

MAY !!

Lockwood Ward By-election

Congratulations to Donna Nicholas on being elected our Lockwood Ward council representative.

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 for next Term are:
4th May
1st June

Free 'Fruit' Stand

“Take the First Step” to healthy eating and active living.

We are very fortunate to be participating in the Bendigo Community Health Services “Take the First Step” program.

We have a Free 'Fresh Fruit' Stand with a selection of fresh fruit, available for community members.



Volunteers Week

18th - 24th May

Our Volunteers in Marong are the heart and soul of our community. They provide vital community support through our emergency services like the Marong CFA Fire Brigade and Marong SES as well as our local sporting clubs and the

Marong Community Action Planning Group

We would like to acknowledge our Volunteers here at the Neighbourhood House, you are the backbone of our organisation, and we value your contribution in assisting us to create our welcoming place to visit.

Vehicle Registration Rebate

Victorians can apply for a 20% rebate on their vehicle registration payments. This will save the average driver up to \$186 per vehicle on their 2025–26 vehicle registrations.

Eligibility:

- The rebate will be limited to 2 light vehicles per person.
- The rebate will apply to eligible vehicles registered under an individual’s name for the period of 1 July 2025 to 30 June 2026.

How to apply

Applications will be open from Monday 1 June to Friday 31 July 2026. You will be able to apply via the Service Victoria app or website. More information will be available soon.



10th May

—Janine.

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Be Well Be Connected Expo

Bring Your Bills Day

Open Day - Kindergarten, Marrung Wayparra



Find the Palm Tree

Somewhere located in this newsletter is a hidden Palm Tree from our logo, are you able to find it?

[April on page 5.](#)

Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House	TOFS Op-Shop
Term 1:	27 Jan	02 Apr	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2:	20 Apr	26 Jun	Tue: 9.00am to 3.30pm	Tue: 9.30am to 12.30pm
Term 3:	13 Jul	18 Sep	Wed: 9.00am to 5.00pm	Wed: 9.30am to 12.30pm
Term 4:	05 Oct	18 Dec	Thu: 2.00pm to 6.00pm	Fri: 9.30am to 12.30pm
			Fri: Closed	Sat: 10.00am to 12.00pm

Activity Program

M O N	1:00pm - 3:00pm	Craft Circle	Bring along your current craft project and supplies. Enjoy a cuppa and chat while crafting. \$4 per session.
	9:00am - 11:00am	Playgroup	Children can play or participate in a friendly safe environment, facilitated by Ro. Bring along your own snacks. \$4 per family per session or \$20 for 6 sessions.
T U E	9:30am - 10:30am	Walking Group	Meet at the Clubhouse at Malone Park. All ages and abilities welcome. Friendly, well-behaved dogs on leads also welcome. No cost.
	1:00pm - 3:00pm	Family History	Kath can help you research your family history. Computers for research are available if required. Cost \$4 per session.
W E D	10:00am - 11:00am	Over 60s Exercise Class	BO <i>BOOKED OUT</i> & Mobility Exercise Class. Cost \$5 per person, limited places.
	1:30pm - 3:00pm	Art Class	Artist Rob shows you how to create your own piece of art. Materials and equipment supplied. \$4 per class.
	7:00pm - 8:00pm	Yoga	Dedicated instructor Nerissa leads a class suitable for all fitness levels. Cost \$10 per class.
T H U	9:00am - 11:00am	Playgroup	Children can play or participate in a friendly safe environment, facilitated by Ro. Bring along your own snacks. \$4 per family per session or \$20 for 6 sessions.
	12:30pm - 6:00pm	Tech Support	We are available if you need assistance with your smart phone, tablet or laptop. We are also able to assist with completing online forms.
S A T	10:00 - 3:00pm	Sewing Workshop	Judith and Shirley teach sewing, ideal for beginners. Bring your own machine. Usually fortnightly. Please call for exact dates. Cost \$4 each per class.

Contact Details



39 High St
Marong
Victoria, 3515

Phone: 03) 5435 2486
Mobile : 0494 102 904
Email: marongnhh@gmail.com



[Marong Neighbourhood House Page](#)



[Marong Neighbourhood House Group](#)



[Marong Neighbourhood House Playgroup Group](#)



[Marong Neighbourhood House - Op-Shop Page](#)



Website: www.marongnh.com.au



Op-shop website: marongnhh9.wixsite.com/marongopshop

Services Offered

Photocopying & Printing

For a small charge per page, document photocopying, printing of digital photographs, or printing documents in most popular formats 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
- \$2.50 for A3-size

Binding

A4-size documents up to 80 pages costs \$2.00. Plastic & Card cover sheets are 50 cents each.

Community Garden

Our community garden plots provide food share for the community.

Our worm farms, herb beds and fruit trees (apricots & plums, lemons & limes) are well established. 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.

Computer Use

It is assumed that everyone has computer and internet access these days but that it not the case for everyone. We have computers with internet access available for use.

Please drop in during open hours for this service.

Free Wi-Fi

We offer password-protected Wi-Fi internet. When you drop in just ask for the password.

TOFS Op-Shop

Our Op-Shop (The Old Fire Shed Op-Shop or just TOFS), is located at 16 Cathcart Street, Marong.

All items are affordable and in excellent condition.

Details of opening hours are on page 1.



Free Library

We now have included childrens books.

It is free to borrow from the thousands of books.

Drop in and have a look during our open hours.

See the "Book of the Month" on page 5.

Have a look at the cataloges on our [website](#) or via QR code



Venue Hire

The Marong Neighbourhood House is available to hire at the following rates:

- Meetings: \$10.00
- Group Bookings: \$50.00
- Birthday Parties: \$50.00

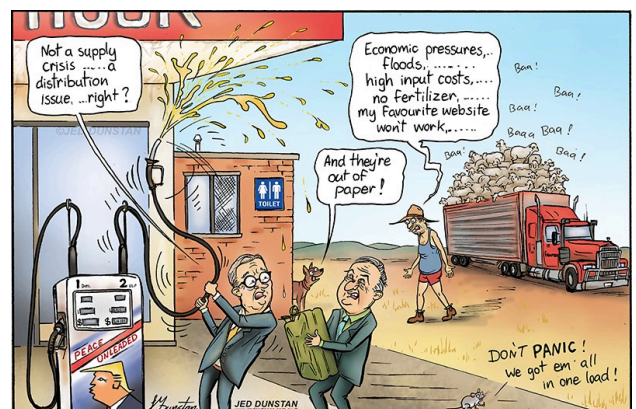
There is a limit of 50 people inside the building. Please contact us for further information.

Recycling

We are a recycling drop-off point for the CoGB e-waste programme, soft plastics, blister packs, and Mobile Muster. More details on page 4.

IT Assistance

Now days everything is online and we understand that not everyone knows how to navigate the internet. We provide assistance with safely accessing online services for everyday requirements e.g. MyGov, Centrelink, Super.



The newsletter can be emailed or posted to you at no charge. Please provide us with your details either by email, phone, or in person and we will add you to our distribution list. Your details will be kept confidence.

Spotlight

Sewing Workshop

Selected Saturday mornings

Time: 10am – 3pm.

Cost \$4 per person.

This workshop is led by our dedicated volunteers Judith & Shirley. It is focused on novice level participants. They work on projects as a group. Attendees bring their own sewing machines, materials and supplies. Tea & Coffee is supplied. BYO morning tea & lunch or pop over to the bakery. Please call 5435 2486 for the dates of the workshop.

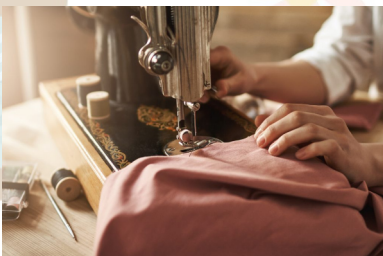


Recent Project - "Everyday Bag"



Sewing Workshop
Saturday's
10am - 3pm
\$4 per session
For Dates & Times
Call 5435 2486

MNH
MARONG NEIGHBOURHOOD HOUSE



Recycling Programs



CITY OF GREATER
BENDIGO

**CLOSE
THE
LOOP**

We are 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 us, 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!

 **pharmacycle™**



Thanks to EUFS sponsorship, we take all brands of used, over-the-counter medication 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 us 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 keyboard & mouse |
| Optical disk drives | Chargers |
| Double adapters & power boards | Multi-adapter plugs |
| USB memory/SD cards | |



Book of the Month

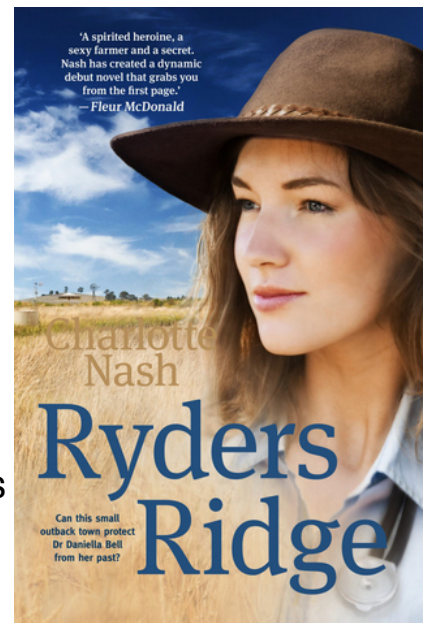
Ryders Ridge Author: Charlotte Nash

Genres: Romance, Australia, Contemporary

Will escaping to Ryders Ridge help Dr Daniella Bell forget her past, or force her to confront it head on?

Shaken after a tragic incident in the city hospital where she worked, Daniella figures that the small north-west Queensland cattle town of Ryders Ridge is just the place to hide. Caring and dedicated, she quickly wins the trust of her patients, and the

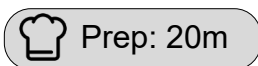
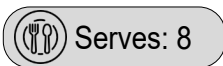
attention of handsome station heir, Mark Walker. As their relationship grows, Daniella begins to think she could make a new life for herself in Ryders. But country towns have their own problems.



Recipe of the Month

Cheesy Spinach Bake

Add some glamour to your lunchbox with this smart vegetarian recipe



Ingredients

- 200g pack feta cheese
- 2 x 250g tubs ricotta
- 3 x 100g bags baby spinach chopped
- 1 bunch spring onions finely sliced
- 50g parmesan grated
- 1 egg
- good grating nutmeg
- 100g breadcrumbs
- 2 tsp olive oil
- 6 sheets filo pastry

Method

Heat oven to 180C/ 160C fan.
Mash feta in a large mixing bowl, add the ricotta and mash again to thoroughly mix. Stir in the spinach, spring onions, Parmesan, egg, nutmeg and plenty of seasoning with half the breadcrumbs.

Brush a 20 x 30cm tin with a little oil.
Layer in half the filo sheets, brushing each with oil before adding the next.

Scatter remaining breadcrumbs evenly over the base. Spoon in the ricotta filling and gently spread, so as not to dislodge the breadcrumbs.

Cover with remaining filo, brushing with oil as you go, then score into portions.
Bake for 35-40 mins until golden and crisp.

Tip: Freeze in individual squares. Defrost overnight in the fridge and eat cold, or warm in a microwave.



Activity Page

Sudoku

		7		2			3	
2		1	3					6
	6				4	7		
	7	2		6	8	1	5	
	8		7	1			2	3
4			2			6		
5					3			1
	3		8				7	

Marong Primary School Teachers

N	A	D	R	O	I	R	T	T	A	M	E	E	I
S	A	S	K	A	T	E	M	A	D	D	E	R	N
C	M	H	E	T	R	R	A	A	S	N	R	A	J
A	N	A	N	L	E	D	T	M	M	S	A	T	E
L	E	Y	M	L	I	A	E	N	A	A	R	O	S
I	A	L	L	E	V	O	L	E	I	T	A	K	S
C	J	A	K	E	S	A	D	D	L	I	E	R	T
E	M	L	E	O	K	N	B	R	L	T	B	I	A
T	E	A	I	A	O	L	L	N	I	M	N	J	Y
H	E	M	M	A	C	O	O	K	W	E	B	Y	L
O	Y	B	M	S	B	E	B	I	Y	E	V	L	O
R	B	A	E	A	I	O	M	A	B	K	T	B	R
N	T	D	E	O	L	M	L	L	B	L	I	A	A
A	A	T	A	J	I	T	T	M	A	T	I	A	L

KATIELOVEL
 JAKESADDLIER
 EMMACOOK
 JESSTAYLOR
 KATEMADDERN
 MATTRIORDAN
 ABBYWILLIAMS
 ALICETHORN
 HAYLEYSQUIRE
 SHAYLALAMB

Men Movie Stars Famous Faces Quiz



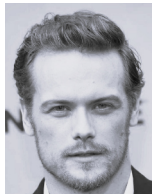
1. _____



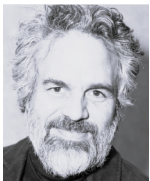
2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

Brain Teaser

wheel
wheel
wheel DRIVE
wheel

APPLE

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horobod

engine

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camping
NIGHT

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Community Information



StrokeSafe Speakers

for community groups

In Australia, a stroke occurs every 11 minutes. In 2023 more than 34,000 Australians, of all ages, experienced stroke for the first time... But the good news is that it doesn't have to be this way. Up to 80% of strokes are preventable.

Join us and Stroke Foundation to hear:

- › What stroke is and how to recognise the signs of stroke.
- › What to do if someone is having a stroke.
- › How to prevent stroke in you or the people you love.

TIME: 2:00pm

DATE: Monday 25th May 2026

VENUE: Marong Neighbourhood House
39 High St, Marong.
PH: 5435 2486



Prevent stroke. Save lives. Enhance recovery.

strokefoundation.org.au

Community Information

Be Well Be Connected Expo

The City is proud to bring the Be Well Be Connected Expo back to Bendigo for 2026!

This free expo will feature exhibits showcasing aged care, community health, disability support, healthy and active living, plus more.

Activities include:

- Meeting face-to-face with services and supports for older adults and people with a disability
- Coffee and light refreshments
- Connecting with others in the community

Event details

Date: Thursday May 7

Time: 10am - 2pm

Location: Fosterville Gold Exhibition Centre, Bendigo Showgrounds

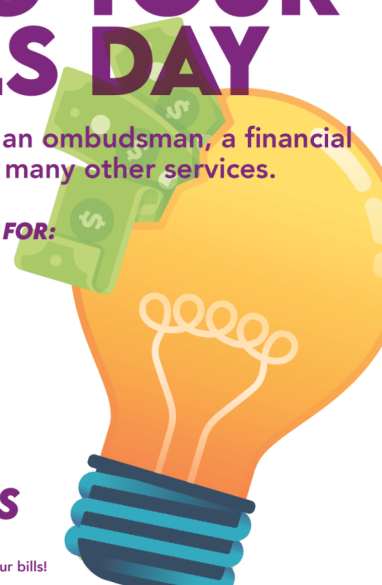


BRING YOUR BILLS DAY

Speak to your bank, an ombudsman, a financial counsellor and many other services.

GET HELP AND SUPPORT FOR:

- BILLS**
- MORTGAGES**
- LOANS**
- UTILITIES**
- TENANCY**
- CONCESSIONS**



Please note, no money is paid towards your bills!

WEDNESDAY 20TH MAY
10.00AM TO 2.00PM

BFFS, 37-39 Rowan Street, Bendigo VIC

FOR MORE INFO CONTACT US:

03 5441 5277 reception@bffs.org.au
37-39 Rowan Street, Bendigo VIC 3550
www.bffs.org.au



International Nurses Day

Is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.

Every day, nurses both save and improve lives, and their impact is greatest when they are properly empowered.

It honours the dedication of nurses and recognises their immense impact on health outcomes.

Did you know that 467,000 nurses in Australia make up the largest segment of the health workforce.

International Council of Nurses



OUR NURSES.
OUR FUTURE.

International Nurses Day 2026

Empowered Nurses Save Lives

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5

N	A	D	R	O	I	R	T	T	A	M	E	E	I
S	A	S	K	A	T	E	M	A	D	D	E	R	N
C	M	H	E	T	R	R	A	A	S	N	R	A	J
A	N	A	N	L	E	D	T	M	S	A	T	E	
L	E	Y	M	L	I	A	E	N	A	R	O	S	
I	A	L	L	E	V	O	L	E	I	T	A	K	S
C	J	A	K	E	S	A	D	D	L	I	E	R	T
E	M	L	E	O	K	N	B	R	L	T	B	I	A
T	E	A	I	A	O	L	L	N	I	M	N	J	Y
H	E	M	A	C	O	O	K	W	E	B	Y	L	
O	Y	B	M	S	B	E	B	I	Y	E	V	L	O
R	B	A	E	A	I	O	M	A	B	K	T	B	R
N	T	D	E	O	L	M	L	L	B	L	I	A	A
A	A	T	A	J	I	T	T	M	A	T	I	A	L

Famous Faces Quiz Answers

1. Dwayne Johnson
2. Jacen Elordi
3. Henry Cavill
4. Sam Heughan
5. Mark Ruffalo
6. Hugh Jackman
7. Tom Ellis
8. Chris Evans

Brain Teaser Answers

1. Four-wheel drive
2. Apple pie
3. Up to you
4. Robin Hood
5. Design
6. Engineer
7. Vegetables
8. Afternoon tea
9. Camping overnight
10. Time to go
11. Long time no see
12. Polite

Community Information



Marrungi Wayaparra Kindergarten

OPEN DAY

Fri 22 May, 10.00am - 11.30am

Cnr Torrens & Cathcart Streets, Marong

Visit us where we learn, grow and play

For more information about Marrungi Wayaparra Kindergarten, including kinder registration details visit ykinders.org.au



Kinders



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.