

Animal Farm; Garage Sale; 3G

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues; drop in for a free feed and gossip between 8:30 and 9:30am on the 2nd September or 7th October.

Family Event – Animal Farm

We have organised a fun family event at lunchtime on Sunday the 15th of September. Pony rides and an animal farm will be available, with pizzas and doughnuts for sale. See the poster on page 7.

Marong Garage Sale Day 2024

It's here! Take a look in your letterbox for a flyer for the Marong Township Garage Sale Day, which this year is the 21st September. Alternatively, you can register via the QRcode on page 8, or just grab a form from us in person.

RU prepared? Night

Our "RU prepared?" evening back in June went very well. We had a good turnout, with 35 lucky door tickets given out. Thank you to all the attendees.

Reminder: MNH Contact Number

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

MNH Website

You may have seen our website is under construction at present. This is due to technical reasons. Toni is on the case and it will be back ASAP.

3G Mobile Network Switch-off

Australia's 3G network will be switched off very soon. If you have a 3G device, it will stop working – the only remedy is to replace your old device with something newer. On the back page, a message from the Federal Member for Bendigo, Lisa Chesters, has more information and references. Please read it and check your

devices, as **even some 4G devices could be affected.** Telstra and Optus have delayed the switch-off until the end of October.

Correction: AEDs in Marong

There are now FOUR defibrillators (AEDs) available to the public 24 hours/day:

- MNH (39 High St) on the side verandah;
- Marong Golf Club (1962 Calder Alt. Hwy);
- Front porch of the old Shire Hall (opposite the pub); and
- BIG4 Marong Holiday Park (1449 Calder Hwy).

New Electricity Rebate

Under the government's new rebate scheme, all households are eligible for \$75/qtr, which will usually be taken off your bill automatically. Those on embedded networks, eg. caravan parks, will get a one-off \$300 rebate, but application must be made. The application process is still not finalised, but it is progressing.

Tax Help 2024

We are part of the ATOs Tax Help programme again this year. If you need help lodging your tax return, please contact us to make an appointment.

Save the Date

A bus trip for the Melbourne Flower Show will be travelling to Melbourne on Thursday 27 March next year. Costs and details are still to be determined; stay tuned!

End of Term 3

MNH and the TOFS Op-Shop are closing for school holidays from 20 September to 6 October inclusive. Please take care on the roads if you're driving.

—Janine.

In this edition:

Regular Programs

Spotlight on Community Garden

MNH Services Offered

Recipe of the Month
Date and Muesli Slice

Word Detective

Recycling Options

Community Information
Family Fun Day

Marong Garage Sale Day

3G mobile network switch-off
– Are you affected?



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 - sorry!
	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	Finished for this term - sorry!
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 A T	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: Community Garden

The MNH Community Garden came about following requests from local residents.

Naturally, the garden is a means of growing fruit and vegetables yourself, but community gardening also provides an opportunity for locals to socialise and learn new skills, contribute to community spirit, and strengthen connections to the environment.

Community gardening can sometimes be the only way to grow traditional produce in a culturally diverse society, providing a chance for cultural exchange between fellow gardeners.

The garden beds at MNH are a manageable size and a comfortable height to minimise bending and overstretching. The new kindergarten has brought a few changes to the garden - we now have a larger plot for the raised beds and have spread them out for better sunlight, and the garden shed has moved closer to Cathcart St.

There is a small fruit orchard has been planted, producing stone-fruits, apples, lemons and limes. Whenever a crop is harvested, an announcement is made on the MNH Facebook Group, and the produce is available at the House.

A herb & sensory garden is planted at the front of MNH. The garden hosts parsley, pineapple sage, tutti-frutti hydrangea, lemongrass, and garlic chives, each with an interesting smell; and Lamb's Ears and Woolly Bush for interesting textures.

MNH community garden beds can be rented for \$10/year (plus \$10 deposit for a garden key).



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 5 has more details.


Recipe of the Month

Date and Muesli Slice

Perfect for afternoon tea or a healthy lunchbox treat.



 Serves: 24

 Prep: 10m

 Cook: 35m

 Difficulty: Med

Ingredients

olive or canola oil spray
2 apples, core removed, coarsely grated
with skin on
 $\frac{1}{3}$ cup water
 $\frac{1}{4}$ cup margarine
2 cups date, seeded
2 cups natural muesli
 $\frac{1}{2}$ cup plain flour
 $\frac{1}{2}$ cup wholemeal plain flour
1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan-forced).
2. Lightly spray a slice tin (approx. 25x30cm) with oil.
3. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
4. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft.
5. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
6. While apple and date mixture is cooking, place muesli in a large frying pan. Stir over low heat for 5 minutes until lightly browned.
7. Sift flours into a large bowl, returning husk remaining in the sieve to the bowl.
8. Add cinnamon and muesli to the flours and mix to combine.
9. Stir into the date mixture then spoon into prepared tin.
10. Bake for 20 minutes until firm.
11. Cool in tin before cutting.

Courtesy www.livellighter.com.au

WORD DETECTIVE

APPLE
ARTICHOKE
ASPARAGUS
AVOCADO
BEANS
BEETS
BOK CHOI
BROCCOLI
CABBAGE
CARROT
CASSAVA
CAULIFLOWER

CELERIAC
CELERY
CHICORY
CHILLI
COLEWORT
CUCUMBER
EGGPLANT
FENNEL
FORK
GARLIC
JICAMA
KALE

KOHLRABI
LEMON
LETTUCE
LIMES
MUSTARD
OKRA
OLIVES
ONIONS
PARSNIPS
PEAS
POTATOES
RADICCHIO

RADISHES
RHUBARB
SPADE
SPINACH
SPROUTS
SQUASH
TASTY
TOMATO
TROWEL
TURNIP
YAMS
YUZU

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

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



Q. What do you call a completely sealed beehive?



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.



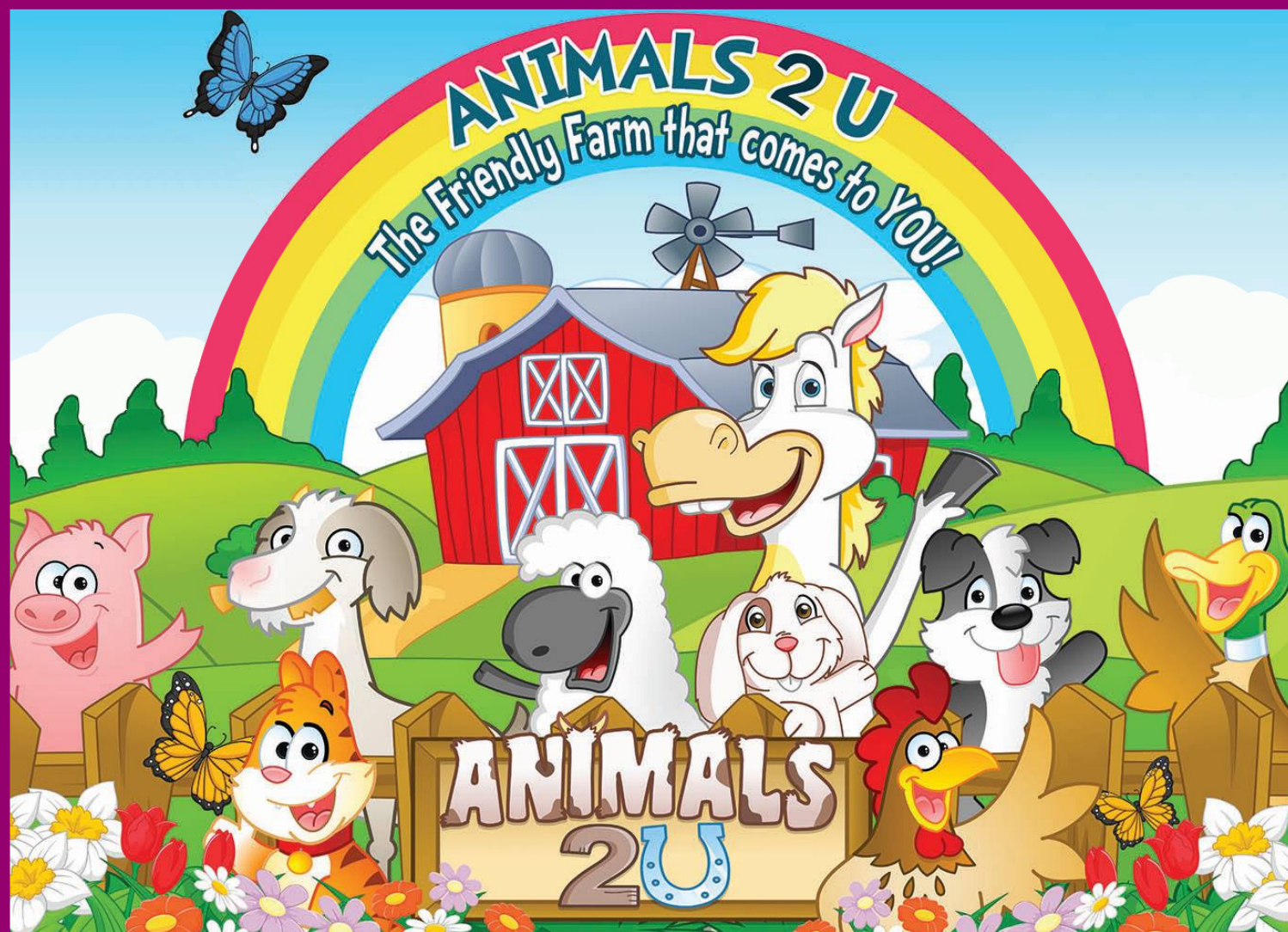
MNH also takes all brands of used, over-the-counter medicinal blister packs and Webster packs for recycling. Please ensure your blister packs are completely empty and dry before dropping them off. The programme accepts only the actual blister packs – do not include anything else. The blister packs are 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.



Community Information



Family Event Animal Farm Fun

Sunday the 15th of September
11.30am to 1.30pm

Bring the whole family along to our lunch-time family event with:

- Pizza
- Doughnuts
- Animal Farm
- Pony Rides

AGM Announcement

Marong Neighbourhood House is holding it's
Annual General Meeting at 7.30pm
on 17 September 2024.
All welcome.



CITY OF GREATER
BENDIGO

The Marong Neighbourhood
House acknowledges the
support of the Victorian
Government.



Neighbourhood Houses
The Heart of Our Community

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

Marong Township **GARAGE SALE** Day



Saturday 21st September 2024

**Garage Sale location maps
available from the Op-shop
for a gold coin donation**

**16 Cathcart St, Marong
8am to 2pm**

Scan this QR code for a
registration form



**For more information contact
Janine 0494 102 904**

Community Information



Australian Government
Australian Taxation Office

Need help lodging your tax return?

The free Tax Help program
can help you lodge



Book your appointment with MNH on 5435 2486

Community Garage / Car Boot Sale!!

Saturday 14th September 8am – 2pm

(Cash sales only - No early sales)

East Shelbourne Reserve

(Bendigo – Maryborough Rd C277)

East Shelbourne

Stall Holders Welcome

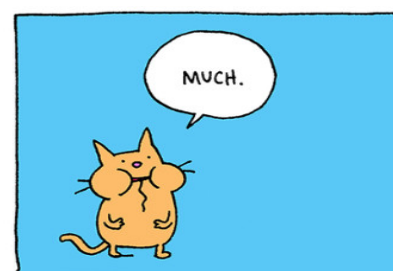
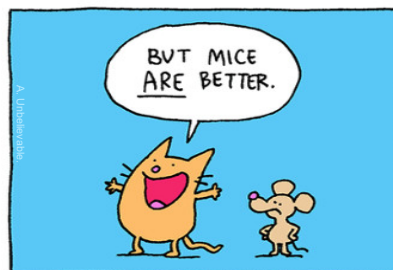
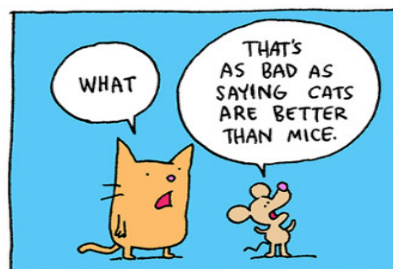
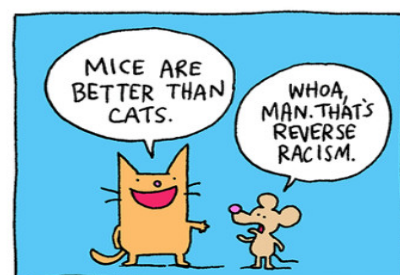
Sites \$5, \$10, or \$20

More information / site bookings contact:

Chris 0488 992 714



Breakfast and Coffee available for purchase.



© JimBenton.com

Community Information

Are you prepared for the 3G switchover?

Message from Lisa Chesters – Federal Member for Bendigo

From September 2024, the 3G network will be shut down across Australia. Some constituents have raised concerns about this.

This has been coming for quite some time, and the Federal Government has been working closely with industry to minimise the impact to customers.

In anticipation of the switchover, telcos have been working to improve 4G access so that all areas that currently have access to 3G will be able to access 4G.

The shutdown of the 3G network will free up 3G spectrum, further improving access to 4G.

If you have an older device that can only access the 3G network, you must upgrade your device. This includes mobile phones, tablets, smart watches, eftpos machines, personal emergency response solutions, and medical alarms.

These devices will no longer be able to access mobile network services, and 3G-only mobile phones will lose access to all calls, including Triple Zero emergency calls.

Mobile providers have been messaging users of these devices directly and we encourage all identified customers to act on the messages.

If you are unsure whether your device will be impacted by the switchover, **customers on any Australian network can text '3' to '3498' and receive an instant reply on whether their handset is supported after 3G networks close.**

I encourage everyone to check in with vulnerable community members and help where possible to make sure nobody is left behind in this transition.

More information about the 3G switchover, including a full list of FAQ's, is available at www.3gclosure.com.au

STOP PRESS: It has recently been discovered that some older 4G devices still use 3G for emergency operation. Even if your device is 4G, please follow the advice above to check whether it will be affected.