

Bendoc Wheel

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



Well, our perfect weather is nearly upon us. Watch out for those blossom destroying frosts

Vic. Neighbourhood Houses are launching a massive campaign on the **7th October** lobbying the Govt. to keep doors open & increase funding. Visit your Vic Neighbourhood Houses & see how you can support us by sending a message to local MPs

Postcards

2025-26 ELECTION BUDGET CAMPAIGN



nhvic.org.au | info@nhvic.org.au

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

\$100 POWER SAVING BONUS
FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT YOUR LOCAL PARTICIPATING NEIGHBOURHOOD HOUSE FOR ASSISTANCE



FIND OUT MORE: NHVIC.ORG.AU/PSB




Power Rebates are now available. You can apply yourself online or come in-to Bendoc Neighbourhood House & we can sort it for you.


It's best to contact us first to ensure we all have what we need.

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

POST OFFICE
MON-FRI 12-5
BENDOC PUB

SAVE THIS VERY IMPORTANT DATE
Sat 8th November
Details inside

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



0403196528
Contact Jim for info

Errinundra to Snowy Wellbeing Spaces serving the communities of Goongerah, Tubbut & Bendoc

Community Nurse Clinic visits:

Fortnightly - Goongerah on Tuesdays 7023 Bonang Rd, Goongerah 30th/9, 14th/10
 Tubbut on Wednesdays 2584 McKillops Rd, Tubbut 1st/10, 15th/10
 Bendoc on Thursdays Dowling Street, Bendoc -pl. ring
 For Nurse appointments call Birgit on 0456 167 011

Physiotherapist visits:

Goongerah 25th/9
 Tubbut 23rd/10
 Bendoc 27th/11
 Ring Orbost Regional Health
 (03) 5154 6777

If you would like to book a time out of business hours, or if the Wellbeing Space day in your area does not suit you, the Community Nurse Care Coordinator may be able to arrange an appointment that is easier for you to attend.

SERVICES INCLUDE:

- Health education
- Health care plans
- Suture removal
- Health checks
- Pathology
- Wound care & dressings

- Telehealth appointments & support
- Help filling medical form
- My Aged Care & Home Care packages
- Hosting service providers such as GPs
- Women’s Health Nurse
- Mental health support via referral
- Help navigating health services
- Other services will be added as they become available

Susie Bady from Mental Health & Wellbeing Local

will also be visiting us regularly on Thursdays. If you would like to drop in for a chat or book a private consultation please ring Susie on **0476112665 or BNH**

Mental Health & Local wellbeing is an all encompassing mental health program offering support, info & access to specialists online, phone & in person.

At ‘The Local’ your story doesn't get lost

E2S nurse update August

We had another good month in Goongerah and Tubbut and spent an extra few days at Bendoc.

We have linked up with more services to help coordinate community interests and requests. We have completed interviews for the Liaison role and an extra Nursing role to cover Bendoc more frequently. Our Governance Group meeting for the E2S Service is in early September. We will have more news for you after this.

There will be regular updates in the Tattler and Bendoc Wheel. As those publications are covering the whole area for the Service can I please encourage everyone to read these and to spread the word. Otherwise it is very difficult to reach everyone reliably. There still seems to be some confusion around when the Nurse attends which communities. Please be advised that it is fortnightly to Goongerah Tuesday) and Tubbut (Wednesday).

We have a health theme every month – August was Stroke Awareness. If you are interested to know more and couldn't attend Tubbut or Bendoc, please come and see me on Clinic days.

In September we will share Dementia and Suicide information.

As always, thank you to those who have supported the Service so far and a warm invitation to all who haven't come in as yet. I look forward to meeting you all.

Birgit
 Mob. 0456 167 011
 email birgit.schaedler@orh.com.au

- September – Dementia awareness
- October – Mental Health awareness
- November – Mens Health awareness
- December – Skin Cancer awareness



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 THE NEIGHBOURHOOD HOUSES.

CONTACT TUBBUT 04 82855670
 OR BENDOC bendocpa@bigpond.com 02 64581531

WELCOME LACHLAN & Tama to the E2S team

Hi, my name is Lachlan. I'm a Registered Nurse with 11 years of experience primarily in Renal (Kidney) Health and Haemodialysis. I have been working across the country with adventures in the cities, rural and regional areas, and the Outback along the Stuart Highway and Kimberley region. I enjoy long drives (especially on country and remote roads), and fixing stubborn pieces of technology when they break!

I've been given the privilege of working in the Errinundra to Snowy Community Outreach program through Orbost Regional Health, to help provide health checks, routine blood pressure monitoring, and other services to the communities of Tubbut, Goongerah, and Bendoc. I will be available from mid-morning to mid-afternoon once every other Thursday with a routine to follow. Starting in Bendoc from October and Goongerah from 5th September. You will find me at the Neighbourhood House Wellbeing Spaces

MEET YOUR NEW SERVICE LIAISON WORKER



Hello, my name is Tama and I'm very excited to be joining the communities of Bonang, Bendoc, Goongerah and Tubbut as your new Service Liaison Outreach Worker. My role is to help connect you with visiting health and community services, making it easier to know what's available and when providers are in the area.

I have lived in Goongerah since 1998, with a couple of breaks away for the kids to attend high school. I have a background in breeding horses and mini goats, youth work, community services and equine assisted therapeutic services and I'm passionate about supporting small, remote communities. I look forward to meeting you, hearing about your priorities, and working alongside you to make sure services are accessible and useful for everyone.



SAVE THIS VERY IMPORTANT DATE!!

Sat 8th November

A DAY IN BENDOC

Start preparing ...
 hone your wood chopping skills
 gather your Market Goods
 & create a hat

Lucky Dip – Kids Spot – Home Made Goods – Market Stalls - Balloons - Live Music - Food – Beverages

Food & Beverages – Great Scenery

PLUS
WOOD CHOPPING COMP.
 CONTACT BENDOC PUB

BOOK A STALL
 contact BNH bendocp@bigpond.com

& \u201cWhat a Great Hat!!\u201d Comp

Far East AMALGAM Exhibition – A Celebration of Far East Gippsland Artists

Orbost Arts Centre |
 3rd – 28th October
 Opening Night: Friday, 3rd October at 6:00 PM
 Doors open at 5:30 PM

The Orbost Arts Centre proudly presents Far East Amalgam, an eclectic and vibrant exhibition showcasing the diverse talents of seven artists from the far eastern corners of Gippsland. Running from 1st Oct to 28th Oct

The exhibition brings together a rich blend of styles, perspectives, and stories from artists rooted in small communities such as Bonang, Goongerah, Tamboon, Lakes Entrance and W Tree.

Join us for the Opening Night on Friday, 3rd October at 6:00 PM, where guests will enjoy the Arts Centre’s signature spread of dips, cheeses, and locally sourced wines and beers in a warm and welcoming atmosphere.

Featured Artists:

Jamie Antonio – Quirky, cartoon-style portraits of local personalities that capture character and humour. Jamie will also be offering custom portraits during the exhibition.

Leanne Edwards – Showcasing a stunning fusion of Indigenous paintings, prints, and hand-crafted woodwork reflecting deep cultural heritage.

Greg Tantrum – Detailed sketches of iconic local landmarks, including the beloved Slab Hut.

Josh Willoughby – Unique stencil artworks inspired by the diverse flora of East Gippsland.

Elfie Schieran – Vivid depictions of local wildlife, including colorful cockatoos and owls, nestled in ancient forest trees.

Kathryn McDonald – Serene and evocative farm and landscape scenes capturing the natural beauty of East Gippsland’s foothills.

Scotty Bayliss – Intricate pencil illustrations exploring animal anatomy, botanical subjects, and the fine details of the natural world.

Don’t Miss It Opening Night: Friday 3rd October | 6:00 PM



delegate heritage Weekend

Friday October 24

Openings of Exhibitions at both the Bundian Way and Borderline Galleries.

Join us for nibbles and chats with the artists from 6pm.-free

Saturday 25 October From 10 am Early Settlers Hut damper and billy tea and talks \$8

Borderline and Bundian Way Galleries open – free

Delegate School of Arts open with displays and history videos playing -free

Bill Jeffreys Park Market Stalls, planting out of Indigenous garden bed, information stand for the new Delegate Archery Club complete with a great display, demonstrations and talks from “Kingbrown” champion of camp oven cooking, bush poet and story teller. “KingBrown will have a display of his ovens which he has collected over many, many years. He learnt the craft of Camp Oven cooking whilst cooking for the bush camps west of Bourke learning from the last of a now long gone generation of Shearers and Drovers cooks.

Lunch cooked by local community group will be available from noon.

From 2.30 at Old Delegate Post Office essential oil distillations, weaving and felting

From 6pm dinner at the Country Club

Sunday 26 October 10.30 Replacement of Border plaque at Delegate River

11.30 Delegate School of Arts morning tea \$8, launch of new history videos Murray Vander Veer will be on hand to discuss, displays/demonstrations, lunch \$15

Delegate Progress Association are seeking market stall holders for Saturday, if you would like to have a stall please **call 64588388**.



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 this 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 Well-being 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

Neighbourhood Houses (Tubbut) 0482855670

(Bendoc) (02) 64581 531

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



Bendoc Brigade Hello — A reminder out there
 Mt Delegate group training day at the Bendoc Shed
on 28th Sept.

Interested in becoming a CFA member ? or just looking for information?
 Ring Lyn Button - 0488719233

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



Energy,
 Environment
 and Climate Action

Media Release

Monday 15 September 2025 | Media contact: Jorge Restrepo 0436 601 416

Slithering into snake season

As temperatures rise, snakes become more active, emerging from a period of reduced activity to seek food and mates. While they may be more visible, snakes generally pose little danger to people when left alone.

Lachlan Clarke, Manager Statewide Wildlife Advisory Services at the Department of Energy, Environment and Climate Action (DEECA) said: "Most snake bites occur when people try to capture or kill them."

"The most effective way to stay safe is to simply leave them alone. This includes keeping pets on leads in areas where snakes are known to occur," he said.

Remember:

- Keep your yard tidy, clear away clutter like timber piles and rocks.
- Supervise pets, keep dogs on a lead and watch pets closely in high-risk areas. If you suspect a bite, seek immediate veterinary care.
- Dress for the occasion, when out walking, wear long pants and proper shoes.
- Don't try to catch or harm a snake. Call a licensed snake catcher instead.
- In the case of a bite, call 000 immediately.

Snakes are protected under the *Wildlife Act 1975*, and capturing, harming, or killing them is illegal.

You can report wildlife crime to Crime Stoppers Victoria on 1800 333 000.

For more information contact DEECA on 136 186.

For essential snake bite first aid information, visit www.stjohnvic.com.au/news/snake-bite-first-aid-tips/

FIRST AID FOR SNAKE BITES Keep calm, and follow these steps:

- Get the person away from the snake.
- Call triple zero (000) and ask for an ambulance (if calling triple zero does not work on your mobile phone, try calling 112).
- Keep the person who has been bitten still and help them to stay calm.
- Apply a pressure bandage
- Start CPR if the person is unresponsive or not breathing normally.
- Stay with the person until the ambulance arrives.

PRESSURE BANDAGE

First, put a roller bandage (10cm to 15cm wide) over the bite.
 Next, use a second roller bandage on the arm or leg. Start just above the fingers or toes of the bitten limb and move up the body.

The bandage should be tight — you should not be able to easily slide a finger between the bandage and the skin.



The Women's Health Mobile Clinic is coming to Orbest



Delegate Multi-Purpose Service
 11 Craigie St, Delegate
 O2 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 Intake Team on ph. 1800 999 880

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

HOW TO BOOK
 If you'd like both a women's health appointment and a breast screen, make sure to book each one separately.

Book a 45-minute Women's Health Appointment:
 Scan the QR code, call 03 9075 0050 or visit breastscreen.org.au/ where to book a free appointment with a women's health GP.

Due for a breast screen?
 Women aged 50 to 74 are eligible for a free 10-minute breast screen every 2 years. Scan the QR code or call 13 29 50 to book.

Free and confidential appointments with a women's health nurse, here to support you with any of the services listed below.

When: 12 November to 5 December 2025
Where: Lind Lane Arcade, Lind Lane, the Wolseley car park, Orbest, VIC 3888
Available to: women of ALL ages, including teenagers
Duration: 45-Minute appointments

The nurse can support you with:

- Cervical and bowel screening
- Contraception (IUDs & Implants)
- STI testing and treatment
- Pregnancy options
- Menopause and bladder health
- Pelvic pain and irregular bleeding
- Any other women's health concerns

Are you a woman aged 50+ living in rural or remote Australia?

Women wanted for confidential research

If you have been in your current relationship for 15 years or more, and your partner has ever made you feel afraid, unsafe or tried to control you, we would like to hear about your relationship experiences.

To express interest or for more information, please complete the survey via QR code or website link below, or contact Fiona at the University of Melbourne on 03 8344 4992 or womens-health@unimelb.edu.au

You will receive a \$40 voucher as a token of appreciation. Your information may help to improve services for rural women.

https://q-surveys.unimelb.edu.au/ffo/form/SV_d7ug0W9K96cH9qK

This project has ethics approval from the University of Melbourne: Project ID 32006



As part of the **Victorian Seniors Festival 2025, NEX** and **East Gippsland Shire Council** are hosting a series of informative workshops on Succession Planning. These sessions are designed to give attendees **clarity & confidence** to approach the important & often difficult topic of succession.

Learn why succession planning matters, what options there are and how to start the process. Bookings essential, register at <https://forms.office.com/r/daf10iQyKv> or phone 1300 045 747

7 October 1:30pm - 3:30pm Service Ctr/Library 53 Barkwaddie Peynesville	9 October 12:00pm - 2:00pm Genoa Community Hall Princes Highway Genoa	14 October 10:00am - 12:00pm Roughwood Hotel Hwy 8 Centre Rd Buchan	15 October 2:30pm - 4:30pm Richman Hotel 626 Princes Hwy Twin Rivers	21 October 10:00am - 12:00pm Café 342 Bayswater Rd Bairnsdale	22 October 10:30am - 12:30pm Service Ctr/Library 11 Busby St Orbost	28 October 4:00pm - 5:00pm Fresh Air Cafe 190 Day Ave Omeo
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Victorian Seniors Festival 2025

WOOD INC.
WOODWORKERS OF ORBOST AND DISTRICT

Wood Inc. is an incorporated organisation based in Orbost, originally established in 1994 with the aim of teaching and sharing woodworking skills with the community. We operate from our workshop at the Nowmerrald Showground Reserve, near Orbost.

This year, Wood Inc. will be offering woodworking classes for the community. These classes will vary in length—from one day to a full week—and will be taught by visiting experts in the field. Costs will be kept low to encourage participation.

Our first course for 2025 will be An Introduction to Wood Turning.

Other courses include:

- An introduction to Wood Turning
- An introduction to basic wood working
- An introduction to cabinet and furniture making
- Making your own table

More information will be available soon.

For all inquiries
CONTACT US ON
0455 905 455
woodinccontact@gmail.com

Just a few snippets from AGRIN-EWS Newsletter

[One-on-one farm advisory service](#)

All farmers, anywhere in Victoria, can register for a free consultation with a farm management specialist.

For more information about drought support: www.agriculture.vic.gov.au/drought or call 136 186.

[Spring Field Day](#)

23 October

Gippsland Agriculture Group Spring Day will be on the 23 October at the Gippsland Agriculture Centre Bairnsdale Aerodrome.

[Detox Your Farm/Home](#)

25 October

[Grow your tourism business – free ATDW info session](#)

29 October

[Just a Farmer - Community screening Orbst](#)

31 October

Just a Farmer movie event is coming to Orbst.

Friday 31 October at 6.00pm

Join in for this free community event at the Snowy Rovers Football and Netball Club Social rooms, Lochiel Street.

[Where to find more updates](#)

There are many more programs and projects being delivered in the region, contact your local agencies, production group or ag business to find out more.

This is compiled by Council for general information only.

If a friend or a neighbour would like to receive a copy of this newsletter, please email

Kaylene Wickham Agribusiness Development Officer East Gippsland Shire Council at kaylenewi@egipps.vic.gov.au or call 5153 9450 or register online at [Agrinews Newsletter](#).

✦ SCHOOL HOLIDAY FUN! ✦

Two magical, silly, unforgettable shows for the whole family.



THE VELVETEEN RABBIT

Tuesday 30 September — 11.00am & 6.00pm

Bring your favourite cuddly toy to the theatre — they'll get VIP treatment!
Born in a Taxi reimagines this classic tale with live music, projections, toys in charge, and heaps of audience fun.

A beautiful mix of laughter, magic and heart.



POLITE MAMMALS

Friday 3 October — 11.00am

Saturday 4 October — 6.00pm

[Use the **second image** (cast in wild animal costumes on purple background) here, nice and bold]

20+ animal-inspired characters in under an hour!
Expect farting skunks, dancing mantises, Frankenstein cockroaches and a diva Bin Chicken — all in a drag-meets-Play School spectacle.

Pure, silly, sparkly chaos for kids and families.

Book Now!

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



International Superstar HANS is turning 21!
Join the celebration on Saturday, November 1st
Don't miss out on the party of the year!



International cabaret sensation Hans is turning 21, and you're invited to the celebration of the decade! After decades of global fame, the Berlin-born star is finally revealing (almost) all in this highly anticipated coming-of-age cabaret show. *Hans: Young, Fun and 21*, touring nationally in 2025.

Widely adored for his glamorous performances and cheeky humour, Hans has kept much of his personal life under wraps... until now. In *Young, Fun and 21*, the international superstar opens up to audiences in an unforgettable birthday party celebration joined by his dynamic live band, *The Ungrateful Bastards*, the fabulous dancers, *The Lucky Sitches*. As well as a few other surprises that are sure to keep you on your toes.

Contact us!
Phone: 03 5152 482
Our mailing address

Readers contributions

Sharing pictures of our treasured treasurer, Sharon, & family's recent adventure along the Canning Stock route in WA. It's the worlds longest historic stock route & is dotted with hand dug wells



Well 44



Some photos of the Canning Stock Route part of our trip.

Starting from the north, well 49 is a restored well with good water. The sand dunes between well 44 and 43 of the route where particularly difficult to get over. Brendon Hills were quite outstanding the way they just jutted out of the desert. Much of the track is corrugated and you can only go about 10km an hour. We travelled approx. 80km to 180km a day and it took us 14 days to do the whole 1780km. Stretch lagoon was a camp site the first night on the Canning and was the only campsite with water. Well 44 is an example of the condition of most of the wells that are mostly unusable. Many have completely disappeared except for the old troughs and some bits of metal.

Well2a is the road condition on the last day after a night of rain. This made for a very interesting last day on the track. Sharon



Well 49

A CHANGE OF PACE - Did you know this?

1912- Bega Budget Yowie Article

Bombala's Hairy Man.

The following description of the "hairy man" recently seen near Bombala is taken from the "Times": There's been a deal of talk this week in Bombala, Cathcart, and Bibbenluke about the discovery of a "hairy man." Mr. George Summerell, of Thoko (Holt's Flat), states that last Sunday he was mustering cattle in the vicinity of Creewah Station, when he suddenly came upon a most peculiar-looking object drinking at a waterhole. Summerell's horse exhibited signs of great fear, but his rider urged him towards the waterhole, and he was able to get a good look at the strange creature. Mr. Summerell says it was like a huge ape, standing about 5 feet high and covered with long grey hair. It had, apparently, but four toes on each foot, and arms dangling below the knees. It appeared to have a low receding forehead and little or no chin, and, emitting a growling sound, disappeared in the bush. Mr. Summerell informed Mr. Sydney Jephcott (owner

of Creewah Station) of what he had seen, and the latter proceeded to the waterhole, where distinct tracks were seen. These tracks measured 14 inches in length by 6 inches in width. Mr. Jephcott, who was much interested, at once 'phoned in to Mr. Sage here to forward a quantity of plaster of Paris, with which to take an imprint of the tracks. From Mr. Summerell's description, Mr. Jephcott is certain that the animal in an ourang outang.



3:52

1872 - Monaro Mercury

The Monaro Mercury and Cooma and Bombala Advertiser.
September 21st, 1872

ANOTHER MYSTERY - For the past eight or nine days (says the Braidwood Monitor) and animal has made its appearance at a place known as the Giants' Cave, at the Pound Creek, which has caused nearly as much excitement as the much talked about but seldom seen, Bunip.

Some of the person who have seen it pronounce it to be a monstrous Wombat, others say it is a native bear, while others again say it is a Gorilla.

However, whatever it is, none have been able to get within reach to have a cut at it with a stick or shot from a gun.

It is to seen generally of an evening sitting on one of the rocks in which this place abounds, and upon the approach of any individual makes a chattering noise and immediately disappears amongst the rocks or into a hole, while these who have been in pursuit cannot find his secreting abode.

Last evening there were many lads and others who were on the look-out for it with the hope of a capture - dead or alive.

yowiehunters.com.au

Regards,
One time visitor & interested Yowie reader, CJL

Garden Hints For Early Spring

Get these vegetables seeds going in early spring, beans, carrots, lettuce, beetroot, radishes, and zucchini.

- **Beans:** French and climbing beans are good options for this time of year.
- **Root Vegetables:** Carrots, beetroot, and parsnips can be sown now.
- **Greens & Lettuce:** Lettuce, spinach, and other salad greens thrive in cooler weather and can be planted.
- **Herbs:** Basil and parsley are excellent choices.

Warmer-Season Vegetables: for an early start in a hot house, consider planting capsicum, cucumber, eggplant, and tomatoes.

FEED FRUIT TREES

with a slow-release, **balanced NPK fertiliser**, a **seaweed-based liquid fertilizer**, or a blend of **compost and aged manure** to promote healthy growth and prepare for the upcoming fruiting season. For mature trees, use a controlled-release fertiliser specifically for fruit and citrus, applying it around the drip line and watering it in. Young trees benefit from an organic fertiliser mixed with compost and mulch to build soil health and support root development.

- **Controlled-Release Fertiliser:** Look for controlled-release fertiliser designed for fruit and citrus trees, with an NPK ratio of around 14-5-22.

Liquid Fertiliser: A **seaweed-based liquid fertilizer** or **Seasol** can be applied as frequently as every two weeks and helps strengthen the plant against diverse weather conditions.

- **Compost and Manure:** Well-aged compost or manure is excellent for young trees and helps improve soil biology. **Potash:** This nutrient is beneficial for supporting strong blooms and high fruit yields, particularly for stone fruit and apple trees.

Dolomite Lime: Adding a soluble form of calcium via dolomite can help build strong fruit stems, reducing fruit drop.

HOW TO APPLY:

- **Mature Trees:** Apply a controlled-release granular fertiliser to the soil surface around the tree's drip line, then water it in thoroughly.
- **Young Trees:** Mix a low-analysis organic fertiliser into the soil surface, water it in well, and then cover with compost and mulch.
- **Liquid Application:** For soluble powders or liquid fertilisers, mix them in water and apply with a watering can, or water the powder into the soil around the drip line.

General Application: Apply to the soil surface and water in well.



Easy Recipes

With OATS MAKE YOUR OWN MUESLI
On very low heat, lightly toast 2 cups of oats in a frypan (don't burn) Mix in honey while hot & wait to cool
Mix in a bowl- sultanas, any dried fruit, non salted nuts, pumpkin, & sunflower seeds, shredded coconut. Add crushed weet bix, puffed rice or any other breakfast cereal. Mix all together & top with milk, cream or yoghurt



Its still cool enough for nutritious, not so humble, STEAMY PORRIDGE ~
Try Extra Creamy - Top with Cream & Brown Sugar or maple syrup.
Cinnamon, Honey & Apple.



Bananas, Berries, Plain Yoghurt & seeds .
Coconut Milk, Coconut, honey & Cinnamon
Vanilla, cream, peaches & honey.
Rhubarb, Apple & Brown Sugar.

OATS/MUESLI MUFFINS

Ingredients

- 1 cup Wholemeal Self Raising flour
- ¼ teaspoon ground cinnamon
- ½ teaspoon salt
- 1½ cups quick-cooking oats or Muesli mixture
- 1 cup whole milk
- ½ cup oil/butter mix
- ¼ cup brown sugar
- Tablespoon Honey
- 2 large eggs lightly beaten

Instructions

Preheat the oven to 425F. Line muffin pan with paper liners.
In a bowl mix together flour, cinnamon, and salt, oats/ Muesli
Add the brown sugar, oil/butter, honey and eggs. Stir to combine. Add milk then flour and stir together just until combined. Plop in Tray
Bake for about 7 minutes.
Reduce the oven temperature to 350F and continue baking for about 15 minutes or until the centres are springy to the touch and the muffins are golden brown, serve with cream.



Place an AD or Community Notice here Details pg.13

Dexter Beef sides & partial sides available.

Ring or text 0429436202

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.



FOUND

If this is yours please contact the Bendoc pub

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)
West Raffles
FRIDAY - DINNER (6PM - 8PM)
Pat O'Farrell - \$20
SATURDAY - LUNCH (11PM - 2PM)
- DINNER (6PM - 8PM)
Happy Hours - 4:30 to 5:30
Joker Draw - Draws > 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

Sellers, makers, information services

BOOK a Stall for a DAY IN BENDOC 8th November

Contact BNH bendocpa@bigpond.com or



Bushbubs Wildlife Shelter
Looking after sick and/or injured Australian Wildlife

Lyn Button
Gap Rd
Bendoc Vic 3888

0488719233

Bushbubs01@gmail.com

Interested in having a stall on the **25th October** for **Delegate's Heritage Weekend?** Call 64588388.

WANTED: Someone to brush their teeth with me because 9 out of 10 dentists say brushing alone will not prevent tooth decay. No weirdos please.

Report road issues Regional Roads

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

More Community Notices....

What is the end of every-thing?
The letter "G."



Does your septic needs emptying or attending to ? Please let us know at BNH ~ if we can gather a few households needing the service we may keep the cost down for all



How far can you walk into the woods?
Halfway. After that, you're walking out.

What part of the chicken has the most feathers?
Answer: The outside.

What two things can you never eat for breakfast?
Lunch and dinner

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

If you have any spare vegetable or flower seeds rom your own garden & you'd like to add to a collection for sharing — please drop in.

The Bombala community will be hosting a Seniors Health Awareness Promotion Day on the 16th October.

If you would like to attend and use a bus or shared transport please contact BNH

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

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- PHYSIO GOONGERAH	26 BNH 9-2	27 Gr SHED 9-12
28 CFA Group Training BENDOC SHED	29	30 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	1 OCTOBER BNH 9-2 Craft Morning NURSE TUBBUT	2 Gr SHED 9-12 LIB BUS 10.30-11.30	3 BNH 9-2	4 Gr SHED 9-12
5	6	7 BNH 9-2 Gr SHED 9-12	8 BNH 9-2 Craft Morning	9 Gr SHED 9-12 LIB BUS 10.30-11.30	10 BNH 9-2	11 Gr SHED 9-12
12	13	14 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	15 BNH 9-2 Craft Morning NURSE TUBBUT	16 Gr SHED 9-12 LIB BUS 10.30-11.30 NURSE BENDOC RING TO CHECK	17 BNH 9-2	18 Gr SHED 9-12
19	20	21 BNH 9-2 Gr SHED 9-12	22 BNH 9-2 Craft Morning	23 Gr SHED 9-12 LIB BUS 10.30-11.30 PHYSIO TUBBUT	24 BNH 9-2 Delegate Heritage WEEKEND	25 Gr SHED 9-12
26	27	28 BNH 9-2 Gr SHED 9-12	29 BNH 9-2 Craft Morning	30 Gr SHED 9-12 LIB BUS 10.30-11.30	31 BNH 9-2	1 NOV Gr SHED 9-12
2	3	4 BNH 9-2 Gr SHED 9-12	5 BNH 9-2 Craft Morning	6 Gr SHED 9-12 LIB BUS 10.30-11.30	7 BNH 9-2	8 Gr SHED 9-12 A DAY IN BENDOC 

Physio Bendoc 27th/11

S M T W TH F S