

MNH Returns For Term 3

Where is the year going? Term three is here already. It's the coldest part of the year, but spring is approaching, and a little rain is always welcome.

Pancake Breakfast

As usual, 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 breakfasts this term are 4th of August and 1st of September.

Book Week Parade

August means Book Week, and MNH is joining in with dress-ups for the playgroup kids on Tuesday the 19th. Later in the day, we are holding an afternoon tea at 2:30pm. All are welcome at the afternoon tea – bring a plate to share if you can... and dressing up as a character from a favourite book is completely optional!

Blister Pack 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. No bread tags please, no lids, no boxes, no tablets, no labels with personal details, just the blister packs. Thank-you.

Business Directory

The latest update of the Marong business directory is complete. Printed copies can be obtained here at MNH, or you'll find it on our website. If you operate a Marong-based business and would like to be added free-of-charge to the directory (or make amendments to your current entry), please contact us.

Electricity Rebate Extended

The Commonwealth government's Energy Bill Relief scheme, which was due to end with the financial year, has been extended until the end of 2025. A further two quarterly rebates of \$75 each will

automatically be applied to household energy bills. Once again, it's a bit more involved for people on an embedded network – like residents at the caravan park – but drop in for us to take care of it all for you.

Price Increases

We are raising the price for B&W photocopying and printing. A4 & A3 size pages will now be 20c & 30c respectively per page.

Tax Help 2025

From 21 July, Toni and I will be assisting as part of the ATO's Tax Help programme again. If you need help lodging your tax return, please contact us to make an appointment.

Marong Garage Sale Day 2025

It's getting closer! Keep an eye on your letterbox for a registration form for the Marong Township Garage Sale Day, which this year will be on the 13th of September. Alternatively, you can register via the QRcode on page 8, or just grab a form from us in person.

Funding Squeeze

Sadly, this financial year, wages and superannuation have increased, but government funding didn't also increase to cover it. To cope with this shortfall, we are reducing paid staff hours. That means there will be occasions when we do not have sufficient staff to run an activity/program – it may even result in cancellations, or reduced opening hours. If that happens, we will keep you up-to-date. Meanwhile, we are seeking funds via grants wherever possible.

—Janine.



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Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House		TOFS Op-Shop	
Term 1:	28 Jan	04 Apr	Mon:	9.00am to 3.30pm	Mon:	9.30am to 12.30pm
Term 2:	22 Apr	04 Jul	Tue:	9.00am to 3.30pm	Tue:	9.30am to 12.30pm
Term 3:	21 Jul	19 Sep	Wed:	9.00am to 5.00pm	Wed:	9.30am to 12.30pm
Term 4:	06 Oct	19 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. \$4 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 \$4/session/family or \$20 for 6 sessions.
	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 on leads also welcome. No cost.
	1.00pm - 3.00pm by appointment	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$4 per session.
W E D	10.00am - 11.00am	Over 60s Exercise Class	Bookings required. Over 60s strength & mobility exercise class, \$5/person, limited places.
	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$4 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 \$4/session/family or \$20 for 6 sessions.
	12.30pm - 6.00pm	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.
F R I	9.30am - 4.00pm	Machine Embroidery	Fridays, but please call for dates. Bring your machine & lunch along to this all-day session at the Marong Neighbourhood House. \$4 per session.
S A T	10.00am - 3.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine), usually fortnightly. Please contact us for exact dates. Costs \$4.

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.



Location of last edition's hidden joke

Spotlight on: 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 (20 cents for black & white)
- A3-size colour originals is \$1.00 per copy (30 cents for black & white)

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 (20 cents for black & white)
- A3-size colour printing is \$1.00 per page (30 cents for black & white)

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), 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



CITY OF GREATER
BENDIGO

**CLOSE
THE
LOOP**

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.



EUFS
Pharmacies Est.1916

The Pharmacy that supports your Community!



pharmacycycle™



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 taped-up 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 Indonesian Slow Cooked Beef

This fragrant beef and vegie combo will have you dreaming of an Indonesian get-away.



 Serves: 4

 Prep: 30m

 Cook: 70m

 Difficulty: Med

Ingredients

spray olive or canola oil spray
500g chuck, oyster blade or lean casserole beef, trimmed of fat, 1½cm cubes
1½ Tbs plain flour
1 onion, diced
4 cloves garlic, thinly sliced
2 tsp fresh ginger, grated
2 tsp Chinese five-spice
Pepper to taste
500g sweet potato, skin on, 2cm cubes
2 carrots, chopped
1½ cups reduced-salt beef stock
1 Tbs salt-reduced soy sauce
2 cinnamon sticks, whole
1 star anise, whole
2 strips orange rind
1 cup brown or basmati rice (uncooked)
200g mushroom, quartered
200g green beans, trimmed and cut into 5cm lengths

Method

1. Place a large non-stick saucepan (that has a lid) on high heat and spray with oil.
2. Shake beef and flour together in a plastic bag or container to coat all sides.
3. Add half the beef to the hot pan and sear all over for 3-5 minutes until browned. Transfer to a plate, respray pan and repeat with remaining beef.
4. Re-spray the pan with oil and cook onion on medium heat for 3 minutes, stirring occasionally. Add garlic, ginger, five spice powder and pepper and stir for 1 minute until fragrant.
5. Return beef to pan with sweet potato and carrots, cook a further minute to coat in spice mixture, adding a splash of stock if it begins to stick.
6. Pour in remaining stock with soy sauce, cinnamon, star anise and orange peel. Mix well, cover and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 45 minutes to 1 hour, until beef is tender. Sweet potato will collapse and sauce will thicken.
7. Cook rice according to packet instructions.
Note: brown rice takes longer than basmati rice.
8. Ten minutes before serving, mix in mushrooms and beans and simmer gently until beans are tender but still bright green.
9. Serve with rice.

Courtesy www.livellighter.com.au



KALEY
KAMAH
KAMALA
KANE
KARAMO
KAREN
KARL
KATELAN
KATHERINE
KATHLEEN
KATHY
KATIE
KATY
KEANU

KEIRA
KEITH
KELLY
KELSEY
KELSI
KENDALL
KENDRICK
KENNETH
KENNY
KESHA
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KIRK
KIRSTEN
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KOB
KOURTNEY
KRISTIN
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S P K K O C R N H A N W V Q O Y S

Community Information



Australian Government
Australian Taxation Office

Need help lodging your tax return?

The free Tax Help program
can help you lodge



Book your appointment with MNH on 5435 2486

AGM Announcement

Marong Neighbourhood House is holding it's
Annual General Meeting at 7.30pm
on 16 September 2025.
All welcome.

AGM Announcement

Marong Community Hall is holding it's
Annual General Meeting at 7.30pm
on 22 September 2025.
All welcome.

Lions Christmas Cakes and Puddings



Mini cake
\$2.00

GONE

1kg cake
\$16.00

900g pud
\$16.00

GONE

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: \[www.marongnh.com.au\]\(http://www.marongnh.com.au\)](#)

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

Community Information

Marong Township **GARAGE SALE** Day



Saturday 13th September 2025

**Garage Sale location maps
available from the Op-shop
for a gold coin donation**

**16 Cathcart St, Marong
8am to 2pm**

Scan this QR code for a
registration form



**For more information contact
Janine 0494 102 904**