

Winter has definitely arrived

My goodness, winter is certainly making it's arrival known; but that means it's time for hot chocolate and pumpkin soup... er, separately of course! We have loads of upcoming events at MNH this month, starting with vaccinations.

COVID Vaccinations

MNH is hosting a COVID vaccination clinic on Friday 3rd June, 4:00-7:00pm. No appointment is required, just bring your identification and Medicare card.

Unfortunately, there are NO flu shots being offered at this time.

First Aid course

The TOFS Op-Shop is subsidising a two-night accredited First Aid course, between 6:00 and 9:00pm on the 16th & 17th June. Details are on page 8.

Youth Art Classes

Art teacher Kate is conducting Youth Art Classes this term on Sunday afternoons. Her class focuses mainly on drawing skills and techniques, but may branch into other areas.

Life Skills

MNH has been offering some short 'life skill' classes on different topics to the youth of the community. Judith is teaching basic sewing skills, like button-sewing, and Fletcher is demonstrating a few variations of basic car maintenance. The car maintenance class is also offered as an adult session.

MNH Open Day Success

Thank you so much to everyone who visited MNH on our Open Day last month. It was an enjoyable day and was well attended. Thanks also to the volunteers for

making everything run smoothly. The Open Day featured the official opening of the Sensory Garden – thanks go to Peter, who represented the Lions Club at the launch. The Sensory Garden actually got a trial run before the official opening, in the form of 60+ year 1 & 2 children from Marong Primary School. It was delightful to see the kids' eyes wide with surprise when they discovered an unknown side of plants in the soft touch of the Lambs Ear, or the aroma of pineapple sage.

TOFS Op-Shop

The Op-Shop has more donations than we can manage, and I ask please don't donate when the shop is unattended. We would be disappointed if your donations were stolen, or if they were affected by the weather or vermin. Thank-you. We are holding another \$5-a-bag clothing deal over the 20th-24th June, I might see you there.

Pancake Breakfast

Don't forget our first-Monday-of-the-month Pancake Breakfast is on again between 8:00 and 9:00am, free of charge. We can't eat them all ourselves, even though they're delicious. Please note however, that there will be **no Pancake Breakfast in July** as we will be closed for the school holidays.

End of Term – School Holidays

We are racing toward the last day of school term two, the 24th of June, so MNH and TOFS Op-Shop will be closed for holidays from 25th June to 10th July inclusive.

—Janine



In this edition:

Regular Programs

Spotlight on TOFS Op-Shop

MNH Services Offered

MNH Assistance

Recipe of the Month

Word Detective

Recycling Options

Marong Community Information

WomenCAN Australia

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	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 E D	10.00am - 11.00am	Book Club	<i>4th Wednesday of the month</i> —Read and discuss books. Plenty of books can be borrowed from our free library. Cost is \$3.
	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 - 5.00pm	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 it's 1/12 th , 1/48 th or 1/144 th normal size! Cost is \$3.
S A T	10.00am - 4.00pm	Sewing for Beginners	<i>11th & 25th June</i> – Judith teaches sewing (bring your own machine). Costs \$3.
S U 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: TOFS Op-Shop

The Old Fire Shed Op-Shop opened on 9th September 2017 as part of MNH's first Marong Garage Sale Day.

The Old Fire Shed (we call it TOFS) Op-Shop, at 16 Cartcart Street, is Marong's own social enterprise Op-Shop, managed by Marong Neighbourhood House, run by and for volunteers.

TOFS Op-Shop gives you the opportunity to find donated goods, vintage pre-loved fashion, homewares, or charming pieces of bric-a-brac. Visiting TOFS is like dusting off an old treasure chest, and you never know what you'll find — rare period garments and unusual accessories; quirky or chic secondhand items; even some brand-new, never-used goods.

Op-Shops can provide an interesting pastime if you aren't looking for something specific — and being close-by, if you do have something particular in mind, it takes only a moment to drop in often to check for new stock.

Good for the environment

There's a commercial currently running on television stating that 600 kilograms of clothing is sent to landfill, just in Australia, **per minute**. Shopping for secondhand clothing is one of the best things we can do for the environment.

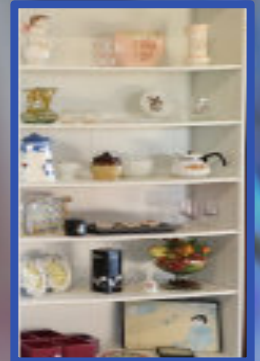
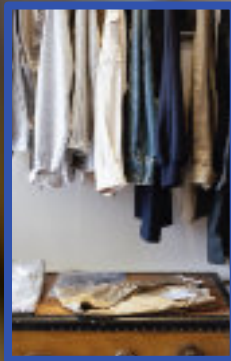
Good for your pocket

Clothes from the Op-Shop are cheap to begin with — most items at TOFS are only \$2 — and are more likely to be made of natural fibres instead of synthetic plastics, so you get more wear from them — saving you further money in the long run.

Good for community

Any money raised from Op-Shop sales is used by MNH to benefit the community, eg. funds are used to subsidise programs such as First Aid courses.

Goods are made available for sale thanks to generous community donations and the shop is staffed by volunteers donating their time.



We enjoy diverting goods from landfill while raising money to support our community. If you would like to donate to TOFS Op-Shop, please only do so while the shop is attended, and please donate only items you would be prepared to buy — no damaged or dirty clothing, no broken or dirty goods. If you intend to donate Christmas decorations, please do so in school term four, as we don't have space to store them throughout the year. Unfortunately, TOFS Op-Shop cannot accept undergarments, furniture, mains-

powered electronic items, or mattresses.

Our friendly volunteers invite you to come and see what we have to offer and grab a bargain. Most items are sold for only two dollars.

The shop is open for a few hours four days a week — 9:30am-12:30pm on Mondays, Wednesdays and Fridays, and 10:00am-12:00pm on Saturdays. The shop does not open during school holidays.

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.

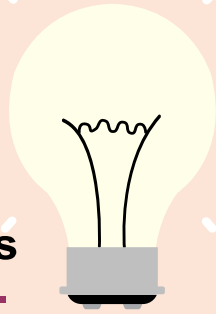
How do you ensure you don't burn home-made Hawaiian pizza?

MNH Assistance

We can help you apply for the State Government's

\$250

Power Saving Bonus



HURRY! Offer ends 30 June 2022

MNH is helping people in our community apply for the **\$250 Power-Saving Bonus**.

This is a one-off payment to help you with the cost of living. To be eligible, someone in your household must have a pensioner concession card, or receive JobSeeker, Austudy, Abstudy or Youth Allowance. DVA Gold card holders also qualify.

Please get in contact with us so we can help. Find out more on 5435 2486 or drop in whenever we're open.



MNH 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

bendigo Community Health services

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



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

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

Recipe of the Month

Cinnamon, Pear and Date Porridge

This warming, delicious meal includes high-fibre grains and fruit for a high-energy start.



Serves: 4 **Prep: 15m** **Cook: 15m** **Difficulty: Easy**

Ingredients

- 1 L low-fat milk
- 2 large pears, washed, cored, diced, skin-on
- 1½ cups rolled oats
- 1 tsp cinnamon, extra to serve
- ½ cup chopped, pitted dates or prunes

Method

1. In a saucepan, combine milk, oats, cinnamon, pears and dates and bring to the boil, stirring continuously.
2. Lower heat and allow to cook for 10-15 minutes, stirring occasionally.
3. Divide porridge into 4 bowls and sprinkle with cinnamon or extra milk if desired.

Courtesy www.nutritionaustralia.org



WORD DETECTIVE

- | | | |
|-------------|-------------|------------|
| ANTIQUES | CROCKERY | GLASSWARE |
| BEAUTIFUL | CURIOSITIES | HANDMADE |
| BOOKS | CUSHIONS | HOUSEHOLD |
| BOUTIQUE | CUTRATE | JEWELLERY |
| BRICABRAC | DECORATIVE | MISMATCHED |
| CASSETTES | DONATIONS | REASONABLE |
| CLOTHING | ECONOMICAL | REDUCED |
| COLLECTIONS | ENVIRONMENT | TOYS |
| COOKERY | FOOTWEAR | UNIQUE |
| CROCHETED | GAMES | |

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

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

POP-Up

Covid

Vaccination Clinic

Marong Neighbourhood House

Friday 3rd June

4pm - 7pm

39 High St Marong 3515

Walk in clinic, no appointments necessary
Will need 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.



Accredited First Aid Course

The TOFS Op-Shop is subsidising a two-night Accredited First Aid course, between 6:00 and 9:00pm on the 16th & 17th June. The course covers:

- HLTAID009 – provide Cardiopulmonary Resuscitation; and
- HLTAID011 – provide First Aid.

The training will be delivered by Safety Systems, and the cost per person is \$60. Successful participants are issued a Certificate. Please contact MNH to enrol.



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.marongnhh.wixsite.com/marongnh

TOFS web page: 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 Community Information

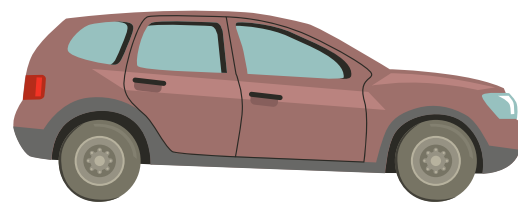
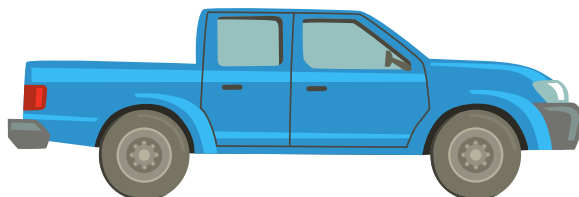
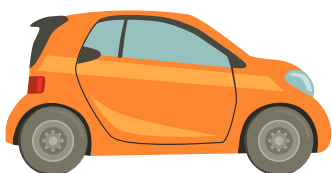
Basic Car Maintenance — Youth Life Skills session

Wed 8th June, 4:00–5:00pm
No bookings necessary

Cost \$3

Learn how to check:

- Oil
- Engine coolant
- Windscreen washer water

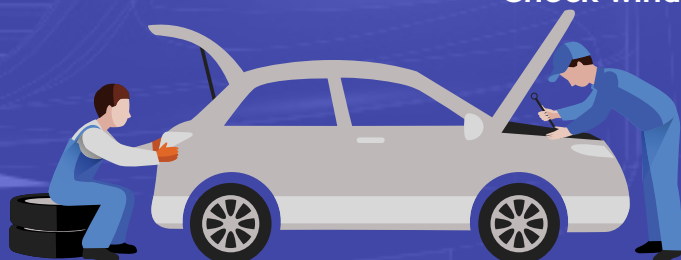


Basic Car Maintenance — Adult session

Wed 15th June, 5:00–6:00pm
No bookings necessary

Cost \$3

- Learn how to change a tyre
- Check oil
- Check engine coolant
- Check windscreen washer water





**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.

