MNH Newsletter

November 2026

55 Sleeps Until Christmas!!

Congratulations to David Thorpe on being elected our Lockwood Ward Council representative.

Bendigo Animal Relief Centre (BARC) are holding a FREE cat and dog microchipping day here on 12th November from 2pm to 4pm. Please drop in if you need your cat or dog microchipped OR if you need to check that your details are up to date. See flyer on page 12.

We are starting to wind down and organise our end of year activates. Our annual Art Show to display the fantastic artwork produced by our attendees is on the 10th December in the Marong Community Hall (next door), see flyer on page 13.
We are organising a Community Christmas Dinner breakup to be held in the last week of term.

Container Deposit Scheme.
We are now an **Over The Counter Refund Point** for the **Victoria's Container Deposit Scheme**.

We have a Maximum of 100 Items for Walk in OR Bookings for Maximum of 500; you can Earn or Donate your Refund.

We are Only doing **Electronic Payments!!! NO CASH**



Operating during our normal Open Hours.
See the last page for more information.

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 the rest of the year are 2nd November & 7th December

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 to drop in and grab what they need (during open hours).

—Janine.

In this edition:

Regular Programs
Services Offered
Spotlight
Exercise Class
Recycling Programs
Book of the Month
Recipe of the Month
Activity Page
City of Greater Bendigo Website
Lockwood Ward By-election
B.R.E.P.
Community Information
Stop Violence against Women
CFA Local Fire Danger Periods
Marong Community Church
MCAG Christmas
Lions Christmas Cakes
BARC Free Microchipping
MNH Art Show
Container Deposit Scheme



Find the Palm Tree
Somewhere located in this newsletter is hidden a grey Palm Tree from our logo, are you able to find it?
October on page 12.

Opening Hours (we open only during school terms)

Term	Start	Finish
~~Term 1:~~	~~27 Jan~~	~~02 Apr~~
~~Term 2:~~	~~20 Apr~~	~~26 Jun~~
~~Term 3:~~	~~13 Jul~~	~~18 Sep~~
Term 4:	05 Oct	18 Dec

Marong Neighbourhood House

Mon:	9.00am to 3.30pm
Tue:	9.00am to 3.30pm
Wed:	9.00am to 5.00pm
Thu:	2.00pm to 6.00pm
Fri:	Closed

TOFS Op-Shop
Monday to Friday
9:30am - 12:30pm
Saturday
10.00am to 12.00pm

What's on offer - Activity Program

MON	1:00pm - 3:00pm	**Craft Circle**	Bring along your current craft project and supplies. Enjoy a cuppa and chat while crafting. $4 per session.
TUE	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.
	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.
WED	10:00am - 11:00am	**Over 60s Exercise Class**	BO *BOOKED OUT* & Mobility Exe d 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.
THU	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.
FRI	9:30am - 2:30pm	**Hobby Hangout**	Machine Embroidery, sewing, applique, knitting etc Bring along what you like to make and have a chat. Nov 6th & 27th. $5 per session
SAT	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

MNH Marong Neighbourhood House

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 children's 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 catalogues 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.

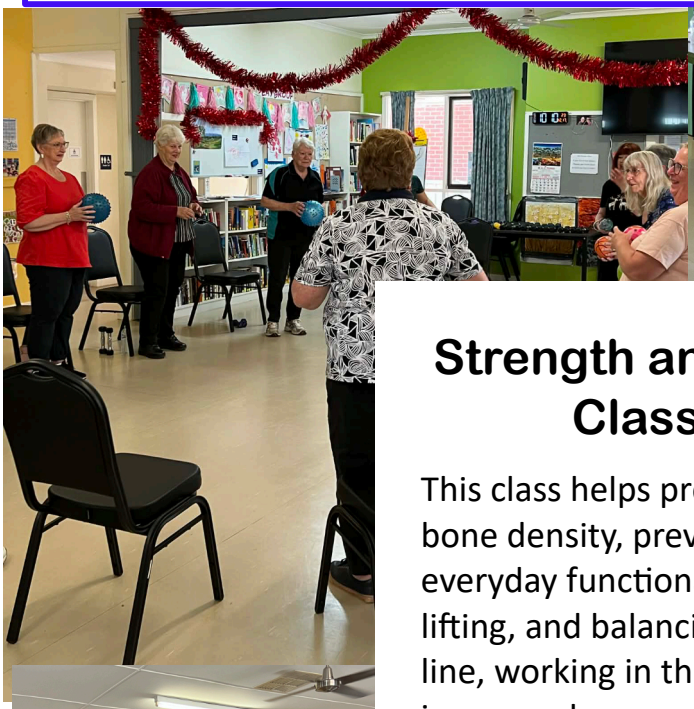
IT & Online Assistance

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







Strength and Mobility Exercise Class for over 60's

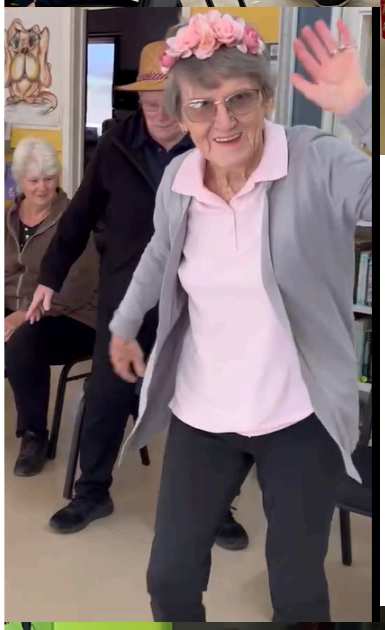
This class helps preserve muscle mass, protect bone density, prevent falls, to assist with everyday functional tasks like standing up, lifting, and balancing, hanging the cloths in the line, working in the garden, sit to stand and improve sleep.

The weekly program is put together from our amazing instructor Mel. Mel's dedication, commitment and passion towards this class and the ladies is incredible.

The class has been running since 2023 when we received funding from an Australia Post Grant to subsidise the class. We have been successful in obtaining funding to continue subsidising the class until this year. Currently the ladies are paying the whole cost because we have been unsuccessful in obtaining funding this half of the year.

We have an amazing group of ladies that attend the class! They have formed wonderful friendships, support each other during hard times and enjoy their cuppa and chat after the class at the Elmore bakery each week.















Recycling Programs

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.

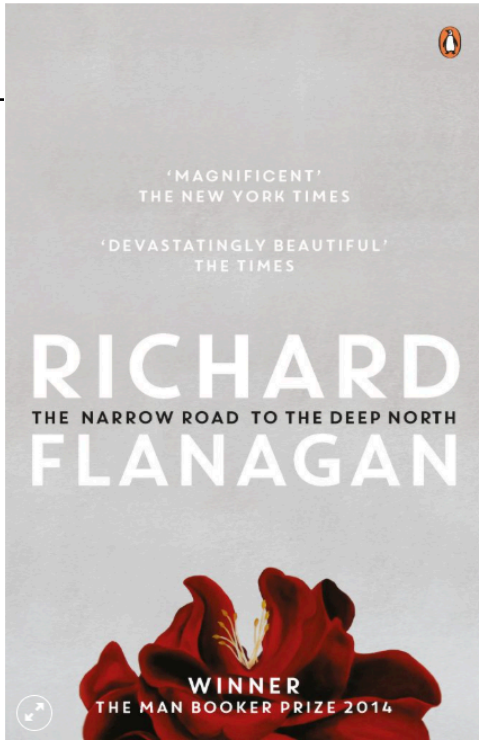
E-waste recycling

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 taped-up batteries
- Printer cartridges
- Optical disk drives
- Double adapters & power boards
- USB memory/SD cards
- Cables and leads
- Computer keyboard & mouse
- Chargers
- Multi-adapter plugs

Book of the Month



The Narrow Road to the Deep North

Author: Richard Flanagan

Dorrigo Evans, an Australian doctor haunted by a love affair with his uncle's wife—journeys from the caves of Tasmanian trappers in the early twentieth century to a crumbling pre-war beachside hotel, from a Thai jungle prison to a Japanese snow festival, from the Changi gallows to a chance meeting of lovers on the Sydney Harbour Bridge.

The Narrow Road to the Deep North is about the impossibility of love. At its heart is one day in a Japanese slave labour camp in August 1943. As the day builds to its horrific climax, Dorrigo Evans battles and fails in his quest to save the lives of his fellow POWs, a man is killed for no reason, and a love story unfolds.

Genres: Fiction, Historical Fiction, War, Australia

Recipe of the Month

Tandoori Chicken Mince Lettuce Cups

These Tandoori Chicken Mince Lettuce Cups are fresh, flavour-packed and perfect for an easy dinner or light entertaining. Filled with spiced chicken mince, crunchy vegetables and served in crisp lettuce cups.

Serves: 4 | Prep: 10min | Cook: 15min | Difficulty: Easy

Ingredients

1 tbsp vegetable oil
1 small brown onion, finely chopped
1 small red capsicum, finely chopped
1 small carrot, finely chopped
500g chicken mince
150g pkt Passage to India Tandoori Paste
½ cup water
Baby cos lettuce leaves
Cucumber & Mint Raita, to serve
Mango chutney, to serve

Method

Heat oil in a large, non-stick frying pan over medium heat. Add onion, capsicum and carrot and cook, stirring for 3 minutes until slightly softened.

Add chicken mince and break up with a spoon. Cook about 5 minutes until the mince starts to change colour.

Stir in Tandoori Paste and cook for 1 minute.

Add ½ cup water and simmer for 6-8 minutes, stirring occasionally, until the mince is cooked through and the vegetables still have a little bite.



Spoon into baby cos lettuce leaves.

Serve with Raita and mango chutney.

Cucumber and Mint Raita

Grate 1 Lebanese cucumber and mix with 2 teaspoons salt. Stand for 5 minutes and squeeze out excess liquid and add to a mixing bowl.

Add 1 cup plain Greek yoghurt, ¼ cup finely chopped fresh mint, ½ teaspoon ground cumin and 2 tablespoons lemon juice; and mix well.

Activity Page

Sudoku

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

SPRING TIME

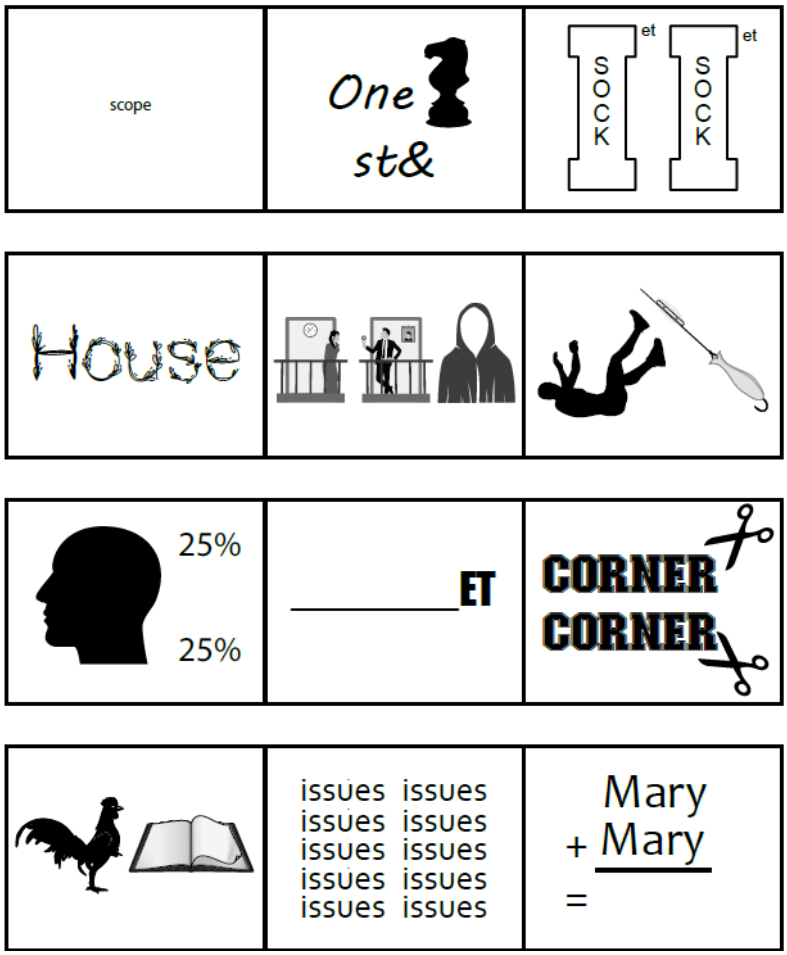
G	M	H	A	Y	C	U	T	T	I	N	G	C	E
N	E	H	B	U	P	I	C	N	I	C	S	E	I
I	L	A	G	N	I	K	L	A	W	H	S	U	B
W	B	L	I	R	L	U	F	R	U	O	L	O	C
O	O	L	S	O	T	I	U	Q	S	O	M	C	E
R	U	E	G	E	R	R	S	I	N	I	S	A	F
G	R	R	A	N	F	S	F	C	T	B	R	M	L
N	N	G	R	I	I	U	T	I	P	W	E	P	O
I	E	I	D	C	S	N	N	A	I	G	E	I	W
H	C	E	E	A	H	S	A	G	E	U	S	N	E
E	U	S	N	N	I	H	R	E	Y	C	Y	G	R
B	P	P	I	N	N	I	N	G	L	I	L	N	S
T	I	O	N	F	G	N	O	I	R	C	L	U	N
U	T	O	G	P	M	E	E	F	I	L	W	E	N

COLOURFUL
FISHING
CLEANING
FLOWERS
ALLERGIES
NEWLIFE
MELBOURNECUP
PICNICS
HAYCUTTING
CAMPING
MOSQUITOS
BUSHWALKING
GROWING
SUNSHINE
GARDENING

Riddles

1. If you give me a drink, I die, but if you feed me, I grow. What am I?
2. What word starts with E, ends with E, but only holds a single letter?
3. What's black, white, and blue?
4. Why did the citrus tree have to go to the hospital?
5. What has many rings even though it has no fingers?
6. What can go up but can never come back down?
7. What has hundreds of needles, yet can't sew a single stitch?
8. Where are energy criminals kept?
9. Where should you take a sick boat?
10. What's a question you can never say "yes" to?
11. You can find this in Earth, Jupiter, Mercury, and Mars, but not in Venus or Neptune. What is it?
12. If you write this five-letter word in all caps, it reads the same right side up and upside down.

Brain Teaser



Did You Know

- In Australia before 1902, it was illegal to swim at the beach during the day.
- The world's oldest fossil, which is about 3.4 billion years old, was found in Australia.
- Australia has more camels than Egypt.

Lockwood Ward by-election

We'd like to congratulate David Thorpe on being elected our new Lockwood Ward Councillor.

The Victorian Electoral Commission formally declared the results on Wednesday 14th October. Lockwood Ward by-election results and are available to view on the VEC website.

Bendigo Regional Employment Precinct (BREP)



The City is progressing plans for a new employment precinct south of the Marong township, which aims to support new and expanding business in Greater Bendigo.

In 2021, the City purchased 155ha of industrial land within a 294ha precinct that sits along the Wimmera and Calder Alternative Highways.

This site was also identified in the 2020 Marong Township Structure Plan and the revised 2024 Greater Bendigo Industrial Land Development Strategy, which acknowledged Greater Bendigo is already experiencing a significant industrial land shortfall and struggling to meet demand.

Bendigo Regional Employment Precinct has been rezoned as industrial land.

The rezoning, as recently confirmed by the Minister for Planning, includes a Development Plan Overlay to support a staged development of the precinct.

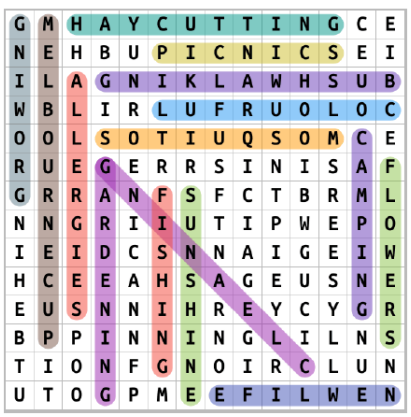
The aim was to finalise the rezoning prior to the State election to support our continued advocacy for additional funding to progress detailed planning and site preparations for trunk infrastructure, with the aim of having lots available by 2032.

Greater Bendigo has an estimated seven years of industrial land supply remaining.

The BREP presents a significant greenfield development opportunity to create a flagship industrial precinct that can support existing local businesses to expand, welcome new industry to our region, strengthen the agricultural supply chain and position the region to capitalise on the growing mineral sands sector in north-west Victoria.

When complete, we estimate that approximately 3,000 direct and 3,000 indirect jobs will be created at the BREP. As a dual benefit, the infrastructure investment can also unlock housing development.

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



Riddle Answers

1. Fire
2. Envelope
3. A sad zebra
4. For lemon-aid
5. A telephone
6. Your age
7. A porcupine
8. Fuel cells
9. To the dock-tor
10. Are you asleep
11. The letter R
12. SWIMS

Brain Teaser Answers

1. Microscope
2. One night stand
3. Eye sockets
4. Houseplant
5. Neighbourhood
6. Failure
7. Headquarters
8. Blanket
9. Cut corners
10. Cocktail
11. Tennis shoes
12. Summary

Community Information

16 Days of Activism against Gender-Based Violence

STOP VIOLENCE AGAINST Women





Wear Orange Wednesday

November 25

Morning Tea

Marong Neighbourhood House

11:10am

Please bring a plate to share

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.

Local Fire Danger Period Dates

The Fire Danger Period (FDP) is when CFA restricts the use of fire in the community to help prevent fires from starting.

CFA declares the Fire Danger Period for each municipality (shire or council) at different times in the lead up to the fire season. It depends on the amount of rain, grassland curing rate and other local conditions.

The Fire Danger Period for City of Greater Bendigo will be declared in the coming weeks. Loddon Shire Council's Fire Danger Period has been declared from 9/11/2026 to 01/05/2027.

Can I or can't I?

Fire Danger Period (FDP)

CFA declares the Fire Danger Periods by municipality during periods of increased fire risk.

Total Fire Ban (TFB)

Total Fire Bans are declared by CFA on days when fires are likely to spread rapidly and be difficult to control.





Lions Christmas Cakes & Puddings



1.5kg Cake $21.00

1kg Cake $17.00





900g Pudding $17.00

400g Pudding $11.00

80g Mini cake $3.00



Free cat and dog microchipping day in Marong



- **Thursday November 12, 2026**
- **2pm to 4pm**
- **Marong Neighbourhood House**
  39 High Street, Marong

Bendigo Animal Relief Centre (BARC) are holding a FREE cat and dog microchipping day in Marong for Greater Bendigo residents.

This is a good opportunity to:

- Have your best friend microchipped for free! ($40 cash only fee applies for non-Greater Bendigo residents)
- Check your pet's microchipping details are up to date
- Learn more about becoming a BARC foster carer

Please note cats and dogs must be in carry cages or on leads.

Bendigo Animal Relief Centre

20 Piper Lane, East Bendigo

t. (03) 5441 2209

www.bendigoanimalreliefcentre.com.au

BARC Bendigo Animal Relief Centre

CITY OF GREATER BENDIGO


Marong Neighbourhood House
Art Show
THURSDAY 10TH DECEMBER
MARONG COMMUNITY HALL
36 TORRENS STREET, MARONG
7:00PM
FOR ENQUIRES PH: 5435 2486
MNH
Marong Neighbourhood House

Electronic Payments Only

NO CASH

VICTORIA'S CONTAINER DEPOSIT SCHEME

MARONG NEIGHBOURHOOD HOUSE

Over The Counter Refund Point

Maximum of 100 Items for Walk in

OR

Bookings for Maximum of 200

Call 03) 5435 2486

Earn or Donate your Refund

Location: 39 High Street, Marong, Vic

Open Hours

Mon & Tue 09:00am - 03:30pm

Wed 09:00am - 05:00pm

Thu 02:00pm - 06:00pm

Fri, Sat, Sun Closed

NO CASH