

New Power Saving Bonus

Is it just me, or is the year going by quicker than usual? The end of school term 1 will be upon us early next month, along with the end of daylight savings. The heating bills will be here before we know it, so news of another \$250 offset is always welcome.

Power Saving Bonus

The state government's Power Saving Bonus programme is still running. If you've been meaning to take advantage of this scheme, please ensure you get around to it before 24th March! On that date, a new programme will be starting, and another \$250 will be available, subject to the same requirements. For more details regarding eligibility, see the full-page poster on page 5.

COVID Vaccines – 2023 Booster

Although the date is here for those who would like a 2023 COVID vaccine booster, we have not planned a clinic at MNH. Vaccines are available at selected pharmacies and Medical centres (including Marong Medical Centre). If there is sufficient interest from the community, we will organise a clinic here at MNH.

TOFS Op-Shop

Our Op-Shop (TOFS) is open for the new term, and we are currently accepting donations. However, the incidence of things being dropped-off while we're closed is on the rise. We **really** wish that would stop – please remember that because TOFS is closed when this happens, it is actually littering, and is therefore unlawful regardless of the quality of the donations. Any worthwhile donations left in this manner are likely to be affected by vermin and the elements before we open again.

Sadly, discussions are now underway regarding the installation of security cameras.

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

Save the date! The Marong Township Garage Sale Day will be Saturday 16th September.

Easter Colouring-in Competition

We are running an Easter-themed colouring-in competition until 3rd April. There are two age groups: 5-12 & 13-17 years. Please return your sheets to us in person or in the postbox. Colouring sheets can be obtained via the QRcode on page 6. Winners will be announced 5th April.

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues: 6th March, between 8:00 and 9:00am, then beginning with 3rd April we are shifting the time to 8:30–9:30am.

Reminder: Daylight Savings

Daylight Savings Time ends on the 2nd of April. Three o'clock in the morning AEDT becomes two o'clock AEST. Unfortunately, this is the only occasion this year when we can turn back time – but an extra hour of sleep can be useful!

—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	<i>Starting 7th Feb.</i> 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> – 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	10.30am - 4.00pm	Sewing Workshop	<i>11th, 18th & 25th March (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.

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 8 has more details.

MNH Assistance

coffee club

**2nd Wednesday
of the month
10am**



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

Q: What did the drummer call his twin daughters?



Tech Assistance

We can help with:

- Mobile Phones
- & Tablets

Drop in during business hours



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

MNH Assistance

Since 1 July 2022, **every** Victorian household is now eligible for the

**\$250
POWER
SAVING
BONUS**



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).

Easter Colouring-In Competition

**This competition is for two different age groups:
5-12 & 13-17 years.**

Scan this QRcode to find the colouring sheets:



A. Anna one, Anna Wo.

Please return colouring sheets no later than 3rd April, by dropping them in to us during open hours, or pop them into our postbox at 39 High St.

Winners will be announced Wednesday 5th April.



Happy colouring & good luck!

Recipe of the Month

Healthy Sweet & Sour Pork Kebabs Recipe

with homemade Sweet'n'Sour sauce



Serves: 4

Prep: 25m

Cook: 10m

Difficulty: Easy

Ingredients

- 1 Tbs salt-reduced tomato sauce
- ½ tsp reduced-salt soy sauce
- 1½ tsp white vinegar
- 400g pork fillet
- ¼ pineapple, peeled, cut into 2-3cm pieces
- 1 red capsicum, seeded, cut into 2-3cm pieces
- 1 yellow capsicum, seeded, cut into 2-3cm pieces
- 1 zucchini, cut into 2-3cm pieces
- 1 red onion, peeled, cut into 2-3cm pieces
- 8 small button mushrooms
- 8 thick bamboo sticks
- olive or canola oil spray
- 4 cups steamed rice (from 2 cups uncooked rice), to serve

*Variation:

Cover and refrigerate marinated pork for as long as time permits, from 30 minutes to overnight. Skewered kebabs can be prepared in advance and refrigerated until ready to barbecue..

Method

1. Cut pork into 2cm cubes, trim fat. Mix sauces and vinegar in a small bowl. Add pork, stir to coat and set aside to marinate.
2. To prevent burning, cover skewers with water in a shallow bowl.
3. Preheat barbecue grill on high.
4. Thread pork and vegetables alternately onto skewers, ending with mushrooms.
5. Spray skewers with oil and barbecue each side for 2 minutes until pork is cooked through, basting kebabs with remaining marinade occasionally.
6. Transfer to plates and serve with rice.

Courtesy www.livellighter.com.au

WORD DETECTIVE

ABUNDANT
ACORN
ACTIVITY
ALMOND
AMBER
APPLE
AROMA
AUBURN
AUTUMNAL
BALE
BREEZY
BRIGHT
BRILLIANT
BRISK
BROWN
CHANGE
CHILLY
CIDER

CINNAMON
CLOUDS
COLDER
COLOURFUL
COMFORT
COMPETITION
CORNUCOPIA
COUNTRY
CRISP
CROPS
CROW
CRUNCHY
DOONA
EARTHY
EGGPLANT
EQUINOX
FAIR
FALLING

FARM
FIREWOOD
FOREST
FRESH
GINGER
GUST
JAM
LOGS
MARCH
NUTS
PEAR
PECAN
RAKE
REAP
RED
RIPE
TEA
WIND

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

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.



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.

