 27 December – Closed Saturday 28 December – Closed Sunday 29 December- Closed

Monday 30 December – Council Services Open

Tuesday 31 December – Council Services Open

Wednesday 1 January – Public Holiday Closed

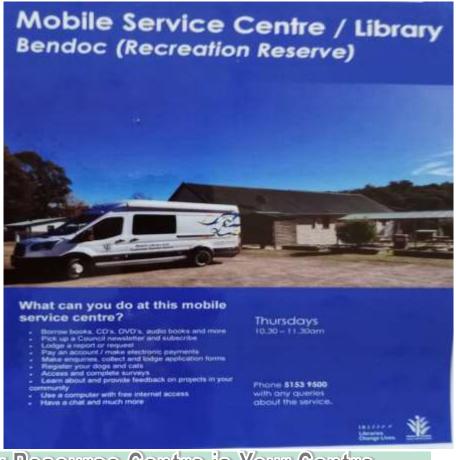
Closures apply to our Customer Service Centres at Bairnsdale, Omeo, Orbost, Lakes Entrance, Mallacoota and Paynesville, the Mobile Service and mobile Library and the Bairnsdale Library.

During the closure period, our call centre will be operated by our on-call service 24 hours a day, 7 days a week and urgent matters will be addressed. 03 51539500

Can Council rates be paid when the Council Library Van visits the region?
The answer is yes—the library van can now accept payment for council, they can do Eftpos or cheque easily and at least do a manual receipt if the

NSW residents are welcome to use the Bendoc, Delegate River mobile library service

reception is low.





#### 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.

♠ safeTALK

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

We are planning a safeTALK early next year. Please register your interest at the Bendoc Neighbourhood House. This session is free

Nurse Sharon sent us these useful links.

https:// areyouboggedmate.com.au/

https://farmsitters.com.au/ about-us/

MensLine Australia 1300 789 978

Kids Help Line 1800 55 1800

Beyond blue 1300 224 636

Domestic/family violence 1800RESPECT 1800 737 732

# Have your say on the Errinundra to Snowy Wellbeing Spaces

The Errinundra to Snowy Wellbeing Space is a nurse-led health clinic serving Tubbut, Bendoc and Goongerah. We want to hear from you about your health needs and your experiences with the Wellbeing Spaces.

In December, each household will receive two paper surveys in the mail. Please take a moment to fill one out - whether or not you've used the service. Your feedback is important!

If your household has three or more adults, or if you don't receive the survey in the mail, you will be able to complete the survey online or collect a paper copy from one of the following locations:

- · Tubbut Neighbourhood House
- · Bendoc Neighbourhood House
- · Bendoc Post Office
- Goongerah Hall
- · Bonang Community Hall



For more information, contact the Feedback Team on 0400 999 268



News from Neighbourhood Houses Vic.

# Help the community be fire safe this summer

Help the community be fire safe this summer It's that time of year again, when Victoria's fire services encourage the community to plan and prepare for the summer fire season.

To help our fire services get this information to community, you can use the newly launched Summer Fire Safety Communications kit. There are also resources available in multiple languages.

#### Access the

**Summer Fire Safety Communications kit** 

# Workplace rights for young workers and students

The Fair Work Ombudsman offers helpful resources to ensure young people understand their rights and entitlements at work. These include:

**Pay Calculator** – Easily determine the right pay for your job.

Starting a New Job Guide – Essential tips and guidelines for new

### **Digital drivers licenses**

Digital Driver Licences are now available for L and P platers. You can download your license through the myVicRoads app or the Service Victoria app.

If you are interested in these programs or would like help accessing the digital licenses, drop in to the BNH or send us a message



#### 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 **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



10 - 12 Dowling St Bendoc (02) 6458145 Bendochotel@gmail.com

MON - SAT
CLASSIC PUB MEALS
DINNER - WED TO SAT

12.00 - TILL CLOSE BOOKINGS ESSENTIAL LUNCH - SAT.

Thursdays - Meat Raffles Members Draw 7.30 Saturdays - Joker Draw

Please see Ad for for our fun xmas events & holiday trading hours



Bendoc Wheel



Report road issues

Regional Roads Vic 133778

East Gippsland Mobile Library Bus
Service will have a break over Christmas
& will be back on the 9th January
03 5153 9500

Call Dave: 0497 911 548

#### **Administrative and Legal Consultations**

Steven Bailey will offer legal and administrative consultations at the Neighbourhood House on Tuesdays. Steven doesn't provide legal/financial advice but can assist with a wide range of matters. Initial inquiries and minor issues will be free of charge as a community service; matters requiring more than 30 minutes will be charged at concessional market rates thereafter.

#### **Legal Examples**

Document drafting and interpretation (personal and business) Civil dispute guidance

Minor criminal and fines assistance

**Employment** issues

Communicating with authorities

Refer you to a lawyer

#### Admin

Centrelink/Medicare

Banking disputes

Government communications (local, state, and federal levels)

Online services

Registrations of an entity

Proofreading and editing services

Assistance with contacting elected officials, political entities/candidates, and media.

**Grant Writing** 

Consultations are strictly confidential and will commence on Tuesday, January 14 2025. Feel free to walk in or book. E: <a href="mailto:steven.bailey@learnpolitics.com.au">steven.bailey@learnpolitics.com.au</a>

PH: 0400419404

Bendoc Neighbourhood House will be closed until 14th Jan '25

Bendoc Community Resource Centre is Your Centre

Mid December '24 Bendoc Wheel



## Holiday time ideas CHRISTMAS PICKLES

Whip up a batch of these quick pickled zucchini and red onions ready to enjoy with your Christmas ham. They're also a delicious addition to a cheese platter,

## Ingredients

- . 5 medium zucchini
- · 1 tbsp salt
- 3 small red onions
- $\cdot$  1 1/2 cups white wine vinegar  $\cdot$  2 tsp mustard seeds
- · 1/3 cup white sugar
- · 6 peppercorns
- · 1 tbsp fresh dill sprigs
- 2 bay leaves2 small dried chillies

#### Method

- 1. Slice zucchini into thin rounds and place in a colander set over a bowl or basin. Sprinkle over salt and toss to combine. Allow excess liquid to drain away.
- 2. Peel onions and slice into very thin rounds.
- 3. Place vinegar and sugar in a small saucepan and bring to the boil. Stir until sugar dissolves. Add mustard seeds and peppercorns.

In a one-litre jar or two 500ml jars, layer zucchini and onion until full, adding a few dig sprigs into each layer. Poke bay leaves down the side of the jar, and press the dried chillies onto the top. Carefully pour the hot pickling liquid into the jar over the vegetables. Seal with a lid. Allow to cool, then refrigerate until ready to use.



Add extra vegetables of your choice-cucumber, carrot, capsi-

Makes a 1 litre jar or two 500ml jars. This quick pickling method results in pickles that are ready to eat the next day. If you want them to last longer than a few weeks in the fridge, you can use sterilised jars.

## Wattleseed Brownies



#### **Ingredients:**

250g Butter 2 tbsp wattleseed 1/2 cup cocoa

1 cup brown sugar 2 cups plain flour 3 eggs, lightly beaten 3/4 cup milk chocolate bits

#### Method:

1. Melt the butter over low heat

- 2. Add the wattleseed (when heated it releases the flavour), the cocoa then the sugar. Mix well
- 3. Remove from heat and cool a little. Stire in the flour, eggs and choc bits.
- 4. Put mixture into a square or rectangular cake tin

Bake for 30 minutes in moderate oven

Recipe from:

Bush Food Kitchen: Coo-ee Cuisine

LAST ENTRIES FOR THE 3rd round of the 'BATTLE OF THE BARDS POETRY/PROSE COMPETITION Ps Bards are notorious for breaking rules—if you have some words floating around—send them in, we'd love to read them

A lizard sat basking there that I looked last.

Now I consider the immediate past

All around there are thrushes

There's been sounds in the bushes

Dragonfly dashes and robins' red flashes

There's been chuffs' chirps and chorts

There's been all sorts.

I hope it got away. Life's shought

Annon



A big Thankyou to all of our bards who participated in the

**'BENDOC BATTLE OF THE BARDS'** 

So many of us enjoyed reading your words immensely & many people expressed to us how much they looked forward to the next entries in

the 'Bendoc Wheel"

We have completed 3 rounds of 10 poems & plan to compile the words to create the

'BENDOC BOOK OF BARDS'

Don't forget you can still place your entries in for your favourite piece in the last round by email, post, text...

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 |
|----------------------|---------|----------|-----------|
| ⅓ Page               | \$17.50 | \$87.50  | \$157.50  |
| ½ Page               | \$35.00 | \$175.00 | \$315.00  |
| Full Page            | \$70.00 | \$350.00 | \$630.00  |



Time to vote from the 10 entries for round 3 View all poems on our website Bendoc.org.au

| Important contacts        |              |
|---------------------------|--------------|
| Emergency ————            | -000         |
| Bendoc Police————         | -0264581523  |
| Delegate Police————       | -0264503360  |
| Bombala Police————        | -0264583444  |
|                           |              |
| Orbost Regional Health—   | -0351546666  |
| Bendoc/Tubbut/Goongerah   | I            |
| Wellness Nurse-           | -0456167011  |
| Health Direct——-          | 1800 02 2222 |
| Delegate MPS————          | -0264598000  |
| Bombala MPS————           | 0264585777   |
| Bombala Medical Practice- | -0264583022  |
|                           |              |
| Register your burn off——— | —1800668511  |
| regiotor your burn on     | 1000000      |
|                           |              |

S M T W TH F S

| 15 | 16  | 17 BNH 12-4<br>GR SHED 9-12                  | 18 BNH 9-1<br>CRAFT 9.30-12  | 19<br>Gr Shed 9-12<br>Lib. Bus<br>10.30-11.30<br>Nurse | 20<br>BNH 9-1 | BNH 9-12<br>GR SHED 9-12<br>LAST DAY<br>BNH FOR<br>2024 |
|----|---|--|------------------------------|--|---------------|---|
| 22 | 23<br>Bendoc Pub<br>Social Club<br>xmas party | 24<br>GR SHED 9-12<br>BNH Closed             | 25<br>Xmas Day<br>BNH Closed | 26 GR SHED 9-12 RING BOB TO CHECK IF OPEN BNH Closed   | BNH Closed    | 28<br>GR SHED 9-12<br>BNH Closed                        |
| 29 | 30  | 31<br>NEW YEARS<br>EVE<br>BENDOC<br>PUB BASH | 1 JAN                        | 2  | 3             | 4   |

#### **JANUARY 2025**

|    |    | 01                                    | TIOAKI 2023   |   |               |                                       |
|----|----|---------------------------------------|---------------|---|---------------|---------------------------------------|
| 5  | 6  | 7<br>GR SHED 9-12                     | 8             | 9<br>GR SHED 9-12<br>LIB. BUS<br>10.30-11.30<br>WELLNESS<br>NURSE | 10            | 11<br>GR SHED 9-12                    |
| 12 | 13 | 14<br><b>Gr Shed 9-12</b><br>BNH 12-4 | 15<br>BNH 9-1 | 16<br>GR SHED 9-12  | 17<br>BNH 9-1 | 18<br><b>Gr Shed 9-12</b><br>BNH 9-12 |
| S  | М  | Т                                     | W             | TH  | F             | S                                     |

There will be no January Wheel.

Opening 2025 14th Jan

Farewell 2024