

Term 4

Get Ready For This Fire Season

Start Preparing Now!!!

With lots of spring growth, the grass fire risk will be high.

Now is a great time to start getting the grass under control.

New St John Ambulance Defibrillator

We have a new Defib.

It is located under the veranda at the side door, 24 hour, 7 days a week access.



A huge shout out to City of Greater Bendigo for assisting us to purchase this new unit through their "Small Grants".

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 200; you can Earn or Donate your Refund.

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

Operating during your normal Open Hours.

See the last page for more information.



Tax Help

Finishes on 31st October. If you need assistance lodging your tax return drop in and see us Or see more information on page 3.

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:
7th September
5th October
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.

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Funloong Fun Day

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Community Information

Maldon Baringhup AG Show

East Shelbourne Live Music

MNH AGM

MCAG AGM

BCHS Grow Food

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?

[September on page 6.](#)

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

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.
T U E	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 Cost \$4 per session. TAKING A BREAK OVER OCTOBER
W E D	10:00am - 11:00am	Over 60s Exercise Class	BOOKINGS REQUIRED. Cost \$4 per session. Mobility Exe 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 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.

Tax Help

Need help lodging your tax return? If you earn \$70k a year or less and have simple tax affairs, the ATO's community-

based Tax Help program is for you! Appointments are available in person at Tax Help centres at Marong Neighbourhood House, from the 20th July with ATO-trained volunteers. To find more info and check if you're eligible, visit ATO website [HERE](#) OR drop in during open hours.



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

Art Class

Wednesdays

1:30pm

Art Supplies Provided

Cost \$4



**2026 Art Show
Thursday 10th December**

**2026 Art Show
Thursday 10th December**



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!



pharmacycycle™



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 Long Road Home

Author: Fiona McCallum

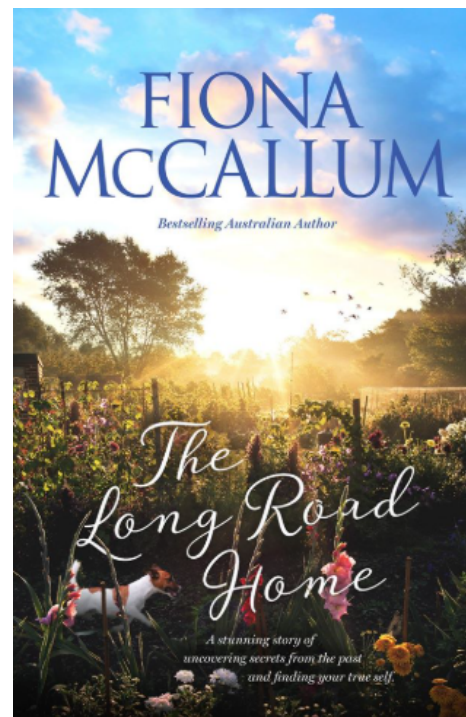
You can't find where you truly belong until you discover who you really are...

Alice Hamilton is enjoying her new life in Ballarat with the freedom to explore her future now she's stepped away from the constraints of her upbringing. She's learnt the hard way that knowledge is power, and is looking forward to her legal studies, then making a difference as a lawyer with heart.

But while Alice's life is looking up, back in Hope Springs the world of her former husband Rick Peterson is unravelling. After a chance meeting a few months earlier, Rick and Alice have reconnected. And it's fortunate they have, because Rick is about to need Alice's friendship like he's never needed it before.

Rick has always felt a bit lost - as a farmer, he could never admit he didn't feel the deep connection to the land that the only son and third generation farmer should. And now he's suddenly being forced to come to terms with just why his heart isn't in it and what's behind his fractured relationships. Has his whole life been a lie - and if so, where did that lie begin?

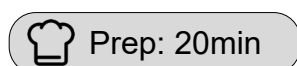
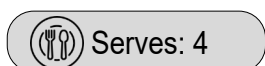
Genres: Contemporary, Romance, Australia, Family, Fiction



Recipe of the Month

Cauliflower and Cheddar Fritters with Kiwi Salsa

Healthy and simple quinoa fritters with cauliflower and cheese for a fresh and easy lunch.



Ingredients

Fritters

1 cup tri-colour quinoa
1/2 medium cauliflower, cut into florets
1/2 cup rolled oats
4 eggs, lightly beaten
6 spring onions, sliced
1 1/2 cups grated cheddar cheese
Finely grated rind of one lemon
Oil, for shallow frying

Kiwi Salsa

250g punnet red and yellow cherry tomatoes, quartered
2 kiwi fruit, peeled and diced
1 tablespoon olive oil

Method

Fritters

Rinse the quinoa and place in a medium saucepan with 2 cups water. Bring to a boil then immediately reduce heat to a simmer, add a pinch of salt and cover and cook for 15 minutes. Turn off the heat, fluff with a

fork and set the lid ajar to rest

In a food processor, pulse the raw cauliflower until it resembles cous cous. You will need 2 cups cauliflower crumbs. Remove from the processor. Process rolled oats in the food processor until fine (if there is a few cauliflower crumbs in bowl that is ok)

Combine processed rolled oats, quinoa, cauliflower, eggs, onions, cheese and lemon in the food processor bowl and pulse until just combined and season to taste.

Thinly cover the base of a large frying pan with oil and heat over medium-high heat. Drop 1/4 cupsful of mixture into the pan and fry, in batches, for 3-5 minutes on each side, turning carefully with an egg flip. Cool slightly before serving with salsa

Kiwi Salsa

Make salsa by tossing together all ingredients.



Activity Page

Sudoku

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

Spring Sporting Events

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

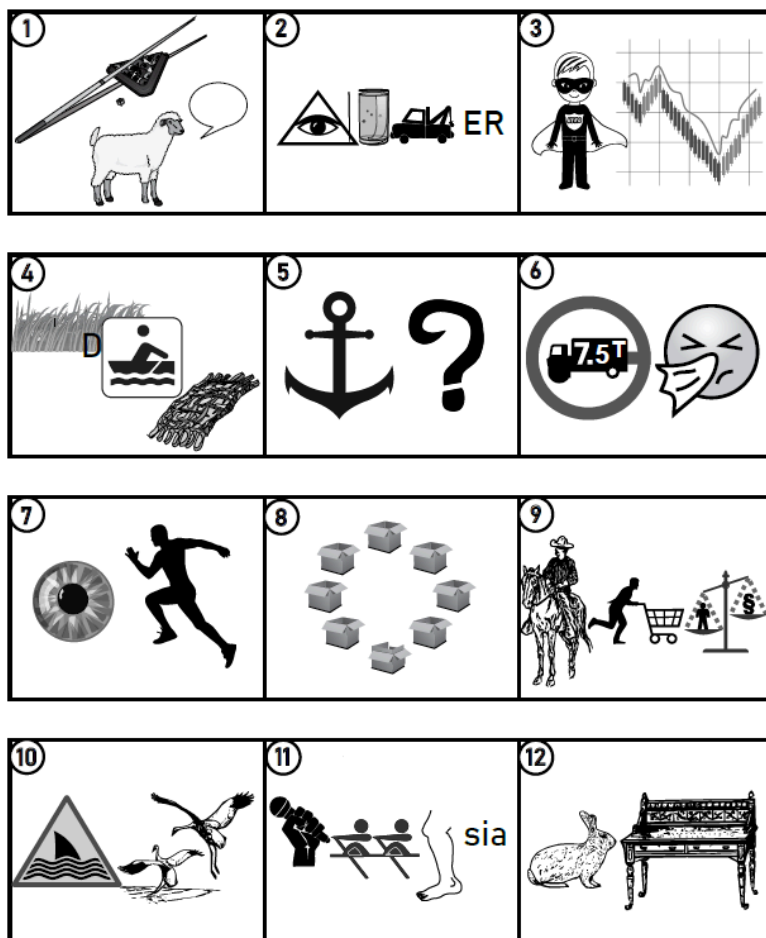
BATHURST
MOTORCYCLE
GRANDPRIX
BENDIGOSPIRIT
BASKETBALL
NRL
GRANDFINAL
WOMENSBIG
BASHLEAGUE
SHEFFIELD
SHIELD
EMUVALLEY
UPPERLODDON
BDCA
BCGBR
GOLF

Riddles

1. What do you break the moment you name it?
2. What has words, yet never speaks?
3. What did the ocean say to the sand?
4. What's the quickest way to double your money?
5. If you throw a black stone into the Red Sea, what does it become?
6. I am a protector who sits on a bridge. Only one person can see through me, while others cannot. What am I?
7. Why did the golfer have to change his pants?
8. If you have me, you want to share me. If you share me, you haven't kept me.
9. What bats, but never hits; is near a ball, but never thrown?
10. What can hold water despite being full of holes?



Brain Teaser



Did You Know

- If all the sails of the Opera House roof were combined, they would create a perfect sphere. The architect was inspired while eating an orange.
- In 1940, two aircraft collided in midair, in NSW. Instead of crashing, the two planes became stuck together and made a safe landing.

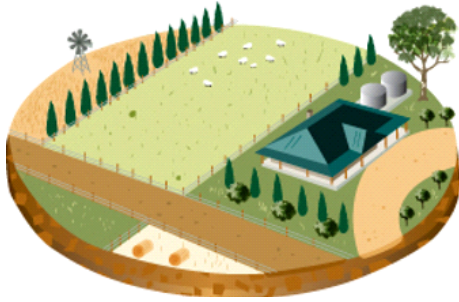
Community Information

Get Ready for this Fire Season

Close to or among grass or paddocks

What can you expect?

- Dry and brown grass that easily catches fire.
- Grass more than 10cm tall will have a higher flame height and intensity.
- Faster burning than through forests as grass is a finer fuel.
- Radiant heat (the heat created by a fire)
- Fires that can start early in the day.
- Faster moving fires that travel up to 25 km per hour.



What to do

- Prepare your property for fire before summer starts. Create fuel breaks around your property and the assets that you want to protect – you will need to maintain these throughout summer.
- Don't get caught out in the open during a grassfire. It can get very hot and radiant heat can kill.

The safest place to be is away from the threat.

If you're caught in a grassfire move to somewhere with minimal vegetation, such as a ploughed or well-grazed paddock.

- If you're caught in a car, don't get out and run.
- Turn your hazard lights on and park off the roadway away from dense bush and long grass facing towards the oncoming fire.
- Before the fire approaches tightly close windows and doors, shut all vents and turn off the engine and make sure you get down below window level and cover up with woollen blankets.
- Sheltering in a car is extremely dangerous and can result in serious injury or death. Always plan to leave early to avoid this situation.
- Stay informed on hot, dry, windy days by monitoring conditions outside and tuning into a local emergency broadcaster, checking emergency.vic.gov.au regularly and by downloading the VicEmergency app.

Close to or among dense or open bush

What can you expect?

- Very hot fire and many embers.
- Embers such as twigs, bark and debris arriving from far away.
- Dangerous levels of radiant heat and fire intensity.
- Trees falling in high winds.
- Embers landing for a long time after the fire has passed.
- Fine fuels (the thickness of a pencil or less) that burn very quickly.
- Heavy fuels that will burn very hot for long periods of time.
- A reduction in visibility due to very thick smoke.



What to do

- You need to prepare your property for fire before summer starts.
- Decide when you will leave and where you will go on hot, dry, windy days when the risk of a fire starting is increased.
- Talk to your family and friends about when you will leave and where you will go.
- Stay informed on hot, dry, windy days by monitoring conditions outside and tuning into a local emergency broadcaster, checking emergency.vic.gov.au regularly and by downloading the VicEmergency app.
- Leaving early is the safest option to protect yourself and your family.
- If there's a fire close by, it's important to protect you and your family against radiant heat. Cover up any exposed skin because radiant heat can cause serious injury or death.

Distance is the best protection against radiant heat, so it's important to move two or more streets away from the fire.

Sourced from CFA - <https://www.cfa.vic.gov.au/plan-prepare>



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.

Maiden Gully Family Fun Day



Family Fun Day at Maiden Gully Village Shopping Centre

- October 17, 2026
- 10:00 am - 01:00 pm
- 715 Calder Hwy , Maiden Gully
- Free Event
- Features: Family Day, Free, Acoustic music, Facepainting, Prizes, Animals.

FREE FUNLOONG FUN DAY!

FREE COMMUNITY EVENT

Saturday October 17, 2026

11am to 2pm

Hargreaves Street Mall and Williamson Street

Join us to celebrate Children's Week with a range of **FREE** fun activities and live entertainment for children and families to enjoy!

What can go in your organics bin is changing

Food scraps and garden material from Greater Bendigo households will soon be processed locally by Western Composting Technology (WCT).

To maximise the quality of the compost produced, some of the things we used to put in the organics bin will need to go in the recycling or general waste bins instead.

From October 1, only the following items can go in the organics bin:

- All food scraps
- Garden material, lawn clippings, pruning, weeds and small branches
- Compostable liners provided by the City
- Natural timber (untreated, unstained)



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

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

Riddle Answers

1. Silence
2. A book
3. Nothing. It waved.
4. Put it in front of a mirror.
5. Wet.
6. Sunglasses.
7. He put a hole in one.
8. A secret.
9. Eyelashes.
10. A sponge

Brain Teaser Answers

1. Cuba
2. Eiffel Tower
3. Supermarket
4. Laundromat
5. Angkor Wat
6. Tunnel
7. Iran
8. Boxing ring
9. Mount Rushmore
10. Finland
11. Micronesia
12. Hairdresser

Community Information

**MICK COATES AND THE
TIBOOBURRA THREE**

PLUS KENNY JOE BLAKE ON HARMONICA



LIVE



SAT 17TH OCT

MUSIC

BBQ FROM 6.00 PM

BAND STARTS

6.30 PM

ENTRY FEE

\$20

BYO CHAIR & DRINKS

**EAST SHELBOURNE
RECREATION RESERVE**

BENDIGO-MARYBOROUGH RD

KIDS UNDER 17 FREE

FOR MORE INFO
CALL CHRIS

0488 992 714

162ND MALDON & BARINGHUP AGRICULTURAL SHOW

**SUNDAY 18TH OCTOBER, 2026
9AM - 4PM**

Maldon Racecourse Reserve, Lewis Rd, Maldon

FREE CHILDREN'S ACTIVITIES FROM 10am-3pm

ENTRY

\$15 Adult
\$35 Family (2 adults & family under 14)
\$10 Pensioners/Students
\$5.00 Children (Under 14)



• HORSE EVENTS • SHEEP & WOOL PAVILION • MOBILE ANIMAL FARM

• DOG SHOW • FACE PAINTING, JUMPING CASTLES, LASER TAG, CHAIR-O-PLANE RIDES, FIZZES EDUCATION SHOWS, SHEAF TOSS, GUM BOOT THROWING

• PAVILION COVERING ART, CRAFT, COOKING, HORTICULTURE & MORE

• ENTERTAINMENT BY MALDON BRASS BAND & GLASS WINGS

Community Bank
Maldon & District

Bendigo Bank

Mount Alexander
Shire Council

f MALDON SHOW

MORE INFO - LEEANNE
secretary@maldonshow.com.au

Proudly supported by:

Community Information



Marong Neighbourhood House Annual General Meeting

- 20th October 2026
- 7:30pm
- 39 High St, Marong



Marong Community Action Group Annual General Meeting

- 27th October 2026
- 7:00pm
- Marong Historic Shire Hall
Corner Calder HWY & Admas Street

Grow Food Bendigo

FREE WORKSHOPS IN OCTOBER 2026!

A free, hands-on workshop series helping Greater Bendigo residents to grow food, reduce waste and build resilience at home. These workshops are suitable for those getting started or looking to expand their skills, with simple, affordable and climate-smart ways to grow, use and manage food.

Book in quick, limited spaces available! Register at humanitix.com or scan the QR code below.

Food Wise

Simple steps to reduce food waste at Bendigo Foodshare and at home

A behind-the-scenes tour of Bendigo Foodshare, plus a quick session on reducing food waste through storage, planning and buying seasonally.

Friday October 9
12.30pm to 2.30pm
Bendigo Foodshare, 227 Breen Street, Golden Square

Seed Saving for Home Gardeners

Greg Muller from Useful Seeds will share how to save, store and share seeds from your own garden.

Friday October 23
12.30pm to 2.30pm
Bendigo Foodshare, 227 Breen Street, Golden Square

Growing Food in the Ground

Soil, compost and productive food gardens

Learn the foundations of successful food growing. Explore soil health, composting, garden bed preparation, planting and watering.

Friday October 16
12.30pm to 2.30pm
Golden Gums Farm, Strathfieldsaye (address provided to participants upon registration)

Growing Food in Small Spaces

Containers, wicking beds, and healthy soil

Learn how to grow food in limited spaces or when growing above ground is the safest option.

Friday October 30
12.30pm to 2.30pm
Bendigo Foodshare, 227 Breen Street, Golden Square

Grow Food Bendigo is part of the Home Energy Empowerment Program, which is brought to you by the Greater Bendigo Climate Collaboration, Bendigo Foodshare and the City of Greater Bendigo.

Scan the QR code to register!

Suitable for renters and homeowners!

EMPOWER YOUR HOME

FOODSHARE

GREATER BENDIGO CLIMATE COLLABORATION

CITY OF BENDIGO

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