

## A Busy Time of the Year

The cold weather has arrived, and this edition kicks off with significant events this month:

### Important dates this month

School term 1 comes to an end, with the last day being 6<sup>th</sup> April, and the holidays include the Easter break 7<sup>th</sup> to 10<sup>th</sup> April. The Neighbourhood House and TOFS Op-Shop will be closed over the school holidays. The new term starts 24<sup>th</sup> April, but of course ANZAC Day is the 25<sup>th</sup>!

The Family Fun Day from last year is now called the **Easter Fair** and has changed format slightly. The Fair will be run between 3pm and 7pm on Thu 7<sup>th</sup> April. See the advert on page 9.

### Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues, but we have shifted the time a little later. We hope to see you between 8:30 and 9:30am, on the 3<sup>rd</sup> April, 1<sup>st</sup> May, and 5<sup>th</sup> June.

### Power Saving Bonus

Taking effect from 24<sup>th</sup> March, the state government's Power Saving Bonus programme has been renewed. The new programme offers **another \$250**, subject to the same requirements as before. For more details regarding eligibility, see the full-page poster on page 5.

### COVID Vaccines – 2023 Booster

After we went to print in March, we learned that all government funding for COVID vaccination clinics has been withdrawn. That means no-one is able to operate a clinic at MNH, even though we had sufficient interest. Vaccines are available at selected pharmacies and

medical centres (including the Marong Medical Centre).

### Community Garden

The Community Garden has provided several varieties of tomato, some Thai chilli, capsicums, and eggplant/aubergines. Drop in to the House to see what we've picked over the previous few days.

### TOFS Op-Shop

The incidence of rubbish and/or unacceptable donations has declined, thankfully. However, we will soon be installing 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

Remember – The Marong Township Garage Sale Day will be 16<sup>th</sup> September.

### Marong Business Directory

MNH is trying to gather information to compile a directory of businesses in Marong. If you are interested in adding your business, see page 6 and fill in the online form. We have nearly 20 businesses already.

### May Volunteer Week

Finally, thank-you so much to all our volunteers for keeping things ticking over – not just over National Volunteer Week (15-21 May), but over the entire year.

—Janine.



### In this edition:

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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	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 2<sup>nd</sup> week</i> – Bring your miniature project to work on and discuss methods & techniques. Cost is \$3.
S A T	10.30am - 4.00pm	Sewing Workshop	<i>Please contact us for 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.



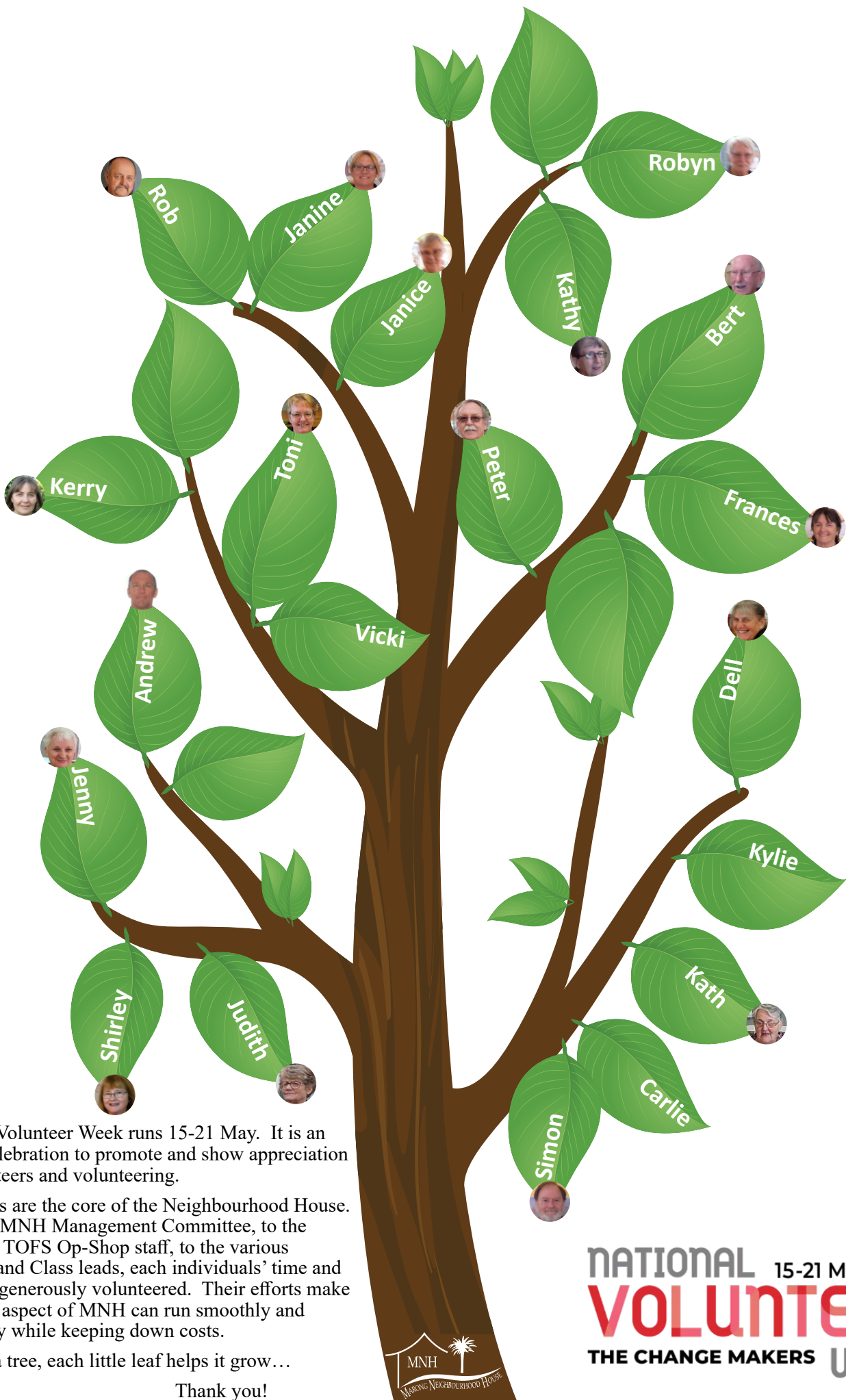
Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We acknowledge Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and waterways, and pay our respects to Elders past, present, and emerging. We celebrate the 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: MNH Volunteers



National Volunteer Week runs 15-21 May. It is an annual celebration to promote and show appreciation for volunteers and volunteering.

Volunteers are the core of the Neighbourhood House. From the MNH Management Committee, to the dedicated TOFS Op-Shop staff, to the various Program and Class leads, each individuals' time and skills are generously volunteered. Their efforts make sure each aspect of MNH can run smoothly and effectively while keeping down costs.

Just like a tree, each little leaf helps it grow...

Thank you!

**NATIONAL** 15-21 MAY 2023  
**VOLUNTEER**  
**THE CHANGE MAKERS WEEK**





# 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

**POWER  
SAVING  
BONUS**  
*is back!*

GET ANOTHER  
**\$250**

NEXT ROUND OF  
THE PSB STARTS  
24 MARCH 2023

Neighbourhood Houses Victoria™ Good Shepherd Australia New Zealand VICTORIA State Government MARONG NEIGHBOURHOOD HOUSE

## IT'S ON AGAIN!

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 **24 March 2023**, 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 (using your BSB & account nos.) **OR** receive a bank cheque (ID required).

You can apply online at [compare.energy.vic.gov.au](https://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).

# Marong Business Directory



## Marong Business Directory

We are putting together a Marong Business Directory for all the business types in Marong, including Cottage Industries\* (see meaning below). If you have a business in Marong and would like to be included in the Directory please use the QR code below to fill out the online form. If you would like a form emailed to you please contact [marongnhh@gmail.com](mailto:marongnhh@gmail.com). If you have any questions please call us 54352486.

We hope to have the Directory put together and available by May 2023. It will be available in print and online.  
Due Date - 28th April 2023.



**\*Cottage Industries - a trade or light industry or business operated from a home. For example: arts, crafts, massage, laundry services, cake decorating, cleaning, gardening etc.**

# Recipe of the Month

## Creamy Vegetable Curry

A flavoursome curry bursting with vegies



Serves: 4

Prep: 15m

Cook: 25m

Difficulty: Med

### Ingredients

- olive or canola oil spray
- 1 large onion, diced
- 2 cloves garlic, crushed
- 1 Tbs garam marsala
- 1 tsp turmeric
- 1 eggplant, cut into 2-3cm pieces
- 400g sweet potato, peeled, cut into 2-3cm pieces
- ½ cauliflower, cut into florets
- ¾ cup salt-reduced chicken or vegetable stock
- 150g green beans, trimmed and cut into 5cm lengths
- 400g can no-added-salt chickpeas, drained and rinsed
- 400g can coconut-flavoured evaporated skim milk (or, add 1 tsp coconut essence to a can of evaporated skim milk)
- 16 plain poppadoms (8cm diameter), to serve
- ½ cup fresh coriander, chopped, to serve

#### \*Variations:

- To add heat, cook a chopped red chilli or 1 tsp of chilli powder.
- Include 2 thinly sliced small skinless chicken breasts (400g) when beans and chickpeas are added.

### Method

1. Spray a large non-stick saucepan with oil and place on medium to high heat.
2. Cook onion for 3 mins, stirring occasionally; add garlic and spices and stir 1 min, until fragrant.
3. Add eggplant, sweet potato, cauliflower and stock to the pan, mix well.
4. Bring to the boil then reduce heat to medium; simmer covered for 12 mins until vegetables are just tender.
5. Add beans, chickpeas and milk; increase heat to return to the boil.
6. Reduce heat and simmer gently uncovered for 5 mins until beans are tender but still bright green.
7. Place 8 poppadoms around the edge of a microwave-safe dinner plate and cook on high (100%) for 60 seconds until puffed and crisp.
8. Set aside and repeat with remaining poppadoms.
9. Serve curry in bowls topped with coriander and poppadoms.

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

## WORD DETECTIVE

ACTIVE  
AMUSING  
APPRECIATED  
ATTITUDE  
BENEFICIAL  
BOUNTY  
CARING  
CHALLENGE  
CHARITABLE  
COHESIVE  
COLLECTIVE  
COMMITMENT

COMMON  
COMMUNICATIVE  
COMMUNITY  
CONTRIBUTIONS  
COOPERATIVE  
CORDIAL  
DEDICATION  
DIFFERENCE  
DONATIONS  
EDUCATION  
EMPOWER  
FAMILY

FREE  
GIFT  
GROUP  
HEALTH  
HEART  
HELPING  
HUMBLED  
LARGESSE  
MENTORS  
SOCIAL  
THANKS

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



# 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.



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.





# Community Information

**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.*

MARONG FOOTBALL NETBALL CLUB  
**McLardy McShane**  
INSURANCE BROKERS  
IN PARTNERSHIP WITH THE MARONG COMMUNITY ACTION GROUP

**EASTER FAIR**

THURSDAY 6th APRIL  
MALONE PARK 3-7PM

McLARDY McSHANE  
EASTER EGG HUNTS

LIONS CLUB BBQ

LIVE MUSIC BY  
MARONG JAZZ BAND

- FACE PAINTING
- JUMPING CASTLE
- BUCKING BULL
- LONGEST KICK
- HAND CRAFTS
- PETTING ZOO



EGG HUNT TICKETS \$10, SCAN QR CODE FOR TIMES & AGE GROUPS

**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](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

## Parenting Book Club



Do you want to explore ideas about parenting in the early years (2-7yrs)?

Would you like to be part of a supportive,  
inclusive group of local parents?

Come and join Parenting book club, meeting once a month, on the  
**3<sup>rd</sup> Tuesday, 7:30pm - 9pm.**

We plan to discuss a new book each month on a different aspect of parenting in a friendly, relaxed environment over supper in Maiden Gully. Focusing on pre-school and early primary years. Books provided for loan each month (and no pressure to finish the book - I understand parenting can be really busy... still come and we can discuss the themes).

A **gold coin donation** towards hall hire and refreshments is appreciated.

If you're interested, please get in-touch with book club organiser, Bendigo mum and community chaplain, **Lauren** Lockwood-Porter on **0403 842 461** or [lockwoodporter@gmail.com](mailto:lockwoodporter@gmail.com)

# Community Information

*We want you!*



## UNDER 12 & UNDER 14 JUNIOR GIRLS FOOTBALL



### TRAINING NOTICE

15th March 2023 at 4:15 til 5:30pm  
East West Oval, Malone Park, Marong

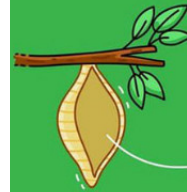
Contact Brett Rogers on 0408 534 981  
for further information.

Marong FNC are excited to be expanding our junior girls' football, and will be entering an U14s team into the BJFL competition this season.

Games will be held on a Sunday morning with  
U12s remaining on a Friday night.

If you are interested in joining the squad, our training sessions  
are on Wednesdays, from 4:15pm until 5:30pm at  
"East West Oval" (Malone Park), Marong.

### THE LIFE CYCLE OF PASTA



## Maiden Gully to Marong Pipeline



We're installing a new water main to increase the capacity, reliability and efficiency of our water network in the west of Bendigo. This essential work between Golden Square, Maiden Gully and Marong will cater for population growth in the region for decades to come. This pipeline development has been divided into six sections, across two project phases, and will take a number of years to complete, with construction for Section A due to begin in Autumn 2023. See map for details. Construction will involve a mix of open trench and pipeline.





# Community Information

bendigo  
Community Health  
services

## Women's Health Information Session

Are you going through menopause, experiencing emotional and physical changes or gaining weight?

If so, come along and meet Louise Holland - Nurse Practitioner, Louise has worked in Women's Health for 22 plus years.

**Thursday 27th April, 2023**

**Time: 5:30 PM to 6:30 PM**

**Marong Neighbourhood House**

Light finger food available

For more information call (03) 5435 2486

