

Dogs, Koalas, and Platypus

This month's headline relates to our event at Marong Community Hall last month – read on!

Op-Shop Fashion Parade

The second Marong Op-Shop Fashion Parade was held on Friday 16th May, as part of Neighbourhood House Week. It was a highly entertaining evening, with more than 80 attending – a fabulous turn-out.

Bendigo Neighbourhood Hub & Long Gully Neighbourhood Centre joined in with modelling and entertainment respectively. Supper was provided – from *Jas's Indian Kitchen* – and was very well received. Our models gave 100% and had a ball! All funds raised at the Fashion Parade will go toward the Community Garden and our weekly Art Classes.



One of our awesome models was Michael, our local CFA Captain, and there were a few surprise appearances during the evening – Marshall from the TV show *Paw Patrol*, Captain Koala the CFA mascot, and Paddy Platypus the SES mascot. Thank-you to all our models; the MNH staff, volunteers & roped-in family members; BNhub & LGNC; and most of all to our hugely supportive community, for a very successful fun night! Perhaps you could join in the fun at our next show. See some of the photographs of the night on page 9.

Pancake Breakfast

As usual, our free Pancake Breakfast on the first Monday each month of the school term

continues. Drop in for a free feed and gossip with other locals between 8:30 and 9:30am. The last breakfast this term is 2nd of June, with the first of the new term being 4th August.

TOFS Op-Shop

Just a friendly reminder: When the big sign is out the front of the Op-Shop, the one that says NOT TAKING DONATIONS TEMPORARILY, it's like a traffic light for taking donations. If the sign is out, donations aren't welcome, but only temporarily. We put the sign out when we're busy sorting out the donations we already have. As soon as we take the sign in again, donations are on again.

Soft Plastics Recycling

Please remember that the soft plastics should be in see-through bags when you put them in the MNH Soft Plastics recycling bin. This requirement speeds up the processing at the recycling plant, as the operators can see there is little or no unwanted material. Thank-you.

Business Dir V4

We are developing a new edition of the Marong business directory. If you operate a Marong-based business and would like to be added to the directory, or have amendments to your current entry, see the back page.

Marong Garage Sale Day 2025

Save the date! The Marong Township Garage Sale Day will be Saturday 13th September.

Public Holiday

Remember the King's Birthday public holiday on Monday the 9th. Both MNH and the Op-Shop will be closed.

—Janine.

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Marong Business Directory V4



Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House		TOFS Op-Shop	
Term 1:	28 Jan	04 Apr	Mon:	9.00am to 3.30pm	Mon:	9.30am to 12.30pm
Term 2:	22 Apr	04 Jul	Tue:	9.00am to 3.30pm	Tue:	9.30am to 12.30pm
Term 3:	21 Jul	19 Sep	Wed:	9.00am to 5.00pm	Wed:	9.30am to 12.30pm
Term 4:	06 Oct	19 Dec	Thu:	2.00pm to 6.00pm	Fri:	9.30am to 12.30pm
			Fri:	Closed	Sat:	10.00am to 12.00pm

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$4 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 \$4/session/family or \$20 for 6 sessions.
	9.30am - 10.30am	Walking Group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. Friendly, well-behaved dogs on leads also welcome. No cost.
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$4 per session.
W E D	10.00am - 11.00am	Over 60s Exercise Class	Bookings required. Over 60s strength & mobility exercise class, \$5/person, limited places.
	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$4 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 \$4/session/family or \$20 for 6 sessions.
	12.30pm - 6.00pm	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.
F R I	9.30am - 4.00pm	Machine Embroidery	Fridays, but please call for dates. Bring your machine & lunch along to this all-day session at the Marong Neighbourhood House. \$4 per session.
S A T	10.00am - 3.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine), usually fortnightly. Please contact us for exact dates. Costs \$4.

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.



Location of last edition's hidden joke

Spotlight on: Computer & Phone Help

If your gadget has gone crazy, or you can't get it to work properly, perhaps you'd like a helping hand with something...

Marong Neighbourhood House can provide you with **FREE** technology support for your gadgets – mobile phones, smart-phones, tablets, laptops or computers. Here are some of the things we can help with:

- Helping you gain confidence and skills to use technology in everyday situations
- Navigating convoluted government websites
- Mobile phone setup
- Computer and internet use
- Advice about possible scams/fraud
- WiFi
- Bluetooth
- Email
- Address books
- Text messages/SMS
- Picture messages/MMS
- Printing messages or photos
- Updating 'apps' & other phone software
- Limited computer/laptop help (we have only one computer geek volunteer available part-time)
- Transferring files/photos from old devices or media to new
- Permanently wiping data from devices prior to disposal
- Responsible disposal of old devices through E-waste recycling programmes

MNH computer & phone help has a dedicated time-slot of 12.30pm to 6.00pm on Thursdays, but call any other time to see whether we can fit you in!



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 now have a couple of worm farms, as well as 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), at 16 Cathcart Street, is excellent value—most items are just three 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. More details are on the following page.

Recycling Options



CITY OF GREATER
BENDIGO

**CLOSE
THE
LOOP**

MNH is 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 pallets, crates, trolleys, and 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.

If you drop your old mobile in to MNH, we will get it started on it's 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.



EUFS
Pharmacies Est.1916

The Pharmacy that supports your Community!



pharmacycle™



Thanks to EUFS sponsorship, 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 Pharmacycle, then the metal foils are re-smelted and the plastics are melted down for reuse.

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 taped-up 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



Recipe of the Month

Healthy Apple Pudding with Cinnamon Custard

An easy apple-filled pudding with a fruity crust and warming cinnamon custard.



Serves: 6
Q. Tell

Prep: 20m
the

Cook: 20m
punchline

Difficulty: Med
first.

Ingredients

12 slices raisin toast or fruit bread
olive or canola oil spray
400 g can unsweetened pie apple mixture
4 Tbs sultanas
1 tsp lemon rind, grated
3 Tbs custard powder
1½ Tbs caster sugar
1 tsp ground cinnamon
1 tsp vanilla extract
3 cups reduced-fat milk

Variation: Custard can be microwaved on HIGH (100%) for 4 minutes. Whisk well and microwave for a further 3-4 minutes, whisk again.

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Sparingly remove crusts from 6 slices of raisin toast and flatten bread with a rolling pin.
3. Spray 6 holes of a regular sized (½-cup capacity) muffin tin with oil; press bread firmly into holes.
4. Combine apple, sultanas and lemon in a medium-sized bowl. Mix well.
5. Fill bread cavities to the rim of the tin with apple mixture, pressing firmly with the back of a spoon. Fold in any overhanging bread.
6. To form a lid with remaining bread slices, cut 6 x 8cm diameter circles using a biscuit cutter or upside down glass. Press on bread lid to cover apple mixture. Bake in the oven for 20 minutes until golden brown.
7. To make custard, combine custard powder, sugar, cinnamon, vanilla and 3 tablespoons milk in a medium-sized saucepan. Mix well to form a paste and smooth lumps then stir in remaining milk. Place over medium heat and slowly bring to the boil, stirring often. Reduce heat and simmer for 2 minutes until mixture thickens. Remove from heat; cover surface with plastic wrap until time to serve.
8. To remove puddings, run a knife around the edge of each hole and invert onto individual plates.
9. Pour over custard, sprinkle with cinnamon if desired and serve immediately.

Courtesy www.livelifter.com.au

WORD DETECTIVE

APPAREL
ATTIRE
AUDIENCE
BLOUSE
CABARET
CATWALK
CHEMISE
CLOTHE
CLOTHESHORSE
CLOTHING
COMPERE
COSTUME
DEMONSTRATE
DESIGNER

DISPLAY
DRESS
ENTERTAINER
EVENT
EXHIBITION
EXPOSE
EXTRAVAGANZA
FLAUNT
FROCK
GARB
GARMENT
GOWN
KIMONO
KNITWEAR

LIGHTS
MODEL
MUSIC
OUTFIT
POMP
REVEAL
ROBE
SARI
SHIRT
SKIRT
SUIT
VEST
WEAR

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

Community Information

The BCHS Health Promotion Team are excited to host an **online** education evening, open to all parents and carers in the City of Greater Bendigo. Our aim is to provide information and resources that will help you have ongoing chats with your child around puberty.

Topics covered are:

- LGBTIQ+ information
- Changes in puberty (physical, emotional & social)
- Conception & pregnancy
- Consent
- Online safety & pornography

When: Wednesday 4th June, 6.30pm

Where: Online, via Microsoft Teams



For parents & caregivers
Wednesday, 4th June
6.30 - 8pm
Online



For registrations and more information, scan the QR code or follow the link:
<https://www.eventbrite.com.au/e/navigating-puberty-for-parents-caregivers-tickets-1359641567529?aff=oddttdtcreator>

Lions Christmas Cakes and Puddings



Mini cake
\$2.00

GONE

1kg cake
\$16.00

900g pud
\$16.00

GONE

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: marongnhh9.wixsite.com/marongopshop

Community Information

Dogs must now be walked on-leash in Greater Bendigo

It's been over a year since the rules changed for dog owners, who must now walk their dogs on-leash in Greater Bendigo.

The change from an off-leash to an on-leash municipality was implemented in January 2024 to help keep public areas safe and enjoyable for everyone and every dog. But if you and your dog love an off-leash walk, don't worry as there are still plenty of spaces designated for dogs to have a romp and play off-leash, including four fully fenced dog parks and a range of new designated off-leash areas.

The City of Greater Bendigo's four dog parks are fully fenced, have water for dogs, dog poo waste bags, shaded areas and small dog spaces. Remember that even when using the fully fenced dog parks and designated off-leash areas, your dog must always remain under your control, which means they must have good recall!

You can exercise your dog off-leash in all the new designated off-leash areas at any time, except when the spaces have planned bookings for any organised event, such as sports or training. Remember to bring your dog's own water and dog poo waste bags to these locations. Also remember these areas are not dog parks and are not fully fenced.

To find a designated off-leash area near you, visit:

go.bendigo.vic.gov.au/domesticanimalmanagementplan gb



Is your cat contained?

The City of Greater Bendigo's new cat containment rules started almost a year ago on July 1, 2024.

The new rules require cat owners to contain their cats to their property 24 hours a day.

While the new 24-hour cat containment rules are a significant change for cat owners, there are also many benefits for cats, as cat containment reduces the risks of:

- Suffering traumatic injuries from cars and other animals
- Contracting common cat diseases such as cat flu, ringworm and feline immunodeficiency virus
- Accidental poisoning by toxic plants, pesticides, snake and spider bites
- Getting lost and being exposed to extreme weather

And remember, just like dogs, cats can still go outside as long as they remain on your property. They can also leave your property if they are under effective control in a securely fitted harness, in a cat carrier, or on a leash.

There is some great information about cat-proof fencing and cat enclosures available from the Animal Welfare Victoria website:

www.agriculture.vic.gov.au/livestock-and-animals/animal-welfare-victoria/cats/enclosures-and-fencing

For more information on the City's new cat containment rules visit: go.bendigo.vic.gov.au/domestic-animals-act-s25-s26 gb

Photos from the Fashion Parade



Marong Business Directory



We are creating a new version of our Marong Business Directory!

The directory is for all business types – including cottage industries – provided they are based in Marong.

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 rather the form be emailed to you, please contact marongnhh@gmail.com. If you have any questions please call MNH on 5435 2486.

We hope to have the directory put together and available soon. It will be available in print and online.

Cut-off date for this edition has been extended to 30th Jun 2025.

