

Welcome Back in 2023

The Neighbourhood House is open again for 2023. School term 1 is 27th January to 6th April inclusive. Our open days each week are unchanged from last year, but there are some changes to the weekly programs. Details of our opening hours and school terms are shown at the bottom of the page. We look forward to your company throughout the year.

Emergency Awareness

This edition provides a special focus on being prepared should an emergency affect the Marong area. Pages 2 to 5 highlight essential resources and actions for Marong residents.

Power Saving Bonus

The state government's Power Saving Bonus programme is still running. If you've been meaning to take advantage of this scheme, but haven't got around to it yet, please drop in and 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 9.

Social Engineering Scams

Technology-based scams have often featured in the nightly news recently. In this month's newsletter is an article detailing the common types of scams; see page 11.

Soft Plastics Recycling Resumes

The first big news is that our soft plastics collection is operating again. The City of Greater Bendigo has struck an agreement with the recycling company *Close the Loop*, whereby the council collects soft plastics and forwards the material to the private business. MNH is operating it's

drop-off point again, so there's no need for you to take your soft plastics to the council's Eaglehawk Recycle Shop – just drop them in the bins here. More details of the recycling programmes we promote can be found on page 12.

TOFS OpShop

Our Op-Shop (TOFS) is open for the new term, and we are currently accepting donations. TOFS is also holding a \$5-a-bag sale until mid-February.

Free RATs

MNH has a bunch of COVID-19 Rapid Antigen Tests (RATs) available free of charge for community members. If you require some, please drop in during our open hours, or call Janine 0427 352 217 after hours.

Marong Garage Sale Day 2023

Save the date! The Marong Township Garage Sale Day will be Saturday 16th September.

Golf Club Photo Competition

Late last year, after many climate-related delays, we drew the winner of the Golf Club photo competition. Congratulations to Cam, who has won a year's membership at Marong Golf Club.

Pancake Breakfast

We are continuing our traditional free Pancake Breakfast on the first Monday of each month, starting with the 6th February, then 6th March, between 8:00 and 9:00am.

—Janine.



In this edition:

Regular Programs

Emergency Awareness
VicEmergency App, Fire Ratings

Marong Emergency Information
Useful Phone Numbers

In an Emergency
Your Emergency Kit

Marong Community Action Group

MNH Services Offered

MNH Assistance

\$250 Power Saving Bonus

Recipe of the Month
Healthy Italian Pasta Salad

Word Detective

Community Information
Social Engineering Scams

Recycling Options
Changes to soft plastics

Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House	"TOFS" Op-Shop
Term 1	27 Jan	06 Apr	Mon: 9.00am to 3.30pm	Mon: 9.30am to 12.30pm
Term 2	24 Apr	23 Jun	Tue: 9.00am to 3.30pm	Wed: 9.30am to 12.30pm
Term 3	10 Jul	15 Sep	Wed: 9.00am to 5.00pm	Fri: 9.30am to 12.30pm
Term 4	02 Oct	20 Dec	Thu: 2.00pm to 6.00pm	Sat: 10.00am to 12.00pm
			Fri: Closed	

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$3 per session.
	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/session/family or \$20 for 8 sessions.
T U E S D A Y	9.30am - 10.30am	Walking group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. No cost.
	9.30am - 4.00pm	Machine Embroidery	<i>Starting 7th Feb.</i> Bring your machine and your lunch along to the old Marong Shire Hall. \$5 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/session/family or \$20 for 8 sessions.
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>11th & 25th February (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.

Community Information: Emergency Awareness



VIC
EMERGENCY

www.emergency.vic.gov.au

Summer has finally hit the area, and bushfires are a potential threat again.

Many of us know from previous bushfire seasons that the VicEmergency app (and corresponding website) is the best source of information relating to planned burning-off, actual bushfires, and other threatening situations.

For relatively new arrivals to the rural area of Marong, this page will point you in the right direction.

Marong is surrounded by bushland and paddocks, and is therefore at risk from bushfire. We are very lucky to have a fantastic CFA crew in Marong, and with support from

other brigades, we are in good hands. However, everyone is responsible for their own emergency preparedness. Instead of checking Facebook, use the dedicated VicEmergency website or app.

The VicEmergency app and website gathers up-to-date information from different agencies about many events to keep you comprehensively informed as they happen.

You can create 'watch zones' around your current location (or another location of interest to you) and you will be alerted in real time about incidents, advice and warnings.

The VicEmergency app aligns with the VicEmergency website to

provide a centralised location for Victorians to access timely emergency information and warnings.

The app includes warnings and incident notifications for fire, bushfire, flood, storm, earthquake, weather warnings, tsunami, shark sightings, beach closures and more. The last three probably won't affect Marong for a while yet.

You can download VicEmergency from the App Store or Google Play.



For app support, please visit the VicEmergency Knowledge Base at <http://support.emergency.vic.gov.au>.

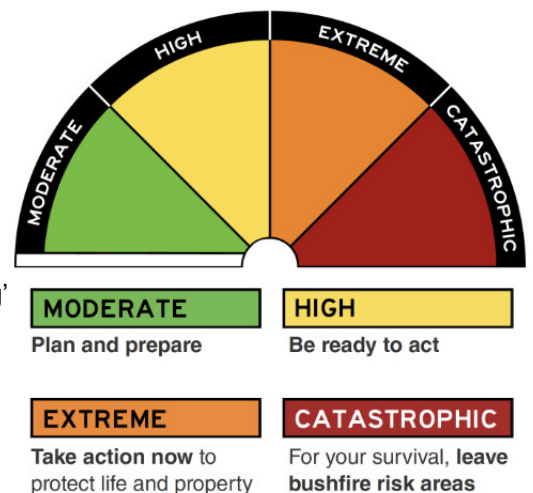
New Australia-wide Fire Danger Ratings System

As of September 2022, Fire Danger Ratings have changed across Australia.

Fire Danger Ratings provide information so people in affected areas can take action to protect themselves and others. The higher the fire danger, the more dangerous the conditions and the greater the impact will be if a fire starts.

The new ratings are designed to be easier to understand and provides clear advice about actions to take. There are now **four** Fire Danger Rating levels. When no Fire Danger Rating is issued the arrow will point to a white 'no rating' level.

All fire danger signs are expected to be replaced by February 2023, but this may be impacted by flood and weather conditions. Electronic signs that have not been replaced will have the fire danger rating shown in the text box at the bottom of the sign. Daily Fire Danger Ratings can be found on the CFA and VicEmergency websites.



FLOOD STORM
EMERGENCY
132 500



If life threatening
call triple zero 000

Marong Emergency Information

LIFE THREATENING EMERGENCY

TTY **DIAL 000**

106 POLICE – FIRE – AMBULANCE



Flood/Storm Emergency: 132 500



Powerline Faults: 13 24 12



Water Faults: 1300 363 200



Nurse On Call: 1300 606 024



Poisons Information: 13 11 26



Traffic Hazards: 13 11 70



Wildlife Emergency: 0419 356 433



VicEmergency Hotline: 1800 226 226



13 11 14



KidsHelpline 1800 55 1800

LOCAL EMERGENCY BROADCASTERS

- ABC Local
774 AM/91.1 FM
- H!T Bendigo
91.9 FM
- Triple M Bendigo
93.5 FM
- Gold Central Victoria
1071 AM/98.3 FM
- Radio KLFM
97.7 FM



Find where you are with the Emergency+ Smartphone App

In an Emergency

Getting Information



VicEmergency is the official Victorian Government app for emergency warnings and information.



Download VicEmergency, set up a user profile and watch zones to ensure you receive official warnings and information for areas that interest you.



VicEmergency is available on both iOS and Android devices <http://emergency.vic.gov.au/respond/>



Have it ready

A basic emergency kit includes:

- Battery operated radio and torch (with spare batteries).
- First aid kit.
- Sturdy leather or garden gloves and rubber gloves.
- Copy of home emergency plan and important documents.
- Non-perishable food and drinking water for up to three days.

If you evacuate or if a warning is issued

Place the following items in your kit and have it ready to take with you:

- Mobile phone and charger.
- Prescriptions and medications.
- Pet needs – food, leash etc.
- Clothing and strong shoes.

Information from Marong Community Action Group (MCAG)

Out and About

MCAG has had a few conversations with Brian Westley (CoGB, Director of Assets and Presentation) who provided the following information about works at Marong:

- The fence between Pembroke Road and Malone Park has been repaired, a walking access has been added, and the residents report that they are pleased.

Projects in the pipeline include:

- Leslie Street (opposite the school) unsealed shoulder maintenance of the road has been referred to CoGB Works Department

- The missing footpath along Goldie Street between High Street and Leslie Street – this is an identified priority and will be considered in the 2023/24 Capital Expenditure Budget

Projects 'yet to be considered' include:

- Enhancement of the entrance to Discover Marong
- Playground near the swimming pool upgrades
- Public art near the swimming pool

Marong Family Fun Day

We have been struggling to find an alternative date to hold this event. At this point in time, we're investigating a possible date around Easter. We have some more groundwork to do yet. If any members of

the community would like to come on board for this project, your assistance would be greatly welcomed. Email us at marongcag@gmail.com

Marong and District Community Plan

The plan is to be updated and we intended to do so through the Family Fun Day event planned for last year. The Committee has now decided to conduct a survey, so we hope you can take a few minutes to

share your thoughts about Marong – why you like living in Marong or perhaps your hopes for change into the future. This information will be shared on <https://www.facebook.com/MarongCAG>

Local Communication

The MCAG have agreed to share information relevant to our community. While we don't particularly support any one organisation or group, there are many policies and programs that impact on our community.

Our aim is to assist groups and individuals with information that may be of interest to you or someone you know. Alternately, if you want to share appropriate information within our community, please feel free to contact us.

Gas costs in Marong

Some residents in Marong have identified a strong concern about the excessive cost of gas. One of our members is engaged in some investigations. If you have gas, are experiencing greater than expected gas

charges and are interested in supporting action to see what can be done, please let us know at marongcag@gmail.com. Our experience shows that we need you, members of this community, to work together to have our voice heard.

Safer Together – Emergency Resilience

MCAG and the Marong Neighbourhood House are working together to provide our community with access to some hopefully quick and handy information in case of an emergency. We urge you to:

- Make sure your house/property is clearly numbered

- Download (if you can) the Vic Emergency App and the Emergency Plus App. The former gives you warnings and information about local emergencies, while the latter gives you direct access to emergency numbers and your location (particularly helpful if you're not at home). Both apps are free and if you need help, just call into the Neighbourhood House

MCAG Meetings

If you wish to contribute to or become a member of the MCAG, meetings will be at the Old Shire Offices

in 2023. Further information can be found at <https://www.facebook.com/MarongCAG>:

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; Aussie Bread Tags for Wheelchairs, Lids4Kids, and Soft Plastics. Page 12 has more details.

MNH Assistance

Coffee Club

**2nd Wednesday
of the month
10am**



*Grab a coffee and drop in for a relaxing chat
on all things current in the world of today.*

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.



FREE

Rapid Antigen Tests (RATs)



for Community Members

Drop in during Open Hours

After hours call 0427 352 217



CITY OF GREATER
BENDIGO



Neighbourhood Houses
The Heart of Our Community



VICTORIA
State
Government

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

Since 1 July 2022,
every Victorian
household is now
eligible for the

**\$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 a recent bill, some identification, and perhaps your banking details).


Recipe of the Month

Healthy Italian Pasta Salad

A classic Italian pasta salad, with a few added extras.



 Serves: 4

 Prep: 10m

 Cook: 10m

 Difficulty: Easy

Ingredients

- 2½ cups pasta shapes (spiral or bows)
- 1 punnet cherry tomatoes, halved
- 12 olives, pitted and sliced
- 1 green capsicum, seeded and diced
- 6 button mushrooms, sliced
- ½ cup snow pea, ends trimmed, chopped
- 2 Tbs parsley, chopped
- 1 tsp lemon juice
- 185g can tuna* in spring water, drained
- ½ cup low-fat Italian salad dressing
- pepper, to taste

*Variation:

If you aren't a fish person, substitute the tuna with 185g cooked chicken meat, torn into shreds.

Method

1. Cook pasta according to packet directions.
2. Toss tomatoes, olives, capsicum, mushrooms, snow peas, parsley, lemon juice and tuna together. Mix through pasta.
3. Pour the dressing over salad and add pepper to taste.

Courtesy www.livellighter.com.au

WORD DETECTIVE

BALMY
BARBECUE
BAREFOOT
BEACH
BOATING
CANOE
CICADAS
COFFEE
CRICKET
CYCLING
FLIES
GANGGAJANG

GARDENS
GELATI
GOLF
HAT
HUMIDITY
ISLANDS
JASMINE
LEMONS
MANGOES
MARKETS
OYSTERS
PARCHED

PEACHES
PETRICHOR
ROOFTOP
SAILING
SALAD
SANCTUARY
SHADE
SHORTS
SUNBURN
TENNIS
ZINC

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

Community Information

OUCH!

Social Engineering Attacks

SANS
SECURITY
AWARENESS

Overview

A common misconception about cyber attackers is that they use only highly advanced tools and techniques to hack into people's computers or accounts. Cyber attackers have learned that the easiest way to steal your information, hack your accounts, or infect your systems is simply by tricking you into doing it for them using a technique called social engineering. Let's learn how these attacks work and what you can do to protect yourself.

What is Social Engineering?

Social engineering is a technique where an attacker tricks you into doing something you should not do through various manipulation techniques. Think of scammers or con artists; it is the same idea. However, today's technology makes it much easier for any attacker, from anywhere, to pretend to be anything or anyone they want, and target anyone around the world, including you. Let's take a look at two real-world examples:

- You receive a phone call from someone claiming to be from the government informing you that your taxes are overdue and that if you do not pay them right away you will be fined or arrested. They then pressure you to pay over the phone with a credit card, gift card, or wire transfer warning you that if you don't pay you could go to jail. The caller is not really from the government, but an attacker attempting to trick you into giving them money.
- Another example is an email attack called 'phishing'. This is when attackers create an email that tricks you into taking an action, such as opening an infected email attachment, clicking on a malicious link, or giving up sensitive information. Sometimes phishing emails are generic and easy to spot, such as pretending to come from a bank. Other times phishing emails can be highly customised and targeted, as attackers research their targets first, such as a phishing email pretending to come from your boss or colleague.

Keep in mind, social engineering attacks like these are not limited to phone calls or email; they can happen in any form including text message, over social media, or even in person. The key is to know what clues to look out for.

Common Clues of a Social Engineering Attack

Fortunately, common sense is your best defence. If something seems suspicious, does not feel right, or seems too good to be true, it may be an attack. The most common clues include:

- A tremendous sense of urgency or crisis. The attackers are attempting to rush you into making a mistake. The greater the sense of urgency, the more likely it is an attack.
- Pressure to bypass or ignore security policies or procedures you are expected to follow at work.
- Requests for sensitive information they should not have access to, or should already know, such as your account numbers.
- An email or message from a friend or coworker that you know, but the message does not sound like them - perhaps the wording is odd or the signature is not right.
- An email that appears to be from a coworker or legitimate company, but the email is sent using a personal email address such as @gmail.com.
- Playing on your curiosity or something too good to be true. For example, you are notified your package was delayed, even though you didn't order a package, or that you've won a prize in a contest that you didn't enter.

If you suspect someone is trying to trick or fool you, do not communicate with the person anymore. Remember, common sense is your best defence.

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



MNH is once again a drop-off point for soft plastic waste. Two 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 road-base additive.

Your soft plastics can be dropped-off in bags—provided the bags are see-through.

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.

