

## Do your PSB this month!

### 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 7<sup>th</sup> August, 4<sup>th</sup> September!

### Power Saving Bonus Ending Soon

If you haven't yet taken advantage of the current round of the state government's Power Saving Bonus programme, you have until the end of this month! The PSB, entitling all Victorian residential electricity account holders to \$250 cash-back will end on the 31<sup>st</sup> August. For more details regarding eligibility, see the full-page poster on page 5.

### Letterbox Drop

MNH has recently undertaken a leaflet letterbox drop around Marong. The leaflets covering our activities and programs during School Term 3; a flyer/application for the Marong Garage Sale Day; and a QR code for the Marong business directory.

### 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 plan to have a seedling swap for spring!

### 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

As mentioned above, keep an eye on your letterbox for a flyer for the Marong

Township Garage Sale Day, which this year will be on the 16<sup>th</sup> September. If you think you'll be interested, please save the date in your calendar.

### Marong Business Directory

Our Marong business directory has been published online, and we are now developing Version 2. 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 the back page.

### Changes to Recycling at MNH

The Neighbourhood House has decided to discontinue as a drop-off point for Lids4Kids, as most lids were dirty when dropped off, and Lids4Kids will not accept them unwashed. Lids & plastic bread tags can still be recycled through the council fortnightly recycling collection, so it's still a win for the planet!

### New Kindergarten Announcement

On the 31<sup>st</sup> July, CoGB Mayor Cr Andrea Metcalf & MP for Bendigo West Maree Edwards announced the State government has committed \$5.5M for the new (additional) Marong kindergarten. It is expected that construction of the new centre will commence before the end of this year.

### Tax Help

Once again 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 9.

—Janine.



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**ENDS SOON**

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Version 2

## 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. <b>We've moved back!</b>
	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, 26 <sup>th</sup> July to 13 <sup>th</sup> Sep, 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). 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: Family History Classes

Marriage celebrated at the Roman Catholic Church of St. Nicholas in the Parish of St. Nicholas in the County of Ararat

Name and Surname	Age	Condition	Rank or Profession	Residence at the Time of Marriage	Father's Name and Residence	Rank or Profession
Mrs. Mary Orange	47	Single	Widow	St. Nicholas	Edmond Orange	Farmer
Mrs. Hannah White	47	Single	Widow	St. Nicholas	William White	Farmer

Witnesses: *John Walsh, CC* and *Agnes Kennedy*

Q: What's a foot long and slippery?



Researching your family history can seem daunting – where on earth do you start? The simple answer is ‘with yourself’, but all kinds of things – family bibles, photo albums, even nicknames or spelling variations – could be signposts along the path. At the Family History classes, Kath uses her knowledge and extensive experience to get you started and make you aware of many free resources to comb for vital clues and information. Kath also knows where common errors can creep in, and nips those in the bud. The Family History classes are held every Tuesday 1-3pm, and cost \$3.



# 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, soft plastics, blister packs, and we participate in the Mobile Muster programme for old phones. Page 7 has more details.

**\*HURRY! This round ends on 31 August!!**

warm up this  
**WINTER**

Did you know that the  
**\$250 Power Saving Bonus**  
can be spent on anything, not just on electricity bills.



## IT'S STILL ON!\*

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](https://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).

**\*HURRY! This round ends on 31 August!!**

# Recipe of the Month

## Healthy Tuna Bake with Sun-Dried Tomatoes

A hearty dish the whole family will love!.



 Serves: 6

 Prep: 25m

 Cook: 35m

 Difficulty: Easy

### Ingredients

- 300g pasta shapes (spiral or bows)
- 1 tsp olive oil
- 1 onion, diced
- 1 cup frozen broccoli
- 1 cup frozen cauliflower
- ½ cup frozen peas
- ½ cup frozen corn kernel
- 425g tuna in spring water, drained
- 200g reduced-fat cream cheese
- ½ cup reduced-fat milk
- 3 spring onions (including green tops), diced
- 50g sun-dried tomato, drained and chopped
- Pepper to taste
- ½ cup reduced-fat cheddar cheese, grated

### Variation:

- Fresh broccoli and cauliflower can be used in place of frozen.

### Method

1. Preheat oven to 180°C.
2. Fill a large saucepan with water and bring to the boil. Cook pasta until just soft, drain and place in a baking dish.
3. Heat oil in a frying pan and lightly cook onion with frozen vegetables.
4. Add tuna to cooked pasta in baking dish. Top with cooked vegetables.
5. To prepare the sauce, place cream cheese and milk into frying pan. Cook over a low heat, stirring until thickened.
6. Add spring onions and sun-dried tomatoes to creamy sauce.
7. Pour sauce over cooked pasta and vegetables in baking dish. Season with pepper.
8. Top with grated cheese and bake in oven until golden brown.

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



ADAPTABLE  
CAPRICIOUS  
CHANCY  
CHOPPY  
DICEY  
DUBIOUS  
FICKLE  
FLUID  
HAZY  
MIXED  
RISKY  
SHIFTING

SKITTISH  
TEMPERAMENTAL  
TRANSITIONAL  
UNCERTAIN  
UNCLEAR  
UNDECIDED  
UNDEPENDABLE  
UNDETERMINED  
UNEQUAL  
UNEVEN  
UNPREDICTABLE  
UNRELIABLE

UNRESOLVED  
UNSETTLED  
UNSTABLE  
UNSTEADY  
UNSURE  
VACILLATING  
VAGUE  
VARIABLE  
VARYING  
VOLATILE

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

# 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



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.



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



## Over 60's Strength & Mobility Exercise Class



*Wednesday Mornings @ 10am*

*Commencing 26<sup>th</sup> July 2023*

*Cost \$5*

*Limited Places*



*Bookings Required - Ph: 5435 2486*

*39 High Street, Marong.*

**FREE**



**Rapid Antigen Tests (RATs)**



**for Community Members**

**Drop in during Open Hours**

**After hours call 0427 352 217**



CITY OF GREATER  
**BENDIGO**



**Neighbourhood Houses**

The Heart of Our Community  
A: A slipper.



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



The Machine Embroidery group meets at the old Marong Shire Hall each Tuesday between 9.30 and 4.00. Bring your machine and your lunch along. Each day-long session is \$5.

The group are pictured here without their machines at the end of last month, during their enjoyable Christmas in July lunch.

## Marong Township

# GARAGE SALE

## Day

### Saturday 16th September 2023



Scan this QR code for a  
registration form



# Marong Business Directory

## Marong Business Directory **V2**



We are creating version 2 of the Marong Business Directory for all business types in Marong, including Cottage Industries\* (see meaning below).

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 would like a form emailed to you, please contact [marongnhh@gmail.com](mailto:marongnhh@gmail.com). If you have any questions please call us 5435 2486.

We hope to have the Directory put together and available by Aug/Sep 2023. It will be available in print and online.

Cutoff Date: 20<sup>th</sup> August 2023.



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