

Bendoc Wheel

bendoc@bigpond.com 02 64581531 0458153074 Bendoc.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
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 VISITS

Bendoc Thurs. Ft.
Goongerah Tues. Ft.
Tubbut Wed. Ft.

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 Sept

10.00 am
onwards

BENDOC HALL

Start preparing & Book a Stall

Cooma Car Club will
be rolling in. Come
along & check out
the cars



Calling for Musicians, Singers, Jammers – Join in on the fun

☉ Free Sites ☉ Under cover & outside ☉ Site Insurance covered

☉ Giftbags for musical contributors ☉ Camping facilities ☉ BBQ

☉ Art Works ☉ Crafts ☉ Condiments ☉ Plants ☉ Pizza

Please email or call to book your site

bendocpa@bigpond.com 0264581531



Meet & Greet
PONIES from
Kanukadale
Care farm



**Bendoc Neighbourhood House
has a new
mobile
phone number
0458153074**



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 RediPlan, understand your insurance policy and take away practical tools to help you and your loved ones stay safe. **Lunch included**

Book through Bendoc Neighbourhood House or Redcross



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 25 August**
- **Bendoc Neighbourhood House, 18 Dowling St Bendoc Vic.**
- **10am - 1230pm**
- **Light lunch provided- RSVPs for catering essential (please advise any dietary needs) to Alli Norfolk anorfolk@redcross.org.au 0438 548 008**

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

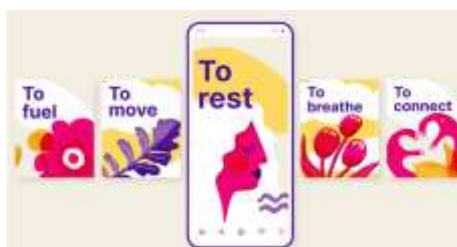


Women's Health Week

9th Sept Wed morning Craft group
@BNH

We'll be enjoying healthy snacks
friendly chats
& relaxing while we have a look at
Jean Hailles Women's Health Webi-
nars

This year's Jean Hailles Women's
health theme is -do it anyway-taking
small steps towards your health



Find out more about
your local Medical
& Wellness service



ARE PANCAKES GOOD FOR YOUR BLOOD PRESSURE ???

Come and get it checked. Your Nurse is cooking for you. Come and meet Lachlan!
Get your BP and other checks

August Thursday 27th 2026

11am start

Bendoc Resource Centre, Bendoc

Call Lachlan 0439 159 815

Learn about HOW TO SPOT SCAMS ON THE INTERNET

Bendoc will be hosting a fun and casual workshop designed for people aged 50 and over who want to build confidence with computers and learn how to spot internet scams. The session will cover basic computer skills in a simple, easy-to-follow way, with plenty of time for questions from our IT guru - Sharon

Snacks with morning tea & a light lunch included PLUS - surprise gift bag for our keen learners.

Wednesday 21st October 9.30 -1.00

Contact Bendoc Neighbourhood House & register your interest

Get Online Week

Supporting everyone to feel safer and more confident online

Get Online Week is being held 19-25 October 2026



KEEP OUR DOORS OPEN

Around half of all Neighbourhood Houses in Victoria are running at a loss. **This cannot continue.**

We are asking to urgently restore funding for Neighbourhood Houses with a 25% increase.

SIGN OUR PETITION



**STRONG
COMMUNITIES
START HERE**



Drop in to any Victorian Neighbourhood House & put your mark on the petition
You'll find one on BNH's front Verandah
— ready for signing

Do you Crochet? or Knit?
or keen on learning?

Bendoc Neighbourhood House is looking for help in creating beautiful homemade blankets from knitted & crocheted squares

- ~ Join us for Wednesday morning craft get togethers
- ~ or make your squares at home & contribute
- ~ donations of wool/ yarn much appreciated



East Gippsland Shire Mayor & Cr. Joanne Eastman are planning a visit to Bendoc on the 30th Sept

All welcome to come along for a chat,
meet & greet
More info next wheel

Thank you to everyone who came to support our – your Service

Nurse visits to the area will continue – now weekly (see calendar below). Lachlan is back on board and will look after Goongerah and Bendoc. Birgit will concentrate mostly on Tubbut, but can also offer home visits to those who are unable to attend. Marked in the calendar as Nurse visits.

We are waiting for an update on the next Podiatrist visit.
We will have the following visits coming up

October

Skin Checks

1st morning in Tubbut and afternoon in Bendoc

2nd Goongerah till 2 pm

November

Physio

17th Goongerah

Physio
22nd in Bendoc
Osteo — TBA

Physio is not covering Tubbut at the moment, but everyone can book at Goongerah or Bendoc.

11th We are planning to have a Learn Technology Day at the Bonang Hall

FREE session is for anyone 50+ to bring their phones/tablets/laptops and get coached on how to use them to do what they want to do

Our Booking Platform is currently on holidays. Please call us if you want to book in for anything.

Book directly through your local Community Centre

Bendoc – 02 6458 1531 or 0458153074

Tubbut – 0482 855 670

Birgit – 0456 167 011

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

You can also expect a phone call from your Nurse Lachlan in the coming weeks, to introduce himself.

He will be hosting a morning tea to meet him in person

August 25th in Goongerah 11 am

August 27th in Bendoc 11 am

SHARING INFORMATION

Aside from the super interesting and informative local newsletters, the other way E2S Wellbeing Spaces shares information on Health Specialists attending E2S Wellbeing Spaces is via a bulk SMS Service. Birgit writes the message and a third-party SMS messaging service sends the message out to each community. These messages always start with Hi Bendoc, Goongerah or Tubbut 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 Birgit 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. When responding to the bulk SMS messages, please respond directly to Birgit on 0456 167 011 so she is sure to receive it and book you in.

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

E2S Team

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Nurse visits	19 Nurse Tubbut	20	21	22
23	24	25 Nurse Goongerah	26	27 Nurse Bendoc	28	29
30	31					

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nurse visits	2 Nurse Tubbut	3	4	5
6	7	8 Nurse Goongerah	9	10 Nurse Bendoc	11	12
13	14	15 Nurse visits	16 Nurse Tubbut	17	18	19
20	21	22 Nurse Goongerah	23	24 Nurse Bendoc	25	26
27	28	29 Nurse visits	30 Nurse Tubbut			

Delegate Hospital Auxiliary

2026 is the 100 year celebration of Delegate Hospital

Come and support the Auxiliary raise funds for Delegate MPS at the

Casserole Luncheon



DELEGATE COUNTRY CLUB

Wednesday 2nd September

11.30am for 12.00 start

\$25 per head (2 courses)

**We will have guest speakers who will share stories
from over the years at the hospitals**

Door prize and Raffle on the day

Please ring to book:

Claire 0458428475 or Gail 0413026399

To assist catering bookings are preferred

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
- Generalist Community 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.

OLD DELEGATE POST OFFICE

*Home of the
Healing Hub and Creative Hub*

Homewares

Gourmet Foods

Handcrafted Gifts & Toys

Thursday to Saturday

10am to 4pm

40 Bombala St Delegate

02 64550259

*Thursday afternoon Creative
Hub Workshops*

12.30 to 2.30pm

Small charge for materials

Serendipitous Markets last

Saturday of the month.

Barista Coffee, Hot chocolate and Tea

Herb and flower posies now available

Friends of Errinundra & Parks Victoria 4WD Track Clearing

This year will be the 20th Anniversary of the first track clearing event in the Bendoc area.

The event has grown to 4 days of clearing walking and 4WD tracks annually. The dates for this year are **15 October to Sunday 18 October**

The Community are invited to presentations held at the Bendoc Hall - More information to come



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
AGM Bendoc Meeting Monday 24h August

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 - VICESSES volunteer porthole sso.ses.vic.gov.au

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

Department of Government Services [1300 778 931](https://1300.778.931)

Apply at- <https://service.vic.gov.au/find-services/housing-and-property/eligible-volunteers-rebate-scheme>

Contact BNH 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.

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

Emergency (000)

Vic Emergency Hotline [1800 226 226](https://1800.226.226)

CFA Headquarters [\(03\) 9262 8444](https://03.9262.8444)

Register a Burn Off [1800668511](https://1800.668.511)

For emergency information including severe weather warnings—download the - VicEmergency app
 - Go to the site Emergency.vic.gov.au
 - ring the hotline number above
 - Non English speakers—ring 131450 & ask for translated info from the site
 - Hard of Hearing or speech impairment use the National relay service & ask for 1800226226
 - Your Neighbourhood House can assist

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 or environmental crime can be reported to Crime Stoppers on 1800 333 000.

DELEGATE TO BOMBALA BUS

Pick up from RTC Delegate 10.30am 1st & 3rd Wednesday of the month

Bus leaves Bombala for return trip to Delegate 12.30 -1.00

Bookings essential contact RTC Delegate **02 6458 8388**



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 <https://www.eastgippsland.vic.gov.au/council/community-matters>

Kanopy brings a world of stories to your screen

Our library members are embracing **Kanopy**, our free streaming service that offers access to a wide range of films, documentaries, international cinema and children's content.

Since launching, more than 160 new Kanopy accounts have been created, with members enjoying a growing collection of quality entertainment from the comfort of home.

Some of the most popular films streamed so far include *Pride and Prejudice*, *Their Finest*, *Show Me the Honey!*, *Miss Austen* and *The Traveler*.

Available free with your library membership, Kanopy allows members to enjoy a selection of films and series anytime, anywhere.

Not a member yet? [Join](#) your local library and start exploring the world

Join our Contractors' Breakfast

Not sure where to start when you see a Council tender? You're not alone.

Our annual Contractors' Breakfast is an opportunity for local contractors, tradies and suppliers to learn more about working with East Gippsland Shire Council and what's coming up.

• Date: **Friday 21 August**

• Time: **7.30 am – 9.30 am**

Venue: **WORLD Centre, Wallace Street, Bairnsdale**

Hear about upcoming opportunities in our 2026–27 and 2027–28 Capital Works Programs, get practical tips on navigating the tendering process and learn how you can improve your chances of winning Council contracts.

You'll also hear about our new Project Management Framework, our move towards more collaborative procurement and improvements we're making to the tendering process.

Bookings are essential. Tickets are \$9.50 and in-



For a limited time, enjoy our Buy 1 Ticket, Get 1 Free offer to two of our upcoming shows at The Forge Theatre.

Bring a friend, family member or someone who deserves a fun night out!

Use code: **BOGOF** at checkout to redeem **Saplings | Friday 28th August, 11am and 7pm**

Dane Simpson: Always Was, Always Will Be...Funny
Saturday 5th September, 7:30pm

The Forge Theatre is East Gippsland's Performing Arts Centre. <https://www.eastgippsland.vic.gov.au/leisure/whats-on-and-buy-tickets>



FRI, 28 AUG, 11AM
Saplings
Bairnsdale

+1 more time



FRI, 4 SEP, 7:30PM
Rebecca Barnard & Wilbur Wilde
Bairnsdale



THU, 15 OCT, 7:30PM
Allo Allo
Bairnsdale

+4 more times



THU, 3 SEP, 7PM
FROZEN - A Broadway Musical
Emerald

+4 more times



SAT, 24 OCT, 7:30PM
Casey Donovan 'This is me'
Bairnsdale

+1 more time



FRI, 11 SEP, 6:30PM
Hall of Fame- Bairnsdale Secondary College's 2026 Production
Bairnsdale

+2 more times



FRI, 25 OCT, 7:30PM
My Leonard Cohen featuring Stewart D'Arrietta
Bairnsdale



SAT, 19 SEP, 7:30PM
Elvis & Buddy Rock and Roll Mania
Bairnsdale

+1 more time



THU, 24 SEP, 9AM
BSides Canberra 2026
Canberra

+1 more time



FRI, 25 SEP, 12PM
Wallaby Creek Festival 2026
Rostville

+1 more time

Snippets from August 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, call 5153 9450, register online at [Agrinews Newsletter](#) or drop into the neighbourhood house for a copy

Free membership for East Gippsland small businesses

Did you know that if your business has fewer than 10 employees and you're based in the East Gippsland Shire, you could be eligible for a free Associate Membership with Food & Fibre Gippsland? Find out more and

join at foodandfibregippsland.com.au/join-us or email us at fo@foodandfibregippsland.com.au.

Drought funding Update

Support to help you reset and recover after drought is available. Victorian farmers are encouraged to access support as they recover from drought and plan for the seasons ahead.

Programs that are continuing include:

- **Farm Advisory Service**, including up to two free consultations per eligible business with a consultant to support business decision-making.

- **Farm Drought Support Grants** to support farmers as they recover from drought and plan for seasons ahead.
- The **Look Over the Farm Gate Grants Program**, with up to \$5,000 available for community-led events that support mental health and wellbeing.
- **Rural Financial Counselling Service Wellbeing Counsellors**, available across Victoria until December 2027.

- Applications for the Farm Drought Support Grants, Farm Advisory Service are open until 30 September 2026 and Look Over the Farm Gate which is open until the 30 December unless funding is fully allocated prior.
- Applications for Household Financial Relief payments are open until funding is fully allocated or 31 December 2026, whichever comes first.

Additional information on the drought supports can be accessed at www.agriculture.vic.gov.au/drought.

H5 Bird Flu Update

There have been 71 positive cases of H5 bird flu in Victoria. To review wildlife cases reported in Victoria and see sightings where H5 bird flu has been detected, view the [interactive map](#).

Victoria's Chief Veterinary Officer has introduced a temporary poultry housing requirement in higher-risk areas following further detections of H5 bird flu in wild birds.

For an initial 14 days, poultry owners with 50 or more birds in metropolitan Melbourne, coastal areas and some neighbouring areas must house their birds to reduce contact with wild birds.

The requirement is designed to reduce contact between wild birds and poultry as a precautionary measure while the situation is evolving. See more at [Protecting Eggs And Poultry From H5 Bird Flu | Premier](#) or go to website: <https://agriculture.vic.gov.au/birdflu> (see section on the Control Order).

Victorians are asked to:

AVOID contact with sick or dead birds, wildlife or their environment

RECORD what you see and where you saw it

REPORT it to DEECA using the online form [MAX External](#),

or call the Emergency Animal Disease Hotline on 1800 675 888

Report even a single sick or dead wild seabird, waterbird, shorebird, bird of prey, or marine mammal (seal, sea lion, dolphin), and report clusters of 5 or more sick or dead wild birds of any species, anywhere in Victoria.

To keep up to date go to: [Agriculture Victoria — avian influenza updates](#) and [Australian Government — bird flu campaign page](#)

Commercial sized solar rebates increased

The Small-scale Renewable Energy Scheme (SRES) will be expanded from 100 kW to 1 MW, allowing businesses, farms and community facilities to install solar systems up to ten times larger, better matching their energy needs and unlocking the potential of large commercial rooftops.

The cost of installing medium-sized solar systems will be reduced by around 20 per cent.

Based on a mid-scale solar PV system installation, the estimated discount is about \$68,000 off a 250 kW system - enough to support a reasonably large commercial operation. A 250kW solar PV installation could produce around 345 MWhs of electricity a year, saving around \$50,000 of electricity costs each year.

One in three Australian homes have rooftop solar, but larger energy users have been locked out because the existing solar rebate only supports systems up to 100 kW.

The expanded SRES is expected to commence from 1 October 2026, subject to the necessary regulations being in place. More information: [Putting more roofs to work | Ministers](#)

Book your Q fever testing and vaccination appointments now

Gippsdairy are advising now is the time to book appointments for you, your farm workers and any family members living on-farm who are 15 years of age or over.

Q fever is an occupational health and safety risk for dairy farmers. It is important for dairy farm business owners to manage the risk of Q fever within their workplace. Renee from PDV Safety explains that this can be done through policies and procedures for Q fever testing and vaccination of new staff or providing correct PPE on farm. Because it is an OH&S matter, it is the responsibility of dairy farm business owners to manage the risk, therefore cover the cost of Q fever testing and vaccination of staff. [Watch the video here](#).

Gippsdairy current clinics [Preventing Q fever on farm. News | Dairy Australia](#). Gippsdairy human resources documents <https://thepeopleindairy.org.au/>.

Have you checked out [Your Say, East Gippsland](#) recently? Your Say is an online platform that lets you share what you think about the projects, services and places that matter to you. It's an important engagement tool for Council and community.

It is important to note that Council will also continue to consult with the community in a number of other ways including site meetings, community workshops, drop-in sessions and more.

Gippsland to Lead Plus One Serve Campaign

Gippsland has been selected to lead a trial of the new **Plus One Serve** campaign, a national initiative encouraging people to add an extra serve of vegetables to their daily diet. Delivered by AUSVEG in partnership with the Gippsland Regional Public Health Unit and Food & Fibre Gippsland, the campaign will run from **24 August to 20 September 2026**.

Supported by local councils, health services, community groups and industry partners, the campaign aims to boost vegetable consumption while highlighting Gippsland's important role as a food-producing region. Local growers and businesses will have opportunities to get involved through promotion, community activities and campaign partnerships.

🍳 Ingredients

1 medium zucchini, grated
1 medium carrot, grated
½ cup corn kernels (fresh or frozen)
3 spring onions, finely sliced
½ cup chopped parsley
2 eggs
¾ cup wholemeal flour
1/2 cup grated cheese
1 tsp salt
½ tsp black pepper
½ tsp smoked paprika

Method

Prepare the vegetables. Squeeze excess moisture from the grated zucchini using a clean towel. Mix the batter. In a bowl, whisk eggs. Add zucchini, carrot, corn, spring onions, and parsley. Stir in flour, cheese, salt, pepper, and smoked paprika until combined.

Cook the fritters. Heat a thin layer of oil in a frying pan over medium heat. Drop spoonfuls of batter into the pan and flatten slightly. Cook 3–4 minutes per side until golden and crisp.

Serve. Enjoy hot with yoghurt, sour cream, or a squeeze of lemon.

Recipe Ideas



Ingredients

2 medium apples
(Granny Smith or Pink Lady), peeled and diced
1 cup Wholemeal SR flour
2 tbsp sugar
½ tsp cinnamon
¼ tsp salt
2 eggs
½ cup milk
1 tsp vanilla extract
Oil for frying
sugar or glaze for topping



Method

1. **Mix the batter.** In a bowl, whisk together flour, sugar, cinnamon, and salt. In another bowl, whisk eggs, milk, and vanilla. Combine wet and dry ingredients until smooth.

2. **Add apples.** Fold in diced apples so they're evenly coated in batter.

3. **Fry the fritters.** Heat oil in a pan over medium heat. Drop spoonfuls of batter into the oil and flatten slightly. Fry 2–3 minutes per side until golden brown.

Finish. Drain on paper towels. Dust with powdered sugar or drizzle with glaze.

Apple & potato

Feeling like Salad ?

Chopped unpeeled granny smith & red apple, sprinkle of lemon juice
Add to cooked cooled potato cubes
Add parsley, chives, finely chopped red capsicum & celery
Dressing - mayonnaise & yoghurt

Tangy & Colourful

-Roughly chopped lettuce
-Red cabbage
-Celery & carrot sliced thin
-½ cup dried cranberries
-Parsley
-Whisk together
Dressing
-juice from 1 lemon
-2 cloves garlic pressed
3 Tablespoons olive oil
1 teaspoon sugar, salt

- Clear fallen leaves & old fruit from under orchard trees. Remove any diseased prunings from the site rather than composting them cold.
- Weed while soil is moist, but do not dig or cultivate clay or wet beds—it damages soil structure. Add compost or well-rotted manure on top, then let worms work it in.
- Check tree guards, stakes and netting before spring growth makes access difficult. Ensure mulch is not touching trunks; leave a bare hand-width around stems to reduce rot and mouse damage.
- Inspect graft unions and remove suckers from below them on fruit trees.

Veggies worth trying

Use a sunny, sheltered bed—ideally against a north-facing wall or behind a windbreak—and expect slow growth.

- Sow broad beans and peas now, preferably under a cloche, low tunnel, or frost cloth until established.
- Plant hardy seedlings such as kale, silverbeet, broccoli, cabbage, cauliflower, spring onions and leeks.
- Direct sow radish, rocket, spinach, beetroot, turnip and parsnip only in the best-drained, warmer spot.
- winter peas and broad beans, while tender plants need frost protection.

Keep a little frost cloth handy for new seedlings.

Start tomatoes, capsicums, pumpkins, basil and beans **indoors only** if you have warmth and good light. Do not set them outside until frost risk has properly passed—Bendoc is very different from Orbost or the coast. Cool-climate Victoria guidance supports late-

Orchard caution

Avoid major winter pruning of apricots, cherries, peaches and nectarines. In cool, wet conditions, open cuts can increase the chance of fungal wood diseases such as silver leaf; save substantial pruning for a dry period after harvest. If necessary now, only remove clearly dead or broken wood on a dry day. [baytreeservices](#)
If your stone fruit is beginning to flower, have frost blankets ready in advance. Covering should reach the ground to trap some warmth, but remove or ventilate it during the day so pollinators can reach open blossoms.

Frost routine

- Water dry soil during the day before a forecast frost; moist soil holds more daytime heat than powder-dry soil.
- Cover low crops and flowering small trees before sunset with frost cloth, old sheets or 30–50 GSM horticultural fleece. Do not let plastic rest on foliage.
- Peg covers down to ground level, then uncover once temperatures rise the next morning.

Gardening Hints



Ads & Opportunities

Wanted —

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

Bendoc Neighbourhood House

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

Dexter Beef sides & partial sides.

Check availability

Contact Graham on 0429436202

wagradexters@gmail.com

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 :)

Donations of other usable items- Most Wel-
come

SEEDS -

BNH fundraiser

Vegetable & flower packets of seeds for sale

& keen for more donations —

SAVE your seeds for the future

Wrecking—0437 081 644

HJ Holden— not many parts left, 1954 Rover



WHERE THE FLICK IS BENDOC

BENDOC HOTEL

Est 1908

"Little Bush Pub in the middle of nowhere"

10-12 DOWLING STREET, BENDOC, VICTORIA, 3688 • PH: 02 8458 1453 • EMAIL: BENDOCHOTEL@GMAIL.COM

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 at 7:30pm
Multiple Raffles - Local Vouchers
HOURS Mon - Thu (12pm to Late)
Fri - Sat (12pm to Late)
Sundays CLOSED

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

Office space for hire at Bendoc Neighbourhood House.

Free for Community Services, Suitable for study,
admin work, medical & welfare services
very reasonable rates

MATCH THE ANSWERS TO THE JOKES



What would you call a nose without a body?

How do you know that light travels faster than sound?

When is it never a good idea to confide in & gossip

Did you hear about the Kidnapping at the school?

In front of the vacuum cleaner, they love to collect dirt

Yes, he finally woke up!

Nobody nose

Because some people appear bright until you hear them speak

LAST MONTHS CROSSWORD ANSWERS

Down

- 1 Begonia
2 Coriander
4 Acacia
7 Parsley
8 Magnolia
9 Oregano

Across

- 3 Calendula
5 Nasturtium
6 Viola
8 Mint
10 Azalea
11 Bottlebrush
12 Thyme

Notices & Info

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

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

Send us your email address if you would like to go on our Emailing list & see the Wheel in colour

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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Colour A4 50c copy
B&W A3 50c a copy. Colour A3 \$1.00 copy.
Laminating \$2.50 A4 \$5.00 A3

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

S	M	T	W	TH	F	S
23 Bendoc CFA AGM	24	25 BNH 9-2 GR SHED 9-12 NURSE GOONGERAH REDI EMERGENCY WORKSHOP	26 BNH 9-2 Craft Morning	27 NURSE GREEN SHED LIB. BUS 10.30-11.30 MEET BENDOC NURSE DAY PANCAKES & BLOOD PRESSURE	28 BNH 9-2	29 GREEN SHED 9-12
30	31	1 SEPT BNH 9-2 GR SHED 9-12	2 BNH 9-2 Craft Morning NURSE TUBBUT Delegate country club CASSEROLE LUNCH	3 GREEN SHED 9-12	4 BNH 9-2	5 GREEN SHED 9-12
6	7	8 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	9 BNH 9-2 Craft Morning WOMENS HEALTH WEEK GET TOGETHER	10 NURSE BENDOC GR SHED 9-12 LIB. BUS 10.30-11.30	11 BNH 9-2	12 Gr SHED 9-12
13 BENDOC MARKET YAHOO:)	14	15 BNH 9-2 Gr SHED 9-12	16 BNH 9-2 Craft Morning NURSE TUBBUT DELEGATE TO BOMBALA BUS	17 Gr SHED 9-12 LIB. BUS 10.30-11.30	18 BNH 9-2	19 Gr SHED 9-12
20	21 Vic School Hols start	22 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	23 BNH 9-2 Craft Morning	24 Gr SHED 9-12 NURSE BENDOC	25 AFL PUBLIC HOLIDAY	26 Gr SHED 9-12
27	28 NSW School Hols start	29 BNH 9-2 Gr SHED 9-12	30 BNH 9-2 Craft Morning NURSE TUBBUT DELEGATE TO BOMBALA BUS- MAYOR VISIT	1 Oct Gr SHED 9-12	2 BNH 9-2	3 Gr SHED 9-12
4	5 VIC SCHOOLS BACK	6 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	7 BNH 9-2 Craft Morning	8 NURSE BENDOC Gr SHED 9-12 LIB. BUS 10.30-11.30	9 BNH 9-2	10 Gr SHED 9-12
11	12	13 BNH 9-2 Gr SHED 9-12 NSW SCHOOLS BACK	14 BNH 9-2 Craft Morning NURSE TUBBUT DELEGATE TO BOMBALA BUS	15 Gr SHED 9-12 LIB. BUS 10.30-11.30	16 BNH 9-2 Friends of Errinundra & Parks Vic presentations →	17 Gr SHED 9-12

21st Oct– IT Scam Workshop

S M T W TH F S