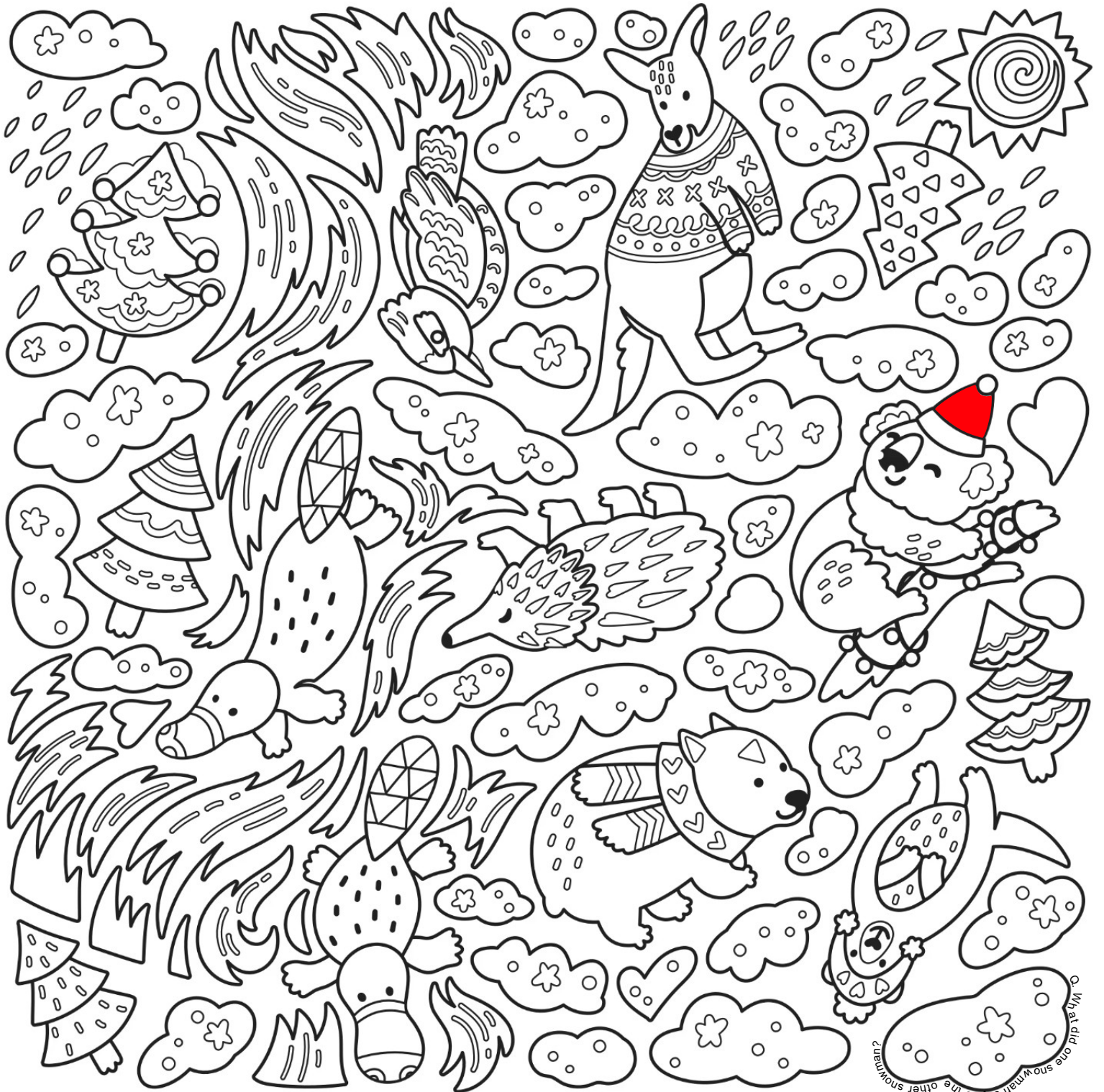
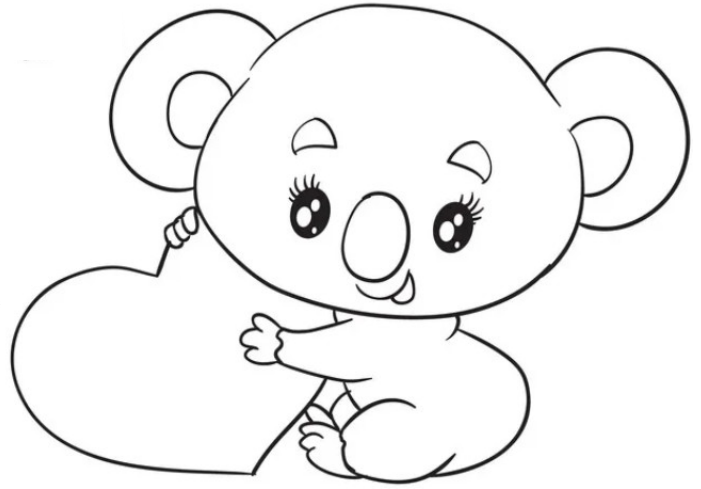


Season's Greetings!

*Marong Neighbourhood House
wishes you a happy, relaxed
festive season and a bright &
successful new year 2025.*



© What did one snowman say to the other snowman?



MNH Newsletter

December 2024

MNH Art Show; Garden Party

The weather finally seems to be warming up, so we have a few early evening activities this month.

Bus Trip to SPC Shepparton

Last month, we had a hugely successful shopping day trip to the SPC factory at Shepparton. Although there were a few cancellations, 13 people bought up big and nearly filled the entire cargo hold of the big bus!

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 with other locals between 8:30 and 9:30am on the 2nd December. The first 2025 breakfast after we re-open is on 3rd of February.

Bus Trip to Murtoa and Rupanyup

There are still some last-minute places available on the bus for a visit to the Stick Shed at Murtoa on Tuesday 3rd of December. Lunch will be at a cafe in town afterwards, then we go on to Woods' Farming & Heritage Museum at Rupanyup. It's a long drive, so the bus will stop for leg-stretching at St. Arnaud. The bus departs MNH at 8am, returning around 6.30pm, and costs \$20.

Electricity Rebate

The current electricity rebate scheme entitles individual households to \$75 per quarter, usually paid automatically. Embedded network customers will receive one payment of \$300; this difference is to keep the burden of application to a minimum. Of course, MNH would be delighted to help with your application if you prefer.

Art Show Evening

On Thursday 12th of December, we are holding an art show evening. Starting at 7.00pm, MNH is showcasing selected artworks created by the talented students of

the Art Class. There will also be light refreshments at the event, which is open to everyone in the community; see the poster on page 9.

Carols at Malone Park

The carols at Maiden Gully have been cancelled this year, so several active members of the Marong community have pulled together and are proud to present Christmas Carols at Malone Park. This family-friendly evening begins at 5.30pm on the 15th of December. A gold coin donation is requested upon entry. See the last page for their detailed poster.

Garden Party BBQ Tea

Come to a barbecue tea in the MNH Community Garden (16 Cathcart St., behind TOFS Op-Shop) on 19th of December, at 6pm. It's free & open to everyone; see the poster on page 9.

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; watch this space!

Season's Greetings

Finally, please enjoy your time off, stay safe, and travel safely too. On behalf of all the staff and volunteers at MNH, I wish you a happy, relaxed festive season and an outstanding 2025. We will be closing at the end of term (our last day is the 19th), and will be back for the new school term on the 28th of January. If you really need help with something over the break, give me a call on the Co-ordinator mobile number (Page 9, bottom).

—Janine.

In this edition:

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Carols at Malone Park



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 | Mon: | 9.30am to 12.30pm |
| Term 2 | 26 Apr | 24 Jun | Tue: | 9.00am to 3.30pm | Tue: | 9.30am to 12.30pm |
| Term 3 | 11 Jul | 16 Sep | Wed: | 9.00am to 5.00pm | Wed: | 9.30am to 12.30pm |
| Term 4 | 03 Oct | 20 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. \$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 & lunch along to this all-day session at Marong Community Hall, 36 Torrens Street. \$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. |
| W E D | 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. |
| | 10.00am - 11.00am | Over 60s Exercise Class | Booked out – join our waiting list |
| | 1.30pm - 3.00pm | Art Class | Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$3 per class. |
| T H U S A T | 7.00pm - 8.00pm | Yoga Class | Dedicated instructor Nerissa leads a class suitable for all fitness levels. \$10 per class. |
| | 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. |
| | 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 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, 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, hosting 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 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) 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. More details are on the following page.

Recycling options



CITY OF GREATER
BENDIGO

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.



Close the Loop



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 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.



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




Recipe of the Month

Healthy Crunchy Asian Slaw

This fresh and crunchy slaw is a great side dish or sandwich filler.



 Serves: 6

 Prep: 15m

 Cook: —

 Difficulty: Easy

Ingredients

- 2 carrots, grated
- ¼ cabbage, shredded
- 1 capsicum, thinly sliced
- 8 snow peas, thinly sliced
- 3 spring onions (including green tops), thinly sliced
- 1 bunch fresh herbs (parsley, mint, coriander and/or basil)

For the dressing:

- 2 tsp fish sauce
- 2 limes, juiced
- 3 tsp sweet chilli sauce
- ½ tsp sesame oil, optional

Dressing variation:

Make a creamy dressing from ¼ cup natural yoghurt and ¼ cup mayonnaise

Method

1. Place the finely chopped carrots, cabbage, capsicum, snow peas, spring onions and fresh herbs in a bowl.
2. Mix the lime juice, fish sauce, sweet chilli sauce and sesame oil in a separate bowl (if using).
3. Pour dressing over vegies and stir to combine.

Courtesy www.livellighter.com.au



AKITU
APOLAUSTIC
BLIXEM
BUBBLY-JOCK
CRUMP
DONIFEROUS
DUNDER
EMACITY
FYOLE

HIEMATE
HOGMANAY
IEMANJA
LUCKY-BIRD
MULLIGRUBS
NINGUID
OLIEBOLLEN
PECK OF APPLES
PRESENT SILVER

QUAALTAGH
SCURRYFUNGE
SOLSTICE
TANNENBAUM
WASSAIL
WHULLUP
XENIUM
YULE-HOLE
YULESHARD

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

Community Information



LODDON MALLEE
PUBLIC HEALTH UNIT

Heat Health

Heat kills more Australians than any other natural disaster.

Keep up to date



Make sure you keep up-to-date with the Bureau of Meteorology forecast online, check the Vic Emergency app or website regularly, set up for alerts for your area, and watch the news daily.

Check your district's daily Fire Danger Rating on the CFA website or call 1800 226 226.

- Heatwave Service for Australia (bom.gov.au)
- Incidents and Warnings - VicEmergency
- Welcome to CFA | CFA (Country Fire Authority)

How to prepare



Find your local cool spaces. Councils can provide spaces with air conditioning like libraries or shopping centres.



Make sure your medicines are stored at the right temperatures. You may need to move them into the fridge.



Make sure your air conditioner works at home if you have one.

Things you can do



Stay hydrated: drink lots of water. Soft drinks and alcohol are not good for hydration, so it is best to stick with water.



Stay in the shade or cool spaces: either in air conditioning at home, or your local council's cool space. Even if you can't stay long, taking short, regular breaks can help.



Limit physical activity: take a break from exercise on very hot days. Avoid walking your dog as it can be dangerous for your health.



Don't leave anyone in hot cars: including children or pets, even if you're going to be gone a few minutes and the window is down.



Check in: on friends, family, and neighbours who are vulnerable and help them avoid the heat.



Be aware: of the symptoms of heat-related illness and when to get help. Turn over the page for heat-related illnesses.



1800 959 400

Bendigohealth.org.au/heat-health/



Excellent Care. Every Person. Every Time.

Community Information



LODDON MALLEE
PUBLIC HEALTH UNIT

Heat Health

Heat related illnesses

It is important to recognise heat affects everyone differently. It can worsen the condition for someone with a medical condition like heart disease or diabetes, or someone not feeling well with another illness.

Below is a brief list of heat-related illnesses, but if you are concerned about yourself or someone you know, call **Nurse-On-Call (1300 60 60 24)** for advice, or **Triple Zero (000)** in an emergency.

Condition

Symptoms

What to do

Heat cramps

- Muscle pains
- Spasms in the abdomen, arms, or legs

- Stop activity
- Drink cool water
- Rest for a few hours before returning to activity
- See a doctor if cramps persist

Heat exhaustion

- Sweating
- Pale complexion
- Rapid pulse
- Muscle cramps, weakness
- Dizziness, headache
- Nausea, vomiting
- Fainting

- Go to a cool area and lie down
- Have a fan on if possible
- Drink cool water if not vomiting
- Remove outer clothing
- Wet skin with cool water or wet clothes
- See a doctor or call 000 for an ambulance

Heat stroke

- Very high body temperature
- Red, hot, dry skin (no sweating)
- Dry, swollen tongue
- Rapid pulse
- Dizziness, headache
- Nausea, vomiting
- Collapse, seizure, loss of consciousness

- Call **Triple Zero (000)** straight away
- While waiting for help:
- get the person to a cool, shady area and lay them down
 - remove excess clothing and wet their skin with water or wrap in wet clothes and fan continuously
 - if the person is conscious and able to swallow, give them cool water
 - position an unconscious person on their side if they're breathing
 - Start CPR if needed



1800 959 400

Bendigohealth.org.au/heat-health/



Excellent Care. Every Person. Every Time.

Community Information



MNH
MARONG NEIGHBOURHOOD HOUSE

ART SHOW CLASS OF 2024

**THURSDAY 12TH
DECEMBER
7:00PM**

**MARONG NEIGHBOURHOOD HOUSE
39 HIGH ST, MARONG**

DRINKS & NIBBLES SUPPLIED

FOR MORE INFORMATION / BOOKINGS CALL
MNH PH: 0354 352 486



MNH
MARONG NEIGHBOURHOOD HOUSE

END OF YEAR Garden Party BBQ Tea

**19th December 2024
6:00pm
Free Event**

**MNH Community Garden
16 Cathcart St, Marong**

BYO Drinks

*RSVP by 18th December
Call 5435 2486*

Lions Christmas Cakes and Puddings



Available at MNH

| Product | Price |
|-----------|---------|
| Mini cake | \$2.00 |
| 1½kg cake | \$20.00 |
| 1kg cake | \$16.00 |
| 900g pud | \$16.00 |
| 400g pud | \$10.00 |

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

Marong Action Group presents

Christmas CAROLS AT MALONE PARK

Join us at Malone Park Marong for an evening filled with Christmas Carols, festivities and Christmas cheer.

Guest performances throughout the evening and even a special appearance from Santa!

A sausage sizzle and food vans on site.

Come and enjoy this family friendly event.

Sunday

15

Dec 2024

Malone Park, Marong

Commences at 5.30PM

**Gold Coin Donation upon entry to
support Bendigo Foodshare**

