

Snakes and Garden Parties

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 6th November, and 4th December!

Community Garden

With the warmer weather (yes, there has been some), the garden is warming up. In the last week, we have picked some chives, beetroot, carrots, lettuce, silverbeet, and parsley. Drop in to the House if you need some, or ask about hiring a bed for your own growing needs. This month, the spotlight page provides further information about the community garden.

Snake Awareness

The warmth is also making the snake population more active, and with that comes the need for caution and a healthy respect for those scaly reptiles. MNH has organised a talk and demonstration by **Snake Safe Victoria** at 6pm on Thursday 9th November. As that's evening meal time, pizzas and doughnuts will be available. See the notice on page 8.

Free Garden Party BBQ

Returning to the garden for a moment, we are holding a Garden Party in the evening of Friday 17th November, from 5:30pm. This social event is open to all community members, and incorporates a free barbecue dinner. See the notice on page 8.

First Aid Courses

Marong Neighbourhood House will be hosting two Accredited First Aid courses, one on the evenings of Tue 14th &

Wed 15th November, and another on the evenings of Wed 6th & Thu 7th December. Both days of both courses run 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.

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.

Moving Forward After the Floods

Last month, Rochester personality Brad McEwan related some of his experiences from last year's floods, and talked about kindness. Thank-you so much to Brad and to those who attended the event, especially those who shared accounts of their own. Hopefully, the catharsis has done us all some good.

Time Flies...

Time flies like an arrow; fruit flies like a banana – so they say. We're already halfway through school term four, and as you can see, we have a fairly busy month this November. If there's anything we at the Neighbourhood House can help you with – or if you'd just like a cuppa, please do drop in!

—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	10.00am - 11.00am	Over 60s Exercise Class	Bookings required. Over 60s strength & mobility exercise class, \$5/person, 11 th Oct to 13 th 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 2nd week</i> – Bring your miniature project to work on and discuss methods & techniques. Cost is \$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: Community Garden

The MNH Community Garden grew following requests from local residents.

Naturally, the garden is a means of growing fruit and vegetables yourself, but community gardening also provides an opportunity for locals to socialise and learn new skills, contribute to community spirit, and strengthen connections to the environment.

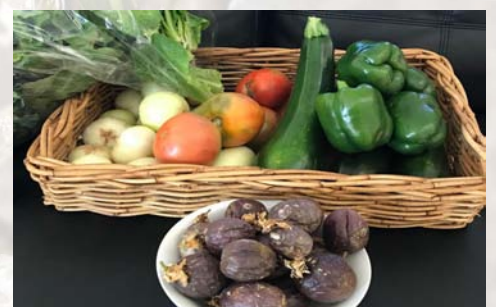
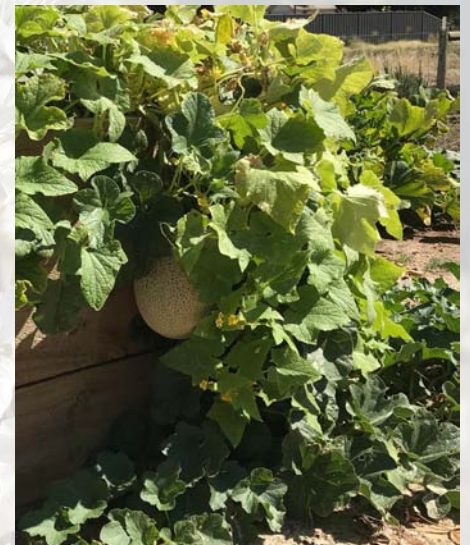
Community gardening can sometimes be the only way to grow traditional produce in a culturally diverse society, providing a chance for cultural exchange between fellow gardeners.

The garden beds at MNH are a manageable size and a comfortable height to minimise bending and overstretching.

Over the last three years, a small fruit orchard has been planted, producing stone-fruits, apples, lemons and limes. Previous crops from the beds have been pumpkin, watermelon, chillies, tomatoes, zucchini, cucumber, and capsicum. Whenever a crop is harvested, an announcement is made on the MNH Facebook Group, and the produce is available at the House.

Last year, a Herb & Sensory garden was established at the front of MNH. The garden hosts parsley, pineapple sage, tutti-frutti hydrangea, lemongrass, and garlic chives, each with an interesting smell; and Lamb's Ears and Woolly Bush for interesting textures.

MNH community garden beds can be rented for \$10/year (plus \$10 deposit for a garden key).



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 Blueberry Banana Bread

A tasty treat that will fill the house
with an enticing aroma.



Serves: 9

Prep: 15m

Cook: 60m

Difficulty: Med

Ingredients

- Olive or canola oil spray
- 4 ripe bananas, peeled
- ¼ cup sugar
- ½ cup reduced-fat milk
- 2 eggs
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 tsp ground cinnamon
- 1 cup frozen blueberries

Variation: Replace blueberries with raspberries or dried fruit such as figs, cranberries, currants, sultanas, apricots or chopped dates. Substitute a grated apple or pear for one of the mashed bananas to vary the flavour.

Method

- Preheat oven to 220°C (200°C fan forced). Spray a 20 x 10cm loaf tin with oil; line base and sides with non-stick baking paper.
- Reserve one whole banana for presentation and mash remaining 3 bananas in a large bowl (1½ cups mashed).
- Add sugar, milk and eggs and mix with a fork until well combined.
- Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries.
- Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and overlap slices through the centre of the loaf.
- Bake for 35-40 minutes, then cover with foil and bake for a further 20 minutes. Centre of loaf will remain moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack.
- Cut into 1 cm slices and toast before serving, if desired.

Courtesy www.livellighter.com.au

WORD DETECTIVE

ADAPTABLE
APPLE
ASPARAGUS
AVOCADO
AWAKENING
BANANA
BARBECUING
BEES
BEETROOT
BIKING
BIRDS
BLOOM
BLOSSOM
BLUEBELLS
BLUEBERRY
BREEZE

BROCCOLI
BRUSSELS SPROUTS
BUTTERCUPS
BUTTERFLIES
CABBAGE
CAMPING
CAPSICUM
CARROTS
CAULIFLOWER
CHANGEABLE
CHANGING
CHERRY
CHILLY
CLOUDS
COOL
CRISP

CROCUSES
DAFFODILS
DAMP
DURIAN
FLOWERS
FLUID
GLARE
GRAPES
GRASS
GREEN
GUAVA
KALE
PEAS
SKY
SUN

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

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



ombudsman VICTORIAN
arc
justice

DROP-IN CLINIC

The Victorian Ombudsman can handle complaints for over 1,100 Victorian state government agencies and departments, including:

- ✓ DFFH (social housing and child protection)
- ✓ Community housing providers
- ✓ Department of Health
- ✓ Local Councils
- ✓ Fines Victoria
- ✓ Registry of Births, Deaths & Marriages
- ✓ Universities and TAFEs
- ✓ VicRoads

The Victorian Ombudsman is independent and impartial and can make enquiries about your complaints.

- Loddon Campaspe Community Legal Centre**
- 171 Hargreaves Street Bendigo 3550**
- Thursday 16th November**
- 10am - 2pm**

Feel free to pop in to have a chat, find out more information for yourself or someone else, or to lodge a complaint with the Victorian Ombudsman's office.

All welcome and light refreshments will be provided.

Please call (03) 5445 0909 or email intake@lcccl.org.au for further details or to make a booking, or pop by on the day.



A: They're always doing ewe turns.

Accredited First Aid Training

Marong Neighbourhood House

November course: 14th & 15th

December course: 6th & 7th

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



Cut down on your waste this Christmas!



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

[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






Marong Community Event

Thursday 9th November
6:00pm

Snake Safe Victoria


Talking about living/working in Snake's Habitat & about Snake Safety.
Meet & Greet the Extraordinary Creatures in attendance.



Pizza Van will be in attendance for the whole community to enjoy.

Marong Neighbourhood House Car Park
Enquires 5435 2486





GARDEN PARTY

FRI 17TH NOV
5:30pm

FREE BBQ DINNER

- ✓ Come along for a chat
- ✓ Community Social event

Enquiries
5435 2486







Toy Drive

This year, the generously donated toys will be distributed by

Community & Neighbourhood Houses

 Bendigo Neighbourhood Hub Crook St, Strathdale	 Eaglehawk Community House Inc Bright St, Eaglehawk	 Long Gully Neighbourhood Centre Derwent Dr, Long Gully
 Heathcote Community House Hospital St, Heathcote	 Kangaroo Flat Community House Woolcock Ave, K'Flat	 Marong Neighbourhood House High St, Marong

