

## End-of-the-Year Art Show

### Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues. We have enjoyed your company very much at the breakfasts, and hope to see you again between 8:30 and 9:30am on the 4th December for our last breakfast this year!

### Garden Party BBQ

Last month, MNH held it's first ever free Community BBQ dinner in the community garden. About twenty-five attended on a lovely balmy Friday evening. We plan to hold more free social BBQs in 2024.

### Art Class Art Show

On Thursday the 14<sup>th</sup>, we are holding an art show evening. Starting at 7.00pm, MNH is showcasing selected artworks created by the talented students of the Art Class. There will also be light refreshments at the event, which is open to everyone in the community.

### Snake Awareness Talk

Last month, Glenn from Snake Safe Victoria visited MNH to give a talk and demonstration about snake safety & awareness. He brought with him several types of venomous snakes, some pythons, and a couple of baby crocodiles. The talk was very interesting and informative, and afterwards the pythons and crocodiles were passed around for people to handle – but it wasn't compulsory! Most people were keen to see them close-up, even some adults!

The event was well attended, with about ninety adults and children enjoying the show. Pizza and doughnut vendors were also present, with many people tucking in. A big big thank-you to Snake Safe Victoria, Not Just Pizza, The Donut Man, and of course the community for a hugely

successful event. Photos from the talk can be seen on the spotlight page this month.

### First Aid Courses

Marong Neighbourhood House is hosting one more Accredited First Aid course this year, on the evenings of Wed 6<sup>th</sup> & Thu 7<sup>th</sup> December, running 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.

### Toyworld Toy Drive

Toyworld Bendigo is running a toy drive again this year to help families who are finding life a little tough. People can donate toys in the store, and before Christmas, they will be distributed to the community. As was the case last year, MNH is proud to be involved, and will be distributing toys to families in our immediate area, with other neighbourhood/community houses doing the same in their areas.

### Season's Greetings

Finally, 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 amazing 2024. We will be closing at the end of term 4 (our last day is the 21<sup>st</sup> of December), and we will be back on deck for the new school term on the 30<sup>th</sup> of January. If you really need help with something over the break, give me a call on the Co-ordinator mobile number (see page 7).

—Janine.



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Season's Greetings!

## 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	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	<b>Bookings required.</b> Over 60s strength & mobility exercise class, \$5/person, 11 <sup>th</sup> Oct to 13 <sup>th</sup> 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 2<sup>nd</sup> 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.

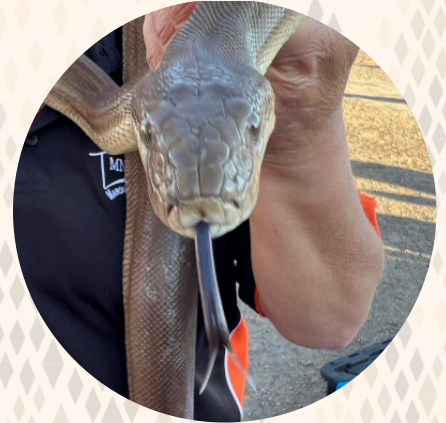
Marong Neighbourhood House celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

# Spotlight: Talk by Snake Safe Victoria



Photos from November's snake talk by Snake Safe Victoria. Venomous snakes, fresh- & saltwater crocodiles, and pythons were shown.

With the dangerous animals put away, children & adults alike took the opportunity to get a closer look at these often misunderstood creatures!



# 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 Rainbow Pasta Salad

Guaranteed to impress at your next barbecue



Serves: 8

Prep: 40m

Cook: 20m

Difficulty: Easy

### Ingredients

- 300g green beans, ends trimmed, cut into 3cm pieces
- 200g spiral or bowtie pasta (3 cups cooked)
- 2 x 125g cans reduced-salt corn kernels, drained
- 420g can no-added-salt four bean mix, drained
- 250g punnet cherry tomatoes, halved
- 1 medium red capsicum, seeded and cut into 2-3cm pieces
- ½ large red onion, peeled and chopped
- ½ cup fat-free semi-sundried tomatoes, drained and chopped
- ½ cup flat-leaf parsley, finely chopped
- ½ cup basil leaves, shredded

### For the dressing:

- 3 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp white vinegar
- 1 Tbsp water

**Variation:** Replace tinned corn with kernels from 1 fresh cob which has been steamed or microwaved on HIGH (100% power) for 3 minutes. Add a small chopped avocado just before serving.

### Method

1. Bring a medium-sized saucepan of water to the boil. Add beans and simmer for 2 minutes until they are bright green. Remove beans with a slotted spoon and refresh under cold water. Alternatively, cook beans in the microwave on HIGH (100%) for 2 minutes with a tablespoon of water in a microwave-safe bowl.
2. Add pasta to the boiling water and cook according to packet directions until just tender.
3. Drain well and add to a large serving bowl with drained beans and remaining salad ingredients.
4. In a small jug, mix together dressing ingredients then pour over salad. Toss until well combined.
5. Serve immediately or enjoy cold the next day.

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

## WORD DETECTIVE

BREAK  
BRUNCH  
CAKE  
CARDS  
CAROLS  
CHEER  
DAY  
DECORATIONS  
DINNER  
DRINKS  
EVE  
FATHER  
FEAST  
FETE

GIFTS  
HOLIDAYS  
HYMN  
LIGHTS  
LUNCH  
MASS  
MERRY  
MUSIC  
NIGHT  
ORNAMENTS  
PAGEANT  
PARTIES  
PRESENTS  
PUDDING

ROAST  
SALES  
SEASON  
SHOPPING  
SPECIAL  
STOCKINGS  
TIDE  
TRADITION  
TREE  
TRIBUTE  
TRIP  
TURKEY

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

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

## Accredited First Aid Training

Marong Neighbourhood House

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



Gift bags are a great replacement for wrapping paper!

Consider giving a gift card or experience!

**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](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

## Medicare bulk billing changes

### Message from Lisa Chesters – Federal Member for Bendigo

On November 1, the Federal Government tripled the bulk billing incentive that GPs are paid if they do not charge a gap fee for children and Commonwealth concession card holders. An estimated 76,608 people in the Bendigo electorate will benefit.

We acknowledge how difficult it has been to find a bulk billing doctor, which is why we've made the largest investment into bulk billing in Medicare's 40-year history. As these changes only came into effect November 1<sup>st</sup>, I encourage you to contact your local GP to find out if they will return to bulk billing.

These changes are in addition to our cheaper medicines policy, and the changes we've made to prescriptions to help you get two-month prescriptions for the price of one. This means fewer visits to the doctor each time you need a prescription, fewer visits to the pharmacy, and fewer fees.

This is just one of the many ways we're strengthening Medicare for all Australians.

## Marong Neighbourhood House Art class

# Art Show

Thursday 14th December

7 PM

39 High St, Marong

Drinks and nibbles provided





# Community Information



## Toy Drive

This year, the generously donated toys will be distributed by

## Community & Neighbourhood Houses



Hospital St, Heathcote



Woolcock Ave, K'Flat



High St, Marong



The background is a vibrant green with a pattern of white snowflakes and green stars. Five large, glossy red Christmas ornaments are suspended by thin gold strings. The ornaments vary in size and are arranged in a scattered pattern across the top half of the image. The text is positioned in the lower half, centered horizontally.

# Season's Greetings!

*Marong Neighbourhood House wishes  
you a happy, relaxed festive season and  
a bright & successful new year 2024.*

