

What a Floody Nuisance!

Living in a largely agricultural area, we usually *like* to see rain, but this is just too much. All of us at Marong Neighbourhood House sincerely hope that you and your property are fairing well, and that any effects of the floodwaters are minimal. On page three of this issue of the newsletter, we have gathered a list of flood-related resources for you, and we are only too happy to help you with any applications.

If you know of anyone in need of material goods, we are also offering Op-Shop vouchers for victims.

Power Saving Bonus

The state government's \$250 Power Saving Bonus is still being taken up by the community, which is fabulous. If you haven't already applied, MNH staff are registered agents able to provide assistance to anyone wishing to take up the offer – we will help get your \$250 on its way. Check with your friends and family whether they know about this great offer to offset their power bill. For more details regarding eligibility, see the full-page poster on page six.

Marong Family Fun Day

The Marong Family Fun Day has been postponed because of the flood-affected Malone Park fields. There is no word yet on the new date for the event, but we expect it to be early in the new year.

Proposed Photo Club

You don't need an expensive camera to take photos these days, our mobile phones are always ready at hand and take great photos. MNH is considering starting a Photo Club. If you are interested in bringing your mobile device and meeting like-minded people to talk photos, share,

learn, and be inspired by each other, please let us know. If there is sufficient interest, we will start a Photo Club next term.

Golf Club Photo Competition

MNH and the Marong Golf Club have re-opened their photo competition, but like everything else, it's been affected by the weather, so we have extended the closing date (again) to the twelfth of December. Given the changes at the golf course itself, the sole entry requirement is now a photo of yourself at the course here in Marong! Have a go – the very generous prize of a year's Club Membership could be yours.

New Technology Page

In light of the recent spate of computer crimes and data theft in the country, we will occasionally be including an article that explains some aspect of modern digital life, and how each of us can interact with the technology in a safer, more secure manner. The first article, on page eight, is about making your online accounts harder to hack into. Each article is written in easy-to-understand language, and if you'd like to make any changes after reading it, MNH is here to help.

Pancake Breakfast

The next free-of-charge Pancake Breakfast will be held on Monday the seventh of November, between 8:00 and 9:00am (it doesn't matter if you're a little bit late), with the final this year being the fifth of December.

—Janine.



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Opening Hours (we open only during school terms)

<u>Term</u>	<u>Start</u>	<u>Finish</u>	<u>Marong Neighbourhood House</u>	<u>"TOFS" Op-Shop</u>
Term 1	28 Jan	08 Apr	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2	26 Apr	24 Jun	Tue: 9.00am to 3.30pm	Wed: 9.30am to 12.30pm
Term 3	11 Jul	16 Sep	Wed: 9.00am to 5.00pm	Fri: 9.30am to 12.30pm
Term 4	03 Oct	20 Dec	Thu: 2.00pm to 6.00pm	Sat: 10.00am to 12.00pm
			Fri: Closed	

Regular Programs

M O N	9.30am - 10.00am	Walking group	Take a leisurely stroll around Marong township, followed by a cuppa. Costs \$1.
	1.00pm - 3.00pm	Craft Circle	Bring your craft and supplies. \$3 per session.
T U E	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$3 per day per family or \$20 per term per family.
	9.30am - 4.00pm	Machine Embroidery	Bring your machine and your lunch along. Hand embroiderers welcome. \$3 per session.
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$3 per session.
	1.00pm - 3.30pm	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.
W E D	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$3 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 \$3 per day per family or \$20 per term per family.
F R I	1.00pm - 4.00pm	Miniature Enthusiasts of Bendigo	<i>Every 2nd week</i> – Imagine a newly-built house that's a clean slate for you to paint, decorate, and furnish... but at 1:12, 1:48 or 1:144 scale! Cost is \$3.
S A T	10.00am - 4.00pm	Sewing Workshop	<i>26th November (please contact us for further dates)</i> – Judith teaches sewing (bring your own machine). Costs \$3.

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.



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.



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.

Online Flood Assistance Resources

Relief Assistance

If you require assistance from us completing any online forms or claims, please drop in during open hours or call Janine: 0427 352 217.

Please bring with you:

- An email address
- Evidence of your identity and place of residence, using your driver's licence, passport, Centrelink card, Medicare card, or birth certificate
- Bank details to receive payment via direct deposit.

Mental Health Support — Self Care

- Recognise that you've been through a distressing time. Don't get angry with yourself for being upset.
- Remember that there is no right or wrong way to feel.
- Don't suppress your feelings — share them with people you trust when you are ready to do so.
- Rest if you're tired. Physical exercise is also important.
- Let friends and family know of your needs — when you feel tired, need time out, want to talk or be with someone.

Help in a Crisis

If you require help, contact:

Mental Health Line: 1800 011 511

Beyond Blue: 1300 22 4636

Lifeline: 13 11 14

MensLine: 1300 78 99 78

Lifeline Text: 0477 13 11 14

Kids Helpline: 1800 551 800 (children under 12 years)



Victorian Emergency Relief Assistance Payment

The one-off payment is to help you and your household meet immediate and essential needs, like emergency shelter, food, clothing or personal items.

Here is the link to the online application form <https://emergencypayments.dffh.vic.gov.au/>

Absence From Residence Register

If you have evacuated from your home and are concerned about security, you can “register your absence from residence” with Victorian Police. Here is the link <https://service.vic.gov.au/find-services/housing-and-property/register-your-absence-from-residence>.



The Australian Government Disaster Recovery Payment (AGDRP)

This is a lump sum payment to help you if you've been significantly affected by Victorian Floods in October 2022. To help with major damage to your property or other assets.



If you're eligible, you'll get:

- \$1000 per adult
- \$400 for each child younger than 16.

Here is the link to claim:

<https://www.servicessaustralia.gov.au/how-to-claim-victorian-floods-october-2022-australian-government-disaster-recovery-payment?context=63461>

Disaster Recovery Allowance (DRA)

If your income has been directly affected by Floods, you are aged between 16 and 21 you may be eligible for the Disaster Recovery Allowance (DRA). Link:

<https://www.servicessaustralia.gov.au/victorian-floods-october-2022-disaster-recovery-allowance>



Financial Counselling Australia

Free financial counselling for flood victims link:

<https://www.financialcounsellingaustralia.org.au/free-financial-counselling-for-flood-victims/>

Call the Helpline on 1800 007 007 (Monday to Friday, 9.30am–4.30pm)

MNH services offered

Photocopying & Printing

Photocopying documents is provided for a small charge:

- A4-size colour originals are 40 cents per copy (10 cents for monochrome)
- A3-size colour originals is \$1.00 per copy (20 cents for monochrome)

Electronic copies of photographs or documents in most popular formats—PDF, MS-Office—can be printed for a small charge:

- A4-size colour printing is 40 cents per page (10 cents for monochrome)
- A3-size colour printing is \$1.00 per page (20 cents for monochrome)

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've added 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, a sensory/herb garden is being created to provide a more welcoming outlook.

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.

Op-Shop

Our Op-Shop (The Old Fire Shed Op-Shop or just TOFS) reopened on 28th February. TOFS, at 16 Cathcart Street, is excellent value—most items are just two 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; this decreases to 20 people if COVID restrictions are reinstated. 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; the REDcycle programme, Aussie Bread Tags for Wheelchairs and Lids4Kids. Page 7 has more details.

MNH Assistance



Winter Community Coat Drive

Bendigo Community Health Services have provided us with donated Free Coats for the vulnerable people in our community to keep warm this winter.

These are located at the Op-Shop, The Old Fire Shed, 16 Cathcart Street, Marong.

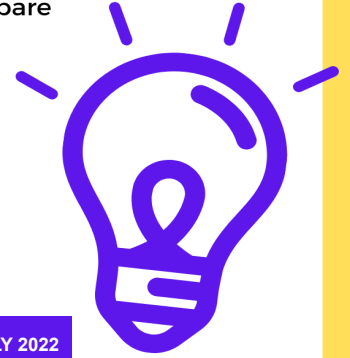
Please drop in during open hours or call
0427 352 217



Q: What's the simplest way to organise a party in space?

Neighbourhood Houses can help you compare energy deals and claim the

\$250 POWER SAVING BONUS



NEW SCHEME as of JULY 2022



To be eligible, you must be a Victorian residential energy consumer (ie. have a residential electricity account), and you must be the account holder. There is only one payment per household. Please see the page 6 for more information.

As part of the Power Saving Bonus application, you will be presented with information about the best-priced electricity offers in your area. You are not required to switch from your current offer or retailer.

Please get in contact with us so we can help. Find out more on 5435 2486 or drop in whenever we're open.



Tech Assistance

We can help with:

Mobile Phones

& Tablets

Drop in during business hours



Neighbourhood Houses
The Heart of Our Community



The Marong Neighbourhood House acknowledges the support of the Victorian Government.

Contact Details

Marong Neighbourhood House
39 High Street
Marong
Victoria 3515

General enquiries no.: 03 5435 2486
Co-ordinator (Janine): 0427 352 217

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: www.marongnhh9.wixsite.com/marongopshop

MNH Assistance

Drop in for a cuppa and we'll help you

**\$250
POWER
SAVING
BONUS**



YES!

As long as you receive an electricity bill for a Victorian residential property, and you are the account-holder, you can apply for the **\$250 Power Saving Bonus**.

- This scheme commenced on 1 July 2022, and is a separate scheme from similar schemes run last year.
- You can apply for the **\$250 Power Saving Bonus** even if you were compensated under the previous schemes.
- You can apply even if your electricity bill shows you in credit.
- You can apply regardless of whether you have solar electricity panels.
- You can apply even if you live in a caravan park – provided you have your own electricity meter, and receive an electricity bill from the park management.
- You can elect for the \$250 to be paid into your bank account **OR** receive a bank cheque.

You can apply online at compare.energy.vic.gov.au **OR** we can apply on your behalf at the Marong Neighbourhood House (please bring your bill, some identification, and perhaps your banking details).

Recipe of the Month

Healthy Cottage Kangaroo Pie Recipe

Perfect for those cool spring nights, this shepherd's pie is packed full of flavour.



 Serves: 8

 Prep: 20m

 Cook: 60m

 Difficulty: Med

Ingredients

- 2 sweet potatoes, peeled and diced
- 2 potatoes, peeled and diced
- 2 Tbs skim milk powder
- 2 Tbs canola oil
- 1 kg kangaroo mince
- 1 onion, diced
- 2 carrots, diced
- 3 stalks celery, diced
- 2 cups frozen peas
- 400g can no-added-salt brown lentils, drained
- 1 Tbs Worcestershire sauce
- ½ cup water
- 2 Tbs reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 180°C.
2. Fill a large pot with water. Place sweet potato and white potato into water, bring to the boil and cook for 10-15 minutes until soft.
3. Drain potatoes and mash together with skim milk powder.
4. Heat oil in fry pan, place kangaroo mince into the pan and cook until browned.
5. Add chopped vegetables, frozen peas, lentils, Worcestershire sauce and ½ cup of water. Cook for 15 minutes.
6. Place mixture into a casserole dish.
7. Spread mashed potato on top of mince mixture and smooth with spoon. Top with grated cheese. Bake for 45 minutes or until golden brown on top.

Courtesy www.livellighter.com.au

WORD DETECTIVE

- | | | |
|--------------|--------------|-----------|
| ADVANCEMENT | BUOYANT | ELATED |
| ADVICE | CALM | ENDOWMENT |
| ADVOCACY | CARE | ENLIVEN |
| ALLEVIATION | CHARITY | FAITHFUL |
| ALLOWANCE | CHEERFUL | FAVOUR |
| ANTICIPATING | COMFORT | FORWARD |
| ASSIST | COMPENSATION | GIFT |
| ASSURED | CONFIDENT | GIVING |
| ATTENTION | COOPERATION | HAND |
| BACKUP | DELIVERANCE | HOPING |
| BENEFIT | EAGER | LIFT |

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

Community Information



One Simple Step to Securing Your Accounts



Introduction

Wouldn't it be great if there was one simple step you could take to protect you from cyber criminals and let you securely make the most of technology? While no sole step will stop *all* cyber criminals, one of the most important steps you can take is enabling something called **two-factor authentication** (sometimes called 2FA, two-step verification, or multi-factor authentication) on your most important accounts.

The problem with passwords

To protect your accounts, you probably already use a password - something only you know - to verify that you are the right person to use your account. There are other ways to authenticate yourself too: something only you have, something only you are, and somewhere you are. When you employ more than one method of authentication, you add an extra layer of protection – even if the bad guys crack one method, they still need to bypass the additional factor(s) to access your account. The danger with passwords is that they are a single point of failure. If a cyber criminal can guess or compromise your password, they can gain access to your most important accounts. In addition, cyber criminals are developing faster and better techniques for guessing, compromising, or bypassing passwords. Fortunately, you can fight back with two-factor authentication.

Two-factor authentication

Adding two-factor authentication is a far more secure solution than relying on just passwords alone. It works by requiring not one but two different methods to authenticate yourself. One simple example is withdrawing money from an ATM machine - you need two things, your ATM card (something you have) and your PIN number (something you know). If you lose your ATM card, anyone who finds your card cannot withdraw your money as they do not know your PIN.

The same is true if they have your PIN but not the card. This concept is two-factor authentication; you have two layers of security.

Using Two-factor authentication online

Two-factor authentication is something you set up individually for each of your accounts. It is actually quite simple: you usually need to do nothing more than syncing your mobile phone with your account. Then when you need to log into your account, you need your account username and password, AND you also use a unique one-time code you get from your phone. The combination of your password and the code is required to log in. Usually, this unique code will be sent via a text message to your mobile device or email. Your phone may also have a mobile app (such as Google or Microsoft Authenticator app) that will generate the unique code for you. When possible, mobile apps are considered the most secure option for obtaining your unique code.

What makes this so simple is that you usually only have to do this once from whichever computer or device you are using to log in. Once the website or your account recognises your device, in future you often only need your password to login. Any time you try (or someone else tries) to log in with your account but from a *different* computer or device, they will have to use two-factor authentication again. This means if a cyber criminal gains your password, they still can't access your account as they can't access the unique code.

Remember, two-factor authentication isn't usually enabled by default, so you'll have to enable it yourself for each of your most important accounts, such as banking, investments, retirement, or personal email. While this may seem like more work at first, once it's set up it's very easy to use.

Resources



Keeping Passwords Simple: <https://www.sans.org/newsletters/ouch/making-passwords-simple/>

Password Managers: <https://www.sans.org/newsletters/ouch/password-managers/>

If you would like some help to set up two-factor authentication on your account(s), MNH can help. Drop in and see us on Tuesdays 1pm-3.30pm, or call to make an appointment.

Recycling options

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 batteries	Cables and leads
Printer cartridges	Computer keyboards & mice
Optical disk drives	Chargers
Double adapters & power boards	Multi-adapter plugs
USB memory/SD cards	Light bulbs



Soft plastic recycling

MNH is a drop-off point for soft plastic waste. A bin for soft plastics is situated beside the pathway at the side of the House. The collection is taken to the REDcycle collection points in the Woolworths or Coles supermarkets in Bendigo. Soft plastics can be dropped-off in bags—provided the bags are see-through.



Anyone who already regularly visits the supermarkets in Bendigo could help make this system successful by transporting the plastic from MNH to the supermarket. If you would like to volunteer, please contact us for more details.

If you drop your old mobile in to MNH, we will get it started on its 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.



BREAD TAGS FOR WHEELCHAIRS COLLECTION POINT

PLEASE LEAVE YOUR BREAD TAGS HERE.
THANKS FOR YOUR SUPPORT!

Marong Neighbourhood House is an official collection point for Bread Tags for Wheelchairs. The tags are collected right across Australia, and are recycled locally. The recycled plastic is then used to raise funds for wheelchairs for disadvantaged people, mainly in South Africa.

At MNH, bread tags can be placed in the Lids4Kids Australia bin beside the pathway at the side of the House. The Lids4Kids people will send them on accordingly.

A word about cardboard bread tags, which are beginning to appear on loaves: Please don't drop-off cardboard tags—they don't need this specialised recycling. Cardboard tags can be composted—either at home or via the green organics bin—or they can just go in the normal household recycling.

MNH is also a drop-off point for Lids4Kids Australia. Lids4Kids Australia is a national volunteer organisation that collects used plastic lids, medicine blister packs and bread tags—keeping them from landfill, and eventually providing them to recycling companies to turn into meaningful recycled products. There is a bin for these materials with our other recycling project bins beside the pathway at the side of the House.



Golf Photo Competition

**Marong
Neighbourhood
House
&
Marong Golf Club**

**Prize:
Full
Golf Club
Membership
Valued at
\$230**



An entry is a photo of the entrant, taken at Marong Golf Club. All other previous requirements have been dropped.

Entry: one per person via Email only marongnhh@gmail.com



Entries close 12th December 2022

***Top 3 will be determined by the number of Facebook likes.
The winner will be chosen by the Committee.***

