

Keep Calm and Winter On!

Important dates this month

School term 2 comes to an end this month, the last day being the 23rd. The Neighbourhood House and TOFS Op-Shop will be closed over the school holidays. The new term starts 10th July.

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues, but we have shifted the time a little later. We hope to see you between 8:30 and 9:30am, on the 5th June, 7th August, and 4th September! Remember, we'll be closed for the first Monday in July.

Power Saving Bonus

Taking effect from 24th March, the state government's Power Saving Bonus programme has been renewed. The new programme offers **another \$250**, subject to the same requirements as before. For more details regarding eligibility, see the full-page poster on page 5.

TOFS Fashion Parade

The Op-Shop Fashion Parade, held in the early evening of 19th May, went quite well for an inaugural event. Everyone had so much fun, and our models hammed it up a little, as well as dressing up. All the clothes modelled on the night were available at Op-Shop prices after the show. There are some photos from the night on page 10. All funds raised at the Fashion Parade went to benefit the Community Garden.

Community Garden

The volunteers working the Community Garden have received new equipment, including a small greenhouse, which is now home to some seedlings for spring.

Autumn/winter plantings are broccoli, cauliflower and Brussels sprouts. We also have the last of the Thai chilli crop. Drop in to the House to see what we've picked over the previous few days.

Free RATs

MNH still has COVID-19 Rapid Antigen Tests (RATs) available free of charge for community members. If you require some, please drop in during our open hours, or call Janine on 0427 352 217 after hours.

Marong Garage Sale Day 2023

Remember – The Marong Township Garage Sale Day will be 16th September. If you think you'll be interested, please save the date in your calendar.

Marong Business Directory

We have had a good response to the Directory idea. Although running a bit behind schedule, the production process is underway.

TOFS Op-Shop

TOFS has lots of size 20+ women's pants, and is selling them extra cheap. You can pick up some 'new' jeans, trackie pants, etc., for just fifty cents per pair. We are also running a \$5/bag sale for the entire month of June.

We're Carer Friendly

MNH now holds an accreditation as a place that is Carer Friendly – meaning we recognise carer's needs and can refer carers to the support they need for their demanding role.

—Janine.



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Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House	"TOFS" Op-Shop
Term 1	27 Jan	06 Apr	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2	24 Apr	23 Jun	Tue: 9.00am to 3.30pm	Wed: 9.30am to 12.30pm
Term 3	10 Jul	15 Sep	Wed: 9.00am to 5.00pm	Fri: 9.30am to 12.30pm
Term 4	02 Oct	20 Dec	Thu: 2.00pm to 6.00pm	Sat: 10.00am to 12.00pm
			Fri: Closed	

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$3 per session.
	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/session/family or \$20 for 8 sessions.
T U E S D A Y	9.30am - 10.30am	Walking group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. No cost.
	9.30am - 4.00pm	Machine Embroidery	Bring your machine and your lunch along to the old Marong Shire Hall. \$5 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	Computer & Phone Help	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/session/family or \$20 for 8 sessions.
F R I	1.00pm - 4.00pm	Miniature Enthusiasts of Bendigo	<i>Every 2nd week</i> – Bring your miniature project to work on and discuss methods & techniques. Cost is \$3.
S A T	10.30am - 4.00pm	Sewing Workshop	3 rd , 10 th , 24 th June; 22 nd & 29 th July; 5 th , 12 th , 29 th Aug – 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.



Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We acknowledge Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and waterways, and pay our respects to Elders past, present, and emerging. We celebrate the rich heritage and the continuing culture of the First Peoples of this nation.

Marong Neighbourhood House celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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: Art Classes

These impressive works are on display at MNH, and were drawn and painted by Rob, who demonstrates and coaches the techniques during our Art Classes.

The classes are run over about ninety minutes on Wednesday afternoons, taking a relaxed format for people of all skill-levels. Each class costs \$3, which includes materials and equipment.

Attendance every week is not necessary – occasional participants are welcome. Come along to reach your creative side, and you could well surprise yourself. Of course, you can take your masterpieces home afterwards!

Rob is an experienced artist with his own sign-writing business. Take a look at some of his larger handiwork – the murals on the outside of the TOFS Op-Shop.



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; Aussie Bread Tags for Wheelchairs, Lids4Kids, and Soft Plastics & blister packs. Page 7 has more details.

MNH Assistance

POWER
SAVING
BONUS

is back!

GET ANOTHER
\$250

NEXT ROUND OF
THE PSB STARTS
24 MARCH 2023

Neighbourhood Houses Victoria™

Good Shepherd
Australia New Zealand

VICTORIA
State Government

MARONG NEIGHBOURHOOD HOUSE

IT'S ON AGAIN!

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 **24 March 2023**, 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 (using your BSB & account nos.) **OR** receive a bank cheque (ID required).


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

Recipe of the Month

Healthy Fruit Crumble

A healthy dessert with a crunchy cinnamon crust, loaded with apricots.

 Serves: 6

 Prep: 10m

 Cook: 25m

 Difficulty: Easy



Ingredients

- 2 cups canned apricots in natural juice
- 2 Tbs margarine
- ½ cup plain flour
- ¼ cup sugar
- 1 tsp ground cinnamon

Variation:

- Replace canned apricots with apples, peaches or pears.

Method

1. Preheat oven to 180°C. Drain canned fruit, dice and spread over ovenproof dish.
2. In a mixing bowl, rub margarine into flour until it looks like bread crumbs.
3. Stir in sugar and cinnamon.
4. Sprinkle crumble mixture over fruit and press down lightly.
5. Bake until top is brown and crisp.

Courtesy www.livellighter.com.au

WORD DETECTIVE

ACTIVE WEAR
ASYMMETRICAL
ATELIER
BELT
BOHO
BRAND
BUGLE BEADS
CLASSIC
CORPORATE
CRUISE
DESIGNER
DIRNDL

ECLECTIC
EDGY
ELEGANT
ENSEMBLE
EVENING WEAR
FLORAL
GATHERS
GLAM
HEMLINE
JEWELS
MISSES
PETITES

PREPPY
REVERSIBLE
SASH
SLIPOVER
SPORTSWEAR
TAILORED
THEATRIC
TRASHY
TREND
VINTAGE
WARDROBE

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

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



MNH is once again a drop-off point for soft plastic waste. Two bins for soft plastics are situated beside the pathway at the side of the House.

An arrangement has been struck between the City of Greater Bendigo and the Close the Loop company. The plastics we collect are taken to the Council collection point at Eaglehawk, and from there it is passed to Close the Loop for recycling into road-base additive.

Your soft plastics can be dropped-off in bags—provided the bags are see-through.

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.



Community Information



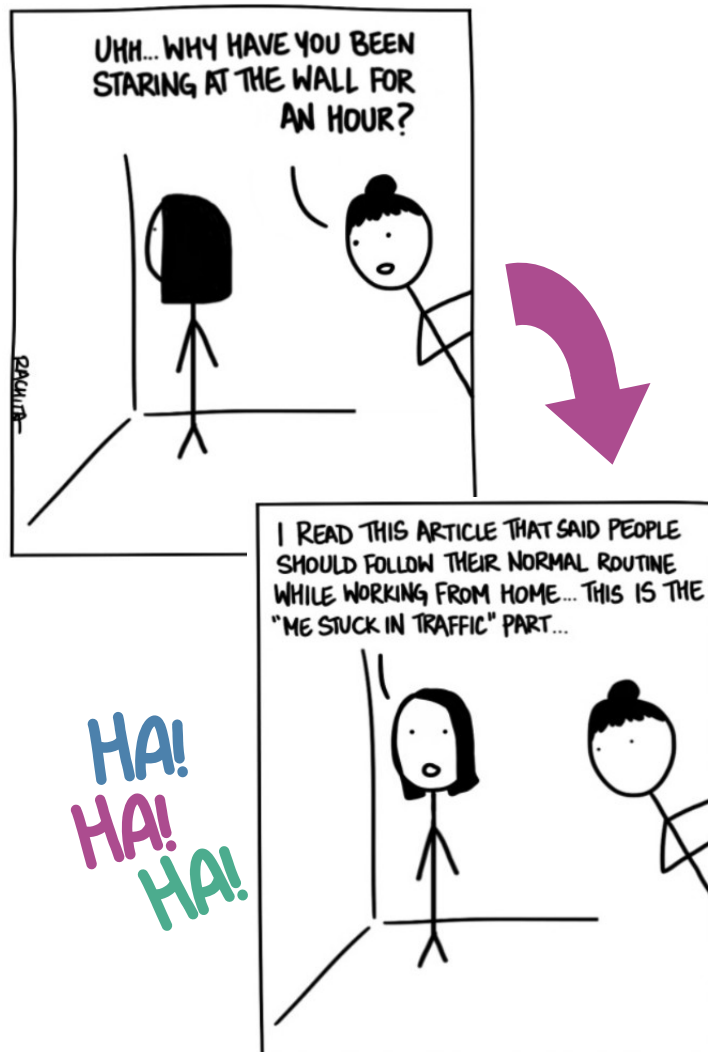
coffee club

2nd Wednesday of the month

10am

MNH
MARONG NEIGHBOURHOOD HOUSE

Grab a coffee and drop in for a relaxing chat on all things current in the world of today.



UHH... WHY HAVE YOU BEEN STARING AT THE WALL FOR AN HOUR?

I READ THIS ARTICLE THAT SAID PEOPLE SHOULD FOLLOW THEIR NORMAL ROUTINE WHILE WORKING FROM HOME... THIS IS THE "ME STUCK IN TRAFFIC" PART...

HA!
HA!
HA!

FREE 

Rapid Antigen Tests (RATs)

 **for Community Members**

Drop in during Open Hours

After hours call 0427 352 217



Neighbourhood Houses
The Heart of Our Community




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


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

 [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

 TOFS web page: www.marongnhh9.wixsite.com/marongopshop

Community Information

Family Sunday Funday

Every Sunday 2-4

- ✓ Pool/Spa
- ✓ Pump Track
- ✓ Table Tennis
- ✓ Jumping Pillow
- ✓ BBQs

\$5 PER CHILD

\$15 PER FAMILY OF 3+ CHILDREN

EXTRA FEES FOR: PEDAL CARTS, X-GOLF AND POOL TABLE

BIG4
HOLIDAY PARKS

BENDIGO MARONG

*Excluding holiday periods and long weekends
Enquiries - 5435 2329
1449 Calder Highway Marong

WE ARE



What does this mean for you?

- › We recognise the needs of carers; people who look after others with additional needs.
- › We will respond to your questions and concerns in a way that you understand.
- › We will refer and connect you to the support that you need.

For more information about Carer Friendly Places please visit

www.carersvictoria.org.au/CarerFriendly

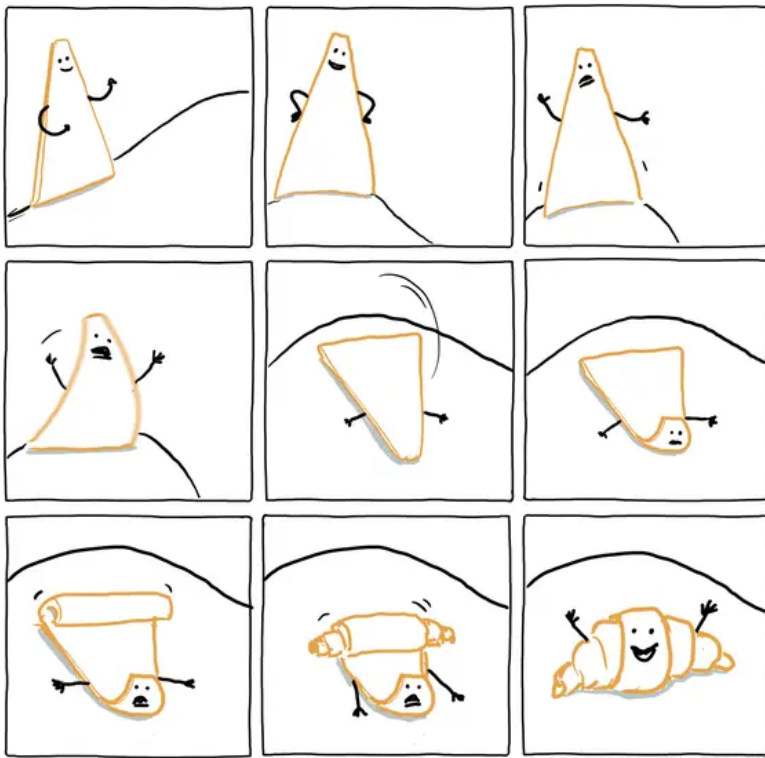


Marong Township

GARAGE SALE

Day

**Saturday
16th September 2023**



Photos from the Fashion Parade



Fashion is Affordable

MARONG OP-SHOP

Fashion Parade

Friday 19th May 2023
Marong Hall
7:00pm for 7:30pm start
Entry \$10 per person

ALL CLOTHES MODELLED AND DISPLAYED ARE AVAILABLE FOR PURCHASE ON THE NIGHT.

Lucky door prize
CASH ONLY NIGHT
Supper Provided

All funds raised go towards the Community Garden

