

PSB 5, Town Garage Sale

This month, it's farewell to Term 3, as the weather starts it's very changeable spring routine. It always gets colder just when you think it's finally getting warmer, doesn't it?

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. After that, the next one is our first day back in Term 4 (6 October).

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 (caravan park residents) – but 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

Following the holidays, Toni and I will still be 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.

Marong Garage Sale Day 2025

Coming this fortnight! 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 the back page, or just grab a form from us in person.

Got Bad Gas?

The Solstice Gas problem is affecting much of the Marong community. One option you might be interested in is the **Electrify Your Home Expo** next month. Marong Primary School is the venue for the expo, a joint event by the City of Greater Bendigo and the Marong Community Action Group. Find out the costs, benefits and processes involved in switching your home from gas to electricity. The expo will be open from 11am to 3pm on Sunday the 12th of October. See the poster on page 8 for further details.

End of Term - Closing

The year is flying by, and we are closing for school holidays 19th September to 5th October inclusive. TOFS Op-shop will still open on the 19th and 20th of September, but that's all until next term. We will be holding a \$5-fill-a-bag sale from the 15th through to the 20th. I hope you enjoy the school holidays, and please take care.

—Janine.

In this edition:

Regular Programs

Spotlight on
TOFS Op-Shop

MNH Services Offered

Recycling Options

Recipe of the Month
Healthy Chocolate Zucchini Muffins

Word Detective

Community Information

Tax Help 2025
Lions Fruit Cakes & Puddings
Electrify Your Home Expo
Tape Your Terminals
Marong Township Garage Sale Day



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: TOFS Op-Shop

The Old Fire Shed (we call it TOFS) Op-Shop, at 16 Cartcart Street, is Marong's own social enterprise Op-Shop, managed by Marong Neighbourhood House, run by and for volunteers. Goods are made available for sale thanks to generous community donations, and the staff volunteer their time.

TOFS Op-Shop gives you the opportunity to find donated goods, vintage pre-loved fashion, homewares, or charming pieces of bric-a-brac. Visiting TOFS is like dusting off an old treasure chest — perhaps you'll find rare period garments and unusual accessories; quirky or chic secondhand items; even some brand-new, never-used goods.

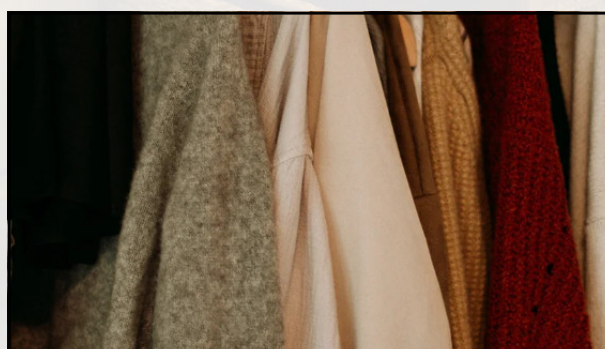
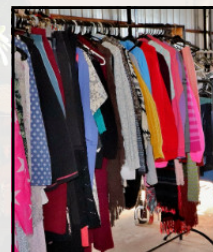
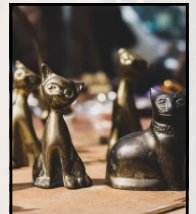
Op-Shops can provide an interesting pastime if you aren't looking for something specific – and being close-by, if you do have something particular in mind, it takes only a moment to drop in often to check for new stock.

Clothes from the Op-Shop are cheap to begin with – most items at TOFS are only \$3 – and are more likely to be made of natural fibres instead of synthetic plastics, so you get more wear from them – saving you further money in the long run.

Any money raised from Op-Shop sales is used by MNH to benefit the community, eg. funds are used to subsidise programs such as First Aid courses.

If you would like to donate to TOFS Op-Shop, please only do so while the shop is attended, and please donate only items you would be prepared to buy – no damaged or dirty clothing, no broken or dirty goods. Unfortunately, TOFS Op-Shop cannot accept undergarments, furniture, electronic items, or mattresses.

The shop is open 9:30am-12:30pm on Mondays, Tuesdays, Wednesdays and Fridays, and 10:00am-12:00pm on Saturdays. The shop does not open during school holidays.



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.



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 Chocolate Zucchini Muffins

Perfect for the lunchbox, these muffins sneak in some hidden veg!

 Serves: 18  Prep: 15m  Cook: 20m  Difficulty: Med



Ingredients

spray olive or canola oil spray
80g brown sugar
40g cocoa powder
½ tsp baking powder
½ tsp Baking soda (bicarbonate)
1 cup plain flour
1 cup wholemeal plain flour
3 eggs
200ml reduced-fat plain yoghurt
2 tsp vanilla extract
3 tbs canola oil
300g zucchini, grated
½ cup sultanas

Method

1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bicarb and flours, returning husks from the sieve to the bowl.
3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

Variation:

Try other dried fruit like cranberries or raisins, or add 2 Tbs chopped nuts or seeds

Serving Suggestion:

To help picky eaters, little green flecks in the muffins can be avoided by peeling the zucchini.

Courtesy www.livellighter.com.au



ACCUMULATION	HASH	MOTLEY
AGGLOMERATION	HODGEPODGE	MUDDLE
AMALGAM	JUMBLE	PASTICHE
ASSORTMENT	JUNGLE	PATCHWORK
BLEND	MEDLEY	SCRAMBLE
CLUTTER	MELANGE	SHUFFLE
COLLAGE	MISCELLANEA	TANGLE
FARRAGO	MISHMASH	TUMBLE
GALLIMAUFRY	MONTAGE	VARIETY

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

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

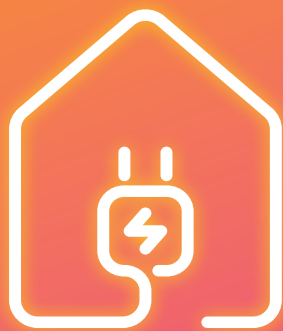
Marong Neighbourhood House page & group

Marong Neighbourhood House Playgroup page

Marong Neighbourhood House - The Old Fire Shed Op-Shop page

MNH web page: www.marongnh.com.au

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!

Community Information

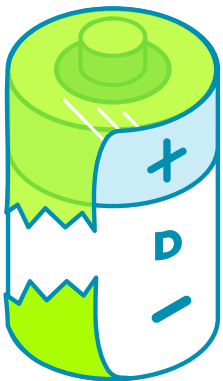
Tape Your Terminals

If battery terminals touch, they can spark and catch fire. To prevent this, tape the terminals of used batteries. Always use clear sticky tape.

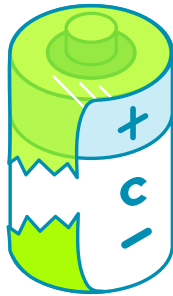
Different batteries have terminals in different places. Regular batteries, like AA, have terminals at both ends, while others, like 9-volt batteries, have two terminals at the same end. Button battery terminals are on the base and should be covered in clear tape on all sides.

Regular batteries

Ensure batteries are taped with clear tape on both sides.



D



C



AA



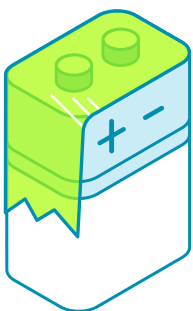
AAA



AAAA

9-volt

Completely cover all exposed metal



Rechargeable

Ensure metal parts are covered



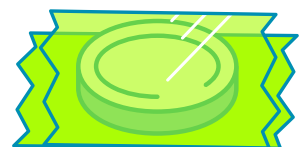
Power tool

Cover all exposed metal parts



Button

Completely enclose all the metal



B-cycle
Battery
Recycling



CITY OF GREATER
BENDIGO

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**