

## Neighbourhood House Week

Marong Neighbourhood House is open again following the school holidays and Easter break. We hope you were able to recharge your batteries, and that you enjoyed some good-quality family time. Now might be the time to swear never to eat chocolate again... until next time anyway!

At last, the newsletter has lost its bold red banner about COVID requirements. In line with changes to government health advice, visitors to Marong Neighbourhood House are no longer required to 'QR-code in' or show proof of vaccination.

### Neighbourhood House Week

Neighbourhood House Week (NHW) is a nationwide incentive to celebrate the role of over 1,000 Neighbourhood Houses across Australia. This year, NHW is 9-15<sup>th</sup> May, and we will be marking NHW by holding an Open Day on Wednesday the eleventh, between 9:50 and 12:30.

The Open Day will feature the official opening of the Sensory Garden – which was established with help from the Lions Club – and you can try it out! Inside, you will be able to find out more about MNH and what goes on here by talking to some of the volunteers who conduct classes and other interest groups. Morning tea is available between 10:00 and 12:00 for a gold-coin donation. At the Cathcart St. end of MNH, you can visit the Community Garden, and the TOFS Op-Shop will be open between 9:30 and 12:30. To avoid changes to routine, the MNH Playgroup will hold their open day over the usual

period on Thursday 12<sup>th</sup> May.

### Community Garden

The garden has recently provided some corn, apple cucumbers, white cucumbers, chillies, watermelon and rockmelon. The orchard is going into hibernation now, but there are several winter crops planted in the beds.

### Pancake Breakfast

Our first-Monday-of-the-month Pancake Breakfast is on again between 8 and 9am, free of charge—that's the 2nd of this month, and the 6th of June. The homemade pancakes are made from scratch, and we have a selection of jams, syrups, lemon & sugar, ice-cream, and fruit. We'd love to see you here to try some. They're delicious, and they go very well with a cuppa.

### TOFS Op-Shop Price Increase

With the resumption of school term, the Old Fire Shed (TOFS) Op-Shop is operating again, and we hope you can drop in for something useful. We are raising the price of items to two dollars, we hope this is acceptable as it is still very competitive. We welcome donations, but 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. More information can be found on page 8.

—Janine



### In this edition:

Regular Programs

Spotlight on MNH Playgroup

MNH Services Offered

MNH Assistance

Recipe of the Month

Word Detective

Recycling Options

Marong Community Information

Queensland Fruit Fly Information

Marong Golf Club

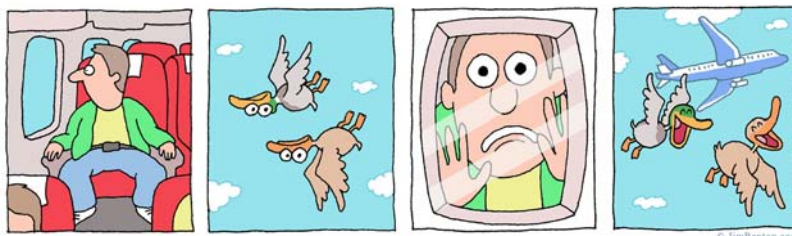
Neighbourhood House Week  
MNH Open Day

## 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 Tue: 9.00am to 3.30pm Wed: 9.00am to 5.00pm Thu: 2.00pm to 6.00pm Fri: Closed	Mon: 9.30am to 12.30pm Wed: 9.30am to 12.30pm Fri: 9.30am to 12.30pm Sat: 10.00am to 12.00pm
Term 2	26 Apr	24 Jun		
Term 3	11 Jul	16 Sep		
Term 4	03 Oct	20 Dec		

# 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. \$3 per day per family; \$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. \$3 per day per family; \$20 per term per family.
F R I	1.00pm - 5.00pm	MEB	<i>Every 2<sup>nd</sup> week</i> —MEB is Miniature Enthusiasts of Bendigo. Craft in all things small. Cost is \$3.



## Suggestions

If you have any suggestions or ideas for classes or sessions you would like at the neighbourhood house, 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: MNH Playgroup

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP MARONG NEIGHBOURHO



The Marong Neighbourhood House Playgroup brings young children, parents, families and communities together, through informal play activities and social interaction, to foster learning and development.

In a relaxed and safe space, facilitator Ro helps provide a great opportunity for parents and children to forge memories and build friendships.

The MNH Playgroup is available during school terms on Tuesdays and Thursdays, 9am to 11am. It costs just \$3 per day per family, or \$20 per term per family, and is suitable for newborns to 5-year-olds. Please bring your own snacks if required.

*These photos were selected to ensure the privacy of children and parents.*



MARONG NEIGHBOURHOOD HOUSE PLAYGROUP MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

# 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

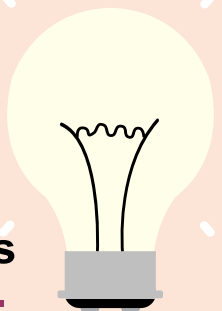
MNH is a recycling drop-off point for the CoGB e-waste programme; the REDcycle programme, Aussie Bread Tags for Wheelchairs and Lids4Kids. Page 7 has more details.

# MNH Assistance

We can help you apply for the State Government's

**\$250**

**Power Saving Bonus**



Now extended to 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.



**IF YOU REQUIRE ASSISTANCE TO DOWNLOAD YOUR COVID-19 VACCINATION CERTIFICATE, WE CAN HELP!**

**CALL TO BOOK AN APPOINTMENT.**

### Tech Assistance

We can help with:

- Mobile Phones
- & Tablets

Drop in during business hours

## 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.

Neighbourhood Houses  
The heart of our community

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

# Recipe of the Month

## Falafel balls with Tzatziki

A tasty vegetarian lunch or light dinner that will also banish vampires.



Serves: 4   Prep: 45m   Cook: 10m   Difficulty: Easy

### Ingredients

#### Falafel:

- 2 x 400g cans chickpeas, drained
- 2 Tbsp of ground coriander
- 2 Tbsp of ground cumin
- 3 cloves garlic
- 1 cup coriander, finely chopped
- ½ cup flat leaf parsley, finely chopped
- ½ red onion, finely chopped
- ⅓ cup SR flour
- 1 egg, lightly beaten
- Canola oil, for shallow frying

#### Tzatziki:

- 2 (about 600g) Lebanese cucumbers, finely chopped
- 520g (2 cups) Greek style natural yoghurt
- 2 garlic cloves, crushed
- 2 tsp olive oil
- 1 tsp ground cumin
- Freshly-ground black pepper

### Method

1. Add chickpeas to a food processor until they are finely chopped and combined. Transfer to a mixing bowl.
2. Add spices, garlic, herbs and onion to the chickpeas. Mix well.
3. Stir in flour and egg.
4. Using your hands, form little patties from the mixture about 4cm wide, squeezing them very firmly. Place on a baking tray and refrigerate for 30 minutes.
5. Heat oil in a non-stick frying pan. Place half of the falafel balls into the hot oil, turning with a slotted spoon, and when cooked place on a paper towel. Add more oil to the frying pan and repeat the process with the remaining falafel balls. For a healthier option: bake falafel balls at 180°C instead.
6. When all the falafel balls are cooked, place on the serving plate with lemon wedges and tzatziki.
7. To make tzatziki, combine all ingredients in a bowl and mix well.

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

## WORD DETECTIVE

ADULT  
ADVENTURE  
BABY  
BAIRN  
BANTLING  
BICYCLE  
CARER  
CHILDREN  
COUNT  
DOLL  
FATHER  
FIRSTBORN  
FRIENDS

GAMEPLAYING  
INFANCY  
JUVENILE  
LASTBORN  
LEARN  
LITTLE  
LOLLIPOP  
MESSY  
MOTHER  
NIPPERS  
NURSERIES  
PARENTS

PLAYDATE  
PLAYDAY  
PLAYDOUGH  
PLAYER  
PLAYFUL  
PLAYGROUND  
PLAYMATE  
PLAYTIME  
PRAMS  
RUGRAT  
SCHOOL  
TABLE

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

C: What is the ovine ultimate goal?

# 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 recycling

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



## The Old Fire Shed (TOFS) Op-Shop 16 Cathcart Street, Marong

### 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!!!**



# There's an election job to suit you...



Easy to apply online



Training is provided, no experience required



Earn extra money

...can we count you in?

Register your interest online today!

Authorised by the Electoral Commissioner, Canberra

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



**MARONG AND DISTRICT MENS SHED**

## Marong and District Mens Shed

Open Mondays & Fridays 9.00am-4.00pm

Marong Men's shed is located on Calder Alternate Hwy in the old SES shed (Beside the public toilets near the swimming pool).

Various items for sale.



**MARONG AND DISTRICT MENS SHED**

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

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 Community Information

Together  
We can prevent  
**Fruit fly**



A: To wool the world.

## Queensland fruit fly

**Populations of Queensland fruit fly have spread across urban Bendigo and a number of small townships. Many residents have experienced damage to their fruit and vegetable crops.**

Queensland fruit fly is able to attack many different types of fruits and vegetables and if left uncontrolled, can lead to total crop losses. Queensland fruit fly also poses a serious risk to the horticulture industry.

As the lead authority on managing Queensland fruit fly, Agriculture Victoria has lots of tips and information.

The Prevent Fruit Fly website, developed by Plant Health Australia for the National Fruit Fly Council, is also an excellent resource for gardeners and commercial producers.

Visit: <http://preventfruitfly.com.au/>

The City is working closely with Agriculture Victoria and is also implementing management strategies for its fruit trees in City parks and gardens.

A handy brochure for home gardeners is available from Agriculture Victoria. Copies are also available from City offices in Bendigo and Heathcote.

## Meet Ernie the Queensland fruit fly

The City and Mount Alexander Shire Council have produced five engaging videos about Queensland

fruit fly management for home gardeners:

- Pruning (<https://youtu.be/6oqomw-BkaA>)
- Traps (<https://youtu.be/AEU1nrvCL1w>)
- Garden hygiene (<https://youtu.be/J47KMUxM3NM>)
- Exclusion ([https://youtu.be/jFs9\\_caOpM8](https://youtu.be/jFs9_caOpM8))
- Best practice (<https://youtu.be/bxyKSdUguBc>)

Understanding how Queensland fruit fly breed and multiply is very important because it helps us choose the right management and control options.

Agriculture Victoria have also produced a video (<https://agriculture.vic.gov.au/>) where you can learn more about the life cycle of the Queensland fruit fly.

## Disposal of contaminated fruit

Residents that find fruit fly affected fruit on their property should place all the affected fruit in a double-lined plastic bag and leave it in the sun for a week to kill larvae.

This bag should then be placed in the general waste bin. It should NOT be put in the organic green waste bin as the composting process does not kill the fruit fly larvae and there remains the risk of spreading fruit fly to other areas.



# MARONG GOLF CLUB

The Marong golf course comprises mainly flat, easy-walking terrain in a natural bushland setting. Birdlife and fauna such as kookaburras and kangaroos are often seen; there is a large dam, and the intermittent Bullock Creek runs through the course.

## Membership Fee (per year)

Nomination fee (applies to all new members): \$10  
Ordinary Member: \$230  
Practice Member: \$180  
Junior Member (under 18): \$65



## Green Fees

Fixed at \$15 regardless of number of holes played.

## Clubhouse Open Hours

Open only on competition days. Green fees and buggy hire can be paid using a credit card via the Vendi machine at any time. There is an option to pay cash for green fees by using the envelopes and paper receipt slips provided.

## Competition Details

On Thursday afternoons, the golf club holds a 'chicken run' – a 9-hole social event. You don't need a formal handicap, so non-members are welcome. The winner each week receives a frozen chook. Assembly 1:30pm for 2:00pm tee off.

## Winter Golf (March – September)

Saturday Assembly 11:30am, tee off 12:00pm.  
Tuesday Assembly 9:30am, tee off 10:00am.

## Annual Tournament

Our annual tournament isn't until September, but we are holding a major event day on the 13<sup>th</sup> of June. Other than major sponsors being locked in, this is still in the planning stage.

## Contact Details

Clubhouse - 03 5435 2296  
President - Mark Newlan 0414 803 996  
Secretary - Joy Drummond 0417 886 357  
Email: maronggc@hotmail.com

***"It's fun, it can be played at any age, and it's proven to be good for your health.... Over a third of new members in 2020/21, Australia-wide, were 15-34 year-olds."***

***– Golf Australia Participation Report, Feb 2022***

The City of Greater Bendigo has provided Marong Neighbourhood House with one of their small e-waste stations, suitable for small batteries, mobile phones, printer cartridges, other small items of e-waste. There is also an 'overflow' bin for larger items like TVs, desktop computers (remember those?) and computer screens.

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.



## E-Waste Collection Area



Headphones



Small Batteries



Laptops



Speakers



Tablets



Printers



SatNav/GPS



Modems/Routers



iDevices



Mobile phones



Hard drives



Cords, Leads, Cables



Monitors & TVs



Computers



Printer cartridges



Adapters

[www.ewaste.vic.gov.au](http://www.ewaste.vic.gov.au)





# Marong Neighbourhood House

# Open Day

Wednesday 11<sup>th</sup> May, 9:50-12:30

- Opening of the Sensory Garden
- Morning Tea available 10:00 to 12:00 for a gold-coin donation
- All Regular Programs are free from 9<sup>th</sup> to 15<sup>th</sup> May inclusive
- Meet some of the volunteers involved with the House:
  - Andy (Community Garden)
  - Rob (Art classes)
  - Peter (representing the Lions Club re Sensory Garden)
  - Kath (Family History classes)
  - Judith (Embroidery & Sewing)
  - Ro (MNH Playgroup)
- TOFS Op-Shop will be open 9:30 to 12:30
- View arts and crafts produced by special interest groups
- To maintain routine, MNH Playgroup will hold their open day Thu 12<sup>th</sup>

## Everybody welcome!

39 High Street, Marong



**Neighbourhood  
House Week**

Building resilience by bringing  
people together

9-15 May 2022

*Building resilience by bringing people together*

