

Yep, it's already October

School term four is here already, the year is flying past. MNH is kicking off the new term with a Pancake Breakfast Day on our first day back. We do hope you've rested up and the rain didn't wash out your holiday plans.

Garage Sale Day

The Marong Township Garage Sale Day on the 17th September wasn't quite the dry sunny day we would've liked, but things went reasonably well. Thank you very much to all the vendors for persevering.

Tax Help

I'd like to remind you that MNH is now accredited under the Australian government's Tax Help scheme to provide assistance to eligible members of the public. To check your eligibility, please see the poster on page 6.

New Power Saving Bonus

We are still seeing a steady stream of applicants for the \$250 Power Saving Bonus, which is a good thing. If you haven't already applied, Marong Neighbourhood House staff are registered agents able to provide assistance to anyone wishing to take up the offer – we will help get your \$250 on its way. For more details regarding eligibility, see the full-page poster on page 7.

Marong Family Fun Day

The City of Greater Bendigo is funding a Family Fun Day in Marong on the 16th of October. Many different activities are planned to run from 10:00am to 1:00pm. MNH will have a marquee with colouring-in for the children, and artist Rob will be drawing caricatures for them. Brochures with information about MNH will be available too.

Community Garden

The rain has given the garden a boost and we are expecting good quantities of carrots, cabbage, and peas in the near future.

Youth Art Classes Postponed

Attendances at these classes dwindled over the last term; art teacher Kate has therefore postponed the classes until further notice.

Proposed Photo Club

You don't need an expensive camera to take photos these days, our mobile phones are always ready at hand and take great photos. MNH is considering starting a 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

MNH and the Marong Golf Club have re-opened their photo competition now the colder months are leaving us, and have extended the closing date to the eighth of November. The wet weather recently forced the closure of the course, so hopefully this extension will allow time for things to dry out!

Pancake Breakfast

The next free-of-charge Pancake Breakfast will be held on Monday the seventh of November, between 8:00 and 9:00am (it doesn't matter if you're a little bit late).

—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>8th October (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.

Spotlight on: Computer & Phone Help

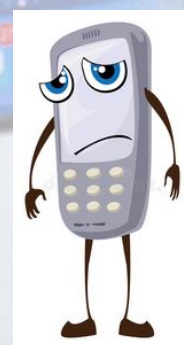
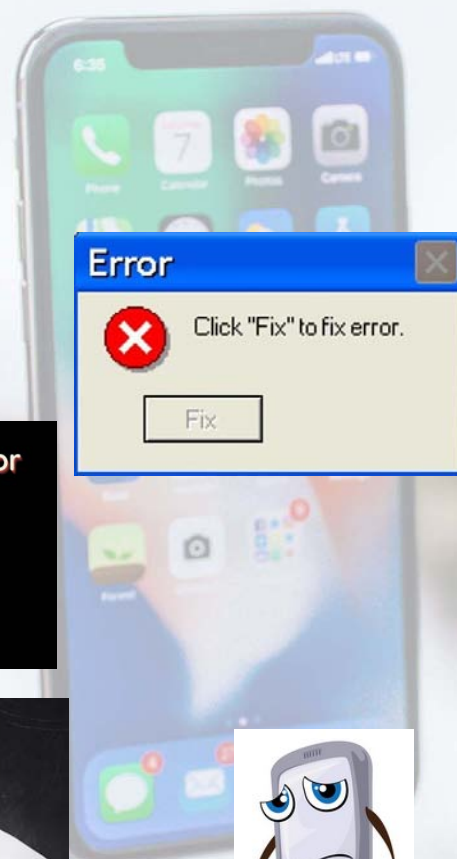
Technology has wormed its way into almost every aspect of our lives, which is okay as long as the technology is working for you; if not, it's just an expensive paperweight!

If your gadget has gone crazy, or you can't get it to work properly, perhaps you'd like a helping hand with something.

Marong Neighbourhood House can provide you with FREE technology support for your gadgets – mobile phones, smart-phones, tablets, laptops or computers.

Here are some of the things we can help with:

- WiFi
- Bluetooth
- Email
- Address books
- Text messages/SMS
- Picture messages/MMS
- Printing messages or photos
- Updating 'apps' & other phone software
- Accessing convoluted government websites
- Mobile phone setup
- Computer and internet use
- Advice about possible scams/fraud
- Limited computer/laptop help (we have only one computer geek volunteer available part-time)



- Transferring files/photos from old devices to new
- Permanently wiping data from devices prior to disposal
- Responsible disposal of old devices through E-waste recycling programmes

- Helping you gain confidence and skills to use technology in everyday situations

MNH computer & phone help has a dedicated time-slot of 1.00pm to 3.30pm on Tuesdays, but call any other time to see whether we can fit you in!

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; the REDcycle programme, Aussie Bread Tags for Wheelchairs and Lids4Kids. Page 7 has more details.

MNH Assistance



Winter Community Coat Drive

Bendigo Community Health Services have provided us with donated Free Coats for the vulnerable people in our community to keep warm this winter.

These are located at the Op-Shop, The Old Fire Shed, 16 Cathcart Street, Marong.

Please drop in during open hours or call
0427 352 217



Tech Assistance

We can help with:

Mobile Phones

& Tablets

Drop in during business hours

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 7 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.



I REMEMBER WHEN GETTING AN "S" MEANT PRESSING "7" FOUR TIMES.



The Marong Neighbourhood House acknowledges the support of the Victorian Government.



Neighbourhood Houses
The Heart of Our Community



CITY OF GREATER
BENDIGO

Beyond Blue

Anyone feeling anxious or depressed

beyondblue.org.au

1300 22 4636

Lifeline

Anyone having a personal crisis

lifeline.org.au

13 11 14

Open Arms

Veterans and families counselling

openarms.gov.au

1800 011 046

MNH Assistance



Australian Government
Australian Taxation Office



Get Tax Help



Marong Neighbourhood House staff are accredited as Tax Help volunteers

IF YOUR INCOME IS UP TO \$60,000* AND NONE OF THE FOLLOWING APPLY TO YOU. MNH CAN

- You run your own business
- You operate under a labour hire agreement quoting your ABN
- You receive any royalties
- You receive income from either a public unit trust or a public trading trust
- You own or share ownership in a rental property
- You make a capital gain or

MNH Assistance

Drop in for a cuppa and we'll help you claim your

**\$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 your bill, some identification, and perhaps your banking details).

Recipe of the Month

Healthy Shakshuka (Pan Baked Eggs) Recipe

A delicious hearty breakfast from North Africa.



Serves: 6 Prep: 15m Cook: 25m Difficulty: Med

Ingredients

- olive or canola oil spray
- medium onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 200g mushroom, sliced
- 1 medium red capsicum, seeded and diced
- 440g can salt-reduced baked beans
- 800g can no-added-salt diced tomatoes
- 1 tsp ground cumin
- ½ tsp smoked paprika pepper
- 125g baby spinach leaves, chopped
- ½ punnet cherry tomatoes, halved
- 6 eggs
- ½ cup fresh Italian parsley (to serve)

*Variation:

For extra heat, add 2-3 chopped green chillies or jalapenos when adding canned tomatoes.

Method

1. Spray a large frying pan with oil and place on medium to high heat.
2. Add onion and cook for 3 minutes until softened.
3. Add garlic, mushrooms and capsicum and cook for 5 minutes.
4. Mix through baked beans, canned tomatoes*, cumin, paprika and pepper.
5. Increase heat to bring to the boil, then simmer for 5 minutes until slightly thickened.
6. Add spinach leaves and gently mix until they start to wilt; sprinkle over cherry tomatoes.
7. Using a spoon, create 6 little wells, then crack each egg into a well. Cover pan with lid and cook until whites are firm and yolks are just set, about 5 minutes.
8. Remove from heat, top with finely chopped parsley and serve immediately.

Courtesy www.livlighter.com.au

WORD DETECTIVE

- | | | |
|---------------|------------|--------|
| ALGORITHM | CONFIGURE | HELP |
| APPLICATION | CONNECTION | ICON |
| ASSISTANCE | COOKIE | LAPTOP |
| BACKUP | CORRUPTION | LINUX |
| BANDWIDTH | CRASH | MEMORY |
| BLOG | DOCUMENT | MOUSE |
| BOOKMARK | DOWNLOAD | POST |
| BREACH | DROPOUT | RESET |
| BROADBAND | EMAIL | SAVE |
| BROWSER | EMOJI | SCAM |
| BSOD | EMOTICON | SPAM |
| CAPTCHA | ERROR | TYPO |
| CHECK | EXCEPTION | USB |
| CLARIFICATION | GLITCH | ZIP |
| CLOUD | GREMLIN | |

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

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, and must include:

- A Golf club***
- Bad / Funny Golf Clothes***
- Cogo's Crossing sign at the 2nd tee***



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



Entries close 8th November 2022

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



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



Soft plastic

MNH is a drop-off point for soft plastic waste. A bin for soft plastics is situated beside the pathway at the side of the House. The collection is taken to the REDcycle collection points in the Woolworths or Coles supermarkets in Bendigo. Soft plastics can be dropped-off in bags—provided the bags are see-through.



Anyone who already regularly visits the supermarkets in Bendigo could help make this system successful by transporting the plastic from MNH to the 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.



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.



Marong Community Information

MNH LIBRARY

The MNH library boasts over 1000 titles, and borrowing our books is completely free. To save you time, you can now find books by title, author, or genre in our up-to-date catalogue. The catalogue can be viewed on the MNH website and Facebook page. To borrow something from the library, just visit us whenever we're open.



FREE COMMUNITY EVENT

Marong Family Fun Day

Sunday October 16, 2022
10am to 1pm
Malone Park



Donations

We are Accepting Clothing & Household goods.

NO Electrical Appliances or Furniture.

Drop Off during Open Hours.

Open During School Terms:

Monday 9:30am-12:30pm

Wednesday 9:30am-12:30pm

Friday 9:30am-12:30pm

Saturday 10:00am-12:00pm

Please DO NOT Leave Donations at the Shop when CLOSED!!!



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



**Looking for a new start or
wanting to get back into the
workforce?
Why not consider a career in
the aged care sector with our
free training & support**

Have you found your place?

Find out more and to register:
<https://www.womencanaustralia.org>
contact@womencanaustralia.com

**Or call Sheryl on
0402 531 973**

About the course:

WomenCAN Australia are offering a Cert III in
Individual Support (Aged Care) CHC33015
commencing NOW for free!

EARN WHILE YOU LEARN!

Earn & Learn over 12 months (full time) including
our peer support model to assist your transition
to study and paid employment.

