

Gonna Get A Bigger Bus...

I hope you all enjoyed the Bendigo Cup Day holiday, as we have a busy month of activities for you at Marong Neighbourhood House.

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 4th November, or our last this year on 2nd December.

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.

Bus Trip to SPC Shepparton

We are organising a day trip this month to the SPC factory at Shepparton, with the big bus this time! The details have not quite been finalised, so keep an ear to the ground by checking our noticeboard or Facebook page.

Bus Trip to Murtoa and Rupanyup

A second day trip being organised for this month is a visit to the Stick Shed at Murtoa followed by lunch at a cafe in town, then after regrouping, 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. Like the Shepparton trip, the details are yet to be determined, so keep a lookout by checking our noticeboard or Facebook page.

New Emergency Care Clinic

The Treasurer Jim Chalmers MP and the Member for Bendigo Lisa Chesters MP opened the Bendigo Medicare Urgent Care

Clinic last month. Located at 121 Arnold Street in Bendigo, and open 10am-10pm (Fri-Tue) and 10am-6pm (Wed-Thu), no appointment is necessary, and all patients are fully bulk-billed.

Neighbourhood Houses Victoria Survey

Neighbourhood Houses Victoria is conducting an online survey during the week 4-11 November. We invite everyone who attends MNH during those dates—for any reason—to complete the survey, which takes about 5 minutes. It can be completed using your own device, or using ours if you prefer. If they wish, respondents can go into a draw for a pre-paid activity card. We also have paper copies of the survey.

Re-vamped MNH Website

Toni has been working hard updating the Neighbourhood House website, and it's looking great. Take a look!

Art Show Evening

On Thursday the 12th 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.

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!



—Janine.

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Q. What did the old pirate say on his birthday?

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 & 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.
	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 – join our waiting list Booked out – join our waiting list 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. Changed venue▲
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.
	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: TOFS Op-Shop

The Old Fire Shed (we call it TOFS) Op-Shop, at 16 Cartcart Street, is Marong's own social enterprise Op-Shop, managed by Marong Neighbourhood House, run by and for volunteers. Goods are made available for sale thanks to generous community donations, and the staff volunteer their time.

TOFS Op-Shop gives you the opportunity to find donated goods, vintage pre-loved fashion, homewares, or charming pieces of bric-a-brac. Visiting TOFS is like dusting off an old treasure chest — perhaps you'll find rare period garments and unusual accessories; quirky or chic secondhand items; even some brand-new, never-used goods.

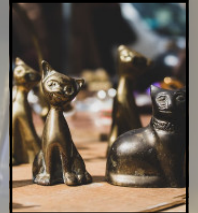
Op-Shops can provide an interesting pastime if you aren't looking for something specific – and being close-by, if you do have something particular in mind, it takes only a moment to drop in often to check for new stock.

Clothes from the Op-Shop are cheap to begin with – most items at TOFS are only \$2 – and are more likely to be made of natural fibres instead of synthetic plastics, so you get more wear from them – saving you further money in the long run.

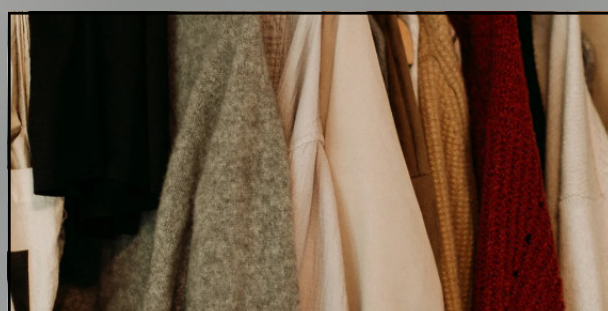
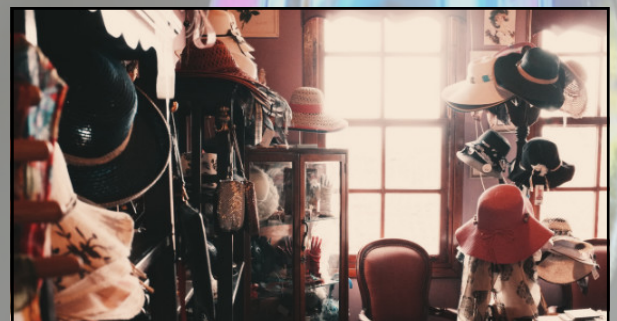
Any money raised from Op-Shop sales is used by MNH to benefit the community, eg. funds are used to subsidise programs such as First Aid courses.

If you would like to donate to TOFS Op-Shop, please only do so while the shop is attended, and please donate only items you would be prepared to buy – no damaged or dirty clothing, no broken or dirty goods. Unfortunately, TOFS Op-Shop cannot accept undergarments, furniture, electronic items, or mattresses.

The shop is open 9:30am-12:30pm on Mondays, Tuesdays, Wednesdays and Fridays, and 10:00am-12:00pm on Saturdays. The shop does not open during school holidays.



most
items
\$2



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



Close the Loop

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 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 Beef Kofta with Tzatziki

A fresh Middle Eastern addition to your summer barbecues.



Serves: 4 Prep: 20m* Cook: 10m Difficulty: Easy

Ingredients

2 cloves garlic, peeled
2 cups mint leaves
1 cup low-fat Greek yoghurt
1 Lebanese cucumber, grated with excess moisture removed
400g lean beef mince
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground cinnamon
1 brown onion, peeled and quartered
½ cup flat-leaf parsley
pepper, to taste
2 Lebanese cucumbers, extra, diced to 1cm
2 tomatoes, diced to 1cm
1 red capsicum, diced to 1cm
2 spring onions (including green tops), sliced
4 wholemeal or wholegrain wraps

Method

1. Finely chop (or process) garlic and mint. Transfer ⅓ of mixture to a small bowl and mix with grated cucumber and yoghurt to make tzatziki. Set aside.
2. Add onion and parsley to garlic and mint mixture and chop (or process) finely then combine with mince, spices and season with pepper.
3. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Spray a barbecue, chargrill or griddle with oil and heat on high. Cook kofta for 8 minutes or until cooked through, turning every few minutes.
4. In a medium-sized bowl, combine cucumber, tomatoes, capsicum and spring onion. To serve, divide Lebanese bread, salad and tzatziki on plates and add 2 kofta skewers to each.

Variations:

Replace beef mince with lean chicken mince;
Add extra mint and parsley to salad for a more flavour.

*Hints:

If time permits, cover and refrigerate koftas for 20 min or more before cooking. For easier turning during cooking, press kofta mix around metal or pre-soaked wooden skewers.

Courtesy www.livellighter.com.au



ARTIFACT
ARTISTRY
CHARMING
COMMUNITY
CONSERVATION
CULTURAL
FOLKLORE
HEIRLOOM
HERITAGE
HISTORY

INTERESTING
INVENTION
LEGACY
LEGENDS
MARMALAKE*
MEMORABILIA
MONUMENT
MUSEUM
NATIONAL
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ORIGINAL
PROPRIETARY
QUIRKY
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VINTAGE

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* Not a typo.

Community Information



Tell us about your Neighbourhood House experience!

We'd love to hear about your personal experience in our Neighbourhood House. Please complete this short survey when you visit our Neighbourhood House during the survey period.

SURVEY DATES: 4th – 10th November



info@nhvic.org.au | www.nhvic.org.au


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



FRIDAY
NOVEMBER 29
4 - 7 PM
GARDEN FOR THE FUTURE
BOSQUET ST
WHITE HILLS

Together we grow FUN FAIR

Bendigo Community Health Services
is celebrating 50 years of care, and
everyone's invited to celebrate.

- ✓ Discover our 50+ services
- ✓ Free BBQ & icecream
- ✓ Food trucks
- ✓ Children's activities
- ✓ Live music & performances

