

## Township Garage Sale Day

This month is the official start of spring, but I can't help thinking it's still a little colder than most of us would prefer. September also brings us to another Marong Township Garage Sale Day.

### Garage Sale Day

The Marong Township Garage Sale Day will be held on Saturday 17<sup>th</sup> September. For the Garage Sale Day, MNH produces a consolidated map marked with each participating vendor, and places an advertisement in the *Bendigo Advertiser*. If you'd like to participate, more details are on the registration form on the back of this edition, but be quick please – registrations must be in by the fourteenth of September!

### Pancake Breakfast

On the Monday the fifth of September, following Father's Day, our Pancake Breakfast is on again between 8:00 and 9:00am, free of charge. We'd love to see you drop in for some delicious, cooked-to-order real pancakes. The Pancake Breakfast in October will be on Monday the third.

### New MNH Website

The MNH website has moved to [www.marongnh.com.au](http://www.marongnh.com.au) and has been improved and updated, thanks to Toni, our administration wiz.

### New Power Bonus Scheme

It's good to see the community taking advantage of the new Victorian government Power Bonus Scheme. If you haven't already applied, Marong Neighbourhood House staff are registered agents able to provide assistance to anyone wishing to take up the offer – we will help get your \$250 on its way. For more details, see the full-page poster on page 7.

### Tax Help

MNH is now accredited under the Australian government's Tax Help scheme to provide assistance to eligible members of the public. To check your eligibility, please see the poster on page 6.

### COVID Vaccinations

MNH and Bendigo Health held two COVID vaccination clinics last month. Interest in the clinics has dropped off now, so there are no further clinics planned at this stage.

### Community Garden

Our garden has produced a load of broccoli and cabbage recently, and in the Sensory Garden at the front, the parsley is going berserk – do drop by and pick some.

### Youth Art Classes Postponed

Attendances at these classes have declined over the last term; art teacher Kate has therefore postponed the classes until next school term.

### Thank-you Australia Post

MNH was recently awarded a grant under the Australia Post Community Grants Program. The funding allowed us to replace some items of technology that had seen better days.

### School Holidays

School term three winds up in the middle of this month, the first day of holidays being the 17<sup>th</sup>. School term four commences 3<sup>rd</sup> October – which is also another Pancake Breakfast Day.

—Janine.



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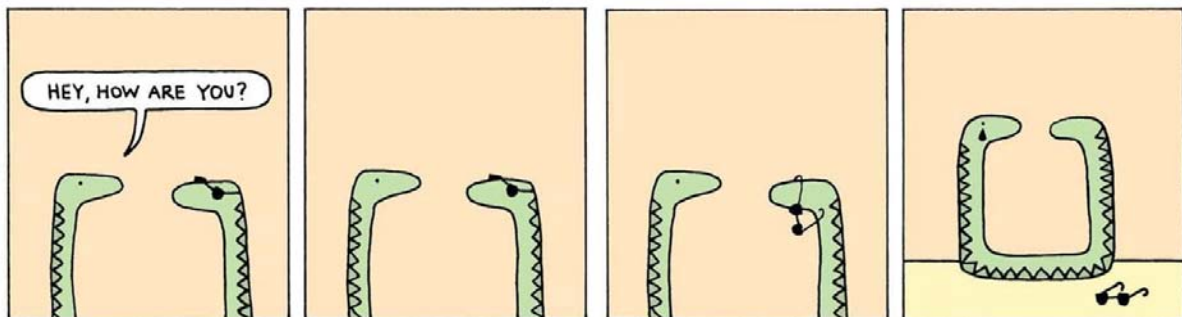
Marong Township Garage Sale Day Registration

## Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House	"TOFS" Op-Shop
Term 1	28 Jan	08 Apr	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2	26 Apr	24 Jun	Tue: 9.00am to 3.30pm	Wed: 9.30am to 12.30pm
Term 3	11 Jul	16 Sep	Wed: 9.00am to 5.00pm	Fri: 9.30am to 12.30pm
Term 4	03 Oct	20 Dec	Thu: 2.00pm to 6.00pm	Sat: 10.00am to 12.00pm
			Fri: Closed	

# Regular Programs

M O N	9.30am - 10.00am	Walking group	Take a leisurely stroll around Marong township, followed by a cuppa. Costs \$1.
	1.00pm - 3.00pm	Craft Circle	Bring your craft and supplies. \$3 per session.
T U E	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$3 per day per family or \$20 per term per family.
	9.30am - 4.00pm	Machine Embroidery	Bring your machine and your lunch along. Hand embroiderers welcome. \$3 per session.
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$3 per session.
	1.00pm - 3.30pm	Tech Tantrums	Technology is good when it's understandable and it works, but things do go wrong sometimes. Free assistance with your phone or laptop is available at MNH.
W E D	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$3 per class.
	7.00pm - 8.00pm	Yoga Class	Dedicated instructor Nerissa leads a class suitable for all fitness levels. \$10 per class.
T H U	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$3 per day per family or \$20 per term per family.
F R I	1.00pm - 4.00pm	Miniature Enthusiasts of Bendigo	<i>Every 2<sup>nd</sup> week</i> – Imagine a newly-built house that's a clean slate for you to paint, decorate, and furnish... but at 1:12, 1:48 or 1:144 scale! Cost is \$3.
S A T	10.00am - 4.00pm	Sewing Workshop	<i>10<sup>th</sup> September (please contact us for further dates)</i> – Judith teaches sewing (bring your own machine). Costs \$3.



## Suggestions

If you have any suggestions or ideas for classes or sessions you would like at MNH, please call, email or pop in to see us.

Q: Did you hear about the cheese factory that exploded in France?



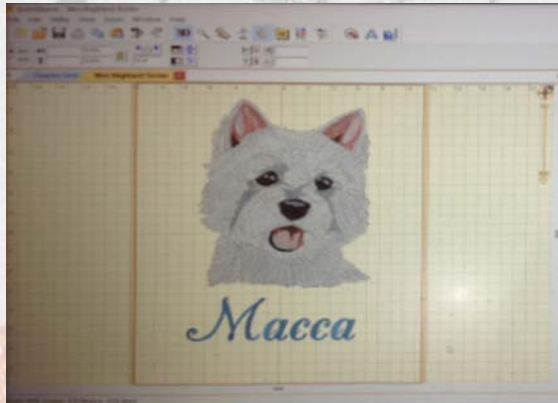
The newsletter can be emailed or posted to you at no charge. To take advantage of this service, please provide us with your details—either by email, Facebook message, or in person at the Neighbourhood House—and we will add you to our distribution list. Your details will be kept in-confidence.

# Spotlight on: Machine Embroidery

The old Marong Shire Hall is where weekly Machine Embroidery sessions are held. The relaxed gatherings are open to anyone with a keen interest in either machine or hand embroidery. The sessions run over an entire day, and some regulars travel hundreds of kilometres with their machines to join in.

With specialised embroidery machines, digital patterns or designs can be accurately sewn. Using a laptop computer, design programs can be used to convert photos into patterns (digitising), create entirely new patterns, or modify patterns that were created previously. Many patterns can be obtained via the internet. Some of the embroidered creations are cushions, bookmarks, hair-clips, bags & purses, soft toys, reading pillows, and children's play masks.

The Machine Embroidery sessions are of a social nature – techniques and ideas are shared freely. The group meets every Tuesday from 9:30am until 4:00pm, and cost \$3 each week. Bring your own machine and your lunch too! The old Marong Shire Hall is across the Calder Highway from the Marong Family Hotel, on the corner. Parking is behind the building, accessed from the side, just before the train line.



# MNH services offered

## Photocopying & Printing

Photocopying documents is provided for a small charge:

- A4-size colour originals are 40 cents per copy (10 cents for monochrome)
- A3-size colour originals is \$1.00 per copy (20 cents for monochrome)

Electronic copies of photographs or documents in most popular formats—PDF, MS-Office—can be printed for a small charge:

- A4-size colour printing is 40 cents per page (10 cents for monochrome)
- A3-size colour printing is \$1.00 per page (20 cents for monochrome)

## Laminating

Documents can be protected by having them laminated. The fee per sheet is:

- \$1.50 for A4-size, or
- \$2.50 for A3-size

## Binding

We now have a comb binding machine to give your A4-size documents that professional touch. Binding up to 80 pages costs \$2.00. Plastic cover sheets are 50 cents each.

## Community Garden

Our community garden plots have had a year or two to get established now and we've had several successful crops. We've added some fruit trees: apricots & plums, lemons & limes. If you'd like to grow your own produce, but don't have the room, plots are available for rent at \$10/year plus \$10 deposit for a garden key. At the main entrance to MNH, a sensory/herb garden is being created to provide a more welcoming outlook.

## Short-term Computer Use

Nowadays, there is a common expectation that everyone has computer technology and internet access around the clock, but the reality is sometimes different, especially in country areas. While we don't exactly offer 24-hour help in these areas, during open hours MNH has computers available for short-term use. The internet-connected computers are of the Windows variety with software to suit the majority of uses. If you need temporary use of a computer or just internet

access, please come and see us at the neighbourhood house.

## Library

At any time during MNH open hours (see front page), books may be borrowed from the 1,000+ titles in our library. There is no charge for library borrowing.

## Op-Shop

Our Op-Shop (The Old Fire Shed Op-Shop or just TOFS) reopened on 28th February. TOFS, at 16 Cathcart Street, is excellent value—most items are just two dollars! Detailed opening times are on page 1.

## Venue Hire

The Marong Neighbourhood House is available to hire for functions, meetings, parties, etc. at the following rates:

- Functions/meetings: \$10.00
- Group Bookings (half day): \$30.00
- Birthday Parties: \$30.00 for regular members, and \$50.00 for non-members

There is a limit of 50 people inside the building; this decreases to 20 people if COVID restrictions are reinstated. Hiring the venue is subject to availability. If required, Public Liability insurance is available **on application** at no additional charge.

Please contact us if you would like further information concerning hiring MNH.

## Free CoGB Wi-Fi

The City of Greater Bendigo provides free Wi-Fi internet access at the Neighbourhood House—no password required. Please note that this service is NOT secure, and is therefore unsuited to sensitive activities such as internet banking.

## MNH Wi-Fi

In addition to the free CoGB Wi-Fi, MNH offers password-protected Wi-Fi internet. Please ask for the password. Fees for access to MNH Wi-Fi are at present waived.

## Recycling

MNH is a recycling drop-off point for the CoGB e-waste programme; the REDcycle programme, Aussie Bread Tags for Wheelchairs and Lids4Kids. Page 7 has more details.

# MNH Assistance



## Winter Community Coat Drive

Bendigo Community Health Services have provided us with donated Free Coats for the vulnerable people in our community to keep warm this winter.

These are located at the Op-Shop, The Old Fire Shed, 16 Cathcart Street, Marong.

Please drop in during open hours or call  
0427 352 217



Neighbourhood Houses can help you compare energy deals and claim the

### \$250 POWER SAVING BONUS



NEW SCHEME as of JULY 2022



This is a one-off payment to help you with the cost of living. Whether you are a concession-holder has no bearing on this new scheme. To be eligible, you must be a Victorian residential energy consumer (ie. have a residential electricity account), and you must be the account holder. There is only one payment per household.

As part of the Power Saving Bonus application, you will be presented with information about the best-priced electricity offers in your area. You are not required to switch from your current offer or retailer.

Please get in contact with us so we can help. Find out more on 5435 2486 or drop in whenever we're open.



## COVID-19 Support Payments and Assistance

There are many support payments to assist people affected by COVID-19. Use the link below to find the payments and services available, or **come to see us at Marong Neighbourhood House**, and we can help you apply for payments, or find the information you need.

[www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19](http://www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19)



The Marong Neighbourhood House acknowledges the support of the Victorian Government.



CITY OF GREATER  
**BENDIGO**

### Beyond Blue

Anyone feeling anxious or depressed

[beyondblue.org.au](http://beyondblue.org.au)

1300 22 4636

### Lifeline

Anyone having a personal crisis

[lifeline.org.au](http://lifeline.org.au)

13 11 14

### Open Arms

Veterans and families counselling

[openarms.gov.au](http://openarms.gov.au)

1800 011 046

# MNH Assistance



Australian Government  
Australian Taxation Office



## Get Tax Help



Marong Neighbourhood House staff are accredited as Tax Help volunteers

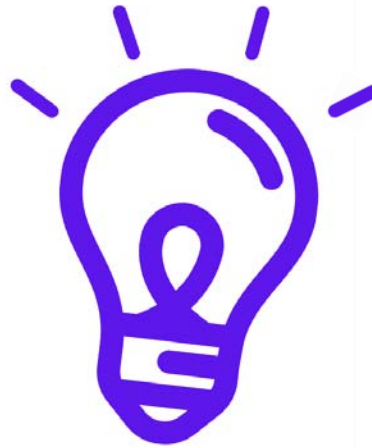
**IF YOUR INCOME IS UP TO \$60,000\* AND NONE OF THE FOLLOWING APPLY TO YOU. MNH CAN HELP**

- You run your own business
- You operate under a labour hire agreement quoting your ABN
- You receive any royalties
- You receive income from either a public unit trust or a public trading trust
- You own or share ownership in a rental property
- You make a capital gain or

# MNH Assistance

Since 1 July 2022,  
**every** Victorian  
household is now  
eligible for the

**\$250  
POWER  
SAVING  
BONUS**



# YES!

As long as you receive an electricity bill for a Victorian residential property, and you are the account-holder, you can apply for the **\$250 Power Saving Bonus**.

- This scheme commenced on 1 July 2022, and is a separate scheme from similar schemes run last year.
- You can apply for the **\$250 Power Saving Bonus** even if you were compensated under the previous schemes.
- You can apply even if your electricity bill shows you in credit.
- You can apply regardless of whether you have solar electricity panels.
- You can apply even if you live in a caravan park – provided you have your own electricity meter, and receive an electricity bill from the park management.
- You can elect for the \$250 to be paid into your bank account **OR** receive a bank cheque.

You can apply online at [compare.energy.vic.gov.au](https://compare.energy.vic.gov.au) **OR** we can apply on your behalf at the Marong Neighbourhood House (please bring your bill, some identification, and perhaps your banking details).

# Recipe of the Month

## Healthy Thai Red Beef (or Green Chicken) Curry

This aromatic Thai-style curry is simple but delicious

 Serves: 2    Prep: 10m    Cook: 20m    Difficulty: Easy



### Ingredients

2/3 cup rice (uncooked)  
Olive or canola oil spray  
200g lean beef, sliced into strips  
1/2 onion, chopped  
2 tsp red curry paste  
250g pumpkin, peeled, seeded and diced  
1/2 capsicum, seeded and diced  
165g can reduced-fat coconut milk  
1/2 lemon, zest and juice  
2 cups baby spinach leaves

### Variation:

For a green chicken curry, swap the beef for chicken and use green curry paste instead of red.

### Method

1. Cook rice following packet directions.
2. Heat oil in a large frying pan and cook beef for 2-3 minutes until the outside is browned.
3. Add onion and cook for another 2-3 minutes, until it starts to soften.
4. Stir in the curry paste, pumpkin and capsicum and simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
5. Pour in coconut milk and lemon rind and stir through spinach and cook until wilted.
6. Serve curry over rice with a wedge of lemon, if desired.

### Alternate Slow Cooker method:

Complete up to step 4, adding about 1/2 cup water. Add coconut milk, lemon and spinach just before serving.

Courtesy [www.livlighter.com.au](http://www.livlighter.com.au)

## WORD DETECTIVE

ARTISTIC  
BEADWORK  
BOBBINS  
BRILLIANT  
COLOURFUL  
COMPLEX  
DECORATIVE  
DELICATE  
ELEGANT  
EMBELLISH  
EMBLEM  
FABRICS  
FANCY

FEMININE  
FINEST  
FLORID  
GOLDEN  
HANDICRAFT  
HEMMING  
HERALDIC  
INTRICATE  
LACE  
LOGO  
MINUTE  
NEAT  
NEEDLEWORK

ORIENTAL  
ORNATE  
PEARL  
PRECISE  
SEQUIN  
SEWING  
SILKEN  
SMOCKING  
THREAD  
VIVID  
YARN

C I E K S E N E K L I S V N L E H  
S O C N T M T N A G E L E E A T E  
C D L U I A O S E Q U I N E C A M  
N I N O C N F C Q K Q O V D E C M  
T I D I U I I N K W M I D L B I I  
M F L L N R G M E I T P I E O R N  
J E A E A N F D E A N T V W B T G  
D B S R I R A U R F T G I O B N F  
F T E W C E E O L K M S V R I I A  
L P E A R I C H W W V E I K N M B  
O S G H D E D E M B E L L I S H R  
R X T X D W A N H X L H E B E C I  
I Y C N A F O A A I L T N H M Z C  
D C I T S I T R A H A R C P W E S  
P R E C I S E N K N R J A O G O L  
G O L D E N T D R L A T N E I R O  
X E L P M O C O Y A R N Z M P Y I



# Recycling options

## E-waste recycling

The City of Greater Bendigo has provided Marong Neighbourhood House with one of their small e-waste stations. Drop your e-waste items into MNH anytime—the e-waste station (bin) is under cover on the side verandah—and we will make sure they don't end up in landfill. We accept any small- to medium-sized mains- or battery-powered items, as well as:

Small batteries	Cables and leads
Printer cartridges	Computer keyboards & mice
Optical disk drives	Chargers
Double adapters & power boards	Multi-adapter plugs
USB memory/SD cards	Light bulbs



## Soft plastic

MNH is a drop-off point for soft plastic waste. A bin for soft plastics is situated beside the pathway at the side of the House. The collection is taken to the REDcycle collection points in the Woolworths or Coles supermarkets in Bendigo. Soft plastics can be dropped-off in bags—provided the bags are see-through.



Anyone who already regularly visits the supermarkets in Bendigo could help make this system successful by transporting the plastic from MNH to the supermarket. If you would like to volunteer, please contact us for more details.

If you drop your old mobile in to MNH, we will get it started on its recycling journey in an official MobileMuster satchel. MobileMuster and their recycling partner companies then recover over 95% of the materials—glass, aluminium, precious & rare metals, plastic—even the paper and cardboard of the packaging are all saved from land-fill.



Marong Neighbourhood House is an official collection point for Bread Tags for Wheelchairs. The tags are collected right across Australia, and are recycled locally. The recycled plastic is then used to raise funds for wheelchairs for disadvantaged people, mainly in South Africa.

At MNH, bread tags can be placed in the Lids4Kids Australia bin beside the pathway at the side of the House. The Lids4Kids people will send them on accordingly.

A word about cardboard bread tags, which are beginning to appear on loaves: Please don't drop-off cardboard tags—they don't need this specialised recycling. Cardboard tags can be composted—either at home or via the green organics bin—or they can just go in the normal household recycling.

MNH is also a drop-off point for Lids4Kids Australia. Lids4Kids Australia is a national volunteer organisation that collects used plastic lids, medicine blister packs and bread tags—keeping them from landfill, and eventually providing them to recycling companies to turn into meaningful recycled products. There is a bin for these materials with our other recycling project bins beside the pathway at the side of the House.



# Marong Community Information

## MNH LIBRARY

The MNH library boasts over 1000 titles, and borrowing our books is completely free. To save you time, you can now find books by title, author, or genre in our up-to-date catalogue. The catalogue can be viewed on the MNH website and Facebook page. To borrow something from the library, just visit us whenever we're open.



FREE COMMUNITY EVENT

# Marong Family Fun Day

Sunday October 16, 2022  
10am to 1pm  
Malone Park



### Donations

**We are Accepting Clothing & Household goods.**

**NO Electrical Appliances or Furniture.**

**Drop Off during Open Hours.**

**Open During School Terms:**

**Monday 9:30am-12:30pm**

**Wednesday 9:30am-12:30pm**

**Friday 9:30am-12:30pm**

**Saturday 10:00am-12:00pm**

**Please DO NOT Leave Donations at the Shop when CLOSED!!!**



If we weren't meant to have midnight snacks, why is there a light in the fridge?

### Contact Details

Marong Neighbourhood House  
39 High Street  
Marong  
Victoria 3515

General enquiries no.: 03 5435 2486

Co-ordinator (Janine): 0427 352 217

Email: [marongnhh@gmail.com](mailto:marongnhh@gmail.com)

[Marong Neighbourhood House page & group](#)

[Marong Neighbourhood House Playgroup page](#)

[Marong Neighbourhood House - The Old Fire Shed Op-Shop page](#)

MNH web page: [www.marongnh.com.au](http://www.marongnh.com.au)

TOFS web page: [www.marongnhh9.wixsite.com/marongopshop](http://www.marongnhh9.wixsite.com/marongopshop)

Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We pay our respects to the Traditional Owners of the land and waterways that we are enjoying today. We acknowledge Elders past, present, and emerging, for they hold the memories, the traditions and aspirations for the future. We celebrate the rich heritage and the continuing culture of the First Peoples of this nation.



# MARONG GOLF CLUB ANNUAL TOURNAMENT

## **4BBB STABLEFORD – Men's & Women's Events**

**Friday, 9<sup>th</sup> September**

Assembly 10.30am for 11.00am start  
Nearest the Pin on all Par 3 and other novelty events

**Entry \$30 per pair (includes afternoon tea)**

## **18-HOLE STABLEFORD – Men's & Women's Events**

**Saturday, 10<sup>th</sup> September**

Assembly 11.30am for 12.00 noon start  
Nearest the Pin on all Par 3 and other novelty events

**Entry \$15 per player (includes afternoon tea)**

## **4-PERSON AMBROSE**

**Sunday, 11<sup>th</sup> September**

**Teams to comprise 4 men, 4 women, or any combination of each**

Assembly 10.30am for 11.00am start  
Egg and Bacon sandwiches available for \$5 from 10.00am  
Nearest the Pin on all Par 3 and other novelty events

**Entry \$20 per player (includes afternoon tea)**

**Phone Entries to: Mr Mark Newlan – 0414 803 996 or  
Mr Allen Giblett – 0407 501 655**

**Entries accepted on the day or email enquiries to [maronggc@hotmail.com](mailto:maronggc@hotmail.com)**

**Proudly Sponsored by:**



**Mower and Marine Supplies  
33 Bridge Street, Bendigo  
Ph: 5442 2669**



**DPJ Civil Pty Ltd  
24 Jewell Court, Bendigo  
Ph: 5441 5571**



# Marong Township **GARAGE SALE** Day

## Saturday, 17th September 2022

Marong Neighbourhood House is organising another Marong Township Garage Sale Day.

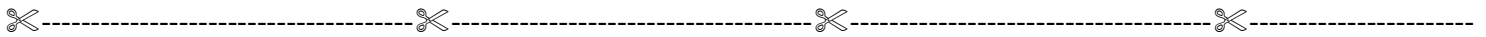
### How it works

If you would like to hold a garage sale at your own home from 8am until 2pm as part of the Marong Township Garage Sale Day, please register by completing the form below with your address and contact details, and return it to the Marong Neighbourhood House at 39 High Street Marong (or pop it in the mail box) by **Wednesday 14th September 2022**.

There will also be a community trading site at the “TOFS” Op-Shop at 16 Cathcart Street Marong. If it is impractical for you to have a garage sale at your own home, the community site is available for you to use, but you will need to bring your own tables, etc. If you would like to hold your sale at the community site, please register using the form below.

The Marong Neighbourhood House will consolidate the registered participants and add the addresses to one or more maps that we hand out at our Community trading site on the morning of the Marong Township Garage Sale Day. Additionally, an advertisement will be placed in the *Bendigo Advertiser* for the entire town at no cost to you.

For more information contact Janine on 0427 352 217, or drop into the Marong Neighbourhood House, 39 High Street Marong - 5435 2486.



I wish to hold a garage sale at *(please circle one)* **my own address**/at the **community site** on the morning of 17th September. (Dependent on Government restrictions).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like these items listed on the map for sale at my address:

\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

For more information contact Janine on 0427 352 217 or drop into the Marong Neighbourhood House, 39 High Street Marong - 5435 2486.