

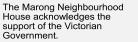
MNH Newsletter December 2025

Season's Greetings

Marong Neighbourhood House wishes you a happy, relaxed festive season and a bright & successful new year 2026.













Newslette

December 2025

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December is always a busy time – there's so much happening at MNH before Christmas arrives.

Pancake Breakfast

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 final breakfast this year is on the 1st of December.

"Keep Our Doors Open" Campaign

Unfortunately, funding of Neighbourhood Houses in Victoria hasn't kept up with wage and operating costs, and next year we will be forced to cut some of our programs and activities. Neighbourhood Houses Victoria (NHVic) are running a Keep Our Doors Open Postcards Campaign (see flyer on page 8) in urgent pursuit of an increase in funding. Please come in and sign a postcard if you wish to support us. All postcards will be hand-delivered to our local Ministers.

Toyworld Toy Drive

The Toyworld toy drive is on again, and Bendigo Neighbourhood Houses are very lucky to be distributing the generouslydonated toys. We thank Toyworld Bendigo for their continued generosity, and for providing us with this amazing opportunity to help our community. See the poster on page 11.

Power Saving Bonus, 5th Round

Applicants for this round of the Power Saving Bonus must hold a concession card. The bonus is one payment of \$100, paid by cheque or directly into your bank account (EFT). Applications can be made online or we at the Neighbourhood House can assist you. To apply, you will need a copy of your latest electricity bill, your concession card, some ID, and your bank details if you prefer payment by EFT.

Art Show Evening

On Thursday 11th 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 flyer on page 8.

Carols at Malone Park

Following the popularity of last years' Christmas Carols at Malone Park, they return this year on the 14th December. This family-friendly evening, featuring live music, carols, and of course Santa, begins at 5.00pm. A gold coin donation is requested upon entry. See the last page for details.

Garden Party BBQ Tea

Come to a barbecue tea in the MNH Community Garden (16 Cathcart St., behind TOFS Op-Shop) on 17th of December, at 6pm. It's free & open to everyone; see the poster on page 9.

CFA Marong Christmas Raffle

The Marong CFA are having a Christmas Raffle with some great prizes, please support if you can (poster on page 10).

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 2026. We will be closing at the end of term (our last day is the 18th), and will re-open on the 27th of January. If you need assistance

urgently over the break, give me a call on the Co-ordinator mobile number (on page 7).

In this edition:

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Recipe of the Month Healthy Seasonal Vegie Tart

Word Detective

Community Information

Changes to Bulk-Billing Lions Fruit Cakes & Puddings **Evening Art Show** Keep Our Doors Open Free Garden Party BBQ Marong CFA Christmas Raffle Toyworld Toy Drive Christmas Carols at Malone Park



—Janine.

Opening Hours (we open only during school terms)

Term Start Finish Term 1 28 Jan 04 Apr Term 2 22 Apr 04 Jul Term 3 21 Jul 19 Sep 06 Oct 19 Dec Term 4

December 2025

Marong Neighbourhood House

9.00am to 3.30pm Mon: Tue: 9.00am to 3.30pm Wed: 9.00am to 5.00pm 2.00pm to 6.00pm Thu: Fri:

Closed

TOFS Op-Shop

Mon: 9.30am to 12.30pm Tue: 9.30am to 12.30pm Wed: 9.30am to 12.30pm 9.30am to 12.30pm Fri: Sat: 10.00am to 12.00pm

Marong Neighbourhood House

Regular Programs

M	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$4 per session.
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N			
	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe
	7.00am - 11.00am	WINT I laygroup	
T			environment facilitated by Ro. Bring your own snacks.
U			Costs \$4/session/family or \$20 for 6 sessions.
	0.20 10.20	TT 11 ' C	M
E S	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
D			on leads also welcome. No cost.
Α			
Y	1.00pm - 3.00pm	Family History	Kath can help you research your family history. Computers
Y	1	Lessons	for research are available if required. Cost is \$4 per session.
			1
	10.00am - 11.00am	Over 60s	Bookings required. Over 60s strength & mobility exercise
		Exercise Class	class, \$5/person, places are available, but limited.
		Exercise Class	orass, \$57 person, places are available, our minica.
W	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own
Ε	1.50pm - 5.00pm	THI Class	masterpiece. Materials & equipment supplied. \$4 per class.
			masterprece. Materials & equipment supplied. \$4 per class.
D	7.00pm - 8.00pm	Yoga Class	Dedicated instructor Nerissa leads a class suitable for all
	7.00pm - 8.00pm	Sorry no yoga	
		corry, no yoga	this month. Returning in January.
	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe
	7.00am - 11.00am	wiivii i iaygioup	environment facilitated by Ro. Bring your own snacks.
_			
T			Costs \$4/session/family or \$20 for 6 sessions.
Н	12 20 (00	C 0	T. 1 1 1 1
U	12.30pm - 6.00pm	Computer &	Technology is good when it's understandable and it works,
		Phone Help	but things do go wrong sometimes. Free assistance with
			your phone or laptop is available at MNH.
	0.20	3.6.41	
F	9.30am - 4.00pm	Machine	Fridays, but please call for dates. Bring your machine &
R		Embroidery	lunch along to this all-day session at the Marong
			Neighbourhood House. \$4 per session.
S	10.00am - 3.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine), usually
A	1		fortnightly. Please contact us for exact dates. Costs \$4.
			5 4 11
T			

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: Art Classes

These impressive works are on display at MNH, and were created by Rob, who demonstrates and coaches the techniques during our Art Classes.

The classes are run over about ninety minutes on Wednesday afternoons, taking a relaxed format for people of all skill-levels. Each class costs \$4, which includes materials and equipment.

Attendance every week is not necessary – occasional participants are welcome. Come along to reach your creative side, and you could well surprise yourself. Of course, you can take your masterpieces home afterwards. You could even display your work in our Art Show at the end of year!

Rob is an experienced artist with his own sign-writing business. Take a look at some of his larger handiwork – the murals on the outside of the TOFS Op-Shop.













MNH services offered

Photocopying & Printing

For a small charge per page, document photocopying, printing of digital photographs, or printing documents in most popular formats (PDF, MS-Office) can be done:

	A4	A3
B&W	\$0.20	\$0.30
Colour	\$0.40	\$1.00

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.

TOFS 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



CLQSE ELOOP 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.





The Pharmacy that supports your Community!





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 <u>taped-up</u> batteries Cables and leads

Printer cartridges Computer keyboards & mice

Optical disk drives Chargers

Double adapters & power boards Multi-adapter plugs

USB memory/SD cards Light bulbs

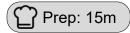


Recipe of the Month

Seasonal Vegie Tart

An easy and tasty tart for your next morning tea or picnic.











Ingredients

8 sheets fresh filo pastry (from the fridge)* spray olive or canola oil spray
³/₄ cup reduced-fat smooth ricotta cheese
¹/₂ cup reduced-fat feta cheese
3 tomatoes, sliced
pepper, optional
fresh basil or rocket, to serve, optional

*Note:

Frozen filo pastry often needs to be defrosted in the fridge overnight (or according to packet instructions). Filo found in the fridge section of the supermarket is ready to use and is less fiddly.



Method

- 1. Preheat oven to 200°C (180°C fan forced). Line a large baking tray with baking paper.
- 2. Lay the first sheet of filo on the tray, lightly spray with oil. Lay the next sheet over the top and lightly spray with oil again. Continue layering filo and oil spray until all 8 sheets are laid out. There's no need to spray the top layer with oil. Lightly press the stack down.
- 3. Gently spread the ricotta evenly over the filo, leaving a small border of bare pastry.
- 4. Crumble feta and lay tomatoes over the top of the ricotta. Season with plenty of cracked pepper.
- 5. Bake for 20 minutes or until filo is crispy.
- 6. Let cool slightly on the tray, then cut into pieces and sprinkle with freshly torn basil leaves or rocket if desired.



Courtesy www.livelighter.com.au



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BLITZEN DONN
BOREAL ELK
BULLS FEARI
CANADA FINLA
CARIBOU FLOSS
COMET FUR
COWS GLOS
CUPID HERD
DANCER HOOV

DASHER **ICELAND MONGOLIA** DONNER MOOSE **NORWAY FEARLESS PACER FINLAND PEERLESS FLOSSIE** PRANCER **RACER GLOSSIE** RANGIFER READY **RECKLESS** HOOVES

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BULK-BILLING INFO

from Lisa Chesters MP – Federal Member for Bendigo

Your GP can Bulk Bill you

As of the 1st November 2025, every Australian will be eligible for bulk billing visits if your GP chooses to bulk bill you.

Prior to this date, GPs were only paid the bulk billing incentive if you were a concession card holder or child under 16, that's about to change.

Bulk billing is the beating heart of Medicare and from the first of November, every time a GP bulk bills a patient, there's no gap fee the patient is forced to pay.

Locally, doctors and practices are making the shift to go to 100% bulk billing because they know it's good for patients, and it is good for their bottom line.



Lisa Chesters MP

Federal Member for Bendigo

Lions Christmas Cakes and Puddings



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



KEEP OUR DOORS OPEN



PICK UP A POSTCARD HERE AT YOUR NEIGHBOURHOOD HOUSE ASKING FOR THE MINISTER'S SUPPORT



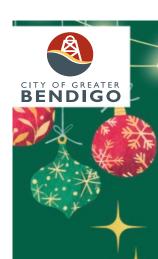




With many thanks to our special donors of these prizes

Toro Australia, Leed Engineering & Construction Pty Ltd, Balgownie Estate, Connor Park Wines, Marong Big 4 Holiday Park & Bendigo Lifestyle Village, Marong Family Hotel, Marong Post Office, Riordan Fuel, The Elmore Bakery-Marong, Graham Morris, Marong General Store, Marong Men's Shed, Marong Produce and Maiden Gully







CHRISTMAS

MERRY CHRISTMAS AND SEE YOU AT THE MARONG
COMMUNITY ACTION GROUP CAROLS
AT MALONE PARK, MARONG

ENJOY VARIOUS SPECIAL ACTIVITIES:

- LIVE MUSIC & CAROL SINGING
- SAUSAGE SIZZLE & FOOD VANS
- A SPECIAL VISIT FROM SANTA!

ENTRY: VOLUNTARY CHARITABLE GOLD COIN DONATION



COME AND ENJOY THIS FAMILY-FRIENDLY EVENT

THANK-YOU TO OUR PROUD SPONSORS: CITY OF GREATER BENDIGO BIRCHGROVE PROPERTY