

New Term; Electrifying Expo

Term 4 is here, the footy season's done, and the first flies are here to bother us – summer is definitely on it's way. We hope everyone is refreshed, as its only seventy-odd days until Christmas! More warm days should be here soon, just in time for the Bendigo Cup Day holiday on the 29th, the last Wednesday of the month.

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 through to the end of the year are the 3rd of November, and 1st of December.

No Yoga Class

Please take note that the Wednesday evening yoga class is postponed for the month of October. The class will return in November.

Got Bad Gas?

The Solstice Gas problem is affecting much of the Marong community. The **Electrify Your Home Expo** aims to examine some of the available options. Marong Primary School is the venue for the expo, a joint event by the CoGB and MCAG. The expo will be open from 11am to 3pm on Sunday the 12th of October. See the poster on page 8 for further details.

Electricity Rebate Extended

The Commonwealth government's Energy Bill Relief scheme continues until the end of 2025. Quarterly rebates of \$75 will automatically be applied to household energy bills. Once again, it's a bit more involved for people on an embedded network (caravan park residents) – but you can drop in for us to take care of it all for you.

Power Saving Bonus, 5th Round

Separate from the rebate above, the fifth round of the Power Saving Bonus

commenced on 25th August. Applicants for this round must hold at least one of the following concession cards: Health Care Card, Pensioner Concession Card, Veterans' Affairs Pensioner Concession Card, or Veterans' Affairs Gold Card. The bonus is a single payment of \$100, to be paid by cheque or directly into your bank account (EFT).

Applications can be made online at <https://compare.energy.vic.gov.au/psb-faq>, or we at the Neighbourhood House can assist you. To apply, you will need a copy of your latest electricity bill, your concession card, your driver's licence or medicare card, and your bank details if you prefer payment by EFT.

Tax Help 2025

Toni and I are still taking part in the ATO's Tax Help programme until the end of October. If you need help lodging your tax return, please contact us to make an appointment.

CFA Marong Info Evening

Our local brigade is providing timely advice about fire safety and being prepared for the expected challenging fire season. Details are on the back page.

Bendigo Cup Day Holiday

Wednesday 29th is a public holiday for Bendigo Cup Day. The Neighbourhood House and TOFS op-shop will be closed for the day.

Hat Parade

We are planning a little fun with a Melbourne Cup Hat Parade & afternoon tea next month. Sport your finest Cup Day headwear on 4th November at 2.30pm here at the House. Bring a plate to share if you can. See the poster on page 9.



—Janine.

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Melb. Cup Hat Parade & A/noon Tea
CFA Information Session

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	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, places are available , but limited.
	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 Due to circumstances beyond our control, the yoga class is postponed until November – sorry!
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.

Recipe of the Month

Healthy Chicken Fennel Muffins

Ingredients:

- 1 cup wholemeal flour
- 1 cup plain flour
- 1/2 cup fennel seeds
- 1/2 cup olive oil
- 1/2 cup honey
- 1/2 cup brown sugar
- 1/2 cup milk
- 1/2 cup eggs
- 1/2 cup butter
- 1/2 cup salt
- 1/2 cup baking powder
- 1/2 cup bicarbonate of soda
- 1/2 cup yeast

Method:

- Preheat oven to 180°C.
- Combine all ingredients in a large bowl.
- Mix well.
- Divide into 12 muffins.
- Bake for 15-20 minutes.

Community Information

Marong Township GARBAGE DAY

Saturday 13th September 2025

Garage Sale location maps available from the Council for a gold coin donation

10 Colliery Rd, Marong

8am to 2pm

Location of last edition's hidden joke

Spotlight on: Machine Embroidery

The Marong Neighbourhood House now hosts Machine Embroidery sessions on Fridays, roughly fortnightly.

These relaxed gatherings are open to anyone with a keen interest in either machine or hand embroidery. The sessions run over an entire day, and some regulars travel hundreds of kilometres with their machines to join in.

With specialised embroidery machines, digital patterns or designs can be accurately sewn. Using a laptop computer, design programs can be used to convert photos into patterns (digitising), create entirely new patterns, or modify patterns that were created previously. Many patterns can be obtained via the internet. Some of the embroidered creations are cushions, bookmarks, hair-clips, bags & purses, soft toys, reading pillows, and children's play masks.

The Machine Embroidery sessions are of a social nature – techniques and ideas are shared freely. The group meets roughly fortnightly, but please call to confirm dates. The sessions are 9:30am until 4:00pm, and cost \$4 each session. Bring your own machine and your lunch!



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



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.



KEEPING OLD MOBILES OUT OF LANDFILL



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 Cheese & Spinach Gozleme

Popeye would have loved this delicious Turkish delight!



Serves: 4 Prep: 30m Cook: 20m Difficulty: Med

Ingredients

1 cup wholemeal self-raising flour, plus extra for dusting
150 g low-fat natural or Greek yoghurt
olive or canola oil spray
1 red onion, peeled and thickly sliced
100g reduced-fat feta cheese, crumbled
250g frozen spinach, defrosted and squeezed of extra liquid
pepper, to taste
1 lemon, cut into wedges

Variation::

Replace gozleme pastry with a 20cm wholegrain wrap, tortilla, or Lebanese bread. Fold in half and toast in a sandwich press..

Method

1. Place flour and yoghurt in a medium-sized bowl and mix to combine. Use clean hands to bring together until a dough forms then turn out onto a lightly floured surface and knead for three minutes.
2. Place the dough ball into a bowl, cover with plastic wrap and set aside at room temperature to rest (but not rise) while filling is prepared.
3. For filling, spray a large non-stick pan with oil and place on medium heat. Add onion and cook for 10 minutes until soft, stirring often.
4. Turn off heat, stir through feta and spinach and season with pepper.
5. Divide dough into four portions. Flatten and roll each with a floured rolling pin into a thin 20cm square.
6. Place a quarter of spinach filling (squeezing off any extra liquid) evenly onto a rectangular half of the pastry, fold other half over to enclose and press edges together to seal.
7. Repeat with remaining dough and filling.
8. Wipe out the frying pan with a paper towel, spray with oil and heat on high. Cook each gozleme for 2 minutes on each side or until golden brown. Transfer to serving plates and serve with lemon wedges.

Courtesy www.livellighter.com.au



AMARANTH
ATROVIRENS
BISTRE
BOLE
BURLYWOOD
CATAWBA
CATTLEYA
DAMASK
EBURNEAN
ECRU
FALLOW
FALU

FANDANGO
FELDGRAU
FULVOUS
GAMBOGE
GRULLO
ICTERINE
INCARNADINE
NACARAT
NATTIER
PHLOX
PUCE
SARCOLINE

SINOPER
SKOBELOFF
SMALT
SMARAGDINE
TITIAN
VANTABLACK
VERDIGRIS
WATCHET
WENGE
XANADU
ZAFFRE
ZOMP

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



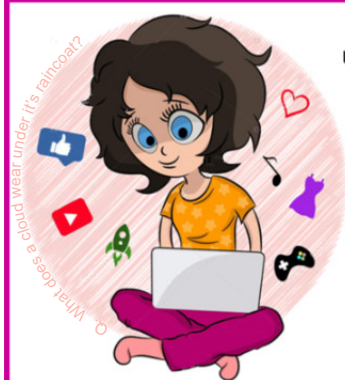
Australian Government
Australian Taxation Office

Need help lodging your tax return?

The free Tax Help program
can help you lodge



Book your appointment with MNH on 5435 2486



Tech Assistance

We can help with:

Mobile Phones
& Tablets

Drop in during business hours



**Cut down on your waste
this Christmas!**

Lions Christmas Cakes and Puddings

Re-stocked for 2025



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

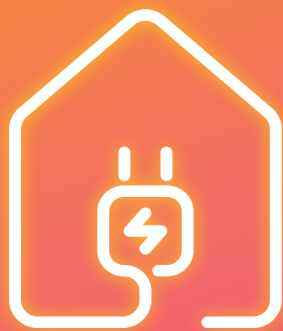
[Marong Neighbourhood House page & group](#)

[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



ELECTRIFY YOUR HOME EXPO!

Find out the costs, benefits and processes of making the switch!

Date:

October 12, 2025

Time:

11am – 3pm

Location:

Marong Primary School

Find out:

- ⚡ Where to start
- ⚡ How to plan for change
- ⚡ The costs and benefits
- ⚡ Available products
- ⚡ Rebates and grants

Chat to experts, local trades, and community members who have made the switch



Food and kids entertainment also available!



MELBOURNE CUP DAY HAT PARADE

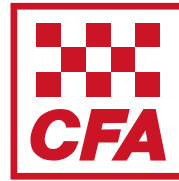


Tuesday 4th November 2025
2:30pm

Wear your best Cup Day Hat & bring
a plate of Afternoon Tea to share.



Community Information



MARONG COMMUNITY INFORMATION SESSION

DO YOU KNOW YOUR FIRE RISK?

TUESDAY 14 OCTOBER
7 PM
MARONG FIRE STATION
55 HIGH STREET, MARONG

Marong Fire Brigade invites you to come along to a free Community Information Session about fire safety to assist you about how to be best prepared for this fire season.

Bushfires happen every year. Spend time now and learn how you can keep you, your family and your friends safe from fire this season.

- *Could a fire reach my place?*
- *What if the road is closed?*
- *Will someone knock on my door to tell me to leave?*
- *What about the kids?*
- *What about my pets?*



For further information on how to prepare your property for fire scan QR code or visit www.cfa.vic.gov.au

