

## Spring in to School Term 4

### Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues. We hope to see you between 8:30 and 9:30am, on the 6<sup>th</sup> November, and 4<sup>th</sup> December!

### Community Garden

Drop in to the House to see what we've picked over the previous few days. The seedlings in the greenhouse are coming along, and we have scheduled a plant sale on the 28th October as spring gets into swing! Page 7 has more details.

### First Aid Course

Marong Neighbourhood House will be hosting an Accredited First Aid course in the evenings of Tue 14th & Wed 15th November, 6pm-9pm. The cost has been generously subsidised by Emergency Recovery Victoria's Community Recovery Hub Program, so the cost to participants will be just \$20 per person. Details of the course modules are on page 7

### Tax Help

Until the end of this month, Toni & I are able to provide assistance to eligible members of the public under the Australian government's Tax Help scheme. To check your eligibility, please see the poster on page 8.

### Marong Garage Sale Day 2023

The Garage Sale Day was a corker this year - the weather was stunning, and so welcome after the miserable cold. There were fifteen garage sale locations around the town; thank-you to the many people who bought a map, and special thanks to the vendors.

### Marong Business Directory V2

Our Marong business directory version 2 has been published online. To view or download the latest edition, just visit our website at [www.marongnh.com.au](http://www.marongnh.com.au). Marong businesses can be added to the directory at any time, and they will appear in the next version. If you operate a Marong-based business and would like to be added to the directory, or have amendments to your current entry, please use the QR-code on page 9.

### Moving Forward After the Floods

Local Rochester personality Brad McEwan will present his thoughts on the resilience of people facing the recent hardships and the great kindness shown throughout. The Marong community can come together and share their own stories at this catered lunchtime event at the Marong Community Hall, 36 Torrens St., on Sunday 15th October, from 11am to 12.30pm. Every member of the community is welcome, but please let us know if you are attending so there is sufficient catering. Thank-you! See the poster on the back page.

### Term Four Begins

MNH is powering ahead for the last term of 2023; spring is in full swing, the weeds are going crazy, and the battle to book dozens of end-of-year Christmas parties is already warming up! We look forward to helping you this term - with an activity at the House, or just with some paperwork. 😊

—Janine.



### In this edition:

Regular Programs

Spotlight on TOFS Op-Shop

MNH Services Offered

Recipe of the Month  
Healthy Nectarine & Berry Salad

Word Detective

Recycling Options

Community Information

Men's Shed

Marong Business Directory

Moving Forward after the Floods  
Catered Event at Marong Community Hall

## 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	10.00am - 11.00am	Over 60s Exercise Class	<b>Bookings required.</b> Over 60s strength & mobility exercise class, \$5/person, 11 <sup>th</sup> Oct to 13 <sup>th</sup> Dec, limited places.
	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 2<sup>nd</sup> 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	Judith teaches sewing (bring your own machine). Please contact us for exact dates. 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.



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.



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.



# Spotlight on: TOFS Op-Shop

The Old Fire Shed Op-Shop opened on 9<sup>th</sup> September 2017 as part of MNH's first Marong Garage Sale Day.

The Old Fire Shed (we call it TOFS) Op-Shop, at 16 Cartcart Street, is Marong's own social enterprise Op-Shop, managed by Marong Neighbourhood House, run by and for volunteers.

TOFS Op-Shop gives you the opportunity to find donated goods, vintage pre-loved fashion, homewares, or charming pieces of bric-a-brac. Visiting TOFS is like dusting off an old treasure chest, and you never know what you'll find — rare period garments and unusual accessories; quirky or chic secondhand items; even some brand-new, never-used goods.

Op-Shops can provide an interesting pastime if you aren't looking for something specific — and being close-by, if you do have something particular in mind, it takes only a moment to drop in often to check for new stock.

## Good for the environment

Recent figures from the Australian Fashion Council state that nearly 450 kilograms of clothing is sent to landfill, just in Australia, **per minute**. Shopping for secondhand clothing is one of the best things we can do for the environment.

## Good for your pocket

Clothes from the Op-Shop are cheap to begin with — most items at TOFS are only \$2 — and are more likely to be made of natural fibres instead of synthetic plastics, so you get more wear from them — saving you further money in the long run.

## Good for community

Any money raised from Op-Shop sales is used by MNH to benefit the community, eg. funds are used to subsidise programs such as First Aid courses.

Goods are made available for sale thanks to generous community donations and the shop is staffed by volunteers donating their time.



We enjoy diverting goods from landfill while raising money to support our community. If you would like to donate to TOFS Op-Shop, please only do so while the shop is attended, and please donate only items you would be prepared to buy — no damaged or dirty clothing, no broken or dirty goods. If you intend to donate Christmas decorations, please do so in school term four, as we don't have space to store them throughout the year. Unfortunately, TOFS Op-Shop cannot accept undergarments, furniture, mains-

powered electronic items, or mattresses.

Our friendly volunteers invite you to come and see what we have to offer and grab a bargain. Most items are sold for only two dollars.

The shop is open for a few hours four days a week — 9:30am-12:30pm on Mondays, Wednesdays and Fridays, and 10:00am-12:00pm on Saturdays. The shop does not open during school holidays.

# 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, there is sensory/herb garden with interesting textures and aromas.

## 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, soft plastics, blister packs, and we participate in the Mobile Muster programme for old phones. Page 6 has more details.





# Recipe of the Month

## Healthy Nectarine & Berry Salad

These delicious fruits are tossed in a sweet vanilla dressing, with a hint of mint.



 Serves: 6

 Prep: 5m

 Cook: 5m

 Difficulty: Easy

### Ingredients

- 4 nectarines, stoned and sliced
- 250g strawberries, hulled
- ¼ cup mint leaves, stalks removed
- 250ml orange juice
- ¼ tsp vanilla essence
- 1 Tbs caster sugar

**To Serve:** Reduced-fat vanilla ice cream or yoghurt.

**Variation:** If it's too early for nectarines, try canned peaches instead.

### Method

1. Toss fruit and mint together.
2. Combine orange juice, vanilla essence and caster sugar in a small saucepan and stir over low heat until sugar has dissolved.
3. Increase temperature and simmer for 5 minutes. Remove from heat and cool.
4. Pour dressing over fruit and chill. Serve cold..

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

## WORD DETECTIVE

ALFRESCO  
APPLE  
AREA  
BALL  
BANQUET  
BARBECUE  
BASKET  
BEACH  
BIKE  
BOCCE  
BONFIRE  
BOUNCE  
BREAD  
BREAKFAST  
BRIDGE  
BRUNCH  
BUFFET  
CAFE

CAKE  
CAMPSITE  
CHAIRS  
CHARCUTERIE  
CHEESE  
CHILL  
COFFEE  
CONCERT  
COOLER  
CRACKERS  
DATE  
DAY  
DINNER  
DIP  
DRINKS  
DRIVE  
EGG  
ESKY

EVENT  
FAMILY  
FEAST  
FOOD  
FRUIT  
GAME  
GRASSY  
GRILL  
HIKE  
JUICE  
LAKE  
LUNCH  
MEAL  
PARK  
REST  
ROAD  
SALT  
TEA

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

# 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

Printer cartridges

Optical disk drives

Double adapters & power boards

USB memory/SD cards

Cables and leads

Computer keyboards & mice

Chargers

Multi-adapter plugs

Light bulbs



CITY OF GREATER  
**BENDIGO**

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.



**Close the Loop**



MNH also takes all brands of used, over-the-counter medicinal blister packs and Webster packs for recycling. Please ensure your blister packs are completely empty and dry before dropping them off. The programme accepts only the actual blister packs – do not include anything else. The blister packs are sent to Terracycle, then the metal foils are re-smelted and the plastics are melted down for reuse.



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.



# Community Information



## Plant Sale

Saturday 28<sup>th</sup> October

10:00am - 12:00pm

16 Cathcart St, Marong

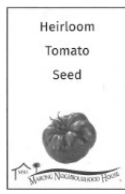


Various Seedlings

Pot plants

Seed packs

(collected from community garden)



## Accredited First Aid Training

Marong Neighbourhood House

14th & 15th November 2023

6:00pm - 9:00pm



\$20.00 per person  
(Subsidised by CRHP – ERV grant)



Limited Places

Bookings call: (03) 5435 2486

Payment required to secure place

Course Codes:

HLTAID009 Provide cardiopulmonary resuscitation

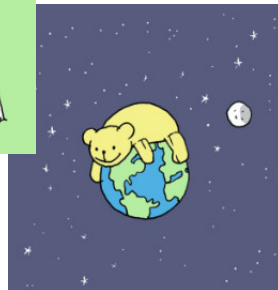
HLTAID011 Provide first aid

Light Meal Provided



HA!  
HA!

HA!



Neighbourhood Houses  
The Heart of Our Community



CITY OF GREATER  
BENDIGO



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](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)



# Community Information



Australian Government  
Australian Taxation Office



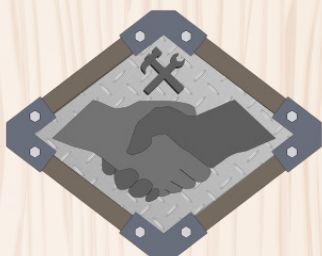
Free help with your tax return  
at Marong Neighbourhood House

There have never  
been so many ways to talk to  
a Tax Help volunteer

## Get Tax Help your way

Find out if you're eligible  
[ato.gov.au/taxhelp](https://ato.gov.au/taxhelp) | 13 28 61

Did you know that starting last year, every MNH Newsletter has a hidden silly question-and-answer joke?  
The question is toward the front; the answer is toward the back.  
Win amazing imaginary prizes!!!!



**MARONG AND DISTRICT  
MENS SHED**

Open Monday & Friday  
9:00 am – 4:00 pm

Wednesdays Ladies Day  
10:00 am - 4:00 pm

### Location:

16 High st, Marong, Victoria  
(near the coffee van)

### Contacts:

Gordon: 0428 890 908

Harold: 0428 352 240

Email: 553malonefarm@gmail.com

### What is a Men's Shed?

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are found in many cities and towns around Australia and continue to spring up everywhere.

### Our Men's Shed

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship.

Men can just come and have a yarn and a cuppa if that is all they're looking for. Members of Men's Sheds come from all walks of life – the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.



Find us at Marong & District Men's Shed



The Marong Men's Shed has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship. The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.



# Community Information

We have created version 2 of the Marong Business Directory for all business types in Marong, including Cottage Industries\*. The Marong Business Directory can be viewed or downloaded by visiting our website at [www.marongnh.com.au](http://www.marongnh.com.au)

If you have a business in Marong, and would like to be included in the directory, please use the QR-code below to fill out the online form. If you prefer, a form can be emailed to you, please contact [marongnhh@gmail.com](mailto:marongnhh@gmail.com).

If you have any questions, please call us on 5435 2486.

\* Cottage Industry: a trade, light industry, or business operated from a home, eg. arts, crafts, massage, laundry services, cake decorating, cleaning, gardening, etc.

Marong Business Directory



**BENDIGO HEALTH**

## CELEBRATING CARERS

**Carers Week 2023**

Bendigo Health Carer Support Services are inviting unpaid carers to come along to a free **CARERS DAY AT STAR CINEMA**

Relax and connect with other carers while enjoying morning tea, a movie and light lunch.

**Wednesday 18 October 10.30am - 2pm**  
**Star Cinema, Town Hall**  
**Peg Leg Rd, Eaglehawk**

Limited spaces. RSVP by Tuesday 10 October

**For more information or to book visit**  
[www.bendigohealth.org.au/css/events](http://www.bendigohealth.org.au/css/events)  
or contact us on 5454 7719 or [carersupportservices@bendigohealth.org.au](mailto:carersupportservices@bendigohealth.org.au)

Bendigo Health Carer Support Services delivers carer services in partnership with Merri Health, funded by the Australian Government and the Victorian Government.

**Carer Gateway**  
An Australian Government Initiative

**VICTORIA**  
State Government

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](http://www.carersvictoria.org.au/CarerFriendly)



# *Moving forward after the floods*

## **Marong Community Hall**

**Sunday 15 October 2023**

**11:00am - 12:30pm**

**Hear from local Rochester personality Brad McEwan on kindness, resilience and perspective.**

**Enjoy a free meal with other community members.**

**Brad is a former television presenter and sports reporter, and is currently Beyond Blue Ambassador.**



This event is generously supported by the Victorian Government, through Emergency Recovery Victoria's Community Recovery Hubs Program.

**This is a great opportunity, 12 months on from the floods, to come together as a community, to touch base on recovery, and share your stories.**

## **Everyone is welcome**

**Bookings for catering would be appreciated, please contact Marong Neighbourhood House Ph: 5435 2486**

