

Bendoc Wheel

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

Goodbye to Colourful Autumn. We hope your wood piles are looking good!



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



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 pages. Looking forward to some interesting pics.

Remember the Date 3rd July to have your soil sample results analysed at Bendoc Hall
Lunch supplied

1 Bendoc Community Resource Centre is Your Centre



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.

On 28th May, Bendoc CFA Shed held an enthusiastic gathering for the Mt Delegate CFA Group AGM. A huge congratulations to Jonathon Marshall - new Group Officer. Many many thanks to Coley - outgoing group officer who no doubt has been & still is an exceptional addition to the Mt Delegate Group.

Emergency (000)

VicEmergency Hotline 1800 226 226

Burn-off info & notification 1800 668 511 CFA Headquarters (03) 9262 8444

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

BENDOC CEMETERY TRUST

On Friday the 13th/June, Community members joined in on a very interesting & entertaining Bendoc Cemetery Trust Online meeting.

The Bendoc Cemetery closed in 1925, with previous trustees gazetted periodically from 1892 to 1923. From the 90s interest and securing management had been sought and many years down the line, through a few locals initiative, the Bendoc Cemetery came under the management of the Natural Burial Ground Trust of Australia. Affiliated with Earth Funerals.org, who as the name suggests, the Trust advocates for natural burial practices.

The cemetery was restored & reestablished by the Trust as a model Restoration Burial Ground. They have made available mapping of the burial sites and are in the process of creating a website for the project.

Trust members again brought to our attention that more local people are needed to keep the cemetery alive :) and are suggesting a type of local co-op willing to assist when needed. Previously trust members have volunteered travelling interstate to Bendoc assisting with a burial.

Contact us at the neighbourhood house if you have any information you'd like to share or have an interest in the trust & cemetery. We will bring you more information as we put together what we know.

FYI This site should take you to mapping of the cemetery. You can zoom in & click on the 3 areas outlined to view burial sites. https://map.chronicle.rip/bendoc_cemetery

Also take a look at - *Natural Burial Ground Trust of Australia & Earth Funerals Project*

For more detailed information on joining or learning more about the trust—you can contact

**Kevin Hartley Earth Funerals Project
Founder & Director**

0401 206 342

earthfunerals.org

kevin.hartley@earthfunerals.org





Understanding Your Soil Test Results

Date: Thursday 3rd July

Where: Bendoc Resource Centre

When: 10.30am to 1.30pm

What does your soil test results mean?

Two-hour workshop on understanding your soil test results.

We will be joined by agronomists:

Milly Hood from Nutrien Ag Solutions

Brett Tonkin from RAGT Australia

Bring a bucket of soil to see if we can match the soil to the test?

Lunch will be provided and cost is free



To book use this link or the QR code <https://bit.ly/3SL7QOH>

Or contact Emma Orgill on emma.orgill@fevl.org.au or 0400 467 921



Nutrien
Ag Solutions

RAGT

Soil
SOLUTIONS
You RAGT



This event is supported by the Australian Government through funding from the Natural Heritage Trust under the Climate-Smart Agriculture Program.

PS You can also book at Bendoc Neighbourhood House

³ Bendoc Community Resource Centre is Your Centre



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

BUS TO BOMBALA

Wednesday 18th June

Wednesday 2nd, 16th,

30th July

Shopping
Library
Doctors Visits

Departs 10am from RTC

Returns early afternoon

COST \$10

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.

Susie, from the Mental Health and Well-being 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

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 program for you

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
64 Church St grphu@trh.com.au
Traralgon, VIC 3850 trh.com.au/gippsland-region-public-health-unit



Errinundra to Snowy News and Opportunities

Update on Wellbeing Spaces

The Errinundra to Snowy Wellbeing Spaces Governance Committee would like to express our deepest thanks to Sharon Small who recently left our Nurse Coordinator role after 18 months at the Bendoc, Tubbut and Goongerah Wellbeing Spaces. We appreciate all of Sharon's hard work setting up this successful pilot program, and we wish Sharon all the best in her next chapter.

Tubbut Neighbourhood House Community Lunch

Wednesday 25 June 2025 12 – 2 pm

Orbost Regional Health are attending the next Tubbut community lunch to discuss changes to the Wellbeing Spaces.

If you would like to join us please RSVP to Sue or Lisa at the Tubbut Neighbourhood House via phone or email before 5pm on the 20 June. All are welcome.

Ph: 0482855670

Email: tubbutnh@outlook.com

Nursing Visits at Tubbut and Goongerah

Please welcome our new nurse who is starting at the Goongerah Wellbeing Space on 10 June and at the Tubbut Wellbeing Space on 11 June.

Appointments with the nurse are available fortnightly. Please call 0456 167 011 for bookings.

Physiotherapy and GP Visits to Tubbut on Friday 20 June

Please call Orbost Medical Clinic on (03) 5154 6777 for a booking to see Dr. Edwina Brown or the physiotherapist Mathew Jackson at the Tubbut Wellbeing Space on 20 June.

Bookings are essential.

Job Opportunities

Please help us to spread the word about two excellent job opportunities offered by the Errinundra to Snowy Wellbeing Spaces Governance Committee.

We would love to find someone from the Errinundra to Snowy region to fill our vacancies for a Registered Nurse at Bendoc and an Outreach Service Liaison.

Training Opportunities

First Aid Course

Bonang Hall

Friday 27 June 9 am to 4pm

This free training supports residents in the Errinundra to Snowy region to respond to snake bites and stings, burns, fractures and dislocations, sprains and strains and wound management.

If you would like to register to attend, please call 0456 167 011.

Attendees will need to bring their Medicare card and fill out an enrollment form on the day.

HoloLens Training

Bendoc Neighbourhood House

20th June 2025

10.30am start

Each of the Wellbeing Spaces (Tubbut, Goongerah and Bendoc) have HoloLens technology for medical purposes but the HoloLens has the potential for lots of purposes.

If you're wearing a HoloLens, you could take a tradesperson on a tour of a building, trench or tractor motor 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!

Everyone is welcome but please call or email Darin on 0409 800 219 or bluefoxprojectmanagement@gmail.com to let him know you are coming.



POSITION AVAILABLE

Bendoc Registered Nurse Fixed-Term until 30 June 2026 8 hours per week (Job Sharing Preferred)

Orbost Regional Health is seeking applications from Registered Nurses to provide care at a clinic in Bendoc one day per week.

Key responsibilities include:

- Conducting comprehensive assessments and developing care plans
- Liaising with General Practitioners and other health providers as needed
- Documenting progress notes in 'Best Practice' software
- Maintaining clinical equipment stock levels
- Collecting accurate service statistics
- Meeting regularly with nurses delivering care at Goongerah and Tubbut to ensure consistency.
- Supporting monthly health promotion events
- Supporting community members to use telehealth equipment at Bendoc.

Please send applications to HumanResources@orh.com.au and ensure that you include:

- A letter of introduction for the Bendoc Registered Nurse position with your full name, address and contact details.
- A copy of your current curriculum vitae listing your qualifications, professional registrations and employment history.
- A copy of your driver's licence, immunisation history, national police check and working with children's check.
- The names and contact details of at least two current/recent professional referees.
- 2-3 sentences explaining how you meet **each** of the eight key selection criteria detailed below:
 1. Current Registration as a Registered Nurse with AHPRA
 2. An unrestricted driver's licence and access to a vehicle to attend weekly clinics at Bendoc.
 3. Proven ability to work independently with minimal supervision and collaborate effectively with other healthcare providers
 4. Experience conducting comprehensive assessments, developing complex care plans and ensuring the safe transfer of patients between healthcare service providers
 5. Understanding of occupational health and safety issues relating to outreach nursing services, including infection control issues
 6. Excellent communication and organisation skills.
 7. Excellence maintaining accurate and concise progress notes and service statistics for program evaluation activities
 8. Competency using Clinical Information Systems (e.g. Best Practice), telehealth care platforms and Microsoft Office programs such as Outlook, Word, Excel and Teams

The closing date for applications is Friday 20 June 2025

For further information contact Nikki Brown on (03) 5154 6635 or email: Nikki.Brown@orh.com.au

ORH is an equal employment opportunity employer. We strive for an inclusive working environment for employees from a variety of backgrounds. We welcome applications from Aboriginal people, workers of all ages, people with disability, people who identify as LGBTQIA+ and those from culturally and linguistically diverse backgrounds.



POSITION AVAILABLE

Outreach Service Liaison
Part-Time Fixed-Term UNTIL 30 June 2026
2 x 5 hour days per week

\$ per hour casual

Orbost Regional Health is seeking applications from Errinundra and Snowy region resident to connect their community members to health services delivered in Bendoc, Tubbut and Goongerah.

Key responsibilities include:

- Organising for external healthcare providers to visit the region.
- Creating promotional material to inform community members about upcoming healthcare visits.
- Preparing service updates to share with community members.
- Supporting the healthcare providers with bookings and data collection.
- Preparing and sharing an agenda and minutes for regular meetings.
- Organising monthly health promotion events.
- Supporting community members to use telehealth equipment at Bendoc, Tubbut and Goongerah.

Please send applications to HumanResources@orh.com.au and ensure that you include:

- A letter of introduction for the Outreach Service Liaison position with your full name, address and contact details.
- A copy of your current curriculum vitae listing your employment history and education.
- A copy of your driver's licence (and if available your national police check and working with children's check).
- The names and contact details of at least two current/recent professional referees.
- 2-3 sentences explaining how you meet **each** of the six key selection criteria detailed below:
 1. An understanding of the challenges that local residents experience accessing healthcare.
 2. Excellent communication and organisation skills.
 3. Reliable internet access to work from home as needed.
 4. An unrestricted driver's licence and access to a vehicle to regularly attend clinics at Bendoc, Tubbut and Goongerah.
 5. Competency using Microsoft Office programs such as Outlook, Word, Excel and Teams.
 6. Experience working effectively with minimal direct supervision.

The closing date for applications is Friday 20 June 2025

For further information contact Nikki Brown on (03) 5154 6635 or email: Nikki.Brown@orh.com.au

ORH is an equal employment opportunity employer. We strive for an inclusive working environment for employees from a variety of backgrounds. We welcome applications from Aboriginal people, workers of all ages, people with disability, people who identify as LGBTQIA+ and those from culturally and linguistically diverse backgrounds.



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

Errinundra to Snowy CRC/Representative Group meeting round up



On Thursday 22 May we met back at the Bonang Hall after a couple of months of meeting online and at the Goongerah Hall while the work on the toilet block and new laundry and shower area was undertaken in Bonang.

First on the agenda we discussed the Resilience project. Eleni McIlroy has been doing a power of pro bono work on this project and we are so grateful. A brief update on some of the work includes:

Bonang Ablutions Block:

\$11k GCF grant successful, this will pay for the laundry equipment and all building work complete.

Goongerah Verandah extension

Project complete

Bendoc Greenshed power connection to hall

Underground cable from hall is final selected approach – this allows greenshed to host solar for the hall in future

Tubbut restumping, sprinklers, EV, termite rectification

\$25k grant for additional stumping termite costs successful

EV charger installed – waiting on final commissioning for it to go live for use on Charge Fox app.

Thank you Eleni for all of your help, this has been a huge project that will make a difference to the whole community after the next emergency.

We then celebrated all of the E2S successful grant applications in the Gippsland Community Foundations most recent funding round. Congratulations to the Goongerah Hall committee for their application for sprinklers on the Hall and surrounding buildings.

The Bonang Hall committee were successful for the laundry equipment

Tubbut was successful for additional stumping and termite costs

Deddick Valley Isolated Community Group were successful for 5 more art workshops and the Big Bonang event!

Well done everyone and huge thanks to the Gippsland Community Foundation.

Caroline Love, the new Community Planning Coordinator at Council attended the meeting with our Place Facilitator, Kath Macdonald. We briefly discussed doing some strategic planning – looking at priorities that have been achieved out of our District Place Plan:

<https://www.eastgippsland.vic.gov.au/community-plans/errinundra-to-snowy-sub-district>

And looking at our Ideas Bank for what to focus on next. We plan on doing this over coming months and will share our thoughts via the Wheel and the Tattler for feedback.

We discussed nature-based tourism and an interesting opportunity to become a host of a tiny house. If anyone is interested more information can be found on their website: <https://tinyaway.com/host-a-tiny-house>

As a group we decided we would write a letter to Parks Victoria requesting maintenance works on the Errinundra National Park circuit. The walks are in need of further maintenance, it was noted that without the Friends of Errinundra it would be much worse. Thank you to all of the volunteers out there!

We talked about the state of the roads and the difference between the locally managed and maintained roads by Council and the roads managed by Regional Roads Victoria. Both the Council Roads Supervisor – Mark Rogers and the Roads Safety Coordinator, Peter Morton were pleased to hear that the Council roads were getting some positive feedback. They suggested that residents keep making noise. That a letter of support from SES would be a good one to get as they attend accidents on the road.

Peter also suggested the best way to get things logged in the system is to email: enquiries@roads.vic.gov.au or call on 13 11 70. They must log the job to be investigated by their maintenance team.

Josh Puglisi from Far East Landcare also attended the meeting and gave us a great update on all things Landcare – there is a new Landcare starting up in Orbost. There will be a focus on soil improvement over the coming year.

Kathryn Macdonald ■ Place Facilitator Coordinator ■ East Gippsland Shire Council



Instructions

- Sprinkle beef with salt and pepper.
- Heat 1 1/2 tbsp oil in a large, heavy based casserole pot over high heat until just starting to smoke.
- Add 1/3 of the beef and brown aggressively all over – about 4 minutes. Remove to bowl, repeat with remaining beef, adding more oil if required.
- Turn down heat to medium high. Add 1 tbsp oil if required. Add onion and garlic, cook for 2 minutes until onion is softened slightly and golden on the edge.
- Add carrot and celery, stir for 1 minute to coat in flavours.
- Sprinkle flour evenly across surface, then stir to coat.
- Add broth, red wine, tomato paste and Worcestershire sauce. Stir to dissolve tomato paste and flour into liquid.

- Add cooked beef (including any juices), thyme, bay leaf and potato. Stir. Water level should almost fully cover everything (see video), if not, add a touch of water.
- Bring to simmer, then adjust heat to low / medium low so it's simmering gently. (Note 3 for other cooking methods)
- Cover and cook for 1 hour 45 minutes or until beef is pretty tender (check with 2 forks at 1.5 hrs).
- Remove lid and simmer for further 30 minutes or until sauce reduces slightly. It should be like a thin gravy and beef should now be very tender.
- Season to taste with salt and pepper.
- Serve over creamy mashed potato with a sprig of fresh thyme for decoration or a sprinkle of parsley

Ingredients

1.2 kg / 2.4lb chuck beef , cut into 3.5 cm / 1.5" cubes

- | | |
|--|--------------------------|
| 1 tsp each salt and pepper | 3 tbsp olive oil , |
| 1 large onion , | 4 garlic cloves , minced |
| 3 carrots | 2 celery stalks |
| 1/3 cup / 50g flour | |
| 3 cups / 750ml beef broth / stock , salt reduced | |
| 2 cups / 500 ml red wine , bold and dry (Cab Sauv, Burgundy, Merlot) | |
| 2 tsp Worcestershire Sauce | 2 tbsp tomato paste |
| 2 bay leaves , fresh or dried | 4 sprigs thyme |
| 400 g / 14 oz baby potatoes , halved | |

HOT CHOCOLATE PUDDING

Ingredients

- 3/4 cup sugar
- 1 cup all-purpose flour
- 1/4 cup cocoa powder
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk I used unsweetened almond milk
- 1 teaspoon vanilla extract
- 1/3 cup butter melted

For the hot fudge sauce

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/4 cup cocoa powder
- 1 1/4 cups hot water



Instructions

Preheat the oven to 180C/350F. Grease a 9 x 13-inch pan or baking dish and set aside.

In a large mixing bowl, combine the sugar, flour, cocoa powder, baking powder, salt, milk, vanilla, and melted butter, and mix well. Transfer to the greased pan.

In a separate bowl, combine the white sugar, brown sugar, and cocoa powder. Sprinkle the sugar and cocoa mixture over the top of the cake. Gently pour the hot water over the top of the cake. Do not mix or whisk it.

Bake the pudding cake for 35-40 minutes, or until the top is just done. Remove from the oven and let cool for 15 minutes, before serving.

TO STORE: Cooked pudding cake, once cooled down, can be stored in the refrigerator, for up to 2 weeks. The cake is best enjoyed warm, so you should reheat it.



What should I do in my garden in winter ?

- **Pruning:** Prune deciduous trees and shrubs while they are dormant to remove dead, diseased, or crossing branches.
- **Prune your perennials**
Now is the time to give those spring and **summer-flowering perennials** a prune. This will keep them looking tidy and will encourage plenty of growth next season. While you have the tools handy, you can give your hedges and topiaries a final trim. Just hold back on pruning perennial grasses as they become points of interest in the winter garden and provide shelter for small birds and insects in the cooler months.
- **Mulching:** Apply a layer of mulch to help insulate the soil, retain moisture, and suppress weeds.
- **Planting:** Sow seeds of cool-season vegetables like carrots, spinach, onions, and peas.
- **Prepare for Spring:** Start seeds of tomatoes, eggplants, and capsicums indoors on a warm windowsill, ready for transplanting when the weather warms up.
- **Weed Control:** Stay on top of weeds, as they can thrive in the winter months.
 - **Soil Improvement: Add compost to your vegetable garden to replenish nutrients.**
 - **Learn how to propagate**
While we're looking ahead, **propagating plants** (such as grevillea, lavender and rhododendron) from cuttings is an easy and cheap way to fill gaps in the garden later in the year. Take semi-hardwood cuttings – 10-centimetre long pieces of new growth that have started to harden off – and remove the lower leaves. Dip the stems into a rooting hormone powder and pot them into small containers filled with a loose, well-draining mix (perlite and coconut coir works well). Keep the containers moist and sheltered from the elements while the roots develop.

A BIT ON COMPANION PLANTING—HERBS THAT CAN BENEFIT THE GROWTH OF YOUR VEGETABLES

Broccoli, Cabbage, Cauliflower

Carrots

Leek, Onion

Lettuce, Spinach, Silverbeet

Peas

Beetroot

Kale

Turnip

Sage, Dill, Rosemary, Thyme, Mint

Chives, Coriander, Dill, Rosemary, Sage, Parsley

Parsley, Marjoram, Thyme, Sage

Chives, Dill, Mint, Parsley, Thyme

Chives, Mint, Parsley, Sage

Mint, Oregano, Thyme

Dill, Sage, Thyme, Mint

Dill, Mint, Sage, Thyme



Why do bagpipe players walk while they play?

To get away from the noise!

WHY DID THE WOKE COFFEE FILE A COMPLAINT?
Because it was offended by the filter

I told my computer I needed break, now it wont stop sending me kit kats.

How many country & western musicians does it take to change a light bulb?

3, 1 to change the bulb, 2 to sing about the old one!

Why was the computer cold?
It left it's window open

What does Bob Katter eat when he wants a salad?
A vegetarian!

Why did the monkey like the banana?
Because it had appeal.

What's the difference between a singer songwriter & a puppy?

Eventually the puppy stops whining!



What happens when you play blues music backwards?

Your wife returns, your dog comes back to life & your gets out of prison

Place an AD or Community Notice
in the Bendoc Wheel Details pg.13

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 in-
teractive virtual reality communica-
tion, 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 morn-
ing 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 & Pami - \$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.
Free for Community Services, Suitable for study, admin work,
medical & welfare services

Bushbubs Wildlife Shelter

Looking after sick and or injured Australian Wildlife

Lyn Button

0488719233

Gap Rd
Bendoc Vic 3888

Bushbubs01@gmail.com




ROBINSON'S WINDOWS AND CHIMNEYS

Professional Window Cleaning and Chimney sweeping

Get the job done right with Robinson's
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services for all your window and chimney
cleaning needs.

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Windows include:
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Interior and exterior wash
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Mobile pressure washing available

Chimneys include:
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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

YOU CAN NOW DROP OFF YOUR dead household batteries at the Neighbourhood House. We cannot take large batteries e.g. Car batteries



BATTERY DROP-OFF LOCATIONS

Transfer stations
The Bairnsdale Landfill site and most Council transfer stations can accept a range of batteries including household and vehicle batteries, embedded batteries, lithium batteries and e-cigs.

Council facilities
Most Council facilities such as libraries and customer service centres have safe battery disposal containers.

Public drop-off points
Retail outlets including Aldi, Bunnings, Coles, IGA, Fresh Food Market, Woolworths and some Paddock and IGA and Vinnies stores have safe disposal containers for household batteries and e-cigs.
Check B-cycle for other drop-off locations throughout East Gippsland.

THE EASY WAY TO RECYCLE BATTERIES
Battery recycling is essential to ensure that toxic chemicals do not leak into the environment and precious resources are not wasted.
Remember the 3 steps:
1. Don't mix batteries into any general waste or recycling bin.
2. Take the batteries.
3. Take them to your nearest safe drop-off point located throughout East Gippsland.

BATTERIES CAUSE FIRES
Never bin your batteries
Take your batteries to a battery safe-disposal drop-off location to:
• Prevent fires in waste trucks and waste facilities
• Reduce the risk of harm to waste workers

Old Mobile phones can also be dropped off for collection. Please ensure you have wiped off your details & saved your info to your sim card, not the phone

Notes to & from the Community....

10c return plastic, cans & glass bottles can be dropped off in our recycling bin outside BNH. These items are collected & funds are distributed back into the community. Please don't fill with rubbish.

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.

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

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15	16	17 BNH 9-2 Gr SHED 9-12	18 BNH 9-2 Craft Morning DELEGATE TO BOMBALA BUS	19 Gr SHED 9-12 Lib. BUS 10.30-11.30	20 BNH 9-2 HOLOLENS FREE TRAINING 1030 PHYSIO & GP TUBBUT	21 Gr SHED 9-12
22	23	24 BNH 9-2 Gr SHED 9-12	25 BNH 9-2 Craft Morning Tubbut Lunch - ORH visit	26 Gr SHED 9-12 Lib. BUS 10.30-11.30 Susie- visiting Mental Health info & referrals	27 BNH 9-2 FIRST AID BONANG	28 Gr SHED 9-12
29	30	1 JULY BNH 9-2 Gr SHED 9-12	2 BNH 9-2 Craft Morning DELEGATE TO BOMBALA BUS	3 Gr SHED 9-12 Lib. BUS 10.30-11.30 BENDOC FARM SOIL INFO DAY	4 BNH 9-2	5 Gr SHED 9-12
6	7 VIC & NSW School Hols start	8 BNH 9-2 Gr SHED 9-12	9 BNH 9-2 Craft Morning	10 Gr SHED 9-12 Lib. BUS 10.30-11.30	11 BNH 9-2	12 Gr SHED 9-12
13	14	15 BNH 9-2 Gr SHED 9-12	16 BNH 9-2 Craft Morning DELEGATE TO BOMBALA BUS	17 Gr SHED 9-12 Lib. BUS 10.30-11.30	18 BNH 9-2 VIC & NSW School Hols Finish	19 Gr SHED 9-12
20	21	22 BNH 9-2 Gr SHED 9-12	23 BNH 9-2 Craft Morning	24 Gr SHED 9-12 Lib. BUS 10.30-11.30	25 BNH 9-2	26 Gr SHED 9-12
27	28	29 BNH 9-2 Gr SHED 9-12	30 BNH 9-2 Craft Morning DELEGATE TO BOMBALA BUS	31 Gr SHED 9-12 Lib. BUS 10.30-11.30 Susie- visiting Mental Health info & referrals	1 AUGUST BNH 9-2	2 Gr SHED 9-12
3	4	5 BNH 9-2 Gr SHED 9-12	6 BNH 9-2 Craft Morning	7 Gr SHED 9-12 Lib. BUS 10.30-11.30	8 BNH 9-2	9 Gr SHED 9-12

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