

Bendoc Wheel

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



A Grey Winter's View

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
 Local crafts for sale

Crafts & Get together WED am

THE GREEN SHED
 RE-USE, RECYCLE, REPURPOSE
 BEHIND BENDOC HALL

NORMAL HOURS
 TUES, THURS 9-12 ISH
 SAT 10-12ISH
 Prices by Donation

EAST GIPPS SHIRE MOBILE LIBRARY
 Join, borrow, return or order a book from the Mobile Bus at Bendoc Hall Grounds
 Library books & audio books atlas
 Neighbourhood house

Thurs 10.30 - 11.30

WELLNESS NURSE


Bendoc Thursday
 Goongerah Tues.
 Tubbut Wed

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

BENDOC MARKET Sunday 13th September

Start preparing & Book a Stall



Free site fees

bendocpa@bigpond.com 0264581531

Do you Crochet or Knit? or keen on learning?

Bendoc Neighbourhood House are looking for help in creating beautiful homemade blankets from knitted & crotchet squares

- ~ Join us for Wednesday morning craft & get togethers
- ~ or Make your squares at home & contribute
- ~ donations of wool most appreciated




LOCAL NURSE Bendoc Neighbourhood House
Thursdays Ring Nurse Birgit
0456167011

Goongerah — Tuesdays

Tubbut — Wednesdays

E2S MEDICAL SPECIALISTS in your area

No more long commutes for quality healthcare, we bring the clinic to you **AT NO COST**

NEW ONLINE BOOKING PLATFORM – Now working seamlessly!

You are still welcome to book directly through Tama- 0448 639 754 or your local Community Centre

OR Use this Link to book. <https://www.picktime.com/home/E2S>

See the calendar for dates of attending Nurse in your community, book an appointment or just pop in to see them

Aside from the super interesting and informative local newsletters, the other way Tama shares information on Specialists attending E2S Wellness Spaces is via a bulk SMS Service. Tama writes the message and a third party SMS messaging service sends the message out to each community. This is a fantastic way to stay up to date and book in early as the services usually book out fast these days.

If you would like to be added to this service, please let Tama know via text or call.

NOTE: The number the bulk SMS is sent from is not an E2S worker number, it is a randomly generated number. If you respond to the messages, please respond directly to Tama on 0448 639 754 so she is sure to receive it.

AUDIOLOGIST SOPHIE IS COMING TO BONANG HALL

29th and 30th June – Bookings taken now

Sophie is coming out here from Cooma Hearing. She brings extensive clinical experience and a strong commitment to her community. Sophie worked for 8 years in large NHS hospitals in the UK, followed by 7 years in private audiology practice in Canberra, before relocating to Cooma with her husband and young family to live on their family farm. Outside of her professional role, Sophie enjoys spending time with her young family, assisting on the farm, and exploring the Snowy Monaro region. As both a clinician and a local resident, she understands the value of delivering high-quality, accessible hearing care close to home.

Services include:

hearing assessments
paediatric hearing assessments (from age 6 months)
tinnitus assessments
hearing aid fittings
custom ear plugs

Adults - A full diagnostic hearing assessment, includes pure tone audiometry, tympanometry, acoustic reflexes and speech audiometry. At the end of the appointment, the results will be discussed and further treatment recommendations given. A full diagnostic hearing report can be sent to your GP or other medical practitioner.

She can fit a range of different hearing aids and are able to offer products from all hearing aid manufacturers. There is no sales commission on any of our hearing aids, and we will always provide the correct level of technology for your hearing loss, with no upselling.

A tinnitus assessment including questionnaire based assessment on the severity and impact of tinnitus. A full diagnostic hearing assessment, including an assessment on the level and impact of the tinnitus.

They are able to make a variety of custom ear plugs depending on your needs. They can make Class 5 noise plugs for noisy workplaces, or sleep.

They are also able to make custom swim plugs for children, this is especially important following grommet surgery.

For more info: www.coomahearing.com.au

DOCTOR APPOINTMENTS TO RESUME IN THE E2S SPACES!

23th - 25th June – Bookings taken now

Dr Robert Gassin has been a vocationally registered General Practitioner for well over 30 years. He graduated from Monash University with a MBBS and B(Med)Sc in 1986. He has completed graduate diplomas in Musculoskeletal Medicine at the University of Otago and in Pain Medicine at Sydney University and holds a certificate of advanced training in Manual Medicine (RACGP).

He is approachable and easy going and has a special interest in the management of musculoskeletal and neuropathic (nerve) pain.

Dr Gassin is fluent in English, French and Mauritian Creole.

In his spare time, Dr Gassin enjoys cycling, bush walking, botany and adventure travel.

APPOINTMENTS ARE 15 MINUTES, IF YOU WANT A LONGER APPOINTMENT, BOOK TWO TIME SLOTS

SCAN TO BOOK


Please contact Tama 0448 639754 Mondays or Tuesdays for more E2S medical appointment dates or scan the code on pg. 2

DATE	SERVICE	LOCATION
June 23	Nurse Birgit	Goongerah
June 23	Dr Rob Gassin NEW	Goongerah
June 24	Nurse Birgit	Tubbut
June 24	Dr Rob Gassin NEW	Tubbut
June 25	Nurse Steph	Bendoc
June 25	Dr Rob Gassin NEW	Bendoc
June 29	Audiologist Sophie NEW	Bonang Hall
June 30	Audiologist Sophie NEW	Bonang Hall



Supporting Our Community After Difficult News

Your nurse is here to provide experienced, confidential support.

How to Connect

- **Call Birgit Directly:** Contact your nurse to talk on **0456 167 011**
- **Safe Space:** Share your feelings in a private, supportive environment

Immediate Mental Health Support (24/7)

If you need to speak with someone outside of service hours, please contact these free Australian support lines:

- **Lifeline:** Call **13 11 14** for crisis support.
- **Beyond Blue:** Call **1300 22 4636** for mental health advice.
- **13YARN:** Call **13 92 76** for Aboriginal and Torres Strait Islander crisis support



Will be at Bendoc Neighbourhood House **Tuesday 7th July 12.30**

Join us for snacks at 12

Brendan Beschele, Program Coordinator from Mental Health & Wellbeing Connect will be joining us with resources, info & chats on the NDIS, well-being & looking after people after a tragedy. Everyone is welcome to attend - you can access resources, ask questions, or choose to stay for part of session if that's what suits.

Mental Health & Wellbeing Connect was established following recommendations from the Royal Commission into Victoria's Mental Health System, which identified the need for greater support for carers, families, and supporters and recognised the vital role they play in our communities.

Mental Health & Wellbeing Connect is a free service for families, carers, and supporters of people living with neurodivergence, mental health challenges, and/or substance use concerns. We support carers of all ages, including young carers supporting a parent, sibling, or loved one.

Our team works from welcoming Connect Centres that have been co-designed by families, carers, and supporters to create spaces that feel safe, comfortable, and supportive. The service is led by trained team members with lived and living experience of supporting someone through mental health challenges, substance use concerns, and neurodivergence. We understand the realities, challenges, and rewards of supporting someone because we have experienced it ourselves.

We can provide free:

- Information and resources
- Practical support and advice
- Advocacy
- Assistance navigating the mental health and wellbeing system
- One-on-one support
- Group programs and opportunities for connection

There is no end date to engagement, and support can be accessed in a way that suits individual needs and circumstances.

We accept all referral types with consent, including self-referrals, and provide support across Gippsland. We currently have Connect Centres located in Bairnsdale and Traralgon, with a Satellite site in Wonthaggi.

For further information or to make a referral, please feel free to contact us.

Regards

Leoni Price (
347 Main Street, Bairnsdale Vic 3875
Wellways Australia
lprice@wellways.org, 0401 770 541
wellways.org | 1300 000 717



Get 20% off your vehicle registration



Victorian vehicle owners can now apply for 20% off their vehicle registration. Applications open on 1 June and close on 31 July 2026. The rebate applies to eligible vehicle registrations for the 2025–2026 financial year. You can apply using the Service Victoria app or website.

Before you apply you will need:

- your vehicle registration number
- your Victorian driver licence number or VicRoads customer number
- your full name
- your bank account details (BSB and account number)

Payment will be made into your bank account.

BNH can assist with internet or tech support with applying for the rego rebate
The process is refreshingly simple

DELEGATE TO BOMBALA BUS
Pick up from RTC Delegate 10.30
1st & 3rd Wednesday of the month
Bus Leaves Bombala for return trip 12.30 - 1.00
Bookings essential
contact RTC Delegate
02 6458 8388

STEP 1
Create a Service Victoria account

You must have a Service Victoria account before you can apply for the 20% off. You can create an account on:

- the Service Victoria website
- the Service Victoria app on your phone

To create an account:

1. Go to service.vic.gov.au/account
2. Enter your email address, given name(s) and family name
3. Follow the steps to enter the security code sent to your email
4. Create a 6-digit password to protect your account
5. Log in with your email and password

Have these details ready:

- your registration number
- your Victorian driver licence number or VicRoads customer number
- your bank details

STEP 2
Apply for 20% off your rego

After you create your account:

1. Open the Service Victoria app and tap '20% off your rego', or visit service.vic.gov.au/rego-rebate
2. Tap 'Get started'
3. Check if you can apply by selecting your vehicle type and entering your registration number
4. Enter your full name and Victorian driver licence number or VicRoads customer number.
5. Enter your bank details. The rebate will be paid into this account
6. Review your details and tap 'Submit'

You will receive an email confirming we have received your application.

If you have not yet paid your vehicle registration for 2025-26, your application will be reviewed after VicRoads processes your registration payment.

If you missed out on the online Food Safety course for Community Workers
You are still welcome to complete this at BNH or we can point you in right direction

Visit us to do your online Volunteers Police Check.
Compulsory for all Community Volunteers



SAFETY WARNING

NATIONAL PHONE ALERT

MONDAY 27 JULY

A national test of the Emergency Alert system will be sent to mobile phones across Australia.

This alert will make a LOUD SOUND and show on your screen.

Emergency Alert
This is a test of Australia's Emergency Alert system. No action is required.



IF YOU ARE EXPERIENCING DOMESTIC VIOLENCE

This alert could put you at risk.

- Consider where you will be when the alert happens.
- Think about ways to silence your phone if possible.
- Put your safety first. You know your situation best.

If you feel unsafe, call 000 in an emergency.



If you need support, help is available.

1800 737 732
1800RESPECT (24/7)

1800respect.org.au
Online chat and support

IN AN EMERGENCY, CALL 000

EmergencyRedi & Insurance Workshop in Bendoc

EmergencyRedi workshops help you prepare for emergencies at home and in your community. Learn the basics of emergency planning, start your Redi-Plan, understand your insurance policy and take away practical tools to help you and your loved ones stay safe.

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



Working together to prepare for Emergencies

Australian Red Cross EmergencyRedi workshops are FREE for your community
Please join us for a free lunch, and learn some tips for preparedness!

- *Tuesday 11 August*
- *Bendoc Neighbourhood House, 18 Dowling St Bendoc Vic.*
- *12pm - 2pm*
- *Light lunch provided- RSVPs for catering essential (please advise any dietary needs) to Alli Norfolk anorfolk@redcross.org.au*

About the workshops EmergencyRedi workshops help individuals and households prepare for emergencies. They provide people with an introduction to emergency preparedness, and help them to learn practical ways to prepare for emergencies.

RSVPs to anorfolk@redcross.org.au



Did you know? -

if you are an active SES or CFA volunteer you can claim an **EMERGENCY SERVICES REBATE FROM YOUR RATES**

You can claim for your Principal place of residence, Farmland or Single Farm Enterprise (SFE)

You will need

- ◆ Your CFA or SES member number
- ◆ Bank details
- ◆ Rates notice
- ◆ Identification
- ◆ Phone connected to CFA/SES ID & access to your email (know your password or bring your own device)

CFA - members.cfa.vic.gov.au
 SES -VICSES volunteer porthole sso.ses.vic.gov.au

Please read the guidelines before applying - you may need to provide more info depending on your circumstances

Contact BNH on 02 64581531
 or bendocpa@bigpond.com
 If you would like some assistance

hint—the process can be quite time consuming. It will be handy if you're able to activate your CFA & SES accounts first using your member numbers.

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 appointment necessary. Not available on public holidays

Other Community Health Services Available – Please Phone Delegate MPS for further information

- Dietician
- Diabetes Educator
- Immunisations
- Podiatry
- Child and Family Health Nurse

Women's Health Nurse
 To refer to any of the above please ring Community Health Central Intake Team on 1800 999 880




Please Note– Victorian visits are no longer taking place, this may recommence according to need.

geou training commercialprograms@geou.org.au

CHCSS00102
MENTAL HEALTH CO-EXISTING NEEDS SKILL SET

Are you currently employed supporting individuals with mental health and alcohol and other drug issues? This nationally accredited skill set was created to meet the skill requirements for support workers providing services to clients with co-existing needs, including both mental health and alcohol and other drugs issues.

Starts: Intakes occur in June, July and August.
Delivery mode: Virtual - One day or night per week via Zoom over 13 weeks.
Location: Online



22660VIC
COURSE IN IDENTIFYING AND RESPONDING TO FAMILY VIOLENCE RISK

If family violence risks are presenting in your role, but you are unsure of how to respond or support those who are vulnerable – this accredited short course is for you. It provides the skills and knowledge required for screening, risk assessment, risk management, information sharing and support referral. This course aligns with the Multi-Agency Risk Assessment and Management (MARAM) Framework.

Starts: Intakes occur in June, July and August.
Delivery mode: Virtual - One day or night per week via Zoom over 6 weeks.
Location: Online

CHCSS00093
ALCOHOL AND OTHER DRUGS SKILL SET

If you are currently employed supporting individuals with alcohol and other drug issues, this nationally recognised skill set will provide the targeted training you need. It's designed for individuals who hold a relevant community services or health qualification or have substantial industry experience.

Starts: Intakes occur in June and August.
Delivery mode: Virtual - One day or night per week via Zoom over 13 weeks.
Location: Online



Don't forget just because winter is here that doesn't mean fire danger isn't around. Flues need cleaning & inside heating needs watching. If you are interested in info on joining the CFA & seeing what training is on offer for members
Ring Secretary Lyn Button -0488719233



Media Release

5 June 2026 | Media Contact: media@deeca.vic.gov.au

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

Remote water dip-tanks boost aerial firefighting in Victoria's forests

Victoria's firefighting helicopters had improved access to secure water supplies in remote forest areas this summer, reducing turnaround times and assisting efforts to slow the spread of fires.

Forest Fire Management Victoria (FFMVic) used four of its new heli-dip tank sites to support firefighting at Wonnangatta, Mt Selwyn and Woods Point.

The sites allow fire-bombing helicopters to refill faster during bushfire response, saving critical turnaround times.

FFMVic Chief Fire Officer, Chris Hardman, said every minute counts when responding to remote bushfires.

"Having these remote water storages in high elevations of the landscape enables aircraft to access water faster and provides time for our rappel and on-ground firefighters to respond."

Mr Hardman said 15 more heli-dip tank sites are being built across remote forest areas as part of a new three-year project.

"Victoria is one of the most fire-prone places in the world," he said.

"By strategically locating secure water supplies where aircraft need them, we can hit fires faster, harder and improve our chances of limiting their spread before they impact communities," Mr Hardman said.

"Reliable water supplies strengthen the efforts of our on-ground firefighters, machine operators and skilled contractors who respond rapidly to fires on public land."

The sites can reduce flight turnaround times by up to 15 minutes, making air operations significantly more efficient. Each location includes a 25,000 or 50,000-litre tank built specifically for helicopter refilling.

Planned sites include Straight Running Creek, Mt Wills and Selwyn Five Way in north-east Victoria, and Dargo High Plains and Mt Hope in Gippsland.

The project is jointly funded by the Australian and Victorian governments through the Disaster Ready Fund.

Victorians can collect free firewood for personal use from designated state forest firewood collection areas until the autumn firewood season ends on 30 June, 2026, but collectors are reminded individual collection areas may closed earlier if there is fire risk or no more firewood available. Information and updates, including maps of collection areas are available on www.ffm.vic.gov.au/firewood.

Community members can find out more about collecting firewood by calling 136 186. Suspected illegal firewood collection can be reported to Crime Stoppers on 1800 333 000.

Financial assistance is available for people on low incomes who buy firewood:

www.ffm.vic.gov.au/firewood/energy-concession-and-support

For information on road closures visit ffm.vic.gov.au/permits-and-regulations/closures-of-parks-and-forests

For emergency information, including severe weather warnings, download the VicEmergency app. Environmental crime can be reported to Crime Stoppers on 1800 333 000.

Community Matters Newsletter

The monthly **Community Matters** newsletter shares updates on projects, services, decisions, open consultations and more. The previous community e-newsletter can be downloaded **The latest news from your Council.**

Catch up on conversations

Did you know that recordings of REG FM interviews with the Mayor, as well as a range of other audio updates, are available to listen to anytime on [SoundCloud](#).

The collection includes conversations featuring Mayor Cr Jodie Ashworth, alongside other related interviews and audio content that help keep the community informed about key projects, decisions and local updates across the shire.

It's a simple way to stay connected and hear directly about what's happening across East Gippsland, whether you missed a live broadcast or want to revisit a discussion

Visit East Gippsland Shire Council website for more Council News on Events, Business Matters, Environment Matters & Library Connect. www.eastgippsland.vic.gov.au

Snippets from East Gippsland Shire Council

We offer events for people of all ages at our libraries. We host library events for children, teens and adults. Events are divided into all-ages, children and teens, or adults.



Find out about upcoming events by subscribing to our e-newsletter, Library Connect.

To subscribe, fill in the [online form](#), pop into your library, or call us on [5152 4225](tel:51524225). You can unsubscribe at any time.

To check out the upcoming events, see the details below. To secure your spot, please visit [TryBooking](#).

Contact us!

Phone: 03 5152 482
Our mailing address is
boxoffice@egipps.vic.gov.au

The Forge Theatre - 80 McKean Street Bairnsdale

[Book Now!](#)

The Forge Theatre is East Gippsland's Performing Arts Centre.

The Forge Theatre showcases performances to suit all tastes: drama, comedy, music, children's theatre, dance, physical theatre and musicals, including locally produced shows.



Fri, 26 Jun, 7:30pm - 9:30pm A... + 1 date

Primal

The Forge Theatre, Bairnsdale VIC, Australia



Thu, 2 Jul, 11am - 12pm AEST + 1 date

The Farmy Farm

The Forge Theatre, Bairnsdale VIC, Australia



Sat, 4 Jul, 7:30pm - 10:15pm AEST

Reece Mastin (Support by Olivia Lay)

The Forge Theatre, Bairnsdale VIC, Australia



Sun, 5 Jul, 1pm - 3pm AEST

Runway Stories | Fashion Parade

The Forge Theatre, Bairnsdale VIC, Australia



Thu, 9 Jul, 7:30pm - 9:20pm AEST

Off Broadway

The Forge Theatre, Bairnsdale VIC, Australia



Sat, 11 Jul, 7:30pm - 10pm AEST

MELBOURNE INTERNATIONAL...

The Forge Theatre, Bairnsdale VIC, Australia



Sun, 19 Jul, 2pm - 3:10pm AEST

Sea Wolves Howl

The Forge Theatre, Bairnsdale VIC, Australia



Sat, 25 Jul, 7:30pm - 10pm AEST

Australian Eagles Show - 50 Years of Hotel...

The Forge Theatre, Bairnsdale VIC, Australia



Sat, 1 Aug, 8pm - 9:20pm AEST

Lawrence Mooney

The Forge Theatre, Bairnsdale VIC, Australia



Wed, 5 Aug, 6pm - 7pm AEST

Robot Song

The Forge Theatre, Bairnsdale VIC, Australia



Fri, 7 Aug, 7:30pm - 10:15pm AEST

"ZEPPELIN" The Life & Times of Led Zeppelin

The Forge Theatre, Bairnsdale VIC,



Sat, 8 Aug, 7:30pm - 9:30pm AEST

Vika & Linda "Where Do You Come From?"

The Forge Theatre, Bairnsdale VIC,

Snippets from June Agrinews

For more Agrinews or 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](#).

Red Meat Conference – Every Decision Counts 25 August

Don't miss your opportunity to be part of one of Victoria's premier red meat industry events.

The 2026 Gippsland Red Meat Conference will be held on **Tuesday 25 August** at Sale Baptist Church, with **tickets going on sale from 6 July**. Under the theme "Every Decision Counts," the event will focus on the day-to-day decisions that influence productivity, profitability and long-term sustainability for sheep and beef producers. More information at [Gippsland Ag](#). Social media pages

Trees on Farms Utilisation Program Register by 28 August

Trees on Farms Utilisation Program is now open to all eligible Victorian Landowners. The program has expanded and can assist owners of existing farm forestry plantations to realise the commercial potential of their timber resource. Trees on Farms Utilisation Program webpage provides detail and the link to submit your **Expression of Interest** to receive a free farm plantation assessment prior to 5pm Friday 28 August 2026 at [Trees on Farms Utilisation Program | Trees on farms | Plantations and farm forestry | Crops and horticulture | Agriculture Victoria](#)

Recovery checklist

A practical, step-by-step recovery after fires checklist has been developed by Agriculture Victoria to help farmers step through recovery.

Covering short, medium and long term actions, this checklist can be used as a conversation starter for farmers navigating bushfire recovery.

Covering topics like stock, family, fencing, pastures, water supply, soils and weeds, this checklist can help when the task list can feel overwhelming. Find the list here: [Fire recovery checklist](#).

Ceiling insulation rebates

Did you know almost 60% of homes in Victoria have no ceiling insulation or are under-insulated?

The Victorian Energy Upgrades program is introducing discounts on ceiling insulation to reduce household energy bills and emissions. For more information, visit www.energy.vic.gov.au.

More in AGRINEWS on
Opportunities
Funding
Events
Council Info
Webinars & leaning

From 1 July 2026, the way businesses pay superannuation is changing. Under the new Payday Super rules, most employers will need to pay super at the same time as wages – rather than quarterly. While this is a shift, getting prepared early can make the transition much smoother.

The East Gippsland Shire Pest Animal Management Advocacy Paper called for urgent recognition of pest animals as a regional and state priority, highlighting the escalating impacts on primary production, regional economies and community well-being. Developed over 12 months with input from farmers, industry groups and peak bodies, the paper documented significant damage from deer, feral pigs and wild dogs, including livestock losses, pasture degradation, rising control costs and increasing financial and emotional strain on farm businesses.

Council has brought this paper forward to ensure decision-makers clearly understand the scale and urgency of the issue from an on-ground perspective. Unchecked pest animal impacts are undermining agricultural productivity, threatening food security, regional jobs and the long-term resilience of rural communities.

The paper urged stronger, coordinated government action, including long-term investment, improved cross-border and cross-agency management, and more practical control tools that reflect on-ground realities. While recent funding for feral pig control was welcomed, the message was clear that sustained, collaborative effort is needed to protect agricultural productivity, regional jobs and the long-term resilience of rural communities.

The following media releases may be of interest:

Farmers under pressure as ASAC calls for urgent government action on pest animals
Strong local advocacy feral pig control program

Programs continue to be available to support farmers with recovery, uncertainty and decision making

<p>One-on-one Farm Advisory Service</p> <p>Free one-on-one consultations with a farm management specialist to take stock and work through farm business strategies.</p> <ul style="list-style-type: none"> • Two free consults • Choice of specialist • Wide range of expertise • In-person, on-farm or online 	<p>Rural Financial Counselling Service</p> <ul style="list-style-type: none"> • Free, confidential and independent financial information, options, decision-making support and referral services • Free wellbeing counselling to assist with mental health and wellbeing issues. 	<p>Farm Drought Support Grants</p> <p>Up to \$5,000* for primary producers to support investment in drought management and preparedness, including on-farm infrastructure improvements.</p> <ul style="list-style-type: none"> • Link with the one-on-one consults to invest in identified improvements • Submit up to two claims to max. of \$5,000 • Claim eligible costs incurred since 30 September 2024
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- [Farm advisory service | Drought support | Farm management | Agriculture Victoria](#)
- [Farm Drought Support Grants | Grants and financial support | Drought support | Farm management | Agriculture Victoria](#)

Heating and cooling discounts

You can reduce costs by replacing old heating and cooling systems with energy-efficient systems through the Victorian Energy Upgrades (VEU) program, helping families slash their energy bills by reducing your costs and energy use, see more at [heating and cooling discounts](#).

There are discounts available for rental properties also.

Find out more about the [Victorian Energy Upgrades](#) program

Midday Power Saver offer

Victorian households can soon switch to access **three hours** of free midday electricity in the middle of the day, every day.

Available from 1 October 2026, the Midday Power Saver will benefit households that can shift their electricity use to daytime hours, including people who work from home or use timers and smart appliances.

Pruning Tips

Avoid pruning in wet conditions as it increases risk of infection
 Use clean well maintained pruning saws for large branches
 Remove dead, damaged, diseased, crossing, or vertically growing branches
 Open the canopy for light penetration and airflow
 Pruning in winter encourages a stimulating effect on growth, while summer pruning generally suppresses it.

Nuts

Usually pruned like apples in winter, though either side of winter is fine & can avoid harsh temperatures while healing
 Make angled cuts just above outward-facing buds
 Seal pruning cuts with pruning paint
 Summer pruning can restrict height

Plums

For centre light, aim for a vase shape
 For the framework Select 6–9 strong branches
 Reduce tall thin growth by 1/2 to 2/3
 Remove old/dead wood cluttering the tree
 Fruit on 1-year-old laterals and spurs
 European plums fruit best on 2-year-old wood



Apples

Find the main vertical trunk as the central leader
 Remove crossways branches or those too close
 Cut ~1/4 inch past a bud on an angle away from the bud
 Leave laterals -branches at 30–60° angle, they develop fruiting spurs
 Reduce terminal tips to 5–6 buds
 Remove old fruit hanging on the tree

Adapted from <https://www.abc.net.au/gardening> June '26

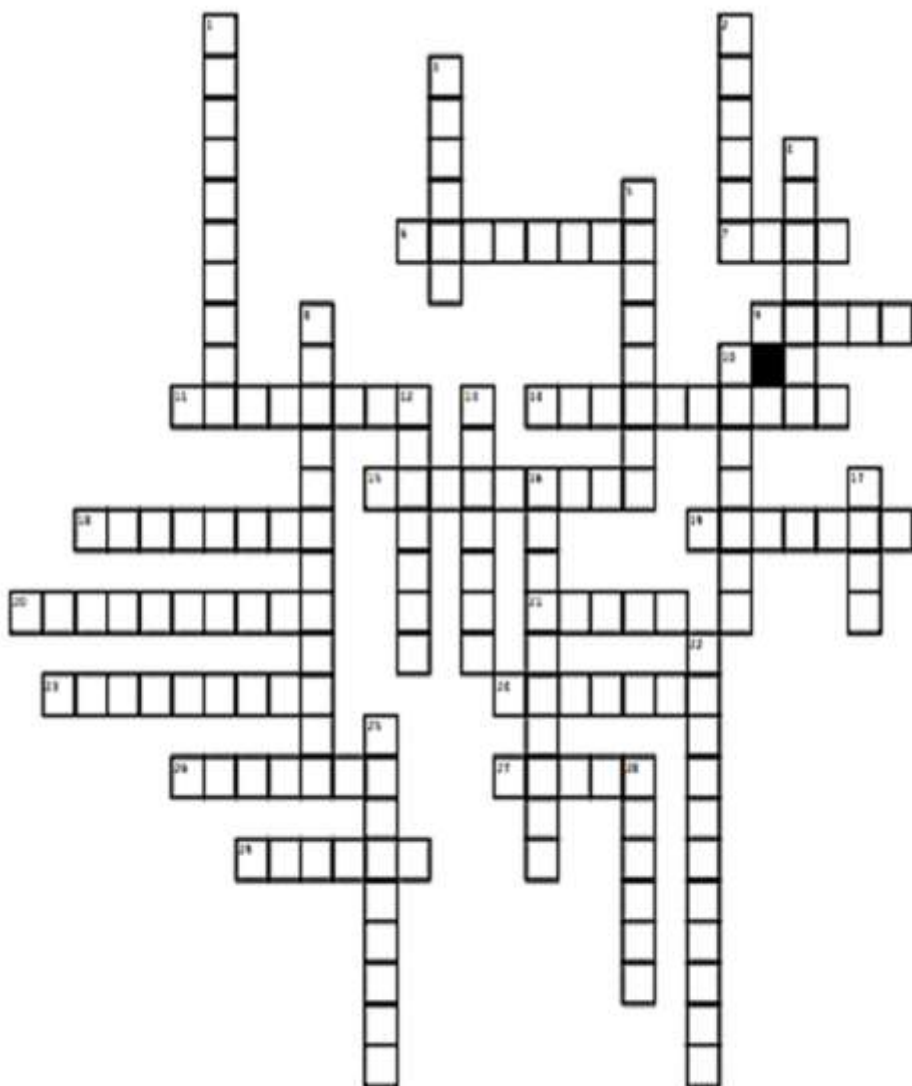
In your Garden

Across:

- 6. Glossy leaved Asian shrub with rose-like white, pink, or red flowers
- 7. Grey-green herb with earthy flavour also a symbol of wisdom
- 9. Heart-shaped flower type of wild violet
- 11. Large fragrant flower on a tree native to Americas and Asia
- 14. Blue wildflower also called bachelors buttons
- 15. Large bushy shrub with clusters of blue or white flowers
- 18. Orange-yellow flower often used in garden and as a natural pesticide
- 19. Hanging tropical flower with vivid pink, purple, and red colours
- 20. Tall flower with toothed blooms resembling an open dragons mouth

Down:

- 1. Red-and-green holiday plant widely used as a Christmas decoration
- 2. Delicate flowering plant with feathery foliage and daisy-like blooms
- 3. Bright tropical flower with layered petals; popular in summer gardens
- 4. Australian succulent coastal plant with pink flesh and edible fruit
- 5. Tropical shrub with glossy leaves and intensely fragrant white flowers
- 8. Large shrub or tree with big leaf clusters and bold spring flowers
- 10. Yellow spring-flowering bulb in the amaryllis family
- 12. Small fragrant garden flower with clustered white or pastel blooms



THE MISTY BIT

COME WINTER IN VICTORIA



BEAUCHAMP FALLS, OTWAY RANGES

Have you heard about the misty bit of winter in Victoria?

That's the symphony of birdsong in the forest canopy, the spray of crystal-clear water on your skin and the thunderous crashing of waterfalls... kind of misty.

VISITVICTORIA.COM

VICTORIA EVERY BIT DIFFERENT

Ads & Opportunities

The Green Shed has a second hand fridge & numerous cupboards to off load – as well as the normal bric a brac, clothes, kitchen ware, books & kids stuff Donation only
 Dowling at Bendoc
 Open most Saturdays, Thursdays & Tuesdays
 9—12.30 ish
 ring Bob 0408981524 or Jim 0403196528
VOLUNTEERS WANTED

Call David for mowing, garden maintenance, hedge trimming 04370 81644

Wanted —

- ◆ Balls of wool
- ◆ Knitters & Crocheters
- ◆ Blanket squares

Bendoc Neighbourhood House

WHERE THE FLICK IS BENDOC

BENDOC HOTEL
 Est 1908
 "Little Bush Pub in the middle of nowhere"

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

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

FRIDAY - DINNER (6PM - 8PM)
 Pot & Parm - \$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

10-12 DOWLING STREET, BENDOC, VICTORIA, 3888 • PH: 02 8458 1453 • EMAIL: BENDOCHOTEL@GMAIL.COM

Bushbubs Wildlife Shelter
 Looking after sick and or injured Australian Wildlife

Lyn Button
 Gap Rd
 Bendoc Vic 3888
0488719233
 Bushbubs01@gmail.com

CENSUS NIGHT 11th August

Dexter Beef sides & partial sides.
 Check availability
 Contact Graham on 0429436202
 wagraders@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

Looking for interested people to join the friendly group making up the Bendoc Progress Association..
 The BPA auspices Bendoc Neighbourhood House.& holds meetings around 4-5 times a year. Drop in or contact us.
 bendocpa@bigpond.com

Wrecking -
 Holden Aventura 2005 Station Wagon
 HJ Holden- not many parts left
 1954 Rover
 0437 081 644

Office space for hire at Bendoc Neighbourhood House.
 Free for Community Services, Suitable for study, admin work, medical & welfare services
 very reasonable rates

Community Notices

A NOTE FROM CANN RIVER/BENDOC POLICE

I have recently taken over as the officer in charge at The Cann River Police Station and now Bendoc as well. My aim is for Cann River police to drive up and open the Bendoc station and conduct patrols as needed once a week. There will be no set day or time as each week will need to be assessed for roster availability.

If members of the community have concerns they wish to raise and would like to meet with police on their next visit or need contact in the meantime, please feel free to share the following email and I will ensure the issue is looked in to and they are contacted by one of my officers. Cannriver-uni-oic@police.vic.gov.au

The phone number for The Cann River Police Station is (03) 5158 6202.

If there is an invoice, feel free to reply with it to this email or the email above.

Regards

Shiloh TREZISE | Sergeant 44749

Station Commander - Cann River Police Station | ED6 | Far East Gippsland | Victoria Police

email: shiloh.trezise@police.vic.gov.au phone: (03) 5158 6202
address: 6 Monaro Highway, Cann River, VIC 3890

WANTED -
More jolly people to join the friendly mob volunteering to keep our services going

Bendoc Hall Committee ph Jim 0403196528

Bendoc Progress Association ph Lyn 0488719233

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

If you'd like a say in the positioning of a new bin at Bendoc Hall ring Hall President Jim - 0403196528
or contact the Neighbourhood House

10c return plastic, cans & glass bottles can be dropped off in our recycling bin outside BNH. These items are collected voluntarily & funds are donated back to Bendoc Neighbourhood House

IMPORTANT CONTACTS

- Emergency —————000
- Bendoc Police—————0264581523
- Delegate Police—————0264503360
- Bombala Police—————0264583444

Report road issues Regional Roads Vic 133778

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 ——026458 4888

Delegate Pre School:——026458 8196

Delegate Public school:——026458 8183

Tubbut Neighbourhood House—0482855670

Bendoc Neighbourhood House—0264581531

Delegate Rural Transaction centre 02 6458 8388

Wellbeing Local **1300 000 352**

MensLine Australia **1300 789 978**

Kids Help Line **1800 55 1800**

Beyond blue **1300 224 636**

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

Don't forget to visit the Green Shed
OPEN Most Tuesdays, Thursdays, Saturdays,
9 -12.30 ish

If you are travelling a distance, it may be best ring Bob — 0408981524 to check if the shed is open

More volunteers for the occasional few hours needed

NOTE

The Green shed's clothes department is choc-o-block full & does not have room for any more for quite a while
Shoes also :)

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 AROUND 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.

Contributions are readers own input, BNH does not necessarily share all opinions published.

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

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Laminating \$2.50 A4 \$5.00 A3

S	M	T	W	TH	F	S
14	15	16 BNH 9-2 GR SHED 9-12	17 BNH 9-2 Craft Morning	18 NURSE BENDOC GREEN SHED 9-12	19 BNH 9-2	20 GREEN SHED 9-12
21	22	23 BNH 9-2 GR SHED 9-12 NURSE GOONGERAH	24 BNH 9-2 Craft Morning NURSE TUBBUT	25 NURSE/ DOCTOR BENDOC GREEN SHED 9-12	26 BNH 9-2	27 GREEN SHED 9-12
28	29 VIC SCHOOL HOLIDAYS START	30 BNH 12-4 GR SHED 9-12 End of fire wood season	JULY 1 BNH 9-2 Craft Morning	2 NURSE BENDOC GREEN SHED 9-12	3 BNH 9-2	4 GREEN SHED 9-12
5	6 NSW SCHOOL HOLS start	7 BNH 9-2 GR SHED 9-12 NURSE GOONGERAH WELBEING LOCAL SESSION BNH 12.00	8 BNH 9-2 Craft Morning NURSE TUBBUT	9 NURSE BENDOC GREEN SHED 9-12	10 BNH 9-2	11 GREEN SHED 9-12
12	13 Vic School re- turns	14 BNH 9-2 GR SHED 9-12	15 BNH 9-2 Craft Morning	16 NURSE BENDOC GREEN SHED 9-12	17 BNH 9-2	18 GREEN SHED 9-12
19	20	21 BNH 9-2 GR SHED 9-12 NURSE GOONGERAH NSW SCHOOL RETURNS	22 BNH 9-2 Craft Morning NURSE TUBBUT	23 NURSE BENDOC GREEN SHED 9-12	24 BNH 9-2	25 GREEN SHED 9-12
26	27	28 BNH 9-2 GR SHED 9-12	29 BNH 9-2 Craft Morning	30 NURSE BENDOC GREEN SHED 9-12	31 BNH 9-2	1ST AUGUST GREEN SHED 9-12
2	3	4 BNH 9-2 GR SHED 9-12 NURSE GOONGERAH	5 BNH 9-2 Craft Morning NURSE TUBBUT	6 NURSE BENDOC GREEN SHED 9-12	7 BNH 9-2	8 GREEN SHED 9-12

Census night 11 August

Emergency Redi workshop 11 August

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