

2025! Welcome Back

Hello! I hope you had an enjoyable end-of-year break, and that you're recharged and refreshed. Details of our opening hours and 2025 school terms are shown at the bottom of this page, with the weekly programs overleaf. Our opening hours are unchanged, but there are some changes to the weekly programs. We look forward to your company throughout the year. Last year, there were several MNH activities just as we were closing for the holidays, so here is a bit of a catch-up...

Bus Trip to Murtoa and Rupanyup

Those who joined us on our day trip to the Stick Shed at Murtoa and Woods' Farming & Heritage Museum at Rupanyup had a great day. The Stick Shed is an amazing part of Victoria's war-time adaptability, and Woods' Museum was almost overwhelming with the sheer variety of yesteryear displays.

Art Show Evening

On December the 12th, we showcased selected artworks by the talented Art Class students. The standard was high, and there were even offers to buy some of the pieces. Thanks to Rob for leading the class for the year, and to the students for their work.

Garden Party BBQ Tea

The last activity for the year was our second free community barbecue tea in the MNH Community Garden. It was a lovely evening, with around sixty people enjoying a meal and Toni's home-made desserts.

MNH Recycling Statistics

As you know, we are big on recycling at MNH. Through the programs in 2024, MNH and the local community have recycled 75 kg of small batteries; 465 kg of other e-waste; six mobile phones; 48 kg blister packs & Webster packs; and a massive 11,526 litres of soft plastics. MNH only facilitates these recycling programs, it is your participation that makes it happen, so thank-you. Keep up the good work.

Changes to Blister Pack Recycling

As you can see, the blister pack recycling is humming along. When we started collecting blister packs, *TerraCycle* conducted a free program and provided us with postage labels, enabling us to participate at no cost to us. The *TerraCycle* free program ended last year.

We are so very pleased that our awesome community has embraced blister pack recycling, and we want to keep it going, so we are very fortunate that Eaglehawk UFS have come on-board with sponsorship, allowing us to continue collecting blister packs to send to *Pharmacycle* for recycling, keeping them from landfill. The cost of the recycling process and freight will be covered by Eaglehawk UFS. We at MNH are very grateful for their support.

Verandah e-waste

Some people are misusing the e-waste drop-off area. It is only for e-waste no bigger than the black tub on the verandah. Thank-you.

Pancake Breakfast

Of course, our free Pancake Breakfast on the first Monday each month continues; drop in for a free feed and gossip with other locals between 8:30 and 9:30am on the 3rd of February or 3rd of next month.

Melbourne Bus Trip

Next month, a bus trip for the Melbourne Flower and Garden Show will take place on Thursday 27 March. **It will be a long day.** The total price for the return bus and entry to the show is \$39.06 each, comprising \$5 for the bus, and \$34.06 for the slightly discounted 'early-bird' entry fee. For full details, see the poster on the back page.

—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. \$3 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 \$3/session/family or \$20 for 8 sessions.
	9.30am - 10.30am	Walking Group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. No cost.
	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.
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. \$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.
	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 Changed venue ▲	Fridays, but please call for dates. Bring your machine & lunch along to this all-day session at the Marong Neighbourhood House. \$5 per session.
S A T	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.



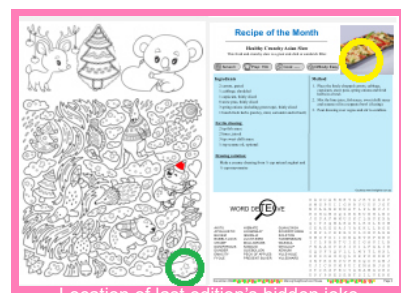
The newsletter can be emailed or posted to you at no charge. To take advantage of this service, please provide us with your details—either by email, Facebook message, or in person at the Neighbourhood House—and we will add you to our distribution list. Your details will be kept in-confidence.



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: 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 \$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 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 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



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.

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 Pharmacycycle, 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 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

Grilled Salmon with Brown Rice Salad

Fresh salmon shines alongside this salad topped with crunchy cashews

 Serves: 4  Prep: 15m  Cook: 30m  Difficulty: Easy



Ingredients

2 cups cooked brown rice (from 1 cup uncooked rice)
6 spring onions (including green tops), thinly sliced
1 medium red capsicum, seeded and finely diced
1 medium yellow capsicum, seeded and finely diced
½ cup parsley, chopped
½ cup currants
4 x 100g salmon fillet
olive or canola oil spray
1 bunch bok choy, quartered
1 Tbs salt-reduced soy sauce
2 tsp balsamic vinegar
2 tsp honey
1 tsp sesame oil
juice of ½ lemon
½ cup unsalted roasted cashews, roughly chopped

Method

1. In a large bowl, mix together cooked rice, spring onions, capsicums, parsley and currants.
2. To make dressing, combine soy sauce, vinegar, honey, sesame oil and lemon juice in a cup. Pour over salad and stir through well.
3. Place a metal steamer into a large saucepan with a few centimetres of water. Add bok choy and bring to the boil. Steam with lid on for 3 minutes or until tender.
4. Meanwhile heat a griddle, barbecue grill or large non-stick frying-pan on high. Lightly spray each side of salmon with oil, season with pepper. Reduce heat to medium and cook salmon for 3 minutes each side until golden brown and just cooked.
5. Top rice salad with cashews, then spoon onto serving plates.
6. Add bok choy and salmon fillets; serve immediately.

Variation: Bok choy can be microwaved in a covered dish with a tablespoon of water on HIGH/100% for 2-3 minutes until just cooked.

Courtesy www.livellighter.com.au



ALUMINIUM
BINS
BIODEGRADABLE
BOTTLES
CANS
CARDBOARD
CARTONS
CLEAN
COLLECTING
COMPOSTING
CONTAINERS
ENERGY

ENVIRONMENT
E-WASTE
GREEN
GREENHOUSE
LANDFILL
LEFTOVERS
LITTER
METAL
MULCH
NEWSPAPER
ORGANIC
PAPER

PLASTIC
POLLUTE
RECYCLING
REPAIRING
REUSABLE
RUBBISH
SCRAP
SORTING
WASTE
ZERO

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

Community Information

Music in the Park feat. Funkle Band and Funk Junkies Bands



Funkle Band and Funk Junkies Band, are all set to bring an evening of summer music the whole family will enjoy.

Pack your picnic rug, bring along some great company and kick back and relax to these talented local musicians.

This is a free event.

* Please Note: all events are alcohol and pet free events

Schedule

Feb 14 2025, 6:20pm to 8:30pm

Venue Name

Malone Park, Marong

Location

Malone Park Road, Marong (Off Calder Fwy before Marong)

Lions Christmas Cakes and Puddings



Mini cake
\$2.00

1½kg cake
\$20.00

1kg cake
\$16.00

900g pud
\$16.00

400g pud
\$10.00

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

Community Information



LODDON MALLEE
PUBLIC HEALTH UNIT

Keeping cool in your home

No or low cost actions to reduce your energy use and keep cool and well in
your home:



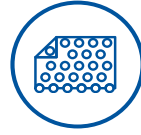
Keep yourself rather than the whole room cool - wet your clothes, use a fan, drink plenty water



Manage the living space by zoning – try to zone/close off your main living space where you spend most of your time



Live in cooler, south-facing areas of the home



Consider bubble wrap or reflective screen for windows - while it's unsightly, they can help keep your home - and you cooler



Block gaps with door snakes or twisted old towels and use velcro on each end to ensure it isn't a tripping hazard



Close your curtains or use a sheet to cover windows



Seal gaps in walls and around the doors and windows



Open doors and windows at night when the outside temperature drops

If we improve the energy efficiency of our homes, we can save money and improve our health and wellbeing in summer.

More detailed guides to keeping cool and reducing energy usage:

<https://www.sustainability.vic.gov.au/energy-efficiency-and-reducing-emissions/save-energy-in-the-home/reduce-cooling-costs-at-home/use-your-cooling-system-efficiently>

<https://www.bsg.org.au/get-involved/resources>

<https://smartrenting.org/home-energy-overview/>

Bendigo Health website - Heat Health



1800 959 400



Excellent Care. Every Person. Every Time.

Murtoa – Rupanyup – Art Show '24



Community Information



MELBOURNE INTERNATIONAL
FLOWER AND GARDEN SHOW

Melbourne Flower Show Bus Trip Thursday 27th March 2025

Entry Ticket (Early Bird) \$34.06

Bus cost is \$5 per person

Bookings Required!!!

Payment by 25th February 2025

Call 03 5435 2486