

Happy New MNH Year 2024

The Neighbourhood House is open again for 2024. School term 1 is 30th January to 28th March inclusive. Our open days each week are unchanged from last year, but there are some changes to the weekly programs. Details of our opening hours and school terms are shown at the bottom of the page. We look forward to your company throughout the year.

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues in 2024. Drop in for a free feed between 8:30 and 9:30am on the 5th February, or 4th March.

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.



Marong Garage Sale Day 2024

Save the date! The Marong Township Garage Sale Day will be Saturday 21st September.

Floors 'R' Clean

Over the break, we had some work done on the very tired vinyl floor of the main room here at MNH. The floor is good-as-new now – cleaned, stripped, and polished – and it looks great. Please help it stay in top condition.

TOFS Op-Shop

Our Op-Shop (TOFS) is open for the new term, and we are currently accepting donations. Our friendly volunteers invite you to come and see what we have to offer,

and grab a bargain. Most items are sold for only two dollars.

The shop is open for a few hours four days a week — 9:30am-12:30pm on Mondays, Wednesdays and Fridays, and 10:00am-12:00pm on Saturdays. As a re-opening special, we are holding a \$5-a-bag sale for the whole month of February.

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 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

The community garden is for the community, but I have a request: if you pick something, please let me



know how much you pick (approx. weight). A portion of the funding for the garden hinges on how much produce is actually going to the community, so record-keeping is important. Please send me a text or leave me a note.

—Janine.



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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	Wed: 9.30am to 12.30pm
Term 3	15 Jul	20 Sep	Wed: 9.00am to 5.00pm	Fri: 9.30am to 12.30pm
Term 4	07 Oct	20 Dec	Thu: 2.00pm to 6.00pm	Sat: 10.00am to 12.00pm
			Fri: Closed	

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, 10.00am - 11.00am. BOOKED OUT
	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: Art Classes

These impressive works are on display at MNH, and were drawn and painted 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 \$3, 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

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 Tandoori Chicken & Salad Wraps

The heat of Indian spices, with cooling yoghurt, mint, and salad.



Serves: 4

Prep: 15m

Cook: 20m

Difficulty: Easy

Ingredients

- 2 skinless chicken breasts, trimmed of fat
- 1 Tbs tandoori paste
- 2 Tbs low-fat Greek yoghurt
- ¼ tsp tandoori paste, extra
- 4 wholegrain or reduced-fat tortillas or soft wraps (20cm)
- 2 Lebanese cucumbers, halved, sliced into thin strips lengthways
- 1 red capsicum, seeded and sliced into strips
- 60g snow pea sprouts
- 20 mint leaves

Hint: Cover and refrigerate tandoori coated chicken for as long as time permits, from 30 minutes to overnight.

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Coat chicken in tandoori paste then place in a medium baking dish or onto an oven tray lined with baking paper. Bake for 15-20 minutes until cooked through.
3. Once cool enough to handle, slice thinly.
4. Combine yoghurt with extra tandoori paste; spread 2 teaspoons evenly on each wrap. Layer equal amounts of chicken, cucumber, capsicum and sprouts on one edge of each wrap, top with a row of mint leaves.
5. Roll up tightly to enclose filling and cut in half.

Courtesy www.liveliighter.com.au

WORD DETECTIVE

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ANTENNAE
APIARY
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CROPS
DRONES
EUROPEAN
FLIES
FLIGHT
FLOWERING
FRUIT
HIVES
HONEYBEE
HONEYCOMB
HOVER
HUSKING
INSECT

KUNZEA
LEAFCUTTER
MANDIBLE
MANUKA
MASON
NECTAR
ORCHID
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F L O W E R I N G T O F X P D U O
G N I K S U H O A A K U N A M Q H

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



CITY OF GREATER
BENDIGO

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.



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 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

 [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: www.marongnhh9.wixsite.com/marongopshop

Community Information

Thank-You!

Over the break, we asked Dale from Advanced Floor Care to take a look at the very tired vinyl floor here at the Marong Neighbourhood House. Dale and his team worked through a few very hot days to bring the floor back to good-as-new. The long-overdue job took a bit more effort than expected, but Dale kept going until the results met his high standards. The floor looks great now, thank-you.



1300 089 089

www.advancedfloorcare.com.au



Every Sunday 2-4

- ✓ Pool/Spa
- ✓ Pump Track
- ✓ Table Tennis
- ✓ Jumping Pillow
- ✓ BBQs

\$5 PER CHILD

\$15 PER FAMILY OF 3+ CHILDREN

EXTRA FEES FOR: PEDAL CARTS, X-GOLF AND POOL TABLE



*Excluding holiday periods and long weekends
Enquiries - 5435 2329
1449 Calder Highway Marong

WE ARE



What does this mean for you?

- We recognise the needs of carers; people who look after others with additional needs.
- We will respond to your questions and concerns in a way that you understand.
- We will refer and connect you to the support that you need.

For more information about Carer Friendly Places please visit

www.carersvictoria.org.au/CarerFriendly



2021 APR 2023