



Bendoc Wheel

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

A big welcome to everyone & Happy new 2025
& as someone once said - "The future is for you to write your own story"

Local Folk have been getting out & about



printing, laminating,
internet, computer, books to
browse friendly chats tea
& coffee

Get together WED am
crafts, chats, games

THE GREEN SHED

If unattended, call
Bob 0408981524
Behind hall grounds.

RE-USE, RECYCLE, RE-
PURPOSE

Tues Th Sat 9-12

**EAST GIPPS SHIRE
MOBILE LIBRARY**
Join, borrow, return
or order a book from
the Mobile Bus at
Bendoc Hall Grounds

Thurs 10.30 - 11.30

WELLNESS NURSE

Appointments for
doctor or nurse please
ring Sharon
0456167011

Thursdays

PO

BENDOC HOTEL
SAT 12-5
MON-FRI 2-5



MON 8-11
WED 12-3
SAT 8-11
0403196528

Contact Jim if you
are unsure of recy-
cling & costs or visit
BNH for info

Cricket in Delegate The 'Bend-gate' Bash held at Bill Jefferys park found Bendoc unfortunately losing out by 25 runs. Our guest batter **Lyn Cole** who was a last minute addition, was pivotal in an increasing out run tally.

Bendoc Team

Rear fr. left - Todd Jamieson, Aaron Bruce, Jon Marshall, Fruity (imposter), Adam Mctare, Brent Candian, Russell Jamieson, Anthony Jamieson
Front fr. left - Clint Collings, Charlie Lomas, Jack Matthews, Rob 'Hank' Payne, Bert Telford.

Delegate Country Club hosted its first Coopy Baker Cup with some Bendoc community members winning prizes.

Aaron Bruce was runner up in A Grade on day 1

Chris Marshall and Jon Marshall won on day two.

Coopy, Jon, Chris & Pat.



Local Happenings & Notes



Soil testing last year

Another Farm/Field information Day in Bendoc is planned to be held soon. Sorry we have no definite dates at time of printing.

At present we are exploring 2 potential times depending on presenters as well as attendees - 11,12 March or during the first week of April. The workshops will include taking and discussing soil samples from local farms.

Details will be finalised soon. If you are interested in attending & having your soil tested, and have a preferred date let us know at Bendoc Neighbourhood House.

The Spaces

01 Tubbut
Largest wellbeing space with high levels of audio privacy, conveniently co-located beside the Tubbut Neighbourhood House. Bathroom in adjacent building. 2hrs from Orbost, 1hr 30 min to Bombala.

02 Bendoc
Large space located within the Bendoc Neighbourhood House, audio privacy can be problematic during opening hours of the House. Bathroom within building. 1hr 45 min from Orbost, 40 mins to Bombala.

03 Goongerah
Smallest space, to have audio privacy must be booked on a day when the co-working space is not in use. Bathroom within building. 1hr 15min from Bombala and Orbost.

ERRINUNDRA TO SNOWY WELLBEING SPACES

Book a Space

Contact your nearest Wellbeing Space to reserve a room or workstation. We recommend planning at least a week ahead. Bookings can occur outside of staffed hours at Tubbut and Bendoc by arrangement. Each space has a nearby AED and accommodation.

Tubbut
Neighbourhood House opening hours: Tue - Wed - Thur 8.30am-4pm
Call: 02 6458 0295
Email: tubbutnh@outlook.com

Bendoc*
Neighbourhood House opening hours: Tues 12pm-4pm; Wed 9am-1pm; Fri 9am-1pm; Sat 9am-12pm
Call: 02 6458 1531
Email: bendocpa@bigpond.com

Goongerah*
Goongerah Hall Committee is a volunteer-led organisation.
Email: goongerahhall@gmail.com

*Note that these rooms are not specially sound-proofed, please discuss your privacy needs when you book

The BNH Wellness Space room can be booked for medical/health purposes, professional services, businesses ... Low rates Offers internet & working space. Free for community services & volunteer work

**BENDOC FISHING CLUB
ESTURARY COMPETITION**

WALLAGARAUGH RIVER CARAVAN PARK

**FRIDAY, 21ST MARCH TO
SATURDAY, 22ND MARCH 2025**

Fishing Competition Commences

12pm on Friday the 21st March until 6.00pm on Saturday the 22nd March 2025.
A current membership must be held or completed prior to the competition, please email bendocfishingclub@outlook.com for memberships enquiries.

Weigh in

6.00pm on Saturday the 22nd March 2025 at the rotunda, Wallagaraugh River Caravan Park.
Photograph of fish on a brag mat is to be provided for weigh in

Senior & Junior Categories

Flathead, bream, perch & other species

Saturday night BBQ dinner & raffles (cash, no eftpos available)
BYO other food and drinks

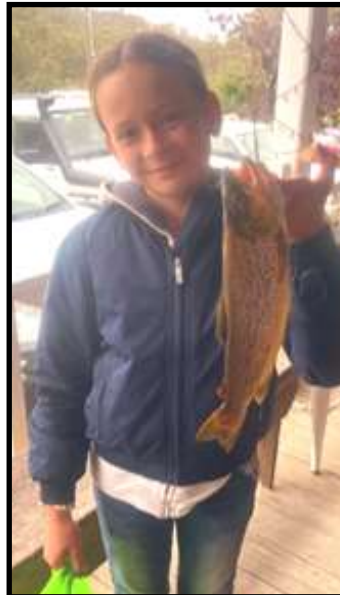
Relevant state fishing licence required

Accommodation

The Bendoc Fishing Club will be organising non-powered camping sites for the competition. If you would like to book a site please contact Jonny at The Bendoc Hotel on (03) 6458 1453 by the 1st March.

Other accommodation options such as cabins, caravan and camping sites can be booked by individuals through the Wallagaraugh River Caravan Park (03) 5158 8211

Bendoc Wheel



Myah, Bella, Trent & Hunter with their prize catches in the February Fishing Comp.

Currently the fishing Club is running 100 club raffle with each number worth \$20 and a 1st prize of \$1000



*Don't Forget to Go to the Delegate Show
It's on Saturday 1st March 2025*

Attractions

Fireworks at 9.00pm

Barnyard nursery

Pavilion Displays including Decorated Shoe and Bag Display

Mr Zamboni

Evening Entertainment 6pm to close

Kiosk, Kitchen, Bar and evening BBQ

Basketball Shootout

Cattle and sheep displays

Guess the weight of the Bull

Billy Boiling, Horse Events

Sheep dog trials

Sheep colouring competition

Baby, Tiny Tots, Junior Miss Showgirl

Junior Judging - cattle, sheep & grain

Decorated Bikes

We need your Pavilion entries

We can't have a Show without them

Entries taken Tue 25th, Wed 26th and Thurs 27th Feb

Delegate RTC (Progress) (1pm to 4pm)

A WELLNESS WORKSHOP AT BENDOC

LOOKING AFTER FRIENDS & COMMUNITY

Please register with Susie 0476112665 or BNH
bendocpa@bigpond.com 0264581531



mental health & wellbeing local
Free support in your community

Free Suicide Prevention Training

practice to help you know what to say

Safe, evidence based, information and skills practice to increase your confidence talking to someone thinking of suicide.

Information on how to access private, personal support for yourself or a loved one will be available.

People making a difference with safeTALK

 Coaches and Athletes	 Military Personnel	 Firefighters	 Educators
 Volunteers	 Medical Professionals	 Construction Workers	 Police/Correction Officers
 Faith Community Members	 Friends and Family	 Counsellors, Social Workers, Clinicians	 Community Members
 Arts and Economics	 Service Industry	 Students	 Workplace

For more information on your Mental Health and Wellbeing Local visit betterhealth.vic.gov.au/mhwlocal or call 1300 000 352

Event Details

When:
10.00am - 2.00pm
Tuesday 15th April

Where:
Bendoc Community Centre

RSVP and additional info:
REGISTRATIONS ESSENTIAL

Questions or registrations:
Call or Text
Susie 0476 112 665





Some Bendoc residents were treated to a **HoloLens** training session by Darin Roy- a whizz at IT.

Similar to virtual reality, using the headphones (really a computer on your head) enables you to interact in a ‘merged reality’ with another person who is in a different location.

The **HoloLens** is quite high tech and can be used for medical purposes, remote maintenance, construction planning, creative work, communicating anything in detail. You can also use it for fun & experimentation.

This equipment is at Bendoc Neighbourhood House for community members to borrow.

Using Microsoft HoloLens

The Microsoft HoloLens is a device that connects people who aren't in the room (i.e. a specialist or trade) with your world, in the room.

For the wearer (in the room): It's a mixed reality headset, meaning it combines virtual objects (holograms) with your physical surroundings. You (or your service provider) can wear the HoloLens like glasses, and it projects 3D images, such as videos or models, in front of you. The wearer can be the patient/customer, or someone helping the patient/customer.

For the caller (anywhere else in the world): They use the Microsoft Teams interface and will see what the wearer sees. They can then provide verbal or visual cues, interacting directly with a patient/customer who is either wearing the headset, or through a nurse/service provider who is in the room providing support.

For example: 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.



For Individuals (Working or Studying)

Are you a local resident or a visitor to the area needing a professional space to work or study? The Wellbeing Spaces have you covered!



Access to **Starlink Internet** and **Microsoft HoloLens** tech at all three locations, perfect for remote work, online courses, or staying connected with colleagues.



Dedicated Workstations:

- Tubbut & Bendoc: Workstations available at the Neighbourhood Houses and in the Wellbeing Spaces.
- Goongerah: Wellbeing and Co-Working Spaces with modern shared amenities. *Note Goongerah is not covered by mobile phone coverage but voice over internet calling capabilities will work.*



Focussed and Productive Environment: Somewhere away from the distractions of home that will help you get your focus tasks completed.

For Businesses and Organisations

The Wellbeing Spaces offer businesses and service providers dedicated facilities across Bendoc, Tubbut, and Goongerah to meet local clients safely and professionally.

- 01 BOOKABLE CONSULTATION ROOMS**
Secure and private spaces, ensuring confidentiality when meeting with clients. Each space contains a massage/medical bed and sit-stand desk setup with client seating.
- 02 HIGH-SPEED INTERNET**
Reliable internet connection for virtual consultations, online meetings, and seamless service delivery.
- 03 FLEXIBLE USE**
Ideal for mental health, allied health, financial planning, legal consultations, business support, and more.
- 04 TECHNOLOGY TO BRIDGE THE DISTANCE**
Plug and go technology - docks provided on desks to connect to monitors. Access to Microsoft HoloLens available for supported consultations with distance medical professionals/service providers.





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 call
0456167011 for an
 appointment with
 Nurse Sharon or
 Dr Edwina

There is the possibility a
 Chinese medicine practi-
 tioner may offer a service
 locally

If anyone is interested in
 this service please let us
 know at Bendoc or Tub-
 but Neighbourhood Hous-
 es.

Snack n Chat Catch-up



**BUILDING
 COMMUNITY
 CONNECTIONS
 OVER A SNACK
 AND A CHAT** 😊

Snack and Chats are place to come together and have honest conversations about Mental Health and Suicidality with other members of the community, sharing their lived experience, strength and hope over food.

These groups are open to anyone and are FREE.

When and Where: Tuesday 11th February, 11th March 8th April 2025
 The Hub Bairnsdale 27 Dalmahoy St Bairnsdale
 11am-1pm (Lunch Provided) & 7pm-8.30pm (Supper Provided)
 This is non-clinical, non-crisis, FREE support service.
 For more information contact Emma on 0466 025 874.

wellways

wellways.org | 1300 111 400

Have your say on the Errinundra to Snowy Wellbeing Spaces - Survey deadline extended!

In December 2024, Errinundra to Snowy district residents received a paper survey in the mail (note: envelopes were blank and may have been mistaken for junk mail). This survey is your opportunity to share feedback on the Wellbeing Spaces in Tubbut, Bendoc, and Goongerah.

Larter Consulting are collecting feedback on the service on behalf of the Deddick Valley Isolated Community Group. **Please take a moment to fill the survey - whether or not you've used the service.** Your feedback is important to plan for improvements and future funding applications.

Survey deadline extended to 31 March 2025

You can either scan the QR code to complete the survey online or return the paper survey using the reply-paid envelope provided.

If you didn't receive a survey in the mail and prefer a paper version, you can pick one up at:

- 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

The Delegate MPS Assessment, Treatment and Care Centre (ATCC) Craigie St. 02 64598000

Dietician
 Diabetes Educator
 Immunisations Podiatry
 Child and Family Health nurse

Pathology

Wednesday 09:30am-10:30am.

Woman's Health Clinic

4th Thursday of the month at Delegate MPS
 Phone 1800 999 880

Victorian Visits

For referral of info ring ORBOST Regional Health (03) 51546666 or MPS





Hello all.
Bendoc CFA will be having their AGM 12th March 6.30pm at the Bendoc CFA shed.

All members are required to attend as office bearers elections will be held.
 All members of the community interested in CFA activities are welcome.

We have had a quiet fire season so far with only a few minor incidences responded to. We'll be keeping our fingers crossed that these benign weather conditions continue for as long as possible.
 Three new member have just completed their General Fire Fighting course and have joined the brigade as active members – a special welcome to Deb, John and Caroline. Three more young folk are in the process of joining up and will be our first cohort through the new and updated "GFF2".

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

FIRE SAFETY
 OUTREACH PROGRAM

FREE

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

The **FIRE DANGER PERIOD** for this area ends on the 1st May . Until then fire restrictions 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](https://www.cfa.vic.gov.au/warnings-Restrictions)

PERMITS can be requested for exemptions to rules & are free. You can check if you require a permit online the [Fire Permits Victoria](http://FirePermitsVictoria) website.

Gathering firewood season in East Gippsland will be from 1st March - June 30th

Emergency	<u>(000)</u>
VicEmergency Hotline	<u>1800 226 226</u>
Burn-off notification	<u>1800 668 511</u>
CFA Headquarters	<u>(03) 9262 8444</u>

MensLine Australia	1300 789 978
Kids Help Line	1800 55 1800
Beyond blue	1300 224 636
Domestic/family violence	1800RESPECT 1800 737 732

A message from East Gippsland Council

Tell us what services are important to you!

Council delivers a wide range of services across a large rural shire, including libraries, emergency management, roads, waste and recycling, sport and recreation, health, and local laws. We have launched a simple digital slider tool that allows you to give feedback as we develop the 2025-26 Budget. **By taking part in this activity, you're helping us understand which services matter most to you and your community.**

Why your input matters

- It helps us identify which services should be prioritised to best support the community.
- It guides how we allocate resources effectively in our budget.

The site is open until 21/2

It puts a focus on enhancing the services that have the greatest positive impact on our community.

We look forward to receiving your feedback through the 'Fund It' slider tool as the first stage of our 2025/26 Draft Budget community engagement.

All are welcome to use the internet & computer at BNH to access this survey or ask someone to place your choices for you

[Services](#) | [2025/26 Budget Engagement](#) | [Engage East Gippsland](#)

East Gippsland mobile library service has a new bus –

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 reception is low.

What can you do at this mobile service centre?

- Borrow books, CD's, DVD's, audio books and more
- Pick up a Council newsletter and subscribe
- Lodge a report or request
- Pay an account / make electronic payments
- Make enquiries, collect and lodge application forms
- Register your dogs and cats
- Access and complete surveys
- Learn about and provide feedback on projects in your community
- Use a computer with free internet access
- Have a chat and much more

Thursdays
10.30 – 11.30am

Phone 5153 9500
with any queries about the service.

[check out the treasure trove of narratives, unlock a library book & lose yourself in an adventure NSW readers very welcome](#)



CYCLES ON THE GREEN
Hosted by The Nimmitabel Country Club
SAT 22ND MAR 2025
FREE ENTRY

- Classic Bikes and Cars!
- Stalls and Displays!
- Bar, Food and Drinks!

* Camping Available "Bring Ya Swag!"
ROCK THE NIGHT! WITH THREE BELOW ZERO
For more information Call 0488394284



Proudly delivered by BOROONDARA Rotary Club of Boroondara
2025 Boroondara Literary Awards

Enter the Open Short Story competition

Get writing for the chance to win cash prizes and have your work published in our 2025 anthology. Entries open from Monday 17 February.

The Open Short Story category is for all Victorian residents. Check our website for details and eligibility criteria.

FREE TO ENTER
Entries close Sunday 11 May

For more information, scan the QR code or visit the City of Boroondara website. You can also contact the Boroondara Libraries team via lib@boroondara.vic.gov.au or call 9279 4036.

Vertebrate Species Management Program (VSMP) formerly the Wild Dog Program

The VSMP has been formed to more accurately reflect the broader scope of the program which will include the management of a greater range of vertebrate species impacting agricultural production and environmental values. Dingo management to support producers experiencing livestock losses will still be a key function of our staff. Initially the VSMP will utilise events such as our annual Vertebrate Species Management Zone workshops, formerly Wild Dog Management workshops, to gain local knowledge on the range of vertebrate species impacting both public and private land, and as with dingo management areas will be prioritised for management activities based on level of impact and resourcing. Where opportunities arise for collaboration coordinated management strategies and training will also be considered.

The VSMP will

- Work with land managers and community to protect livestock and livestock production from the impacts of predation
- Deliver coordinated management actions on a range of vertebrate species that will provide enhanced outcomes for biodiversity and landowners
- Build awareness and understanding with stakeholders, agency partners, landholders and community of the program rebrand and broadened focus of control programs to include other vertebrate species



BOMBALA & DISTRICT CHAMBER MARKET

**SATURDAY 8AM TO 1PM
FEBRUARY 22ND**

Along the Bombala River banks

Enquiries to bombalamarkets@gmail.com



**BENDOC VSM WORKSHOP
3 APRIL 10 12
DELEGATE RIVER
FIRESHED**

Vertebrate Species Management Zone Workshops

The annual Vertebrate Species Zone workshops, formerly known as Wild Dog Management Zone workshops, will again be held throughout the months of March and April.

The annual Zone workshops are an ideal mechanism for us to meet and discuss the management of a broader range of vertebrate species impact both private and public land.

We will be seeking not only feedback on dingo management as we have done in the past, but also other vertebrate species that may be impacting your enterprise or public land within your districts. Information gained at the VSMZ workshops will be used to inform management decisions for public and private land managers into the future.

Event for Blind and Low Vision Community

Do you know someone who is blind or has low vision?
What support is available to help?
Are needs being met?

Anyone who has a vision impairment (eg. Macular degeneration or any other eye condition) is invited to attend an information and social event put on by the Visionaries Group, to network with others, hear what support is available, and have the opportunity to speak about their needs.

**When: Wednesday 12th March 2025
10am for 10:30am start, to finish by 2:30pm**

**Where: Bairnsdale RSL (Lakes Room)
Morning tea & light lunch provided**

Cost: Free to participants and their carer

**Enquiries: Brenda Murray (OAM) tel: 5152 9445
For catering purposes please RSVP to either:
Debbie Carruthers: 0448 809 798
Jody Herbert: 0408 021 689**

Who are the Visionaries Group: Brenda Murray, Jody Herbert and Debbie Carruthers who are active volunteers for the Vision Impaired.

We warmly welcome you to come along and help identify any gaps in services and support provided to people with low or no vision.



WHERE THE FLICK IS BENDOC



BENDOC HOTEL

Est 1908

"Little Bush Pub in the middle of nowhere"

10-12 DOWLING STREET, BENDOC, VICTORIA, 3888 • PH: 02 6458 1453 • EMAIL: BENDOCHOTEL@GMAIL.COM

WEDNESDAY - DINNER (6PM - 8PM)
Specials Night

THURSDAY - DINNER (6PM - 8PM)
Meat Raffles

FRIDAY - DINNER (6PM - 8PM)
Pat & Parmi - \$30

SATURDAY - LUNCH (12PM - 2PM)
- DINNER (6PM - 8PM)

Happy Hours - 4:30 to 5:30
Joker Draw - Drawn @ 7:30pm
Multiple Raffles - Local Vouchers

HOURS Mon - Thu (12pm to Late)
Fri - Sat (12pm to Late)
Sundays CLOSED

SEARCHING FOR
Volunteers at Bendoc Neighbourhood House

Our small garden area is in need of some care & a couple of extra hands.

ALSO - if you are handy & crafty you are welcome to place your items for sale (or Show) on our craft shelves.

ALL welcome to join in on BNH Wednesday morning craft mornings— board games too :)

Report road issues Regional Roads Vic 133778

This Saturday Bendoc Pub's Joker Draw is at \$3400. You also have a chance to win a brand new yeti Esky valued at \$600 and an overnight holiday package at the Metung Hot Springs valued at \$1200.

Bookkeeper wanted:

The East Gippsland Network of Neighbourhood Houses (EGNNH) is seeking a bookkeeper to prepare and manage the finances of the organization.

The EGNNH support and advocate on behalf of around 20 Neighbourhood Houses in the East Gippsland and Wellington Shires. We are seeking someone with Certificate IV in Financial Services (or higher award) in bookkeeping or accounting from a registered training organization or an equivalent organization. Must have own ABN and a registered BAS Agent. Experience working with community or not-for-profit organisations would be ideal, but not essential for the right candidate.

Applications, including a brief outline of experience and a resume, to be sent by 3rd March to
Caroline Trevorrow, Chair of EGNNH at coordinator@heyfield.net

Place your AD on this page. Details Pg 11

Bushbubs Wildlife Shelter
Looking after sick and or injured Australian Wildlife

Lyn Button

Gap Rd
Bendoc Vic 3888

0488719233

Bushbubs01@gmail.com



LearnPolitics

Administrative and Legal Consultations

Steven offers free, confidential legal and administrative consultations at Bendoc NH Tuesdays

e.g., documents, minor criminal offences, referrals, grant writing, disputes, assistance with political entities, media, Govt.

(standard charge for longer & ongoing work)

Ring or email to see Steven -

E: steven.bailey@learnpolitics.com.au

PH: 0400419404



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WINDOWS AND CHIMNEYS
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.

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 Barmbala Region

Readers contributions Recipes & other stuff....

Making good use of your extra zucchini

ZUCCHINI SLICE -



Ingredients

- 375 gram zucchini, finely grated
- 1 large onion, finely chopped
- 3 rashers bacon, finely chopped
- 1 cup grated cheddar cheese
- 1 cup self-raising flour
- 1/2 cup vegetable oil
- 5 eggs
- salt, pepper

Method

1. Preheat oven to 180°C (160°C fan-forced).
2. In a large bowl, combine zucchini, onion, bacon, cheese, sifted flour, oil, and lightly beaten eggs. Season with salt and pepper.
3. Pour into a greased and lined lamington tin (16cm x 26cm).
4. Bake for about 30-40 minutes, or until well browned.
5. Cut into squares and garnish with parsley, if desired, before serving.

ZUCCHINI FRITTERS



Ingredients

Zucchini:

- 500 g/1 lb zucchini (2 medium ~ 23cm/9" long)
- 1 tsp salt

Batter:

- 1 large egg
- 2 green onions , halved then finely sliced
- 1/4 cup parmesan , grated
- 1 garlic clove , large, minced
- 1/2 cup / 75 g flour
- 1/2 tsp baking powder
- Pinch of pepper
- 4 tbsp olive oil , separated

For Serving:

- Yoghurt or sour cream
- More chopped green onions

Method

Grate zucchini using a box grater. Grate on the diagonal so you get long strands. Place in a bowl and sprinkle with salt. Mix, then leave for 10 minutes+. Squeeze out excess water using hands (or bundle up tea towel) then place zucchini in a bowl.

Batter:

Preheat oven to 200F/100C (for keeping fritters warm). Place rack on tray (helps keep crispy) Add egg, green onions, parmesan and garlic into the zucchini bowl. Mix to combine. Scatter over flour and baking powder (don't dump in one spot), and add pinch of pepper. Mix until flour is just incorporated - batter should be thick but soft

Cooking:

Heat 2 tbsp oil in a non stick pan over medium high heat (or medium if stove is strong). Drop 1/4 cup batter in the pan (ice cream scoop is perfect). Do 3 or 4 mounds. Flatten lightly with spatula to about 1cm / 4/5" thick. Cook for 3 minutes until underside is deep golden (adjust heat if browning too quickly). Flip and cook the other side for 3 minutes. Transfer to tray and place in oven to keep warm. Repeat with remaining batter. Garnish

Qwappy Quotes from Quinn

What's the quickest thing to eat?

I should have been sad when my torch didn't work, but I was delighted

Score

**If at first you don't succeed
then skydiving is not for you.**

Ps. Surely someone can do better than these . Send in your jokes

The only way to win properly is to chop your opponents feet off , then you know they've been defeated

Readers contributions Letters from & to the Community... What are your thoughts?

The state Govts. decision that Councils be responsible for collecting extra funds for emergency services through rates is quite a concern for some of our residents. One view is that Council already take a bit of flack from residents & don't need to be the target of blame for another hike in living costs.

East Gipps council are not happy about this, are objecting & doing what they can to prevent or improve the plan. If you are keen to write a letter of support to the council, it may help –

A big thumbs down to the owner of the sheep who have been roaming Haydens Bog rd. freely for months now. They pop in & out of broken fences as they wish, its only a matter of time before a nasty accident happens, we already need to look out for our native animals & don't need more danger on the roads!!

General consensus— very inconsiderate!!

HELP KEEP 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 tidy& need to be available for incidental rubbish for everyone when using the park & caravan park.

BNH are requesting an extra bin at the hall park for recycling



Congratulations to the most voted for poem in the 3rd round of the 'BENDOC BATTLE OF THE BARDS' The winning piece is..... The one below A Lizard by.....Kevin Skinner

View all 30 poems on our website Bendoc.org.au or at the Neighbourhood House

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 & many people expressed to us how much they looked forward to reading the next entries in the Wheel.

We have completed 3 rounds of 10 poems & plan to compile the words to create the 'BENDOC BOOK OF BARDS'

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
Anon

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 13TH
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.

Ps. Contributions are readers own Input , BNH does not necessarily share all opinions.

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

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

February 2025

S	M	T	W	TH	F	S
23 Sat 22 Nimmitabel Car/bike show	24	25 BNH 12-4 <i>GR SHED 9-12</i>	26 BNH 9-1 Craft & games	27 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i>	28 BNH 9-1	1st MARCH BNH 9-12 <i>GR SHED 9-12</i>

March 2025

2	3	4 BNH 12-4 <i>GR SHED 9-12</i>	5 BNH 9-1 Craft & games	6 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i>	7 BNH 9-1	8 BNH 9-12 <i>GR SHED 9-12</i>
9	10 VIC PUBLIC HOL LABOR DAY	11 BNH 12-4 <i>GR SHED 9-12</i> Proposed date farm day?	12 BNH 9-1 Craft & games CFA AGM 6.pm	13 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i>	14 BNH 9-1	15 BNH 9-12 <i>GR SHED 9-12</i>
16	17	18 BNH 12-4 <i>GR SHED 9-12</i>	19 BNH 9-1 Craft & games	20 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i>	21 BNH 9-1	22 BNH 9-12 <i>GR SHED 9-12</i>
23	24	25 BNH 12-4 <i>GR SHED 9-12</i>	26 BNH 9-1 Craft & games	27 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i>	28 BNH 9-1	29 BNH 9-12 <i>GR SHED 9-12</i>
30	31	1 APRIL BNH 12-4 <i>GR SHED 9-12</i> proposed date Farm Day?	2 BNH 9-1 Craft & games	3 <i>GR SHED 9-12</i> <i>LIB. BUS</i> <i>10.30-11.30</i> <i>NURSE</i> Vertebrate management workshop	4 BNH 9-1	5 BNH 9-12 <i>GR SHED 9-12</i> Bendoc mental health work- shop 15 April please book

S M T W TH F S