

MNH Bus Trips Galore

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues; drop in for a free feed between 8:30 and 9:30am on the 3rd June, or 5th August.

Reminder: MNH Contact Number

The mobile phone number for MNH has changed to 0494 102 904. Please adjust your contact lists if necessary.

No More Free RATs

Unfortunately, due to the withdrawal of government funding, RAT tests are no longer available to anybody free-of-charge. The stock we had is now exhausted, and we're sorry to say that at this stage, we won't be getting more.

Bus Trip to Lake Boga & Boort

Following our successful bus trip to Rochester & Echuca, we ran another trip for the men in the community up to the Flying Boat Museum at Lake Boga, then to the John Piccoli 'Spanner Man' sculpture garden outside Boort. Over twenty grown-up boys went on the trip, having a fantastic day out. Getting them to do as they were told was a challenge though – a bit like trying to herd butterflies! It was really great to see so many men just revelling in their own company.

Ladies Bus Trip

Of course, the ladies got their own bus trip too. A little shorter this time, just to the Spanner Man and back, but an equally great day. Photos from both trips can be found on page 7.

Emergency Services Appreciation

Towards the end of last month, MNH took the opportunity to acknowledge our local SES and CFA members for their efforts during the 2023 & 2024 floods. We organised a free thank-you 3-course dinner

at the Marong Family Hotel for the members and their families. You might not believe this, but during the meal, they were called out... to an accident in the intersection outside the pub! Even with the interruption, the meals were very good, and it was an enjoyable evening sitting and chatting. Thank-you all so much.

New Electricity Rebate

The government has announced a \$75/qtr rebate on electricity bills, effective 1 July. While details are yet to be formulated, there will be rebates for those on embedded networks. eg. caravan park residents. We are following the progress on the government website at <https://www.energy.gov.au/energy-bill-relief-fund>.

Bus Trip to SPC Shepparton

A shopping day trip over to the SPC factory at Shepparton is organised for the 11th of June, the day after the Kings Birthday long weekend, leaving 9:30am and returning at 5:30pm. The subsidised cost is just \$5 per passenger. See the poster on page 8 for booking details.

Chainsaw course

As some people missed out on our previous "Chainsaws for Absolute Beginners" course, we have scheduled another course on the 29th of June. The cost is only \$20 due to subsidies from Emergency Recovery Victoria. Page 9 has further information and full course description.



Marong Garage Sale Day 2024

Save the date! The Marong Township Garage Sale Day will be Saturday 21st September.

—Janine.

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Opening Hours (we open only during school terms)

Term	Start	Finish
Term 1	30 Jan	28 Mar
Term 2	15 Apr	28 Jun
Term 3	15 Jul	20 Sep
Term 4	07 Oct	20 Dec

Marong Neighbourhood House	
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

"TOFS" Op-Shop	
Mon:	9.30am to 12.30pm
Tue:	9.30am to 12.30pm
Wed:	9.30am to 12.30pm
Fri:	9.30am to 12.30pm
Sat:	10.00am to 12.00pm

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$3 per session.
T U E S D A Y	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.
	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. Please call us for more info.
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$3 per session.
	1.00pm - 3.30pm	Computer & Phone Help	Technology is good when it's understandable and it works, but things do go wrong sometimes. Free assistance with your phone or laptop is available at MNH.
W E D	10.00am - 11.00am	Over 60s Exercise Class	Booked out. Over 60s strength & mobility exercise class, \$5 per class.
	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.
S U N	11.00am - 4.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine). Please contact us for exact dates. 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.



The newsletter can be emailed or posted to you at no charge. To take advantage of this service, please provide us with your details—either by email, Facebook message, or in person at the Neighbourhood House—and we will add you to our distribution list. Your details will be kept in-confidence.

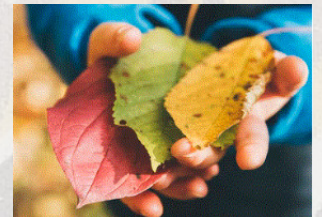


Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We acknowledge Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and waterways, and pay our respects to Elders past, present, and emerging. We celebrate the rich heritage and the continuing culture of the First Peoples of this nation.

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

Spotlight 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 for 8 sessions, 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 NEIGHBOURHO

MNH services offered

Photocopying & Printing

Photocopying documents is provided for a small charge:

- A4-size colour originals are 40 cents per copy (10 cents for monochrome)
- A3-size colour originals is \$1.00 per copy (20 cents for monochrome)

Electronic copies of photographs or documents in most popular formats—PDF, MS-Office—can be printed for a small charge:

- A4-size colour printing is 40 cents per page (10 cents for monochrome)
- A3-size colour printing is \$1.00 per page (20 cents for monochrome)

Laminating

Documents can be protected by having them laminated. The fee per sheet is:

- \$1.50 for A4-size, or
- \$2.50 for A3-size

Binding

We now have a comb binding machine to give your A4-size documents that professional touch. Binding up to 80 pages costs \$2.00. Plastic cover sheets are 50 cents each.

Community Garden

Our community garden plots have had a year or two to get established now and we've had several successful crops. We've added some fruit trees: apricots & plums, lemons & limes. If you'd like to grow your own produce, but don't have the room, plots are available for rent at \$10/year plus \$10 deposit for a garden key. At the main entrance to MNH, there is sensory/herb garden with interesting textures and aromas.

Short-term Computer Use

Nowadays, there is a common expectation that everyone has computer technology and internet access around the clock, but the reality is sometimes different, especially in country areas. While we don't exactly offer 24-hour help in these areas, during open hours MNH has computers available for short-term use. The internet-connected computers are of the Windows variety with software to suit the majority of uses. If you need temporary use of a computer or just internet

access, please come and see us at the neighbourhood house.

Library

At any time during MNH open hours (see front page), books may be borrowed from the 1,000+ titles in our library. There is no charge for library borrowing.

Op-Shop

Our Op-Shop (The Old Fire Shed Op-Shop or just TOFS) reopened on 28th February. TOFS, at 16 Cathcart Street, is excellent value—most items are just two dollars! Detailed opening times are on page 1.

Venue Hire

The Marong Neighbourhood House is available to hire for functions, meetings, parties, etc. at the following rates:

- Functions/meetings: \$10.00
- Group Bookings (half day): \$30.00
- Birthday Parties: \$30.00 for regular members, and \$50.00 for non-members

There is a limit of 50 people inside the building. Hiring the venue is subject to availability. If required, Public Liability insurance is available **on application** at no additional charge.

Please contact us if you would like further information concerning hiring MNH.

Free CoGB Wi-Fi

The City of Greater Bendigo provides free Wi-Fi internet access at the Neighbourhood House—no password required. Please note that this service is NOT secure, and is therefore unsuited to sensitive activities such as internet banking.

MNH Wi-Fi

In addition to the free CoGB Wi-Fi, MNH offers password-protected Wi-Fi internet. Please ask for the password. Fees for access to MNH Wi-Fi are at present waived.

Recycling

MNH is a recycling drop-off point for the CoGB e-waste programme, soft plastics, blister packs, and we participate in the Mobile Muster programme for old phones. Page 6 has more details.

Recipe of the Month

Healthy Spicy Pumpkin Soup Recipe

The secret to this perfect autumn soup is adding an apple for sweetness.

 Serves: 4  Prep: 10m  Cook: 15m  Difficulty: Easy



Ingredients

1 tsp canola oil
1 onion, chopped
3 cloves garlic, chopped
2 tsp ground cumin
2 tsp curry powder
3 cups pumpkin, peeled and chopped into 2cm cubes
1 small sweet potato, peeled and chopped into 2cm cubes
2 medium potatoes, peeled and chopped into 2cm cubes
1 apple, peeled, cored and quartered
1 tsp reduced-salt vegetable stock
1 L water
4 Tbs low-fat natural or Greek yoghurt, to serve
4 slices wholemeal or multigrain bread, to serve

Variation: Roast the vegies in the oven first for a sweeter, more intense flavour

Note: If freezing, use less water to make a thick soup. Restore consistency by adding water when thawed.

Method

1. Heat oil in a large pot and fry onion, garlic, cumin and curry powder for 2 minutes.
2. Add the rest of the ingredients and simmer for 10 minutes or until the vegetables are just soft.
3. Use a stick blender, normal blender or food processor to blitz the soup till smooth. Add more water if you prefer a runnier soup.
4. Serve with a slice of toast and a spoonful of yoghurt.



Q. Which are the strongest days?
Courtesy www.livlighter.com.au

WORD DETECTIVE

BOAT
BOORT
BRYNGOLEU
CATALINA
CLASSIC
CREATIVE
DAY TRIP
DELAYED
DEPOT
DORNIER
FLYING
FRIENDSHIP

GARDEN
INSPECTING
INTERESTED
LODDON
LUNCH
MALLEE
MARTIN
MUSEUM
PLAINS
RAAF
REDFIN
REPAIR

RIDING
SCULPTURE
SECRET
SHAG
SILOS
SNOOZE
SPANNERS
SWAN HILL
TRACTORS
WALRUS
WANDERING
WARTIME

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

Recycling options

E-waste recycling

The City of Greater Bendigo has provided Marong Neighbourhood House with one of their small e-waste stations. Drop your e-waste items into MNH anytime—the e-waste station (bin) is under cover on the side verandah—and we will make sure they don't end up in landfill. We accept any small- to medium-sized mains- or battery-powered items, as well as:

Small batteries

Printer cartridges

Optical disk drives

Double adapters & power boards

USB memory/SD cards

Cables and leads

Computer keyboards & mice

Chargers

Multi-adapter plugs

Light bulbs



MNH is once again a drop-off point for soft plastic waste. Three 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.

Nobody wants to pick the plastic out of the bin piece-by-piece, so **please** drop it off in see-through bags. Thank you.



MNH also takes all brands of used, over-the-counter medicinal blister packs and Webster packs for recycling. Please ensure your blister packs are completely empty and dry before dropping them off. The programme accepts only the actual blister packs – do not include anything else. The blister packs are sent to Terracycle, then the metal foils are re-smelted and the plastics are melted down for reuse.



If you drop your old mobile in to MNH, we will get it started on its recycling journey in an official MobileMuster satchel. MobileMuster and their recycling partner companies then recover over 95% of the materials—glass, aluminium, precious & rare metals, plastic—even the paper and cardboard of the packaging are all saved from land-fill.



Bus Day Trip Photos



The Men's Day Gang at the Museum



Mallee Bull sculpture - Spanner Man



Watering Can - Spanner Man



Silos near Lake Boga



'Rusty the Redfin' - Little Lake Boort



'Shag on a Rock' - Little Lake Boort



The Mermaid - Spanner Man



Detail of spanners sculpture



Shearer sculpture - Spanner Man



Scotch Thistle sculpture - Spanner Man



Antique Trikes - Spanner Man



Just Lion about - Spanner Man



Catalina Museum

Background image: Little Lake Boort

Community Information



Factory Shepparton

Shopping Trip

11th June 2024

Cost: \$5 plus meals

Subsidised Bus



Leaving Marong 9:30am & returning 5:30pm

Bookings required by 7th June 2024, please call
Marong Neighbourhood House Ph: 5435 2486



**CITY OF GREATER
BENDIGO**
A. Well, obviously not the weekdays!



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): 0494 102 904


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.marongnh.com.au

 TOFS web page: www.marongnhh9.wixsite.com/marongopshop

Community Information



Safe Use and Maintenance of Chainsaws for Absolute Beginners

29th June 2024

10:00am - 3:00pm

Marong Neighbourhood House

Subsidised Cost \$20.00

Limited Places Available

BYO Lunch

If you have your own Chainsaw bring it along

For Bookings Call 5435 2486

Course Description:

An in-depth, in-person course covering the safe use and maintenance of chainsaws for absolute beginners.

Suitable for ages 12+ (adult supervision required for u/18 participants), this course covers where and when to collect firewood for domestic use on public land in Victoria, the parts of a chainsaw and how to maintain them, 2-stroke vs electric chainsaws, Personal Protective Equipment (PPE), best practice OHS considerations for using a chainsaw, technique and tips for cross cutting felled logs.

Theory is covered in the morning before an early lunch. We will then travel to the nearest collection area for supervised practical cutting practice. Participants are required to wear closed-toe shoes and lace-up steel caps are preferred. PPE (work gloves, eye/head/hearing protection) will be supplied. Please BYO lunch and mugs/water bottle. If you have a chainsaw with which you would like to become better acquainted, feel free to bring that along too.



Community Information

The following opinion/editorial was provided by the Federal Member for Bendigo, Lisa Chesters MP.

On Gender-Based and Intimate Partner Violence Member for Bendigo, Lisa Chesters

The Federal Government is committed to taking action to address what can only be described as a national crisis of gender-based, and intimate-partner violence.

This is an issue that many local people have raised with me during my recent round of Listening Posts across the electorate. It is an issue that leaves many of us frightened, angry and frustrated. We are all asking ourselves, ‘How can a man murder their intimate partner?’ A shocking one quarter of Australian women will experience intimate partner violence in their lifetime.

Keeping Australian women safe requires immediate action.

The Federal Government is taking action on this national crisis of violence against women in several key ways.

We will work with the States and Territories to strengthen accountability and consequences for perpetrators, including early intervention with high-risk perpetrators and serial offenders, and strategies to better facilitate best practice justice responses to support victim-survivors of violence. The Councils for Police Ministers and Attorneys-General will work towards these goals, specifically by improving police responses to the reporting of violence, and information sharing about perpetrators across systems and jurisdictions.

We will deliver the Leaving Violence Program, investing \$925.2 million over five years to help people experiencing intimate partner violence with the costs associated with leaving the relationship. This program will offer \$5,000 in financial assistance, safety assessments and referrals to support pathways for eligible persons fleeing violence, regardless of gender or visa status.

We have also committed to strengthen and build on prevention work through targeted, evidence-based approaches.

But we must do more.

One of the most important measures announced by last week’s National Cabinet is the plan to stop the distribution of harmful material that exacerbates violence against women, such as violent online pornography, and misogynistic content targeting children and young people.

The Labor Government will introduce new measures including legislation to ban the creation and publication of non-consensual digitally created and altered, ‘deepfake’ pornography, provide additional funding for the eSafety Commission to pilot age-assurance technologies to be deployed around access to potentially harmful adult content, and the launch of the ‘Stop it at the Start’ campaign intended to oppose the influence and prevalence of online content which normalises violence against girls and women.

We must rid our community of violence against girls and women, and do so with urgency.

Lisa Chesters MP

Federal Member for Bendigo

Lisa Chesters MP
FEDERAL MEMBER FOR BENDIGO

This office is located on the land of the Dja Dja Wurrung

