



Bendoc Wheel

bendocpa@bigpond.com 0458153074 Bendoc.org.au

Welcome Bendoc to warmer weather— where fires take on another meaning

Half a dozen locals recently enjoyed an afternoon chat with East Gippsland Shire Mayor - Cr Jody Ashworth & Cr Joanne Eastman on a number of local topics. If you'd like to get in touch with the council access
Eastgippsland.vic.gov.au - Contact Us



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, Sat 9-12ish
ring Bob to confirm
0408981524
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

Learn about HOW TO SPOT SCAMS ON THE INTERNET

Bendoc will be hosting a fun and casual workshop for those 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.

Snacks with morning tea & a light lunch included

Wednesday 21st October 9.30 -1.00

Contact Bendoc Neighbourhood House & register your interest

PLUS - surprise gift bag for our keen learners.

Get Online Week

Supporting everyone to feel safer and more
confident online

Get Online Week is being held 19-25 October
2026



More info on Scams inside

EmergencyRedi Workshop in Bendoc

Please visit BNH for useful resources and a copy of the Bendoc & surrounding Victorian districts Local Incident Management Plan (LIMP).

This will explain the role Bendoc Hall can play in the event of an emergency, emergency services contacts, and information on things we need to prepare for that we may not think of.

A Note From Allison Norfolk

anorfolk@redcross.org.au

Dear Bendoc community,

Please accept my apologies for the delay in following up after the EmergencyRedi workshop held on 25 August.

It was wonderful to meet so many of you, and it was encouraging to see such a good turnout. We were also fortunate to have excellent representation from Victorian and NSW emergency services, Council and other local agencies. This was particularly valuable given Bendoc's proximity to the border and the importance of effective cross-border communication during emergencies.

The workshop generated some practical outcomes. These included arranging for the Local Incident Management Plans to be delivered directly to local households, once updated, and the terrific offer from John to provide a generator briefing for residents. These actions demonstrate the community's willingness to share skills, improve preparedness and work together to keep everyone safe.

We hope you found the workshop useful, informative and relevant to Bendoc's emergency planning needs. Please feel free to contact me if you have any questions, further feedback or ideas you would like to share.

A special thank you to Diane from the Neighbourhood House for hosting the workshop and to John at the hotel for providing the superb catering. Their support and warm hospitality were greatly appreciated.

Warm regards

Alli

An information session is being planned for teaching residents how to use the emergency generator at Bendoc Hall. Let us know if you are interested in coming along



Bendoc Neighbourhood House has a new mobile phone number

0458153074



Friends of Errinundra hosted a weekend in Bendoc & Errinundra, of drives, walks & talks through Errinundra & Bendoc points of interest. Representatives from Parks Victoria, 4 wheel drive clubs, Aust. Dept. of Climate Change, Energy, Environment & Water and learned locals presented informative sessions on the forests, grasslands, conservation parks & threatened species. If you would like to know more about the Friends of Errinundra & future events– Contact

**Prue Thwaites/Hasler
Secretary – Friends of Errinundra
0439 890 688**

Residents tapped into the aged care information session last week- brought to us by East Gippsland Libraries and the Australian Government Dept. of Health, Disability & Ageing. We finished off feeling much more informed & confident in understanding the system. Visit BNH for hard copy resources.

Interested in having a market stall at

**BENDOC PUB's WOOD CHOP EVENT on
5th DECEMBER ?**

Contact The pub—0264581453 bendochotel@gmail.com
or Bendoc Neighbourhood House 04 58153074
bendocpa@bigpond.com

Start preparing Now

Bendoc Cemetery Trust are still looking for locals to join the trust. At present the process for using the cemetery is managed interstate & more local representation is needed.

Is anyone interested in assisting BNH with sifting through historical records to aid a request for information being sought for a family research project.?

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



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

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

SEEDS -

BNH fundraiser

Vegetable & flower packets of seeds for sale
& keen for more donations –
SAVE your seeds for the future

Scammers are criminals who try to trick you into sharing your personal information or giving them money.

Here are some things you can look out for to help you spot a text or SMS scam and stay safer online.

Scammers tell you to act fast

Scammers can pretend to be a real business or organisation to try to trick and make you feel like you need to take action before you have time to think. Scammers could do this by:

- Making you feel like you will get in trouble.
- Telling you that you will get a fine, get locked out of your account or money has been taken.
- Saying you will miss out on a special offer.



Tip: Some scammers use current events like tax time or something that has happened in the news to make it look more real.

Scammers use tricks to get a reaction

A scam text might pretend to be a charity, tell you that you won the lottery, or pretend to be your friend.



Tip: Always visit the official website on your browser or official app to log in or get contact details.

Do not click on links, use contact info sent to you in messages or share personal information over text.



Tip: Check the name of the company who sent you an SMS text. If it says 'unverified' it may be a scam.

Think you have been scammed?

- Report the scam to Scamwatch and the police.
- Contact free support services like IDCARE or ID Support NSW to help you make a plan about what to do next.
- If you need someone to talk to, call Lifeline 13 11 14 or Beyond Blue 1300 22 4636.

Keep learning

To learn more Good Things go to www.goodthings.org.au/learn or beconnected.esafety.gov.au



Delegate School of Arts
36 Bombala St Delegate

Friday 23rd October 2026 at 6:30 pm sharp

Adults \$40 10-18 yrs \$20 Primary school & under Free
Bookings & payment through Delegate Progress Assoc. 02 6458 8388
Card payments available. For further information call 02 6458 8388

Immerse yourself in the grandeur, sights and sounds of the timeless landscapes of the Bundian Way, one of the ancient walking tracks linking the mountains to the coast.

Award winning composer and multimedia artist Damian Barbeler has created an inspiring production featuring instruments as diverse as violin to didgeridoo with landscape imagery and selected excerpts from the book "On Track" narrated by the author John Blay.

This first performance in the south east is fittingly being held in the only town on the ancient pathway—DELEGATE

Message from Birgit



LINKING OUR REMOTE COMMUNITIES WITH SERVICES THAT MATTER

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

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 in all communities. Marked in the calendar as Nurse visits. Please come and see them.

Skin checks: Sadly, our original Practitioner had to withdraw her service for personal reasons. We are currently negotiating with another Practitioner. Fingers crossed.
We will have the following Allied Health visits coming up

October
Podiatrist at Bonang Hall
Tuesday the 6th
Wednesday the 7th

Physio
22nd in Bendoc

November
Physio
17th Goongerah

17/12 Bendoc
19/1 Goongerah

11th Nov 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

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

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

If you experience problems with the online booking – call us

Bendoc – 02 6458 1531
Tubbut – 0482 855 670

Birgit – 0456 167 011

You can also expect a phone call from your **Nurse Lachlan Mob 0439 159 815** in the coming weeks, to introduce himself.

SHARING INFORMATION

Our main share point for updates are the **Tubbut Tattler** and **Bendoc Wheel**. You will also receive text messages from the Nurses phone and appointment reminders from Pick time.
Our Allied Health visits had to be cut back due to budget constraints. Please also note, that the Osteo creates his own patient list. Once a patient's treatment is complete, he will include a new patient from his waiting list. If you would like to be added to the waiting list, please let Birgit know.

MON	TUE	WED	THU	FRI	SAT	SUN
OCTOBER				1	2	3
			Osteo Tubbut - fully booked			4
5	6	7	8	9	10	11
	Nurse Goongerah Podiatrist Bonang Hall	Podiatrist Bonang Hall	Nurse Bendoc			
12	13	14	15			16
	Nurse Visits	Nurse Tubbut				
19	20	21	22			23
	Nurse Goongerah		Nurse and Physio Bendoc			
26	27	28	29			
	Nurse Visits	Nurse Tubbut				
NOVEMBER				5		6
2	3	4	Nurse Bendoc			
	Melbourne Cup no Nurse visit					
9	10	11	12	13	14	15
	Nurse Visits	Nurse Tubbut				
16	17	18	19	20	21	22
	Nurse and Physio Goongerah		Nurse Bendoc			
23	24	25	26	27	28	29
	Nurse Visits	Nurse Tubbut				
30						



Flying Doctor Mobile Eye Care

Our **FREE** optometry service
is coming to Goongerah
22 October

Goongerah Hall
6933 Bonang Road
Goongerah

Reduced cost
glasses available!
Eligibility criteria
apply, so to find out
more or to book an
appointment please
call (03) 8412 0444.

For Information on firewood col-
lection call 136 186.

Need help with an
energy bill?

Call the
Energy Assistance Pro-
gram on [1800 161 215](tel:1800161215).

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

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

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

Lakes Live brings free music to running festival weekend

Andrew Swift, TIMBAKAT and Reversion will perform beside two days of racing on the Lakes Entrance foreshore.

The Lakes Entrance Running Festival will add a full programme of free live music to its inaugural weekend on Saturday 31 October and Sunday 1 November, giving runners, supporters and the wider community more reasons to stay in the Event Village.

Lakes Live will feature 2023 CMAA Male Artist of the Year and three-time Golden Guitar winner Andrew Swift on Saturday afternoon, followed by TIMBAKAT on Sunday morning and Reversion through the closing stages of Sunday's programme.

Lakes Live is open to the community, and spectators are encouraged to come down, enjoy the music and help create a strong finish-line welcome for every runner.

Event entries and weekend information: lakesentrance.run

Media enquiries

Sophie Bennett

Marketing and Media Coordinator

Fit City Events

DELEGATE TO BOMBALA BUS

Pick up from RTC Delegate 10.30am

1st & 3rd Wednesday of the month

The bus leaves Bombala for the return trip to Delegate 12.30 -1.00

Bookings essential

contact RTC Delegate **02 6458 8388**





NEW AREAS ADDED TO BRATAUALUNG FOREST PARK

The Victorian Government has protected another 2,155 hectares of native forest, safeguarding and connecting some of the region's most significant natural areas by adding it to the Brataualung Forest Park in South Gippsland's Strzelecki Ranges.

This expansion of Brataualung Forest Park is an important milestone for the community, which has long advocated for stronger protection of the Strzelecki Ranges.

The addition contributes to the return of 4,455 hectares to public management and advances the Victorian Government's broader commitment to return 8,000 hectares and establish a new conservation reserve.

To read the full media release please call 03 8624 3400 or email - media@deeca.vic.gov.au



Sat, 14 Nov, 9am - 1pm AEDT

Detox Your Home - Bairnsdale

East Gippsland Livestock Exchange,
Bairnsdale VIC, Australia

The Victorian Government has published the 2026-27 schedule for its popular **Detox Your Home program**, giving Victorians more opportunities to safely dispose of household chemicals and other hazardous waste free of charge.

Detox Your Home events allow Victorians to drop off items such as pesticides, cleaning products and other household chemicals that cannot be disposed of through kerbside collection.

Bookings are essential. For full details on locations, dates and accepted materials, visit [environ-ment.vic.gov.au/hazardous-household-chemicals/detox-your-home](https://environment.vic.gov.au/hazardous-household-chemicals/detox-your-home).

Just some of the events to see at the Forge Theatre. Have a look & see what else is on show

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

Fri, 6 Nov, 7:30pm - 9:30pm AE...

The Traveling Wilburys Collection

The Forge Theatre, Bairnsdale
VIC, Australia

Sat, 7 Nov, 7:30pm - 8:30pm AE...

Virtuoso

The Forge Theatre

Sun, 8 Nov, 2pm - 4:30pm AEDT

Community • Collaboration •...

The Forge Theatre, Bairnsdale
VIC, Australia

Sat, 21 Nov, 7:30pm - 9:10pm A...

The Roy Orbison Story

The Forge Theatre, Bairnsdale
VIC, Australia

Sat, 5 Dec, 2:30pm - 4:30pm A...

IMAGINE by Jan Pianta School of...

The Forge Theatre, Bairnsdale
VIC, Australia

Sun, 13 Dec, 2pm - 3:10pm AEDT

Santa Claus Is Coming to Town

The Forge Theatre, Bairnsdale
VIC, Australia



Mt Delegate group training Day will be Sunday 1st November 2026, **Bendoc CFA SHED** from 9.00am to around 2.30 (the prize draw will take place at 9.10am on the dot).

Can anyone who wishes to attend please RSVP to **Jim Stevenson on 0403 196528** or email:-

wilson_stevenson@hotmail.com ASAP please, for organisational and catering purposes

Also, call Jim if you have any questions about the day in general. The day will hopefully involve five training 'stations':-

Burn Over / Entrapment Drill (Victorian CFA Requirement)

Tree Hazard Awareness Refresher session, Victorian CFA Requirement

Containerised Training Prop (Two Props apparently)

Draughting Station - Ideally organised and run by a group NOT required to do the CFA required training

Radio / Communications Cross-border communication channels Refresher on basic skills

CFA Fire Danger Period 5 October 2026 to 1 May 2027.

That means open-air fires are restricted unless you have a permit or meet the applicable conditions. cfa.vic.gov

During the Fire Danger Period

You may use a **barbecue, pizza oven, fire pit, brazier or chiminea** without a permit if all of these apply:

- It is for **cooking or personal warmth**, not burning rubbish or garden waste.
- It is in a properly constructed fireplace—stone, metal or concrete—or a commercially made fire pit/chiminea/brazier.
- The fire is **no larger than 1 m × 1 m**.
- Wind is **below 10 km/h**; if leaves are constantly moving, it is too windy.
- There is **3 m clear of flammable material around and above** the fire.
- A responsible person stays with it at all times and can extinguish it.

It is fully extinguished with water before you leave.

On a Total Fire Ban day

No campfires, fire pits, chimineas, braziers or solid-fuel barbecues may be lit anywhere in the open air.

A **gas or electric barbecue** may be used only if it is designed/manufactured for cooking, stable, supervised, has water or a hose available, and has a clear safe area around it.

Wood-fired pizza ovens, heat beads and coals are **not allowed** on a Total Fire Ban day.

Fire Permits Victoria:

<https://firepermits.vic.gov.au>

During Fire Season it may take up to two weeks for processing.

Apply for a fire permit / register a burn-off **1800 668 511**

VicEmergency information line **1800 226 226**

CFA headquarters / general fire-restriction enquiries **(03) 9262 8444**

DEECA / Forest Fire Management **136 186**

Emergency **000**

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>

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

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

Snippets from October 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 kaylenewi@egipps.vic.gov.au call 5153 9450, register online at [Agrinews Newsletter](#) or drop into the neighbourhood house for a copy

AgriStarter Loan webinar 28 Oct

The Australian Government's farm business lender RIC is hosting a free, online AgriStarter Loan webinar.

Wednesday 28 October

12 noon AEDT to 1.00pm

Register at <https://bit.ly/4wCd2GW>

If you have any questions, please reach out to the RIC team at communications@ric.gov.au.

Neil McDonald Working Dog & Livestock Handling 6 – 9 Nov

Expressions of Interest are now open for the Neil McDonald Working Dog & Livestock Handling Course, running from 6–9 November 2026 in Omeo..

6–9 November 2026

Omeo, Victoria

\$2,200 (inc. GST)

Catering provided

Places are limited. To register your interest or find out more, contact

Sonya Lawlor on 0429 856 304.

Shearing and Wool Training Opportunities

9 to

13 November 2026 Bairnsdale This training is supported through State and Commonwealth Government funding. Places are limited, for more information or to enrol, contact Shearing and Wool Training Victoria on 1300 787 984, email ad-min@swti.edu.au or visit [Home | Shearer Woolhandler Training | Shearing Courses | Certificate IV in Wool Classing | Agriculture](#)

National Agriculture Day Event

Bairnsdale Neighbourhood House

Friday 20 November

10am – 3pm with lunch 12 – 2pm

Bairnsdale Neighbourhood House

For more information, please contact Leanne on 0428 330 756.

2027 AgriFutures Rural Women's Award and Acceleration Grant applications open

Applications close on Wednesday, 4 November 2026 (Wednesday, 20 January 2027 for NT applicants). [Rural Women's Acceleration Grant | AgriFutures Australia](#).

Drought funding

To view the full range of financial, technical and wellbeing support available visit the website or phone 136 186. Find out more at [Drought support | Farm management | Agriculture Victoria](#)

Digging Deeper podcast

Navigating bull testing and beyond with Chelsea Hair

Alister Micallef speaks with Chelsea Hair our local vet about a busy late-winter period of calving assistance, bull testing, and pregnancy testing, plus her recent Red Meat Conference talk on Focus on Weighty Weaners (nutrition, trace elements, and parasite management) and an upcoming MLA webinar in October. [Podcast - Digger Deeper - AG Chats with AL](#).

Why Reporting of Dingoes and Livestock Losses Matters

Timely reporting of dingo activity, including livestock attacks, sightings, tracks, and any other predation incidents, is one of the most important actions landholders can take to support effective management and protect livestock. Every report contributes valuable information that helps government officers and management programs better understand the scale, location and movement of dingo populations, allowing resources to be directed where they are needed most.

Report Livestock Losses as Soon as Possible - When livestock are killed, injured or harassed by dingoes, landholders should report the incident immediately to their local Vertebrate Species Management Officer (VSMO) or through the DEECA Customer Call Centre, on 13 61 86.

BOM & Vic Hub expands drought information

Understanding drought means looking beyond rainfall alone.

The Bureau of Meteorology has expanded its Drought Statement to bring together rainfall, soil moisture, evaporative stress, streamflow, water storages and groundwater, alongside one- and three-month outlooks.

Bureau expands drought information – Victoria Drought Resilience Adoption and Innovation Hub.

H5 bird flu

If you see sick or dead birds or other wildlife, do not touch them.

Avoid direct contact. **Record** what you see. **Report** it to the Emergency Animal Disease Hotline on 1800 675 888 or using the [online form](#). Report clusters of 5 or more sick or dead wild birds of any species, anywhere in Victoria. Report even one sick or dead: wild seabird, waterbird, shorebird or bird of prey marine mammal (e.g. seal, dolphin).

You can also view reports on the online map and follow surveillance activity across the state at agriculture.vic.gov.au/birdflu. Learn more on Ag Vic website [H5N1 avian influenza | Poultry diseases | Animal diseases | Biosecurity | Agriculture Victoria](#)

Council Info

East Gippsland Shire Council has launched a redesigned website to make it easier for residents to find information, access services and connect with Council online. Featuring simpler navigation, improved accessibility and plain English content, the new site is available at the same address: [East Gippsland Shire Council](#).

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.

EXTENDED - WE NEED TO HEAR FROM YOU

East Gippsland Shire Council and Wellington Shire Council farmers

Have your say - Looking ahead 2026 survey Help East Gippsland Shire, Wellington Shire and East Gippsland CMA update the 2019 'Looking Ahead' advocacy paper for Gippsland agriculture. If you live in Wellington Shire Council or East Gippsland Shire Council they need your input on:

Complete the survey at [Agricultural Assistance](#) For further information contact Kaylene Wickham Agribusiness Development Officer kaylenewi@egipps.vic.gov.au or phone 0423 205 007.

Have Your Say on East Gippsland's Future Budget Priorities

East Gippsland Shire Council is moving to a more open, accessible, year-round approach to community feedback on budget priorities. Residents, businesses and community groups are encouraged to share ideas, priorities and suggestions that will help shape future Council budgets and long-term planning.

Feedback to inform the 2027/28 Budget is open until **31 December 2026** and can be provided online, via email at feedback@egipps.vic.gov.au, by phone on **5153 9500**, in person at Council service centres and libraries, or by writing to **East Gippsland Shire Council, PO Box 1618, Bairnsdale VIC 3875**. Visit [Your Say East Gippsland](#) to learn more and complete the survey.

Get Fire Ready 2026

As Victoria heads into what is expected to be a challenging fire season, it's more important than ever for residents and property owners to understand their local fire risk and take steps to prepare.

This year, Get Fire Ready will return from 1 October to 3 November and there are more than 600 brigades signed up to host an event to engage with their communities about the local fire risk, how to prepare and where to get emergency information. Also, hear practical lessons from farmers affected by the January fires and pick up tips to help protect your livestock, property and the future operation of your farm business.

Download your free copy of the toolkit from our website at agriculture.vic.gov.au/farm-management/emergency-management/bushfires/fire-toolkit or email recovery@agriculture.vic.gov.au to request a hard copy.

Programs from Regional Investment Corporation

RIC low-interest loans support Australian farm businesses involved in the agricultural, horticultural, pastoral, apicultural (beekeeping) or aquacultural industries.

Online information session on RIC AgriStarter Loan, the key eligibility requirements, what applicants need to prepare and practical tips for applying with confidence.

Wednesday 28 October, 12 noon AEDT to 1.00pm,
Register at <https://bit.ly/4wCd2GW>

Check your gear before you hit the road.



Find out how safe your gear is.

MotoCAP.com.au



Things to do with Spinach & Silverbeet

Green shakshuka: Simmer leaves with tomato, garlic, cumin and paprika, then crack eggs into wells and cover until just set. Serve with crusty bread

Spinach-feta frittata: Whisk eggs with chopped spinach, crumbled feta and pepper; bake or cook gently in a frying pan. It works hot, cold, or in lunchboxes

Mushroom-spinach scrambled eggs: Sauté mushrooms first so they release their liquid, add leaves at the end, then fold through beaten eggs. Ready in about 15 minutes.

Baked eggs with spinach and feta: Put wilted spinach in a small baking dish, add feta and eggs, then bake until the whites are set

Creamed spinach with a twist: Wilt spinach, then stir through cream cheese, a splash of milk, nutmeg and black pepper. Add bacon, chilli or parmesan for variation.

Spinach and ricotta filo parcels: Mix wilted spinach with ricotta, egg, lemon zest and herbs; wrap in filo and bake until crisp. Good for using up pastry scraps.

Strawberry-spinach salad: Toss baby spinach with sliced strawberries, toasted almonds, feta and a simple balsamic or white-balsamic dressing

Delicious easy salad

Mix up—chopped raw spinach, chopped lettuce, grated cheese, grated carrot, parsley, chives or anything green from your garden, finely chopped capsicum, 2 cold hard boiled eggs

Add a dollop of yoghurt or mayonnaise – try spicy chutney

Wilted spinach

If the leaves are starting to soften but are not too old or slimy, cook them instead of using raw. Freeze fresh spinach & use them in stews & soups.

Silverbeet “dolmades” with lemon rice

This makes about 18–24 rolls, depending on leaf size

Ingredients

- 1 large bunch silverbeet, or 2–3 bunches large spinach leaves
- 1 cup long-grain white rice, rinsed
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tomatoes, finely diced
- ½ cup chopped dill or parsley
- ¼ cup chopped mint
- 1 tsp ground cumin
- ½ tsp cinnamon
- ½ cup olive oil
- Juice of 1–2 lemons
- Salt and pepper

Prepare the leaves

Cut out the thick white central stalk from each silverbeet leaf, keeping the leaf in one piece where possible.

Blanch leaves in boiling water for about 30–60 seconds for spinach, or 1–2 minutes for silverbeet, until pliable.

Refresh in cold water, drain well, and lay flat on a tea towel. Trim very large leaves in half if needed.

Make the filling

Heat half the oil in a frying pan. Cook onion and garlic until soft.

Add cumin, cinnamon, tomato, herbs, rice, salt and pepper. Stir for 1–2 minutes, then remove from the heat.

Let it cool slightly. Do not fully cook the rice—it will finish cooking inside the parcels. [sbs](#)

Roll and cook

Put 1 tablespoon of filling near the base of each leaf.

Fold in both sides, then roll up fairly snugly—but not tightly, because the rice expands. [sbs+1](#)

Line a wide saucepan with any torn leaves or silverbeet stalks. Pack the rolls seam-side down in a snug single layer, or carefully in two layers.

Drizzle with remaining oil and lemon juice. Pour in water or light stock until just covered.

Place an upside-down heatproof plate directly on the rolls to hold them down.

Bring to a gentle simmer, cover, and cook for 30–35 minutes, until the rice is tender.

Serve warm, at room temperature, or chilled, with extra lemon and Greek yoghurt.

Recipe Ideas



I like to spend my time playing chess with elderly men in the park. But it's becoming difficult to find 32 old guys.

What do you call a bear with no ears? 'B'



A man orders at a bar “just some fruit punch please” Oh said the bartender, if you want punch you’ll have to stand in line. The man looks around – there’s no punchline!!



A man tries to cut down a tree. “Hey” the tree said, “you can’t cut me down, I’m a magical talking tree” “You may be a talking tree but did you know you will dialogue

Good Bugs & not so Good Bugs

Ladybirds / ladybird beetles

Adults and alligator-shaped larvae eat aphids, scale, mealybugs and mites Small shiny beetles; larvae are blue-grey with orange markings. Plant alyssum, dill, fennel, yarrow and cosmos

Green and brown lacewings Larvae eat aphids, thrips, mites, moth eggs, small caterpillars and mealybugs Delicate net-veined wings; larvae look spiky and “alligator-like”. They need nectar flowers and sheltering grasses.

Hoverflies

Adults pollinate; larvae are major aphid predators Look like small bees or wasps but have only one pair of wings and hover in place. Plant early spring and summer flowers.

Parasitic wasps

Lay eggs in aphids, caterpillars and other pests; excellent natural control Tiny wasps, often unnoticed; “mummified” bronze aphids are a good sign. Avoid insecticides.

Ground beetles

Night hunters of slugs, caterpillars, cutworms and other soil pests Dark fast-moving beetles under mulch, stones or boards. Leave some groundcover and shelter.

Spiders Catch flies, moths, aphids, leafhoppers and caterpillars Leave web corners, mulch and low plants where safe.

Predatory bugs — assassin bugs, damsel bugs, minute pirate bugs Eat aphids, thrips, caterpillars, mites and insect eggs Usually slender true bugs; do not confuse all “stink-looking” bugs with pests.

Gardening Hints

APHIDS Sap-sucking; curled leaves, sticky honeydew, sooty mould, virus spread What to do? Hose off, encourage ladybirds/lacewings/hoverflies, pinch out badly infested tips.

CABBAGE WHITE CATERPILLARS

Ragged holes in leaves; can strip seedlings What to do? Hand-pick, use fine insect netting, check leaf undersides; ladybirds, lacewings and parasitic wasps help

SLUGS AND SNAILS Irregular holes, slime trails, seedlings eaten overnight

What to do? Night patrols, beer/slug traps, copper barriers, tidy hiding places, protect young plants.

SLATERS / WOODLICE Usually recycle organic matter, but can chew tender seedlings and soft fruit

What to do? Reduce excess damp mulch beside seedlings; use traps or raised seedling beds

Grasshoppers Chew leaves and can defoliate plants quickly in dry summers

What to do? Hand-pick when few; net vulnerable beds; encourage birds and predatory insects.

<https://agriculture.vic.gov.au/biosecurity/pest-insects>

We're Hiring

Local Offsider

- Exploration Drilling Program
- Bendoc Region
- 6-month contract
- Potential ongoing work
- 3/1 roster with RDO
- \$450/day + super
- Must have drivers licence

*There may be more hours available on days off as well



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WHERE THE FLICK IS BENDOC



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WEDNESDAY - DINNER (6PM - 8PM)
Specials Night
THURSDAY - DINNER (6PM - 8PM)
Meat Raffles
FRIDAY - DINNER (6PM - 8PM)
Pot & Pami - \$30
SATURDAY - LUNCH (12PM - 2PM)
- DINNER (6PM - 8PM)
Happy Hours - 4:00 to 5:00
Joker Draw - Green 5-7:30pm
Multiple Raffles - Local Vouchers
BOOKS Mon - Thu (12pm to Late)
Fri - Sat (12pm to Late)
Sundays CLOSED

We're looking for a **Marketing & Project Coordinator - Remote Microenterprises Australia** to join our team in Mallacoota.

This is a great opportunity to work alongside local women and small businesses, helping deliver our Remote Microenterprises Australia program.

If you know someone who might be a good fit, please share the opportunity with them.

- Part-time, 12-month fixed-term 0.4-0.6 FTE
- Mallacoota, East Gippsland, VIC (hybrid/remote options may apply)

Go to <https://www.ethicaljobs.com.au/members/wildernesscollective/marketing-and-project-coordinator-remote-microenterprises-australia-mallacoota>



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Bendoc Vic 3888
0488719233
Bushbubs01@gmail.com



Notices & Info

Bendoc Progress Association AGM

Wednesday 28th October 10.00

At Bendoc Neighbourhood House

Hall Hire \$60 for the Day

0403196528

NOTE—Bendoc Hall has had two new general waste bins installed.

Please keep in mind these bins are there for incidentals, campers & hall ground users and not for household rubbish.

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

Green Shed Volunteers
Bob 0408981524

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

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

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

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11	12	13 BNH 9-2 Gr SHED 9-12 NSW SCHOOL TERM STARTS	14 BNH 9-2 Craft Morning NURSE TUBBUT	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
18	19	20 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	21 BNH 9-2 Craft Morning INTERNET SCAM WORKSHOP Bendoc	22 Gr SHED 9-12 LIB. BUS 10.30-11.30 NURSE / PHYSIO BENDOC EYE DOCTOR GOONGERAH	23 BNH 9-2	24 Gr SHED 9-12
25	26	27 BNH 9-2 Gr SHED 9-12	28 BNH 9-2 Craft Morning BNH AGM NURSE TUBBUT	29 Gr SHED 9-12 LIB. BUS 10.30-11.30	30 BNH 9-2	31 Gr SHED 9-12
1 NOV CFA DELEGATE GROUP TRAINING	2	3 Gr SHED 9-12 MELBOURNE CUP PUBLIC HOLIDAY	4 BNH 9-2 Craft Morning	5 Gr SHED 9-12 LIB. BUS 10.30-11.30 NURSE BENDOC	6 BNH 9-2	7 Gr SHED 9-12
8	9	10 BNH 9-2 Gr SHED 9-12	11 BNH 9-2 Craft Morning NURSE TUBBUT learn technology Bonang	12 Gr SHED 9-12 LIB. BUS 10.30-11.30	13 BNH 9-2	14 Gr SHED 9-12
15	16	17 BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	18 BNH 9-2 Craft Morning	19 Gr SHED 9-12 LIB BUS 10.30- 11.30 NURSE BENDOC	20 BNH 9-2	21 Gr SHED 9-12
22	23	24 BNH 9-2 Gr SHED 9-12	25 BNH 9-2 Craft Morning NURSE TUBBUT	26 Gr SHED 9-12 LIB. BUS 10.30-11.30	27 BNH 9-2	28 Gr SHED 9-12
29	30	1 DEC BNH 9-2 Gr SHED 9-12 NURSE GOONGERAH	2 BNH 9-2 Craft Morning	3 Gr SHED 9-12 LIB BUS 10.30- 11.30 NURSE BENDOC	4 BNH 9-2	5 Gr SHED 9-12 BENDOC PUB WOOD CHOP & MARKET

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