

Bendoc Wheel

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



Thanks to the hesitant sun finally peeking its way in, we now know where that pot of gold is...



BENDOC NEIGHBOURHOOD HOUSE

**TUES WED FRI
9.00-2.00**

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

**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

Bendoc -
Telehealth & Ph
Goongerah
Tubbut
Wellness spaces
Ring Birgit
0456167011

POST OFFICE

MON-FRI 12-5
BENDOC PUB

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



0403196528

Contact Jim for info

Beautiful Mya & her award winning outfit



A rip roaring event on
August 2nd had the
Bendoc Hall boards
shaking, music pulsing,
heaters blazing &
food aplenty.

Gorgeous girls & Glamour gowns



Errinundra to Snowy Wellness Spaces

Nurse Visits Tele health & phone consultations available

Every second Tuesday - Goongerah

Every second Wednesday - Tubbut

Visits monthly - Bendoc

Book an appointment

on Birgit's mobile 0456 167 011

or Orbost Regional Health (03) 5154 6777

A Physiotherapist & Nurse will be in Bendoc Thursday 21st August - For appointments ring Orbost Regional Health (03)51546777

Errinundra to Snowy clients do not need to pay a gap to see a GP from Orbost Medical Clinic. Any services funded through the program are free. The Gap fee will be charged to the E2S program.

Susie Bady from Mental Health & Wellbeing Local will also be here on the 21st You can drop in for a chat or book a private consultation on 0476112665



Birgit trained as a Registered Nurse in the mid-1990s & has qualifications in Nutrition and a variety of alternative health treatments. She worked in a variety of hospital wards, including the Emergency Department, has specialized in Mental Health and has added that type of nursing to her general nursing experience. Her

nursing experience is predominantly in community settings rather than hospitals.

Between 2014 and 2021 Birgit Schaedler has worked in East Gippsland as a Nurse, Mental Health Nurse and Program Coordinator for the East Gippsland Mental Health Initiative. During this time, she provided outreach home visits to the Errinundra to Snowy region, organised events and a post bushfire documentary for and with community members, amongst other things.

Since Birgit's recovery from a long illness she is now back serving our communities again.

Good to know

As Birgit provides home visits for community members who cannot attend the Wellbeing spaces, she asks you to schedule an appointment rather than dropping in without a booking.

We are working on an Online Booking Calendar.

How else can we help you?

Please also let Birgit know which health services you would like to access via the Wellbeing Space either by calling 0456 167 011 or sending an email to birgit.schaedler@orh.com.au

Susie, from the Mental Health and

Wellbeing Local, will be visiting the

Bendoc Neighbourhood House on the third Thursday of every month.

She is coming to connect anyone who's interested in 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 or ring to talk to Susie privately on how Wellbeing Local can help.

Feel free to pop in & say hi to Susie on these Thursdays & welcome her to the Bendoc community.

ARE YOU INTERESTED IN SUPPORTING HEALTH & WELLBEING IN OUR REGION ?

WE ARE LOOKING FOR INTERESTED PEOPLE TO JOIN THE ERRINUNDRA TO
SNOWY GOVERNANCE COMMITTEE.

ZOOM MEETINGS ARE HELD MONTHLY (SOMETIMES BI MONTHLY) . YOU CAN ACCESS MEETINGS AT
HOME OR FROM BENDOC & TUBBUT NEIGHBOURHOOD HOUSES.

CONTACT THE NEIGHBOURHOOD HOUSES FOR MORE INFO.

SAVE THIS VERY IMPORTANT DATE

Sat 8th November

For a

Magnificent Event in Bendoc

MORE DETAILS VERY SOON

Start preparing your Market Goods &
honing your wood chopping skills

COFFEE LOVERS

& Hot Chocolate!

Join us FOR A REAL COFFEE

MORNING &

& Hot Chocolate



BRING YOUR FAVOURITE
TO SHARE

Wednesday SEPT 17th

**COMING
SEPT 2025**

Community Bushfire Training
Learn - Share - Survive

- Basic fire behaviour
- Stay or go?
- Smoke exposure
- Fire safety
- Fire extinguisher use
- Basic bushfire control
- How to start pumps
- Using water & hoses
- Sprinklers
- Take shelter in building
- Vehicle fire over run
- Locate a safer place
- Communicate
- Support fire agencies
- General preparedness
- Aircraft awareness

Training delivered by: **Lat n Long Aust**

Delivery Partners:

- Rural Fire Service
- Fire & Rescue NSW
- Forestry Corporation NSW
- Eden Community Access Centre

Locations include:
BOMBALA
EDEN

Early Booking and
event information
02 64584003 or srilc@bigpond.com

Snowy River
Interstate
Landcare
Committee

This project is supported by the
NSW Reconstruction Authority
through the Spontaneous
Volunteers Program

Mark Chaplin from the Snowy River Interstate Landcare Committee has organised Fire Preparedness Workshops in Bombala.

He would like to know if there is interest in our communities as well.

We would have this at the Bonang Hall if we get enough participants.

Emergency Response Team from the East Gippsland Shire and Errinundra to Snowy Wellbeing Spaces would support this program along with the Tubbut and Bendoc Neighbourhood Houses.

Please have a read of the Flyer and let your Neighbourhood House Coordinators know if you would be willing to attend.

We need a minimum of 15 persons

Please call

Lisa or Sue (Tubbut) 0482855670

Diane (Bendoc) (02) 64581 531

Please register your attendance and give your preference of month/day of month as soon as possible.



News from Bendoc Brigade

Hello all, last week Jonno, Group Officer & David, Bendoc Captain, joined Tony, Goongerah Captain in Lake Entrance for a weekend of CFA networking, workshops & learning more about their roles and responsibilities.

Using a simulator table the group was able to study a 3D image of different bushfire emergency scenarios & examine potential dangers. There being only 2 of these machines in the state, this was a great opportunity for our local fire fighters and well worth the trip.

If you are interested in becoming a CFA member or just looking for information Ring Lyn Button - 0488719233

Don't forget Mt Delegate group training day on 28th Sept.

Emergency (000) VicEmergency Hotline 1800 226 226
CFA Headquarters (03) 9262 8444

The season for gathering firewood in East Gippsland is from
1st September – 30th November




Bendoc Ball Snaps
2nd August
Bev Stokes & Gary Stephenson
& 'MOJO'

Our Host Jono



Delegate Hospital Auxiliary
Casserole Luncheon
Wednesday 3rd September
11.30am for 12.00pm start
\$25 per head
(2 courses)

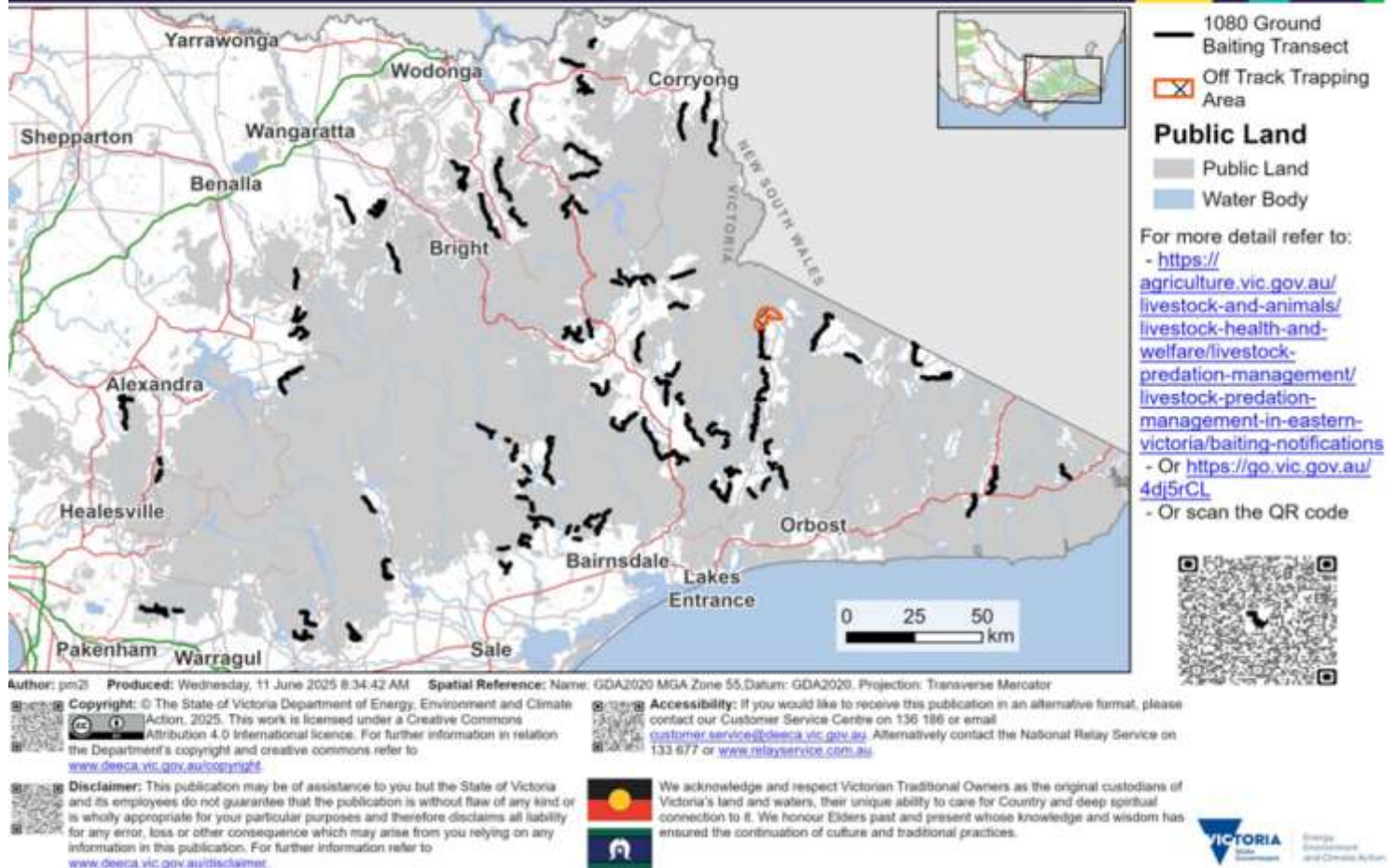


DELEGATE COUNTRY CLUB
Come and support the Auxiliary raise
funds for Delegate MPS
Door Prize and Raffle on the day
Please ring to book:
Claire 0458428475
To assist catering, bookings are preferred

Made with PosterMyWall.com

DEECA Vertebrate Species Management Program - 1080 Pest Animal Baiting

Ground Baiting: From 1 July 2025 to 1 January 2026



\$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT YOUR LOCAL PARTICIPATING NEIGHBOURHOOD HOUSE FOR ASSISTANCE

FIND OUT MORE: NHVIC.ORG.AU/PSB

Neighbourhood Houses Victoria

VICTORIA State Government

Power Rebates are available from the 25th August. You can apply yourself online or come into Bendoc Neighbourhood House & we can sort it for you.

02 64581531
 Bendocpa@bigpond.com
 It's best to contact us first to ensure we all have what we need.

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 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 In-
take Team on ph. 1800 999 880

Community Nurse Visits Victorian
Clients every fortnight. For referral
or information ring ORBOST Re-
gional Health (03) 51546666 or
Delegate Community Health Nurse
on (02) 64598000



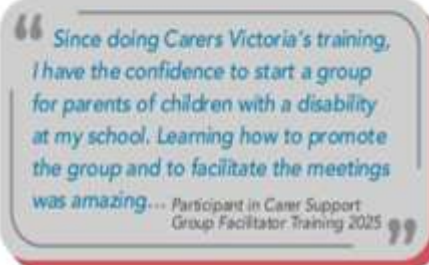
Carer Support Group Facilitator Training Online Program



FREE training for unpaid/volunteer Facilitators of Carer Support Groups

- Do you want to establish a group or have you done so recently?
- Do you organise, facilitate or participate in a volunteer-lead committee responsible for a Carer Support Group?
- Or has your group been established for some time and you would like help with running it?

If you answered yes to any of these questions, Carers Victoria's Carer Support Group Facilitator Training is for you. We will equip you with the knowledge and skills you need to perform your role more effectively.



After completing this introductory program, you will better understand:

- what is required to establish a carer support group, including enabling group decision making, documenting your group purpose, attracting new members, and planning a program of events
- skills and qualities required of a group facilitator, including working with different kinds of group dynamics, practicing active listening, conflict resolution and planning for your group's future.

Course Details

A two-part online program by Carers Victoria.

Session 1

Tuesday 2 September 2025 - 10am - 12.30pm

Session 2

Tuesday 9 September 2025 - 10am - 12.30pm

Location

Online via Zoom. Link will be provided upon registration.

To register

click: [Eventbrite Link](#)

email: education@carersvictoria.org.au

call: 1800 514 845

Please note

Participants register for both sessions at the same time and both sessions must be attended to complete the program.

This training is for community members who are volunteers only. If you facilitate a carer or peer group as part of your paid employment, and would like to participate in Facilitator Training or our Facilitator Network, please contact our Sector Engagement Team directly.

A BIT ABOUT WILD DOGS & DINGOES - In East Gippsland, Victoria, dingoes are currently subject to a "dingo unprotection order" allowing for lethal control on private land and within a 3km buffer zone of public land to protect livestock. This order is in effect until January 1, 2028. While dingoes are protected under the Wildlife Act, the unprotection order permits their control in specific areas to address livestock predation.

What to do when you see a dingo:

Stay Calm: Panicking can escalate the situation. Try to remain calm and assess the dingo's behaviour

Stand Tall and Face the Dingo: Make yourself appear larger and more dominant. Maintain eye contact, avoid staring directly into eyes

Back Away Slowly: Don't turn your back on the dingo. Slowly retreat while maintaining a watchful stance.

If with Others: Stand back-to-back to cover a wider area and appear more intimidating

Make Noise and Seek Help: If the dingo approaches, yell "Help!" or "Dingo away!" to alert others and discourage the animal

Create Distance: If possible, move towards a safe area like a vehicle, fenced enclosure, or building

Things to avoid:

Don't Run: Running can trigger a chase response in the dingo.

Don't Wave Your Arms: Waving can be interpreted as an invitation to play or attack.

Don't Approach or Feed the Dingo: Feeding dingoes can habituate them to humans and make them more likely to approach others, potentially leading to dangerous situations.

Don't Crouch or Squat: This makes you appear vulnerable.

Don't Play Dead: This is not an effective strategy.

This painting is an impression of a photo taken in Bendoc in 2024 (or '23?). The painting by Bonnie-Jean Whitlock is on show in Melbourne at her exhibition 'Beacons' Here is a section of her artist statement titled SPLITTING FIELDS: WINTER LAMBS, IMMISCIBILITY, DISTORTED REFLECTIONS, AND A KID'S MORAL COMPASS.

I took this photograph near my hometown of Bendoc a few days after a spring snow, through the sharp warm midday sun the air was crisp enough to hold the snow in low pockets. Days like that are the quietest, lest somebody question their impossibility.

This wild dog was killed by a local, he matched me in body weight and was disarmingly beautiful. Most likely a border collie bred with wild dogs, possibly an abandoned mutt puppy hardened by the wild. They're strung up like this in paddocks and along-side roads all around far East Gippsland and the Snowy Mountains. They serve as a warning to people that they're around, best they keep their kids and animals inside at dusk and dawn, also in the hope that the public crucifixion will ward off other dogs coming into the area. They're trophies too.

On the school bus we'd see fences of them stretching on for ages. Their carcasses in various stages of decay sparked debates about cruelty and morality in agricultural practices and the wider world. Conversations that made my head whirl as a little girl, as I tried to grapple with the prospect of violence being a byproduct of good intention: that evils don't always stem from malice. There are many things that aren't straightforward in the slaughter of harmful or introduced species, especially those as dangerous as a hungry wolf, and as beautiful as a best friend.



The Forge Theatre presents



The Gruffalo's Child

Wednesday 3 September 6.00pm

If you loved *The Gruffalo*, don't miss the sequel, which returns following previous sellout Australian tours – now in a new West End production! Join the Gruffalo's Child on her adventurous mission in this magical musical adaptation of the much-loved picture book.

One wild and windy night the Gruffalo's Child ignores her father's warnings about the Big Bad Mouse and tiptoes out into the deep dark wood. After all, the Big Bad Mouse doesn't really exist... does he?

The team behind *The Gruffalo*, *Room on the Broom* and *The 13-, 26-, 52-, 78 and 91-Storey Treehouses* return with *The Gruffalo's Child*, bringing together physical theatre, music and puppetry to deliver songs, laughs and scary fun for children aged 3 and up, and their adults...

Rates Roadshow

We know that rates can be confusing, and you might have questions about how the rates are calculated, your valuations, or if you are receiving all your entitlements (rebates or exemptions). That's why our friendly rates team is hitting the road – to answer your questions, listen to your concerns, and help make sense of it all.

Come meet with our friendly rates team

- **Bemm River Mobile Library stop**
22 October, 2.00 pm – 3.00 pm
- **Benambra Neighbourhood House**
15 October, 12.00 pm – 3.00 pm
- **Bendoc Mobile Library stop**
25 September, 10.30 am – 11.30 am
- **Bonang Mobile Library stop**
25 September, 12.30 pm – 1.30 pm
- **Buchan Mobile Library stop**
16 September, 10.30 am – 12.30 pm
- **Cann River Community Centre**
21 October, 2.30 pm – 5.00 pm
- **Cann River Mobile Library stop**
22 October, 11.00 am – 12.00 pm
- **Ensay Mobile Library stop**
8 October, 10.30 am – 12.00 pm
- **Gelantipy Mobile Library stop**
16 September, 9.00 am – 9.45 am
- **Goongerah Mobile Library stop**
25 September, 2.45 pm – 3.45 pm
- **Lakes Entrance Service Centre**
2 October, 8.30 am – 4.00 pm
- **Mallacoota Service Centre**
21 October, 10.30 am – 1.00 pm
- **Marlo Mobile Library stop**
29 September, 3.00 pm – 4.00 pm
- **Noorinbee Mobile Library stop**
22 October, 9.30 am – 10.30 am
- **Nowa Nowa Mobile Library stop**
29 September, 11.30 am – 12.30 pm
- **Omeo Service Centre**
14 October, 10.00 am – 5.00 pm
15 October, 9.00 am – 11.00 am
- **Orbost Service Centre**
24 September, 9.00 am – 5.00 pm
- **Swifts Creek Mobile Library stop**
8 October, 1.30 pm – 3.00 pm
- **Wairewa Mobile Library stop**
29 September, 10.00 am – 11.00 am

We are here to help. If you cannot make it to one of these sessions you can call our office and speak with one of our customer service staff or rates team members during normal business hours on (03) 5153 9500.

For more information on our support options, please contact us or visit our website.

(03) 5153 9500

eastgippsland.vic.gov.au

EastGippyShire

PO Box 1618, Bairnsdale 3875



THE EXOTIC LIVES OF LOLA MONTEZ

FRIDAY 5 SEPTEMBER 7.30PM

Finnegan & Smith bring you the wild, true-ish adventures of history's craziest showgirl, Lola Montez! In 1855, she horsewhipped critics and swung down mine shafts with champagne. Join us for a night of epic stories, dazzling dives, and jaw-dropping burlesque, starring triple Best Actress winner Miss Caroline Leo, and burlesque queen Maple Rose.

Don't miss out: Friday, September 5th at 7:30pm!

Tickets are flying fast, so get yours now

Adults only, may contain nudity.

Contact us!

Phone: 03 5152 482

Our mailing address

is: boxoffice@egipps.vic.gov.au



Department of Energy, Environment and Climate Action

Date: 24 June 2025

To the Landholder or Occupier,

NOTIFICATION OF 1080 PEST ANIMAL BAITING PROGRAM

The Department of Energy, Environment, and Climate Action (DEECA) will be undertaking a 1080 pest animal poisoning program using buried baits and canid pest ejectors on public land to manage predation on livestock.

Baiting will occur from the 1 July 2025 to the 1 January 2026.

See attached map for an overview of where baiting will occur and for more detail refer to:

- <https://agriculture.vic.gov.au/livestock-and-animals/livestock-health-and-welfare/livestock-predation-management/livestock-predation-management-in-eastern-victoria/baiting-notifications> or <https://go.vic.gov.au/4dj5rCL>
- Alternatively scan the QR code with a device



The use of the 1080 pest animal bait product will follow the product label and the Directions for the Use of 1080 and PAPP Pest Animal Bait Products in Victoria (DFU). When used following the product label and the DFU the chances of non-target animal impacts are reduced but there is still some risk.

Risk to your Animals

To minimise the risk of poisoning to your animals you are advised:

1. Domestic animals, particularly dogs and cats, are susceptible to primary poisoning from ingesting 1080 pest animal bait products and secondary poisoning from ingesting contaminated carcasses.
 - a. Confine, muzzle and/or restrain your domestic animals, particularly dogs and cats, to prevent them from accessing 1080 pest animal poison baits or carcasses.
 - b. Closely watch the health and behaviour of your companion animals or livestock. If you notice any unusual or uncharacteristic behaviour, contact your local veterinarian at once.
2. There is a delay in the poison action of 1080 and animals that have ingested 1080 pest animal bait products may die on your property.
 - a. Collect and destroy any poisoned carcasses you find by burning (following local regulations) or burying to a depth of at least 50 cm for rabbits and at least 1 metre for foxes, wild dogs and feral pigs.
 - b. Always dispose of carcasses away from natural features such as waterways.

Risk to Humans

Compound 1080 (sodium fluoroacetate) is a restricted schedule 7 poison and there is no known antidote. If you are handling poison bait and/or carcasses always use protective rubber gloves and wash hands and gloves thoroughly after contact.

If poisoning occurs immediately contact a doctor or the Poisons Information Centre on 13 11 26.

For further information please contact:

Gippsland Region

Wayne Peters
Gippsland Operations Manager
Vertebrate Species Management Program
Telephone: 0429 401 217

Hume Region

Craig Hamilton
Hume Operations Manager
Vertebrate Species Management Program
Telephone: 0429 969 413

Any personal information about you or a third party in your correspondence will be protected under the provisions of the Privacy and Data Protection Act 2014. It will only be used or disclosed to appropriate Ministerial, Statutory Authority, or departmental staff in regard to the purpose for which it was provided, unless required or authorized by law. Enquiries about access to information about you held by the Department should be directed to foi.unh@dece.vic.gov.au or FOI Unit, Department of Energy, Environment and Climate Action, PO Box 500, East Melbourne, Victoria 3002



Crustless quiche**Ingredients**

120 g chopped Ham
 4 Eggs
 1 finely chopped onion
 1 1/2 cup grated cheese
 1 1/2 cup milk
 1/3 cup white or wholemeal flour
 Sprinkling parsley, shallots,
 salt & pepper

Instructions

Preheat oven to 200°C & grease a pie dish.
 Combine ham, onion, cheese, flour, parsley & shallots in a bowl. Season with salt and pepper. Scatter over base of dish.
 Whisk eggs and milk together in a large jug and pour over ham mixture. Cook for about 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold.

***Simple & indulgent
Vanilla Crème Brulee*****Ingredients**

300ml pouring cream
 250ml (1 cup) milk
 1 vanilla bean, split or vanilla essence
 5 egg yolks
 70g (1/3 cup) caster sugar

Instructions

Preheat oven to 150c
 Bring cream, milk and vanilla bean almost to the boil in a saucepan over medium heat
 Remove the vanilla bean. Scrape the seeds from the bean into the cream mixture.
 Discard the bean or use a couple drops pure essence
 Meanwhile, whisk the egg yolks and caster sugar in a heatproof bowl until well combined.

Whisk the cream mixture into the egg mixture. Strain into a jug. Divide among four 185ml ovenproof ramekins.

Place ramekins in a roasting pan. Add boiling water to reach halfway up the sides. Bake for 35 minutes or until just set

Cool slightly. Cover. Place in fridge for 4 hours, until set. Sprinkle sugar over custards. Caramelize with a kitchen blowtorch.

If you don't have a blow torch use the grill



Recent research has taught us much about the natural structure & workings of our soil, how we can make more use of our natural world and minimise chemical interference in our food.



If you love compost you'll love Mycelium

MYCELIUM is the vegetative, web-like, root-like structure of a fungus composed of a network of tiny, branching filaments called hyphae, and is the main body of the fungus, with mushrooms being its reproductive "fruit".

You can spot mycelium in the garden, compost & rotten wood and may have wondered what it is.

Similar to plant roots, mycelium absorbs nutrients by penetrating food sources and secreting enzymes that break down complex organic materials into simpler molecules.

MYCELIUM IS ESSENTIAL FOR DECOMPOSING ORGANIC MATTER IN THE SOIL & TURNING IT INTO NUTRIENT-RICH SOIL THAT BENEFITS OTHER ORGANISMS.

It forms mycorrhizal networks that CONNECT PLANTS, FACILITATING THE TRANSFER OF WATER AND NUTRIENTS AND HELPING TREES "communicate" through the "woodwide web".

Its wonderful stuff & avoiding the disruption of mycelium forming & by allowing nature to do its work, we may find adding fertiliser completely unnecessary & even harmful.

Mycelium also plays a vital role in creating new materials for sustainable products, acting as a natural "glue" to bind agricultural waste into durable items like packaging and building materials.

Respecting the formation of Mycelium lends itself to the good old fashioned No Dig Garden.

NO DIG GARDEN

Choose a sunny spot: for your new no dig garden bed.

• **Cover the area with cardboard:** or newspaper to smother existing grass and weeds, allowing it to break down and enrich the soil. Soak the cardboard to prevent it from blowing away. Take off the sticky tape or plastic from cardboard

Apply Green Waste, lawn clippings, herbs. Avoid seeds

Apply dry organic matter: like hay, straw, some ash, very aged sawdust & generous layers of compost, aged manure

Mix in amendments: like blood and bone and lime to help the organic matter decompose.

Finish with a final layer: of compost or mulch to provide a growing medium.

Planting in August (Cold Climate)

• Plant outdoors:

Focus on cool-season vegetables that thrive in colder conditions.

○ **Winter crops:** Consider planting beetroot, parsnip, radishes, spring onions, snow peas, and asparagus.

○ **Herbs:** Plant herbs like parsley, coriander, and chives outdoors.

○ **Other greens:** Kale and other leafy greens like spinach and lettuce are also good options for year-round growth in cooler climates.

Start seeds indoors:

To get a head start, sow warm-season vegetables indoors where they can grow in a comfortable environment.

CONSIDERATIONS

Composting is essential:

Fresh manure can contain weed seeds and harmful pathogens, so it must be thoroughly composted to break these down.

Well-rotted material:

Ensure the manure is well-rotted and aged, ideally for at least a year, before using it in your garden.

Layering:

In a no-dig bed, you add layers of organic materials like woodchips, straw, and well-rotted manure on top of the existing ground.

Planting into compost:

You can plant directly into the compost or manure layer. The goal is to plant directly into the organic matter that provides nutrients and moisture for the soil life.

Mulch and micro-organisms:

The finished manure will improve the soil, feeding the worms and micro-organisms that create air and water channels in the soil beneath the mulch.

What to avoid:

Do not use fresh manure directly, and avoid using plastic or treated timber in your no-dig beds as they can leach chemicals into the soil.

Place an AD or Community Notice

Dexter Beef sides & partial sides available.

Ring or text 0429436202

wagradexters@gmail.com

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.

Looking for Agistment to rest horses in the local area
Please ring George on 0483226016

Give away large old fridge . Works fine. Pick up from the Neighbourhood house. 0429483411

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

FOR SALE at the Neighbourhood House

Home made Cards

Craft patterns & equipment for Diamond painting

Pottery bonsai & plant pots

Paper craft bits & kits

Local Honey

Odds & sods of crafty gift items

Knitted items

Report road issues Regional Roads Vic 133778



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 8458 1453 • EMAIL: BENDOCHOTEL@GMAIL.COM

WEDNESDAY	DINNER (6PM - 8PM)
Specials Night	
THURSDAY	DINNER (6PM - 8PM)
Meat Raffles	
FRIDAY	DINNER (6PM - 8PM)
Pat & Farmi - \$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
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

FUNNIES



Did you hear about the group ski trip? It went downhill fast.

Why did you decide to get rid of your vacuum? It was just collecting dust.

This is my step-ladder...I never knew my real ladder.

I'm friends with 25 letters of the alphabet...I don't know why.

How do you make holy water? You boil the hell out of it.

I used to play piano by ear, but now I use my hands

What do you call a sleeping bull? A bulldozer.

Why don't elephants use computers?

They're afraid of the mouse.

WHAT AM I????
I speak without a mouth & hear
without ears, I have no body &
come alive with the wind—find
me on this page

WHAT AM I?
The more I
take, the more I
leave behind
Find the answer

Notes to & from the Community....

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

A NOTE FOR PARK USERS
Please keep in mind the Hall/park amenities are supplied by rain water. Help us conserve & share the water.

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

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.

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.

PRICES for Ads are for business ads
community notices free

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

B & W photocopies free up to 20 A4 copies.. 20c a copy thereafter..
Colour A4 50c copy
B&W A3 50c a copy. Colour A3 \$1.00 copy.
Laminating \$2.50 A4 \$5.00 A3

IMPORTANT CONTACTS

Emergency —————000

Bendoc Police—————0264581523

Delegate Police—————0264503360

Bombala Police—————0264583444

Bendoc/Tubbut/Goongerah

Wellness Nurse—————0456167011

Health Direct—————1800 02 2222

Delegate MPS—————0264598000

Bombala MPS—————0264585777

Orbost Regional Health——0351546777

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

Tubbut Neighbourhood House—0482855670

Bendoc Neighbourhood House—0264581531

Wellbeing Local **1300 000 352**

MensLine Australia **1300 789 978**

Kids Help Line **1800 55 1800**

Beyond blue **1300 224 636**

S M T W TH F S

10	11	12 BNH 9-2 Gr SHED 9-12	13 BNH 9-2 Craft Morning	14 Gr SHED 9-12 LIB. BUS 10.30-11.30 WELLBEING WORKSHOP CANN VALLEY	15 BNH 9-2	16 Gr SHED 9-12
17	8	19 BNH 9-2 Gr SHED 9-12	20 BNH 9-2 Craft Morning	21 Gr SHED 9-12 LIB. BUS 10.30-11.30 BNH NURSE, PHYSIO MENTAL HEALTH VISITS	22 BNH 9-2	23 Gr SHED 9-12
24	25	26 BNH 9-2 Gr SHED 9-12	27 BNH 9-2 Craft Morning	28 Gr SHED 9-12 LIB. BUS 10.30-11.30	29 BNH 9-2	30 Gr SHED 9-12
31	1 SEPT	2 BNH 9-2 Gr SHED 9-12 VIC NEIGH- BOURHOOD HOUSES MEET- ING	3 BNH 9-2 Craft Morning CASSEROLE LUNCHEON	4 Gr SHED 9-12 LIB. BUS 10.30-11.30	5 BNH 9-2	6 Gr SHED 9-12
7	8	9 BNH 9-2 Gr SHED 9-12	10 BNH 9-2 Craft Morning	11 Gr SHED 9-12 LIB. BUS 10.30-11.30	12 BNH 9-2	13 Gr SHED 9-12
14	15	16 BNH 9-2 Gr SHED 9-12	17 BNH 9-2 Craft Morning COFFEE LOVERS MORNING TEA- BNH	18 Gr SHED 9-12 LIB BUS 10.30-11.30 SUSIE- WELLBEING LOCAL-MENTAL HEALTH	19 BNH 9-2	20 Gr SHED 9-12
21	22	23 BNH 9-2 Gr SHED 9-12	24 BNH 9-2 Craft Morning	25 Gr SHED 9-12 LIB BUS 10.30-11.30 COUNCIL VISIT-RATES	26 BNH 9-2	27 Gr SHED 9-12
28 CFA Group Training BENDOC SHED	29	30 BNH 9-2 Gr SHED 9-12	1 OCTOBER BNH 9-2 Craft Morning	2 Gr SHED 9-12 LIB BUS 10.30-11.30	3 BNH 9-2	4 Gr SHED 9-12

S M T W TH F S