

Bendoc Wheel

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



Hello all & here we are again— the months & days are racing ahead & it seems inconceivable we are already close to mid year. It's a busy time with us all making the most of clear Autumn days.



BENDOC FARM FINANCIAL WORKSHOP DAY 1ST MAY BENDOC HALL— Local Farmers gathering great information from Chris Jehu from Countryside Business Partners, while others were busy with soil testing provided by Topsoils East Gippsland soil testing program.. Next Farm Day info pg. 4



Yesteryear snap— the old bowser at Bendoc. It may be difficult to pick, but any guesses as to who's bike?

BENDOC NEIGHBOURHOOD HOUSE NEW HOURS

**TUES WED FRI
9.00-2.00**

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

**Crafts & Get together
WED am**

THE GREEN SHED

If unattended, call
Bob 0408981524
Behind hall grounds.

RE-USE, RECYCLE,
REPURPOSE

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
telehealth doctor or
nurse please ring
Sharon 0456167011

Thursdays

POST OFFICE

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

**Hello all.**

As always stay safe and fire aware! It's never not Fire Season. Cold weather brings about its own risks. Check your flues for flaws, have them swept out & don't be tempted to leave flammable items close to your fireplace unattended.

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

The Fire Danger Period for burning now over & you can go ahead with normal safe fuel reduction burning.

CFA AGM 28th MAY 7.00 pm
See you at the CFA Shed Bendoc

Emergency (000)

VicEmergency Hotline [1800 226 226](tel:1800226226)

Burn-off info & notification [1800 668 511](tel:1800668511) CFA Headquarters [\(03\) 9262 8444](tel:0392628444)

The season for gathering firewood in East Gippsland is from 1st March - June 30th and then again 1st September – 30th November

Susie, from the Mental Health and Wellbeing Local, will start visiting the Bendoc Neighbourhood House on the last Thursday of every month. She is coming to connect anyone who's interested to free, one on one support. You don't need a referral or a formal diagnosis – if you've hit a rough patch and could use someone to talk to about it, call in to talk to Susie about how the Local can help. 26 June, 31 July, 28 August, 25 September. 0476112665

The Mental Health Workshop planned to be held at Cann River 22 May has been cancelled please ring Susie for alternative workshops

INTEREST IN THE BENDOC CEMETERY TRUST

The online meeting concerning Bendoc Cemetery has been changed to **Friday 13th June 11.00—12.15**

If you would like to join in we can send you an invite online, or you can join/view with us at the Neighbourhood House.

It's been brought to our attention by the cemetery trust that more local people are needed to keep the cemetery alive :) At present the trust includes only 2 local people & 3 or more other interested people living in different states who are not necessarily active or able to assist when the need arises.

Contact us at the neighbourhood house if you have any information you'd like to share or have an interest in the trust & cemetery. For more detailed information you can contact

Kevin Hartley Earth Funerals Project | Founder & Director 0401 206 342

earthfunerals.org kevin.hartley@earthfunerals.org



HOLOLENS Training

Did you know Bendoc 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.

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

20 JUNE 2025
FROM 10.30

BENDOC
NEIGHBOURHOOD
HOUSE

Why would experimenting with the 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!

To book in call, text or

email Darin:

0409 800 219

bluefoxprojectmanagement@gmail.com



Delegate Multi-Purpose Service
11 Craigie St, Delegate
(02) 64598000

The Delegate MPS Assessment and Treatment Care Centre (ATCC)

The Delegate MPS Assessment and Treatment Care Centre (ATCC) is not an Emergency Department, for all Emergency type presentations please proceed to the nearest Emergency Department at the Bombala MPS, or phone 000 for an Ambulance. The ATCC is open Monday to Friday 8.30am to 4pm, please call Delegate MPS (02) 64598000 to make an appointment. Outside of these hours, please consider if your presentation is an Emergency and therefore not for Delegate MPS.

Our nurse-led ATCC is offering:

- Wound Care
- Nursing Assessments
- Blood Pressure readings
- Blood Sugar readings
- Suture or Clip removal
- Injections with Doctors written order
- Other procedures that do not require a doctor

Pathology

Wednesday 9:30am-10:30am. No appt. necessary.
Not available on public holidays

Other Community Health Services Available on request

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

Victorian Visits

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

Community Nurse Visits Victorian Clients every fortnight. For referral or information ring OR-BOST Regional Health (03) 51546666 or Delegate Community Health Nurse on (02) 64598000

WOMEN'S WELLBEING CONVERSATIONS

Mental Health and Wellbeing

Panel and Conversations Event in Bairnsdale

Join Gippsland Women's Health and the Mental Health and Wellbeing Local in East Gippsland for a conversation on women's mental health. Together we'll explore women's lived experiences, local barriers and enablers to mental wellbeing, and opportunities for community connection.

Event highlights: Panel of expert speakers, community discussion, take-home resources and health information, plus free light lunch provided.

Who should attend: Women and gender diverse people from the community, health professionals, community leaders and advocates.

Thursday 19 June 2025 | 10am-1pm

The Hub Bairnsdale - Room 2,
27 Dalmahey St, Bairnsdale

Register now! Women's wellbeing conversations, mental health and wellbeing

FOLLOW UP FARM DAY UNDERSTANDING YOUR SOIL TEST

A follow up information session from the previous soil testing program in Bendoc is planned for

THURSDAY 3RD JULY
At the Bendoc Hall 10.30—2.00 ish

An Agronomist (or two) will help farmers interpret their soil sample analysis and the best way forward. For those who didn't participate in the recent soil testing program, you are still very welcome to listen in on what the experts say.

We will have representatives visiting from Far East Victoria Landcare, RAGT Seeds & Agronomics & Nutrien Ag Solutions.

Please register your interest at Bendoc Neighbourhood House
bendocpa@bigpond.com 0264581531



Do you feel you may be eligible for aged care services or in the process of applying?

Are you interested in becoming an aged care service provider, in gardening , maintenance & home help?

BNH are researching into matching up these needs & questions and are currently looking for an aged care provider who can provide services in Bendoc. If you have any input please contact Bendoc Neighbourhood House bendocpa@bigpond.com

MEDICAL VISITS TO BENDOC

**VACCINATION NURSE - KATY
& PHYSIO - MAT
WILL BE AT BENDOC ON FRIDAY
6 JUNE BETWEEN 11 AND 2.30 PM.**

Please book at Bendoc Neighbourhood House

Are you a keen photographer? Have you some stunning shots showing the beautiful unique views we see in our countryside? or yesteryear shots of Bendoc? The Bendoc Wheel is searching for such a thing to grace our front page. Looking forward to some interesting pics.

BUS TO BOMBALAThursday 8th, 22nd MayThursday 5th, 19th JuneThursday 3rd, 17th, 31st July

Shopping

Library

Doctors Visits

Departs 10am from RTC

Returns early afternoon

Cost \$15

All Welcome

Bookings RTC 6458 8388

If you have mobility issues please let us know and we can pick up at your house. 3 month trial so please support us.

BENDOC FISHING CLUB

AGM



DATE
WEDNESDAY 11TH JUNE 2025



TIME
AT 7.00PM

The Bendoc Hotel



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 call **0456167011** for an appointment to see the nurse or a telehealth appointment with Dr. Edwina.

Services include Health Education, Health checks & plans, Blood pressure, Urine samples, telehealth support, Referrals,

Assistance with medical forms & Aged Care Packages.

Victoria Police

East Gippsland PSA Neighbourhood Policing Forum

The Victoria Police Neighbourhood Policing Forum welcomes local services and community members to talk with police about what issues are important in your community.

The forum will explore topics including:

- Current crime trends and crime prevention
- Family violence
- Young people
- Road policing
- Drugs and drug related crime.

The Neighbourhood Policing Forum will be run by a Victoria Police panel and questions will be taken from the audience throughout the event.

Registration is a must.

To attend, please register by sending your details to:
NHP-EAST-GIPPSLAND-MGR@police.vic.gov.au
 (Ctrl + Click to follow link)
 or scan the QR code.

To submit a question prior to the forum:
[EAST GIPPSLAND NHP questions](#)
 (Ctrl + Click to follow link)
 or scan the QR code.

Event details

Date:
Wednesday 28th May 2025

Time:
1.30pm – 4.30pm
(Doors open 1:15pm)

Location:
Bairnsdale RSL
2 Bairnsdale-Forge Creek Rd,
Bairnsdale VIC 3875

Scan here to register your attendance

Got a question for police?

Scan the QR code to submit prior to the forum

POLICING • PEOPLE • PARTNERSHIPS

East Gippsland Winter Festival - 2025 Program Launch!

East Gippsland Winter Festival's epic 2025 program is now live. Check it out before your favourites book out! This year's Winter Festival runs from 20 June to 20 July 2025, with a line up of annual favourites and new, exciting events added to the program of unique art, culture, food, nature and wellness experiences.

With thanks to another year of support from the Victorian Government through the Regional Events Fund and the East Gippsland Shire Council, this year is set to be the most diverse program yet. A program with something for everyone.

The 2025 East Gippsland Winter Festival will run from 20 June - 20 July. For more information, including ongoing program updates, visit www.egwinterfest.com.au

Programs are run in Bairnsdale, Nicholson, Paynesville, Orbost, Lakes Entrance.. Discover more on the site. BNH can print a copy of this

Measles in Melbourne – have you had two MMR vaccines?

23 April 2025



- Measles is spreading in Melbourne
- There's lots of measles overseas and some now in Melbourne

Measles is a viral illness that spreads very easily and sometimes causes serious illness. It can be prevented with 2 MMR vaccines given 1 month or more apart.



Protect yourself with the MMR vaccine

- Make sure you've had **2 doses** of the MMR vaccine (measles, mumps, and rubella).
- If you don't know if you've had two doses, get another MMR!
- MMR is safe and highly effective.
- If you were born in Australia between 1966 and 1992 or were born overseas it is likely you have only had 1 dose.
- Visit your GP or pharmacy for a catch-up MMR vaccine.

You need an MMR vaccine now unless:

- You know for sure that you have had **2 doses** of MMR. Or,
- A blood test shows that you are immune to measles. Or,
- You were born in Australia before 1966.

For more information on measles and the MMR vaccine, visit <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles>
 To read more about measles in Melbourne, visit health.vic.gov.au

Contact us 03 5173 5451
 84 Church St, grphu@lrh.com.au
 Traralgon, VIC 3850 lrh.com.au/gippsland-region-public-health-unit



RURAL SERVICES - BENDOC

Professional services & consultations offered at the Bendoc Neighbourhood House now have a website:
ruralservices.com.au

Rural Services is one of the businesses under the banner of Steven's startup company, West Fight (westfight.com).

Although West Fight is a conservative political organisation whose purpose is to combat the scourge of wokeness in Australia, West Fight's business operations also offer non-political services to help rural Australians.

- **WHERE:** Bendoc Neighbourhood House
- **WHEN:** By appointment. Tuesdays, Thursdays, Fridays.

- Services include: legal support & information, VCAT matters
- Administrative support, help with government and Centrelink
- Website design and maintenance
- Communicating with government: local, State, federal
- Accessing superannuation, appealing decisions and fines
- Fraudulent or unfair bank transactions. Compelling your bank to reimburse you
- Grant writing
- Media: press releases, contacting journalists to get an issue in the news.
- Personalised tuition & Workshop presentation - politics, philosophy, English, public speaking.

Contact: Steven Bailey
Ph: 0400419404
E: steven@westfight.com
X [stevenbaileyy](https://www.instagram.com/stevenbaileyy)
ruralservices.com.au
or westfight.com

ABN: 35624 944515

WF
WEST FIGHT



Rural Services are offering free consultations at BNH, more complicated matters may incur regular fees

FORGE THEATRE BAIRNSDALE **ROUGE – CIRCUS for GROWN UPS**

Escape the everyday and join us at THE FORGE for the sexiest live circus cabaret experience. Introducing ROUGE, a visual extravaganza of a burlesque-style show on steroids. Rouge is a decadent blend of sensational acrobatics, operatic cabaret and tongue in cheek burlesque.

A non-stop celebration of the astonishing, surprising, subversive and supremely sexy award-winning Australia circus event.

WINNER OF THE BEST CIRCUS AND PHYSICAL SHOW AT THE ADELAIDE FRINGE FESTIVAL

Media Comments

“**Rouge** plays with sex, sexuality, gender and relationships and pushes boundaries way beyond the physical feats shown on stage. What really made this show stand out though was the pure, unadulterated joy that came from every single performer”

Perth

“**Rouge - A kids circus this is not-it** is an exhilarating, sexy, funny and highly entertaining adults only show”

The Advertiser

Bring along your loved one and your friends and an open-minded attitude and revel in a night of joy and fun which will have you talking for days!

See you there on Friday June 27th

Tickets selling fast. Grab your tickets now!

Visit eastgippsland.vic.gov.au/theforge or call 03 5152 1482



A MESSAGE FROM EAST GIPPS COUNCIL 7 MAY

Have your say on Council Plan, Budget and strategic documents

Today we released our suite of strategic documents for community feedback:

Draft Budget 2025/26
Council Plan 2025–2029
Long-Term Financial Plan
Asset Plan
Revenue and Rating Plan

We are inviting community feedback on our Draft Budget 2025/26, Council Plan 2025–2029, Long-Term Financial Plan, Asset Plan and Revenue and Rating Plan. These documents guide how we support our community, deliver services, and plan for a strong and sustainable future.

Read our [Community Matters newsletter](#) with all the detail, links to documents, fact sheets and how to get engaged.

This year's Draft Budget limits the general rate rise to 2.0% – a full percentage point below the Victorian Government's 3.0% rate cap and less than inflation.

Mayor Cr John White said this decision was made in direct response to rising cost-of-living pressures facing residents and businesses across the region.

“We've taken a financially responsible approach that puts our community first. By holding the rate rise below the cap, we're easing the pressure on households while continuing to deliver the services people rely on,” John said.

Councillors receive all feedback, which will be considered at a briefing session (not a formal meeting). If there are changes to the plans because of the feedback, they will be reflected in the final draft documents – which will be considered at the 23 June 2025 Council Meeting.

Have your say:

Visit our [engagement website](#) to view the documents and share your feedback.

- Copies of the draft plans are available at our customer service centres and libraries.

You can share your thoughts and suggestions through our [engagement website](#), by [email](#) or mail, or in-person at our customer service centres.

Feedback is open from **7 to 21 May 2025**.

You are welcome to provide your feedback on any or all of the five documents.



Kaylene Wickham ■ *Agribusiness Development Officer* ■ [East Gippsland Shire Council](#)
■ P: 03 5153 9500 ■ PO Box 1618, Bairnsdale, Vic 3875

■ **Have Your Say:** Find information about our projects and strategies, and give feedback as part of our consultation process.

8 **Bendoc Community Resource Centre is Your Centre**

Tech Savvy Workshop



Navigating Zoom



Learn more about Navigating Zoom!

This session will be spent exploring and learning how to navigate Zoom.

We will also spend a short amount of time looking at Microsoft Teams, which operates in a similar way.

This session is aimed at those who already have a basic understanding of the internet.

Bairnsdale Library

Monday 16 June
1.00 pm - 3.30 pm

Lakes Entrance Service Centre

Thursday 12 June
2.00 pm - 4.30 pm

Omeo Service Centre

Monday 23 June
9.30 am - 12.00 pm

Orbost Service Centre

Thursday 19 June
2.00 pm - 4.30 pm

Paynesville Service Centre

Thursday 12 June
2.00 pm - 4.30 pm

Book Now

At your library
5152 4225

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



Tech Savvy Workshop



Introduction to the Cloud



Learn all about the Cloud!

Ever wonder, what is the Cloud? This workshop provides basic information on both what the Cloud is and how it operates.

The Cloud can be confusing, but it's an excellent resource to have, especially when it comes to backing up your valuable documents, photos and videos.

This session is aimed at those who already have a basic understanding of the internet.



Bairnsdale Library

Thursday 5 June
1.00 pm - 3.30 pm

Lakes Entrance Service Centre

Thursday 12 June
9.30 am - 12.00 pm

Mallacoota Service Centre

Friday 20 June
1.30 pm - 3.30 pm

Omeo Service Centre

Monday 16 June
9.30 am - 12.00 pm

Orbost Service Centre

Thursday 12 June
2.00 pm - 4.30 pm

Paynesville Service Centre

Thursday 12 June
9.30 am - 12.00 pm

Book Now

At your library
5152 4225

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



If you would like a clearer image of these posters or codes to scan we can email it to you otherwise pop in to BNH

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 **May 6th 2025 until November 6th 2025**.

Fox control on public land (State Forests and National Parks) in the **Kenny and Colquhoun Forests** in the Tambo District will occur from **May 12th 2025** and continue until **May 25th 2025** (14 days) and from **July 21st 2025** and continue until **August 3rd 2025** (14 days). 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 **May 6th 2025 until November 6th 2025**. Baits will only

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

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

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


BNH can print copies of the accompanying map to this notice if you missed out on the letter drop

⁹ **Bendoc Community Resource Centre is Your Centre**

Ingredients

- 1 cup frozen blueberries
- 1 cup coconut cream chilled
- 1 cup cream
- 1 cup coconut or plain yoghurt
- 1 large ripe frozen banana
- 1/4 cup honey
- 1/2 tsp vanilla

BLUEBERRY & COCONUT ICECREAM



Instructions

Blend all the ingredients in blender or processor on high speed, leaving a handful of berries whole.

Once combined, stir through whole berries.

Place mixture in container & freeze for at least 4 hours.

If you've whizzed this by hand, take it out of the freezer every now & again while freezing & whizz well.

Ingredients

2 Chicken breasts

1/2 cup extra virgin olive oil

2 cloves crushed garlic

1 tablespoon chopped olives

2 cups parsley leaves


625gms pack of fettuccine

1/3 cup balsamic vinegar

3/4 cup toasted chopped walnuts.

Reduce the vinegar/oil mixture if you wish. For a different taste replace walnuts with sundried tomatoes & feta cheese.

CHICKEN, WALNUT & BALSAMIC FETTUCCINE



Instructions

Flatten chicken and cook in 1 tbsp oil on high heat for 5-7 minutes, turning over halfway.

Place on a plate, cover with foil. When cool, shred into bits & place in a bowl with the parsley.

Add crushed garlic & olives to the pan, cook on low heat for a minute or until soft.

Add to chicken & parsley and toss.

Cook Fettuccini as packet instructions, cool & add to chicken.

Mix oil & vinegar, salt & pepper & add to dish. Toss in walnuts.

I try not to tell Dad Jokes, but when I do he laughs!

How do you stop kids from jumping on the bed?

Put Velcro on the ceiling

My husband has never been able to work out why it is that every time he goes out on to the verandah, the security alarm goes off & there's no one there!

I don't know why my wife looked so surprised when I told her she draws her eyebrows too high!

Why is England so wet?

Because so many royals have reigned there.

I don't approve of political jokes - I've seen too many get elected.

If con & pro are opposites, is congress opposite to progress?

How many politicians does it take to change a light bulb?

2 - one to change the bulb, the other to change it back again.

2 Hunters are out hunting, one collapsed & his eyes glazed over. Ringing the ambulance the panicked hunter says ,“Quick, I think my friend’s dead”.

“Now try to calm down, I’ll take you through the steps, first we need to make sure he’s dead” said the operator. She then heard a shot “he’s dead alright” said the man., “now what?”.

How do we know it's the sea that seagulls fly over?

Because if they flew over the bay they'd be called Bagels

My girlfriend treats me like a God - ignores my existence & only talks to me when she wants something

What should I do in my garden in May?

- Clean up fruit trees and destroy any rotting fruit.
 - Prepare spots for planting bare root roses and deciduous trees over winter.
 - Plant broad beans into unused vegetable beds to be dug in when mature as a green manure crop.
 - Clean algae from paths and steps to prevent accidental slips over winter.
 - Cut back perennials such as sedums, gauras and asters that are looking unruly following summer-autumn flowering.
- Fertilise your camellias and daphne.
- Empty your vegie beds by digging in decayed organic matter (cow or sheep manure is ideal) – or grow a green manure crop, such as broad beans, barley, peas or oats, for cutting and digging in later.
- Sharpen secateurs for pruning next month.

According to Better Homes & Gardens, it's still fine to plant these vegetables & flowers now, even in our relatively cold climate



Alyssum	
Begonia	
Erigeron	
Foxglove	
Gazania	
Lobelia	
Asparagus	Nemesia
Parsnip	
Peas	Penstemon
Snow peas	Polyanthus
	Wallflower

TWELVE COMMANDMENTS FOR SENIORS

- 1...Talk to yourself, There are times when you need expert advice.
- 2..."In Style" are the clothes that still fit.
- 3...You don't need anger management. You need people to stop annoying you.
- 4...Your people skills are just fine. It's your tolerance for idiots that needs work.
- 5...The biggest lie you tell yourself is "I don't need to write that down." "I'll remember it."
- 6..."On Time" is when you get there.
- 7...Even duct tape can't fix stupid, but it sure can muffle the sound.
- 8...It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle free and three times smaller?
- 9...Lately you've noticed that people your age are so much older than you.
- 10...Growing old should have taken longer.
- 11...Ageing has slowed you down but it hasn't shut you up.
- 12...You still haven't learned to act your age and hope you never will., and one more. "One for the road" means using the loo before you leave the house!!

Old fireplace GIVE AWAY Needs repairing, inside back panel warped. Front glass doors are in good condition 0429483411

SEARCHING FOR

Volunteers at Bendoc Neighbourhood House
Our small garden area is in need of care & an extra set of hands

The Neighbourhood house has a HoLoLens to lend out to community members or groups— used for interactive virtual reality communication, and can be borrowed just for fun, games and learning more about Hi Tech stuff.

Free training available.

Report road issues Regional Roads Vic 133778

Arty Crafty Produce Maker People

We have space on our shelves at BNH for your Home Made Items to be shown or sold

ALL welcome to join in on BNH Wednesday morning craft mornings (: board games too if keen:

A Reminder Stall holders - Serendipitous Markets

Old Delegate Post office
last Saturday of the Month
40 Bombala St 026458528



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 & Parni - \$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

Office space for hire at Bendoc Neighbourhood House
Suitable for study, admin work, community or medical services
very reasonable rates

Bushbubs Wildlife Shelter

Looking after sick and or injured Australian Wildlife

Lyn Button
Gap Rd
Bendoc Vic 3888

0488719233

Bushbubs01@gmail.com




ROBINSON'S 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 Bombala Region

The Best of English

The bandage was wound around the wound.
Which witch is which?
The farm was used to produce produce.
The dump was so full that it had to refuse more refuse.
He would lead if he would get the lead out.
The soldier decided to desert his dessert in the desert.
Since there is no time like the present, he thought it was time to present the present.
A bass was painted on the head of the bass drum.
When shot at, the dove dove into the bushes.
I did not object to the object.
We must polish the Polish furniture.
The insurance was invalid for the invalid.
There was a row among the oarsmen about how to row.
The buck does funny things when the does are present.
They were too close to the door to close it.
To help with planting the farmer taught his sow to sow.
The patient patient waited for hours to see the doctor.
I shed a tear upon seeing the tear in the painting.
I had subject the subject to a series of tests.
The plumber tapped the tap he was tapping.

Bob from Bendoc will be attending the police information session—if you would like Bob to bring your questions or opinion to the conference - please ring 0408981524

If you are concerned about the lack of internet bars & connectivity on your phone & devices in Bendoc call Telstra on 1800990853 and find about applying for a free aerial installation.

BNH have a small collection of vegetable seeds from local gardens. If you have any spare from your own garden & you'd like to add to the collection please drop in.

These are here for locals to take, small donations welcome, swap & share

BNH invites suggestions, input, 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 THE 15TH

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 published.

PRICES are 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

Monaro Family support service

Bombala Office:————— 026458 4888
Delegate Pre School:————026458 8196
Delegate Public school:———026458 8183

MensLine Australia **1300 789 978**

Kids Help Line **1800 55 1800**

Beyond blue **1300 224 636**

Domestic/family violence **1800RESPECT**
1800 737 732

S	M	T	W	TH	F	S
11	12	13 BNH 9-2 GR SHED 9-12	14 BNH 9-2 Craft Morning	15 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	16 BNH 9-2	17 GR SHED 9-12
18	19	20 BNH 9-2 GR SHED 9-12	21 BNH 9-2 Craft Morning BNH COMMITTEE MEETING	22 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE DELEGATE TO BOMBALA BUS	23 BNH 9-2	24 GR SHED 9-12
25	26	27 BNH 9-2 GR SHED 9-12	28 BNH 9-2 Craft Morning CFA AGM	29 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	30 BNH 9-2	31 GR SHED 9-12
1 JUNE	2	3 BNH 9-2 GR SHED 9-12	4 BNH 9-2 Craft Morning	5 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE DELEGATE TO BOMBALA BUS	6 BNH 9-2 Vaccination Nurse & PHYSIO BENDOC 11-230	7 GR SHED 9-12
8	9 KINGS BIRTHDAY HOLIDAY	10 BNH 9-2 GR SHED 9-12	11 BNH 9-2 Craft Morning BENDOC FISHING CLUB AGM 7pm	12 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	13 BNH 9-2 CEMETERY ZOOM MEETING 1130	14 GR SHED 9-12
15	16	17 BNH 9-2 GR SHED 9-12	18 BNH 9-2 Craft Morning	19 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE DELEGATE TO BOMBALA BUS	20 BNH 9-2 HOLOLENS FREE TRAINING 1030	21 GR SHED 9-12
22	23	24 BNH 9-2 GR SHED 9-12	25 BNH 9-2 Craft Morning	26 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE	27 BNH 9-2	28 GR SHED 9-12
29	30	1 BNH 9-2 GR SHED 9-12	2 BNH 9-2 Craft Morning	3 GR SHED 9-12 LIB. BUS 10.30-11.30 NURSE BENDOC FARM SOIL INFO DAY	4 BNH 9-2	5 GR SHED 9-12 VIC SCHOOL HOLIDAYS START 5TH JULY
S	M	T	W	TH	F	S