

Christmas is coming!

Ah, December! For most of us, the end of year break is quickly approaching. Please enjoy your time off, stay safe, and travel safely too. On behalf of all the staff and volunteers at MNH, I wish you a happy, relaxed festive season and an awesome 2023. The Neighbourhood House will be closing at the end of term 4 (our last day is the 20th of December), and we will be back on deck for the new school term on the 27th of January. If you really need help with something over the break, give me a call on the Co-ordinator mobile number (see page 5).

Soft Plastics Recycling on hold

Unfortunately, it was announced last month that the REDcycle soft plastic recycling programme has collapsed. As the MNH drop-off point fed directly into the REDcycle programme, we can no longer operate our drop-off point. For at least the immediate future, soft plastics must go into your normal household rubbish.

Power Saving Bonus

This financial year, MNH has helped nearly 50 people apply for the state government's \$250 Power Saving Bonus. If you've been meaning to take advantage of this scheme, but haven't got around to it yet, please drop in and we will help get your \$250 on its way. Check with your friends and family whether they know about this great offer to offset their power bill. For more details regarding eligibility, see the full-page poster on page six.

Marong Family Fun Day

There is no word yet on the new date for the Fun Day, but we expect it to be early in the new year.

Proposed Photo Club

If you are interested in bringing your mobile device and meeting like-minded people to talk photos, share, learn, and be inspired by each other, please let us know. If there is sufficient interest, we will start a Photo Club next term.

Golf Club Photo Competition

This is your last chance to enter the Marong Golf Club photo competition. The closing date is the twelfth of December. The golf course suffered some flood damage, so now the only entry requirement is a photo of yourself at the course. Have a go – the very generous prize of a year's Club Membership could be yours.

Expansion of Kindergarten services

The City of Greater Bendigo is proposing a new (additional) kindergarten be built on the site of the old tennis courts (cnr. Torrens & Cathcart Sts). Last month, the Neighbourhood House hosted a discussion between CoGB representatives and members of the community. The meeting was successful – the dialogue involved community concerns and clarification from Council. Preliminary details of the proposal are on the CoGB website.

Pancake Breakfast

The final free-of-charge Pancake Breakfast for this year will be held on Monday the fifth of December, between 8:00 and 9:00am (it doesn't matter if you're a little bit late). We will start the pancakes again on the 6th of February.

—Janine.



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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	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 per day per family or \$20 per term per family.
F R I	1.00pm - 4.00pm	Miniature Enthusiasts of Bendigo	<i>Every 2nd 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>10th December (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.



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.

Online Flood Assistance Resources

Relief Assistance

If you require assistance from us completing any online forms or claims, please drop in during open hours or call Janine: 0427 352 217.

Please bring with you:

- An email address
- Evidence of your identity and place of residence, using your driver's licence, passport, Centrelink card, Medicare card, or birth certificate
- Bank details to receive payment via direct deposit.

Mental Health Support — Self Care

- Recognise that you've been through a distressing time. Don't get angry with yourself for being upset.
- Remember that there is no right or wrong way to feel.
- Don't suppress your feelings — share them with people you trust when you are ready to do so.
- Rest if you're tired. Physical exercise is also important.
- Let friends and family know of your needs — when you feel tired, need time out, want to talk or be with someone.

Help in a Crisis

If you require help, contact:

Mental Health Line: 1800 011 511

Beyond Blue: 1300 22 4636

Lifeline: 13 11 14

MensLine: 1300 78 99 78

Lifeline Text: 0477 13 11 14

Kids Helpline: 1800 551 800 (children under 12 years)



Victorian Emergency Relief Assistance Payment

The one-off payment is to help you and your household meet immediate and essential needs, like emergency shelter, food, clothing or personal items.

Here is the link to the online application form <https://emergencypayments.dffh.vic.gov.au/>

Absence From Residence Register

If you have evacuated from your home and are concerned about security, you can “register your absence from residence” with Victorian Police. Here is the link <https://service.vic.gov.au/find-services/housing-and-property/register-your-absence-from-residence>.



The Australian Government Disaster Recovery Payment (AGDRP)

This is a lump sum payment to help you if you've been significantly affected by Victorian Floods in October 2022. To help with major damage to your property or other assets.



If you're eligible, you'll get:

- \$1000 per adult
- \$400 for each child younger than 16.

Here is the link to claim:

<https://www.servicesaustralia.gov.au/how-to-claim-victorian-floods-october-2022-australian-government-disaster-recovery-payment?context=63461>

Disaster Recovery Allowance (DRA)

If your income has been directly affected by Floods, you are aged between 16 and 21 you may be eligible for the Disaster Recovery Allowance (DRA). Link:

<https://www.servicesaustralia.gov.au/victorian-floods-october-2022-disaster-recovery-allowance>



Financial Counselling Australia

Free financial counselling for flood victims link:

<https://www.financialcounsellingaustralia.org.au/free-financial-counselling-for-flood-victims/>

Call the Helpline on 1800 007 007 (Monday to Friday, 9.30am–4.30pm)

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 and Lids4Kids. Page 8 has more details.

MNH Assistance

TOYWORLD
where the best toys come from
Bendigo

Thank you!

This year, the generously donated toys will be distributed by

Community & Neighbourhood Houses

The houses provide low cost, or no cost, activities allowing for connecting, participation, build and maintain new friendships, learn and/or teach new skills, support others, enriching lives and minimizing isolation and loneliness within our communities.



You can learn a bit more about these on our website's homepage.



Neighbourhood Houses can help you compare energy deals and claim the

\$250 POWER SAVING BONUS



NEW SCHEME as of JULY 2022



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. Please see the page 6 for more information.

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.

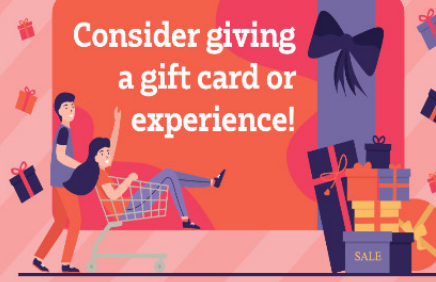
Please get in contact with us so we can help. Find out more on 5435 2486 or drop in whenever we're open.



Gift bags are a great replacement for wrapping paper!



Consider giving a gift card or experience!



Cut down on your waste this Christmas!



CITY OF GREATER BENDIGO



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

MNH Assistance

Need a little boost
for Christmas
presents?

We can help
you claim your

**\$250
POWER
SAVING
BONUS**



Neighbourhood
Houses Victoria



Good Shepherd
Australia New Zealand



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 **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 Avocado Egg & Rocket Toast Topper

Try this variation of a classic for a great tasting light meal.



Serves: 1

Prep: 5m

Cook: 5m

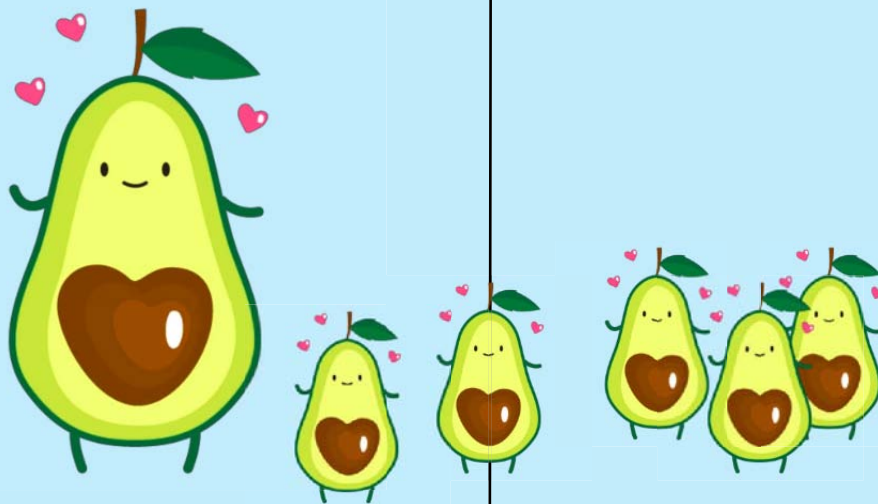
Difficulty: Easy

Ingredients

- 1 slice wholegrain bread, toasted
- 1 Tbs avocado, mashed
- 1 handful rocket or baby spinach
- 1 medium tomato, sliced
- 1 hard-boiled egg, peeled and sliced
- sprinkle Tabasco sauce, optional
- pepper, to taste

Method

1. Spread avocado on toast.
2. Top with rocket leaves, sliced tomato and egg slices.
3. Optionally top with a grind of pepper and/or a sprinkle of Tabasco sauce.



Courtesy www.livellighter.com.au

WORD DETECTIVE

This month's puzzle is a bit different. Ignore the spaces in the words below, but please look them up to find out what they mean!

- | | | |
|-----------------|-------------|----------------|
| BABBO NATALE | JULEMANDEN | PAPAI NOEL |
| CAGANER | JULENISSEN | PAPA NOEL |
| CONSODA | KRAMPUS | PAVUCHKY |
| DED MOROZ | LA BEFANA | PERE NOEL |
| DUN CHE LAO REN | MARI LWYD | SANTA CLAUS |
| HOTEIOSHO | MIKULAS | SINTERKLAAS |
| JOLASVEINAR | MOS CRACIUN | VIEJO PASCUERO |
| JOULUPUKKI | NOEL BABA | WEIHNACHTSMANN |
| JULBOCK | PAI NATAL | YULE CAT |

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

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 a drop-off point for soft plastic waste. Soft plastic is situated beside the pathway at the side of the House. Soft plastics are taken to the REDcycle programme. Soft plastics in bins are not accepted.

SORRY, due to the collapse of the Redcycle programme, we can no longer accept soft plastics. Please dispose of your soft plastics in the rubbish bin.

Some supermarkets in Bendigo could be successful by transporting the plastic from MNH to their 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.



BREAD TAGS FOR WHEELCHAIRS COLLECTION POINT





PLEASE LEAVE YOUR BREAD TAGS HERE.
THANKS FOR YOUR SUPPORT!

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.



Golf Photo Competition

**Marong
Neighbourhood
House
&
Marong Golf Club**

**Prize:
Full
Golf Club
Membership
Valued at
\$230**



An entry is a photo of the entrant, taken at Marong Golf Club. All other previous requirements have been dropped.

Entry: one per person via Email only marongnhh@gmail.com



Entries close 12th December 2022

***Top 3 will be determined by the number of Facebook likes.
The winner will be chosen by the Committee.***



The background is a vibrant green with a pattern of white snowflakes and stars. Five large, glossy red Christmas ornaments are arranged in a semi-circle at the top. A decorative border of white snowflakes and stars runs along the right edge.

Seasons Greetings!

*Marong Neighbourhood House wishes
you a happy, relaxed festive season and
a bright & successful new year 2023.*

