

## Summer Marches Away...

Autumn has officially arrived. Summer has given us a late run of heat, thankfully without any terrible consequences in our area. Easter will be here at the end of this month, hopefully it cools down enough by then to keep the chocolate eggs from melting! Easter also brings school term 1 to an end, and we will be closed during the school holidays. Our last day this term will be 27<sup>th</sup> March. Term 2 runs from 15<sup>th</sup> April to 28<sup>th</sup> June inclusive.

### 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 4<sup>th</sup> March, or 6<sup>th</sup> May.

### Free RATs

MNH has a bunch of COVID-19 Rapid Antigen Tests (RATs) available free of charge for community members. If you require some, drop in during our open hours, or call Janine 0427 352 217 after hours.

### Bus Trip to Rochester & Echuca

MNH is organising a road trip day to Rochester and Echuca on 18 April, a Thursday. Both towns were hit badly by flooding in 2022, and Rochester again in 2023, with recovery a slow and uncertain journey. The Neighbourhood House invites the community to join us in providing a little economic support to the businesses at the heart of these struggling country towns.

The cost of hiring a 57-seat bus for the outing is subsidised by Emergency Recovery Victoria Community Recovery Hubs Program, so tickets cost just \$5 each. In Rochester, some of us will be lunching at the pub, which has a good selection of meals and refreshments. You can join us at the pub if you choose, but it isn't

compulsory. Meals must be paid for individually. At both destinations, you will be free to do as you please (for the most part), but when the bus leaves, you need to be on it – it's a long walk back! Some details are yet to be decided, we'll keep you posted. See the flyer on the back page for more information.

### TOFS Op-Shop

Our Op-Shop (TOFS) is now open an **extra day** each week on Tuesdays, meaning it's now open five days a week (details in footer). Most items are sold for only two dollars, and we are extending the \$5-a-bag sale for the whole month of March.

### Marong Business Directory

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, please use this QR-code. Please visit [www.marongnh.com.au](http://www.marongnh.com.au) to view or download the latest edition. Marong businesses can be added to the directory at any time, and they will appear in the next edition.



### Community Garden

Summer harvest is ending and we're now looking towards autumn and winter plantings. The community garden is for the community, so if you'd like to be involved somehow, drop over and see us – offering your time, knowledge or experience would be much appreciated; perhaps renting a bed for veges or flowers; or just having the chance to gossip with other gardeners!

—Janine.

### In this edition:

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## Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House	"TOFS" Op-Shop
Term 1	30 Jan	28 Mar	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2	15 Apr	28 Jun	Tue: 9.00am to 3.30pm	Tue: 9.30am to 12.30pm
Term 3	15 Jul	20 Sep	Wed: 9.00am to 5.00pm	Wed: 9.30am to 12.30pm
Term 4	07 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.
	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.
T U E S D A Y	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.



## 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: Family History Classes

Marriage celebrated at the Roman Catholic Church of St. Nicholas in the Parish of St. Nicholas in the County of Melbourne

Name and Surname	Age	Qualities	Rank or Profession	Residence at the Time of Marriage	Father's Name and Surname	Rank or Profession of Father
Henry Orange	24	Single	Banker	St. Nicholas	Edward Orange	Banker
Harriet Mabel	24	Single	Banker's daughter	St. Nicholas	William Mabel	Banker

Witnesses: Henry Orange, Harriet Mabel

Minister: John Walsh, CC

Agree: Kenneth



Researching your family history can seem daunting – where on earth do you start? The simple answer is ‘with yourself’, but all kinds of things – family bibles, photo albums, even nicknames or spelling variations – could be signposts along the path. At the Family History classes, Kath uses her knowledge and extensive experience to get you started and make you aware of many free resources to comb for vital clues and information. Kath also knows where common errors can creep in, and nips those in the bud. The Family History classes are held every Tuesday 1-3pm, and cost \$3.



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



# 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; 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, 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 Pork Medallions with Char-grilled Potato Salad


This mustard-and-orange-infused pork will become a summer favourite.



 Serves: 4

 Prep: 10m\*  
\*plus marinate time

 Cook: 40m

 Difficulty: Easy

### Ingredients

¾ cup freshly-squeezed orange juice  
1½ Tbs balsamic vinegar  
1 Tbs wholegrain mustard  
500g pork loin medallion, fat trimmed  
olive or canola oil spray  
500g baby potatoes  
150g mixed salad or baby spinach leaves  
1 red capsicum, seeded and sliced into strips  
½ red onion, thinly sliced  
250g punnet cherry tomatoes, halved  
420g can no-added-salt cannellini/butter beans, drained

### Method

1. Combine orange juice, vinegar and mustard together in a cup. Pour half the mixture into a non-metallic dish, add pork and turn to coat with the marinade. Cover, refrigerate and marinate for as long as time permits, anywhere between 30 minutes to several hours.
2. Microwave potatoes in a covered bowl with a tablespoon of water for 10-12 minutes on HIGH or until just tender. Allow to cool slightly, then cut each in half.
3. Spray a barbecue, char-grill or griddle with oil and heat to medium-high heat. Cook potatoes on grill for 4-5 minutes each side until lightly charred, set aside.
4. Drain pork well and discard marinade. Grill pork for 5-7 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 5 minutes.
5. Place salad leaves, capsicum, onion, tomatoes, beans and potatoes in a large bowl. Pour over remaining orange dressing and toss to combine.
6. Divide salad among serving plates, add pork and serve immediately.

Courtesy [www.livellighter.com.au](http://www.livellighter.com.au)

## WORD DETECTIVE

ABLOOM  
ACTIVE  
AIRCONDITIONING  
BACKPACKING  
BACKYARD  
BALMY  
BARBECUES  
BAREFOOT  
BEACH  
BEAUTIFUL  
BERRIES  
BOATING  
BREEZY  
BRIGHT  
CAMPSITE  
CANOEING

CLOUDLESS  
CORN  
CRICKET  
DRY  
EXERCISE  
FAN  
FISHING  
FLIES  
FLOWERS  
FRISBEE  
FROLIC  
FRUIT  
GOLF  
GRASS  
HATS  
HEAT

ICED  
INSECTS  
LAKE  
MANGOES  
NAPS  
PATIO  
PICNIC  
RAIN  
RIPE  
ROAD  
SHADE  
SKY  
TEA  
TRIPS  
WALKS

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

# 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.

Two 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.

Your soft plastics can be dropped-off in bags—provided the bags are see-through.



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

## Garden Group

### Expressions of Interest

- ▶ Are you interested in gardening?
- ▶ Do you have knowledge /skills to pass onto others?
- ▶ Would you like to spend time with others in your community?

If this is you please drop in and grab information about being a part of our Community Garden Group



**Neighbourhood Houses**  
The Heart of Our Community



CITY OF GREATER  
**BENDIGO**



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): 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.marongnh.com.au](http://www.marongnh.com.au)

 TOFS web page: [www.marongnhh9.wixsite.com/marongopshop](http://www.marongnhh9.wixsite.com/marongopshop)



# BUS Road Trip



**Thursday 18<sup>th</sup> April 2024**

**Cost \$5 each plus Meals**  
Subsidised price for Bus

**9:30am - 5:30pm**



**Destination - Rochester & Echuca**

Trip to Rochester & Echuca to support local businesses recovering from the floods.

**Prizes & giveaways throughout the day.**

Bookings required by 27<sup>th</sup> March 2024, please call  
Marong Neighbourhood House  
Ph: 5435 2486

