

## New Power Bonus Scheme

Welcome to the first MNH Newsletter for school term three. I hope your plans for the holidays went ahead smoothly and that you survived unscathed. The new school term brings changes and additions to MNH – hopefully things you can use to your advantage.

### New Power Bonus Scheme

The Victorian government has started a new Power Bonus Scheme this financial year, which can provide any Victorian in receipt of an electricity bill with a once-only payment of \$250 per household. Earlier similar schemes restricted eligibility, but this time it's open to every household that pays electricity bills. Marong Neighbourhood House is registered with the government to provide assistance to anyone wishing to take up the offer – just visit us with your electricity bill & identification and we will get your \$250 on its way. See page 5 for more information.

### Embroidery Relocation

The weekly Machine Embroidery sessions have relocated to the old Shire Hall, from Tuesday 19th July. The old Shire Hall is across the Calder Highway from the Marong Family Hotel, on the corner. Parking is behind the building, accessed from the side, just before the train line.

### First Aid Certificates

MNH and TOFS Op-Shop hosted an accredited First Aid course in June. Thank-you to the instructors and especially the students for dedicating time in the evenings for the course. Individual certificates have been sent electronically, and the hard-copies are available for collection at MNH.

### Book Club Shelved

Due to poor numbers, we are cancelling the Wednesday Book Club session. We still have over a thousand titles in our library, which can be borrowed free of charge.

### Tax Help

MNH is now qualified 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.

### Garage Sale Day

The next Marong Township Garage Sale Day will be held on Saturday 17<sup>th</sup> September. For the Garage Sale Day, MNH produces a consolidated map marked with each participating vendor, and places an advertisement in the *Bendigo Advertiser*. If you'd like to participate, more details are on the registration form on the back of this edition.

### COVID Vaccinations

The fourth COVID vaccination is now available to the general public aged 30 or over. MNH will host a COVID vaccination clinic between 4:00 and 7:00pm, on Friday 5<sup>th</sup> August.

### Car Maintenance Postponed

Due to the early onset of darkness during the winter months, the basic car maintenance classes will be run at a later date.

### Pancake Breakfast

On the first of August, our Pancake Breakfast is on again between 8:00 and 9:00am, free of charge.

—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<br>O<br>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<br>U<br>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.<br><b>Now at the old Shire Hall, opposite Marong Family Hotel.</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  | Tech Tantrums                    | 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<br>E<br>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<br>H<br>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<br>R<br>I | 1.00pm - 4.00pm  | Miniature Enthusiasts of Bendigo | <i>Every 2<sup>nd</sup> 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<br>A<br>T | 10.00am - 4.00pm | Sewing for Beginners             | <i>23<sup>rd</sup> July, 6<sup>th</sup> &amp; 27<sup>th</sup> August</i> – Judith teaches sewing (bring your own machine). Costs \$3.   |
| S<br>U<br>N | 1.00pm - 3.00pm  | Youth Art Class                  | Kate is an art teacher who specialises in teaching children. The class focuses mainly on drawing, but also explores other mediums. Costs \$5.                                 |

## 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.

# Spotlight on MEB

MEB stands for Miniature Enthusiasts of Bendigo, a craft group specialising in work to scale. The aim is to produce work that is detailed, realistic and true-to-life. Projects are usually either 1:12 scale, 1:48, or even 1:144 scale. MEB is a group of like-minded artisans who work on their own projects, but may share techniques they have learned through their own works.

Sometimes items are created from scratch; sometimes they begin as 'kits' (similar to flat-paks) which provide a design idea and some basic materials. Whatever the case, once assembled, there follows many hours of finishing, decorating and embellishment to arrive at a realistic end product.

Seen here are some completed projects: the top two photos show a 'before & after' Pumpkin Cottage; at the centre is a courtyard scene (with 50c added to indicate scale); below that are three different views of a bakery and upstairs residence; and some tiny to-scale chairs at bottom left.

Decorating and finishing work requires many complementary skills, such as:

- painting
- wallpapering
- choosing floor coverings
- ceiling adornments
- lighting & wiring.

External surfaces might simply be painted or they could be transformed into stone pavers, brick walls, lawns or gardens with some clever re-purposing of everyday materials. Once the buildings and surrounds are complete, there is the furniture to deal with, all to be assembled from kits or hand-made from discreet materials.

If you have a miniature project of your own, and would like to rub shoulders with people who 'speak your language', MEB meets at Marong Neighbourhood House every second Friday afternoon, 1.00-4.00, and costs \$3 per session.



# 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



A: a faux pa.

Neighbourhood Houses can help you compare energy deals and claim the

### \$250 POWER SAVING BONUS



NEW SCHEME as of JULY 2022



This is a one-off payment to help you with the cost of living. Whether you are a concession-holder has no bearing on this new scheme. 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.

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.



## COVID-19 Support Payments and Assistance

There are many support payments to assist people affected by COVID-19. Use the link below to find the payments and services available, or **come to see us at Marong Neighbourhood House**, and we can help you apply for payments, or find the information you need.

[www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19](http://www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19)



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



CITY OF GREATER  
**BENDIGO**

### Beyond Blue

Anyone feeling anxious or depressed

[beyondblue.org.au](http://beyondblue.org.au)

1300 22 4636

### Lifeline

Anyone having a personal crisis

[lifeline.org.au](http://lifeline.org.au)

13 11 14

### Open Arms

Veterans and families counselling

[openarms.gov.au](http://openarms.gov.au)

1800 011 046

# MNH Assistance



Australian Government  
Australian Taxation Office



## Get Tax Help



Marong Neighbourhood House staff are qualified as Tax Help agents

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

- 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

# Recipe of the Month

## Beef, Barley and Vegetable Soup

A hearty nourishing soup of beef, tender pearl barley and plenty of vegetables



Serves: 4-6

Prep: 15m

Cook: 2-3h

Difficulty: Easy

### Ingredients

- 500g chuck steak, diced & trimmed of fat
- 1 Tbsp olive oil
- 1 onion, chopped
- 2 stalks of celery
- 2 carrots, chopped
- 1 parsnip, chopped
- 2 tomatoes chopped
- ½ cup barley
- 1L beef stock (salt reduced)
- 1L water
- 2 zucchini, sliced
- 400g can kidney beans, drained & rinsed
- 1 cup frozen peas
- Parsley (to serve) from MNH community garden

### Method

1. Toss beef in oil, heat a wide saucepan or stockpot over medium-high heat and brown beef in two batches.
2. Reduce heat to medium and add onion, celery, carrot, parsnip, tomatoes and barley.
3. Add beef stock and water and bring to the boil.
4. Simmer for 2 hours, or until beef and barley are tender. Add zucchini and kidney beans for the last 15 minutes of cooking. Add frozen peas for the last 5 minutes of cooking.
5. Serve in large bowls with fresh chopped parsley.

Courtesy [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

## WORD DETECTIVE

ARCHITRAVES  
CASTLE  
CHATEAU  
CORRUGATED  
COTTAGES  
DOLLHOUSE  
EDWARDIAN  
EMPORIUM  
FURNITURE

GARDENS  
GEORGIAN  
GOTHIC  
LEADLIGHT  
LIGHTING  
MANOR  
MINIATURES  
MODERN  
PAINTING

PENDANTS  
PORTICO  
SCALE  
SHUTTERS  
SKIRTING  
THATCHED  
TUDOR  
VICTORIAN  
WALLPAPER

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

# 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

## Outreach COVID-19 Vaccination Clinic Marong Neighbourhood House

Friday 5th August 4pm–7pm

39 High St., Marong 3515

Walk in clinic, no appointments necessary,  
Please bring photo ID and Medicare card.



## 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.



### 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!!!**



"I'm on the Copycat Diet. I follow my doctor to lunch and order whatever he's having."

### 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.marongnhh.wixsite.com/marongnh](http://www.marongnhh.wixsite.com/marongnh)

TOFS web page: [www.marongnhh9.wixsite.com/marongopshop](http://www.marongnhh9.wixsite.com/marongopshop)

Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We pay our respects to the Traditional Owners of the land and waterways that we are enjoying today. We acknowledge Elders past, present, and emerging, for they hold the memories, the traditions and aspirations for the future. We celebrate the rich heritage and the continuing culture of the First Peoples of this nation.



# Marong Township **GARAGE SALE** Day

## Saturday, 17th September 2022

Marong Neighbourhood House is organising another Marong Township Garage Sale Day.

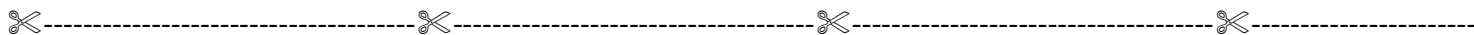
### How it works

If you would like to hold a garage sale at your own home from 8am until 2pm as part of the Marong Township Garage Sale Day, please register by completing the form below with your address and contact details, and return it to the Marong Neighbourhood House at 39 High Street Marong (or pop it in the mail box) by **Wednesday 14th September 2022**.

There will also be a community trading site at the "TOFS" Op-Shop at 16 Cathcart Street Marong. If it is impractical for you to have a garage sale at your own home, the community site is available for you to use, but you will need to bring your own tables, etc. If you would like to hold your sale at the community site, please register using the form below.

The Marong Neighbourhood House will consolidate the registered participants and add the addresses to one or more maps that we hand out at our Community trading site on the morning of the Marong Township Garage Sale Day. Additionally, an advertisement will be placed in the *Bendigo Advertiser* for the entire town at no cost to you.

For more information contact Janine on 0427 352 217, or drop into the Marong Neighbourhood House, 39 High Street Marong - 5435 2486.



I wish to hold a garage sale at *(please circle one)* **my own address**/at the **community site** on the morning of 17th September. (Dependent on Government restrictions).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like these items listed on the map for sale at my address:

\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

For more information contact Janine on 0427 352 217 or drop into the Marong Neighbourhood House, 39 High Street Marong - 5435 2486.