

Spring Sales & Chainsaws

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues. We hope to see you between 8:30 and 9:30am, on the 4th September, 2nd October and 6th November!

Power Saving Bonus has Ended

The state government's Power Saving Bonus programme ended at the close of last month. There is no new scheme proposed at this time.

Community Garden

Drop in to the House to see what we've picked over the previous few days. The seedlings in the greenhouse are coming along, and we have scheduled a plant sale on the 28th October as spring gets into swing! Page 7 has more details.

Chainsaw Course

Maintenance and proper, safe operation of chainsaws are two of the topics covered in a course being held at MNH on Sunday 17th September. The course is subsidised by CoGB, so it will cost only \$30 per person. Complete course details are on page 7, and **bookings are necessary**.

Tax Help

Once again Toni & I are able to provide assistance to eligible members of the public under the Australian government's Tax Help scheme. To check your eligibility, please see the poster on page 8.

Free RATs

MNH still has 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 on 0427 352 217 after hours.

Men's Shed

The 30th anniversary of the Men's Shed movement is acknowledged this month, with Men's Shed Week running from the third to the ninth. We have included a copy of their brochure on page 8.

Marong Garage Sale Day 2023

The Marong Township Garage Sale Day will be held on the 16th September. Please see the poster on page 9 for details and a QR-code to scan. Happy selling!

Marong Business Directory V2

Our Marong business directory version 2 has been published online. Marong businesses can be added to the directory at any time, and they will appear in the next version. If you operate a Marong-based business and would like to be added to the directory, or have amendments to your current entry, please use the QR-code on page 11.

Emergency Preparedness, Adaptation & Resilience Workshop

The CoGB council, CFA, and Bendigo Community Health Services have collaborated to offer an interactive workshop with members of the community. The workshop, to be held at MNH on 23rd September, is a community approach to emergency preparedness, and will identify any missing resources, and identify solutions. To book a spot at this catered event, please see the back page poster.

—Janine.



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Men's Shed

Marong Township Garage Sale Day

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Marong Business Directory

Resilience Workshop
Catered Event at MNH

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	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	10.00am - 11.00am	Over 60s Exercise Class	Bookings required. Over 60s strength & mobility exercise class, \$5/person, 26 th July to 13 th Sep, limited places.
	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> – Bring your miniature project to work on and discuss methods & techniques. Cost is \$3.
S A T	10.30am - 4.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine). Contact us for exact dates. 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.



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.

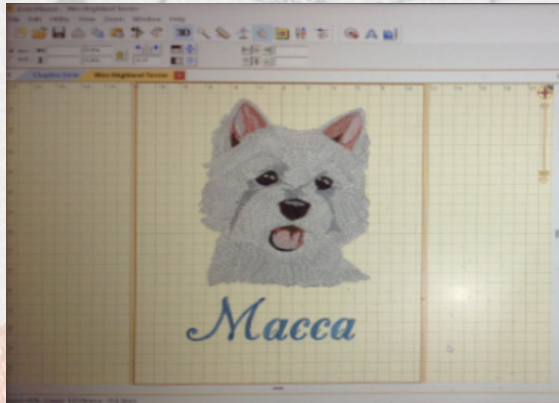
Marong Neighbourhood House celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Spotlight on: Machine Embroidery

The old Marong Shire Hall is where weekly Machine Embroidery sessions are held. The relaxed gatherings are open to anyone with a keen interest in either machine or hand embroidery. The sessions run over an entire day, and some regulars travel hundreds of kilometres with their machines to join in.

With specialised embroidery machines, digital patterns or designs can be accurately sewn. Using a laptop computer, design programs can be used to convert photos into patterns (digitising), create entirely new patterns, or modify patterns that were created previously. Many patterns can be obtained via the internet. Some of the embroidered creations are cushions, bookmarks, hair-clips, bags & purses, soft toys, reading pillows, and children's play masks.

The Machine Embroidery sessions are of a social nature – techniques and ideas are shared freely. The group meets every Tuesday from 9:30am until 4:00pm, and cost \$3 each week. Bring your own machine and your lunch too! The old Marong Shire Hall is across the Calder Highway from the Marong Family Hotel, on the corner. Parking is behind the building, accessed from the side, just before the train line.



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, 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.

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, soft plastics, blister packs, and we participate in the Mobile Muster programme for old phones. Page 6 has more details.


Recipe of the Month

Healthy Steak Sandwich

with Caramelised Onions



 Serves: 4

 Prep: 15m

 Cook: 15m

 Difficulty: Med

Ingredients

- 1/3 cup low-fat mayonnaise
- 1 clove garlic, crushed
- olive or canola oil spray
- 2 large red onions, peeled, halved and thinly sliced
- 1 tsp brown sugar
- 1 tsp balsamic vinegar
- pepper, to taste
- 4 large thin field mushrooms, stalks removed (optional)
- 4 beef rump sandwich/ minute steaks (100g each), trimmed of fat
- 3/4 Turkish bread loaf or pide (300g)
- 6 pickled cucumbers/gherkins, sliced thinly length-ways
- 420g can beetroot, drained
- 2 tomatoes, thinly sliced
- 2 cups rocket or baby spinach, firmly packed

Variations: Replace beef with halved skinless chicken breast, 100g thin trimmed kangaroo steaks, or just go vegetarian! Add a slice of fresh golden-barbecued pineapple.

Method

1. Mix mayonnaise and garlic together in a cup and set aside.
2. Spray a small non-stick frying pan with oil, place over medium heat. Add onion and cook, stirring occasionally, for 7 mins or until golden. Add sugar and vinegar and cook, stirring, for 2-3 mins until onion caramelises. Season with pepper and set aside.
3. Preheat a barbecue grill or griddle pan on high. Spray both sides of mushrooms and steaks with oil and season with pepper. Grill mushrooms for 3 mins each side until cooked through; set aside.
4. Grill steak for 1/2 to 1 min each side, depending on thickness and until cooked to your liking. Transfer to a plate, cover to keep warm.
5. Cut bread cross-ways into 4 pieces, cut each in half length-ways. Toast/grill both sides of bread, spread mayonnaise on one side of each slice.
6. Place bread open-faced in the centre of a serving plate. Top the base with steak, mushroom, gherkin and onion. To the bread top, add beetroot, tomato and rocket or spinach leaves.
7. Carefully bring bread halves together and serve.

Courtesy www.livlighter.com.au



ABUNDANT
AGREEABLE
ALTERNATIVE
AQUIFER
BALANCED
BATTERIES
BIOFUELS
CAPACITY
CHEAPER
CLIMATE
COMPATIBLE
COMPROMISE
CONSERVING

CONSISTENT
EARTH
EFFICIENT
EMISSIONS
ENERGY
FOOTPRINT
GEOTHERMIC
GREEN
HARMONY
HEATING
HYDROGEN
MOTHER
NATURAL

PLANET
REGENERATE
SEAMLESS
SOLAR
STABLE
STORAGE
TIDAL
TURBINE
WATER
WIND
ZERO

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

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

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



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.



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 Terracycle, then the metal foils are re-smelted and the plastics are melted down for reuse.



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.



Community Information



Safe Use and Maintenance of Chainsaws for Absolute Beginners

Sunday 17th September 2023
10:00am - 3:00pm

Marong Neighbourhood House
Subsidised Cost \$30

[By City of Greater Bendigo Flood Recovery Program]

Limited Places Available

For Bookings Call 5435 2486

Course Description:

An in-depth, in-person course covering the safe use and maintenance of chainsaws for absolute beginners.

Suitable for ages 12+ (adult supervision required for u/18 participants), this course covers where and when to collect firewood for domestic use on public land in Victoria; the parts of a chainsaw and how to maintain them; 2-stroke vs electric; Personal Protective Equipment (PPE); best practice OHS considerations; and techniques & tips for cross cutting felled logs.



Plant Sale

Saturday 28th October

10:00am - 12:00pm

16 Cathcart St, Marong

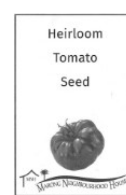
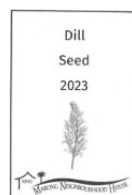


Various Seedlings

Pot plants

Seed packs

(collected from community garden)



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



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

Community Information



Australian Government
Australian Taxation Office



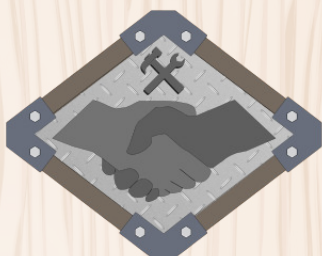
Free help with your tax return
at Marong Neighbourhood House

There have never
been so many ways to talk to
a Tax Help volunteer

Get Tax Help your way

Find out if you're eligible
ato.gov.au/taxhelp | 13 28 61

Did you know that starting last year, every MNH Newsletter has a hidden silly question-and-answer joke?
The question is toward the front; the answer is toward the back.
Win amazing imaginary prizes!!!!



MARONG AND DISTRICT MENS SHED

Open Monday & Friday
9:00 am – 4:00 pm

Wednesdays Ladies Day
10:00 am - 4:00 pm

Location:

16 High st, Marong, Victoria
(near the coffee van)

Contacts:

Gordon: 0428 890 908

Harold: 0428 352 240

Email: 553malonefarm@gmail.com

What is a Men's Shed?

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are found in many cities and towns around Australia and continue to spring up everywhere.

Our Men's Shed

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship.

Men can just come and have a yarn and a cuppa if that is all they're looking for. Members of Men's Sheds come from all walks of life – the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.



Find us at Marong & District Men's Shed



The Marong Men's Shed has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship. The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.

Marong Township **GARAGE SALE** Day



**Saturday
16th September 2023**

**Garage Sale location maps
available from the Op-shop
for a gold coin donation**

**16 Cathcart St, Marong
8am to 2pm**

**For more information
contact
Janine 0427 352 217**

Scan this QR
code for a
registration
form



Introduction

Like most people, you likely find creating, managing, and remembering all your different passwords a daunting task. It seems like every website has different password rules and many require additional security measures – such as security questions. Wouldn't it be great if there was a single solution to take care of all your password problems? There is; it's called a **password manager**.

They can Simplify and Secure Your Digital Life

Password managers are a software solution that stores your passwords in a protected database, sometimes called a vault. The password manager encrypts the vault's contents and protects it with a **primary password** that only you know. When you need one of your passwords, you simply type your primary password into your password manager to unlock the vault. The password manager often works with your web browser and automatically retrieves the correct password and securely logs you into the website. This allows you to **easily maintain a unique password for each of your accounts**, which is critical to keeping your digital life secure.

In addition, most password managers include the ability to synchronise across multiple devices. When you update a password on one device, those changes are synchronised to all your other devices. Finally, most password managers detect when you're attempting to create a new online account and can create and store a new, unique password for you.

The only password you have to remember is the primary password you use to access your password manager. It's critical that you make this password long and unique. In fact, we recommend you make it a *passphrase* – a long password made up of multiple words or phrases. If your password manager supports multi-factor authentication, use that as well. Finally, it's vitally important that you remember your primary password to avoid getting locked out of your password manager.

Choosing a Password Manager

There are many password managers from which to choose. In the Resources section below, you will find a link to reviews of password managers. Meanwhile, when trying to find the one that's best for you, keep the following in mind:

- Your password manager should be simple to use. If you find the solution too complex to understand, find another that better fits your needs;
- A good password manager should be compatible with, and synchronise across, all your devices;
- Use only well-known and trusted password managers. Be wary of products lacking an established history, community feedback or reviews;
- Make sure the vendor actively updates the password manager and be sure you are always using the most recent version;
- The password manager should give you the option to securely store other sensitive data, such as the answers to your secret security questions, credit card information, and frequent-flyer numbers; and
- Be suspicious of password managers that let you recover your primary password, or allow their tech support organisations to change it for you.

You may want to write down your primary password, store it in a sealed envelope, and secure the envelope in a **protected** location in case you forget.

Password Managers Not for You?

We understand some people may find password managers overwhelming and too complicated to use. Yet to be secure, a unique password is still needed for each account. How can someone safely remember all those unique passwords? One option is to write those passwords down. This is not an option for work-related passwords, but this may be an alternative to use at home for personal accounts if password managers are simply not an option. The key step is securing that notebook. If you or a loved one does use a notebook to write passwords down, be sure that notebook is stored in a safe place that **only** you or trusted family members can access.

Ci: What do vegan zombies eat?

Marong Business Directory

Marong Business Directory



We have created version 2 of the Marong Business Directory for all business types in Marong, including Cottage Industries* (see meaning below). If you have a business in Marong and would like to be included in the Directory please use the QR code below to fill out the online form. If you would like a form emailed to you, please contact marongnhh@gmail.com. If you have any questions please call us 5435 2486.



***Cottage Industries - a trade or light industry or business operated from a home. For example: arts, crafts, massage, laundry services, cake decorating, cleaning, gardening etc.**

Join us and help build resilience in Marong and district



You are invited to attend an interactive workshop that focuses on emergency preparedness and adaption.

Join us to play 'The Adaptation Game', a solutions-based game that connects people to real action in Greater Bendigo.

WHEN Saturday September 23, 2023

TIME 10am - 1pm

VENUE Marong Neighbourhood House

Join us for a lunch with Emergency Services from 1pm-3pm

The workshop is part of the Safer Together Program, led by the City of Greater Bendigo, the CFA and Bendigo Community Health Services. The project aims to identify gaps and barriers to emergency preparedness and develop resources to reach those most vulnerable. It is a community approach to emergency preparedness, and will identify what resources are missing, and identify achievable solutions and actions.

What you'll do at the workshop

- Get prepared and build resilience in contexts that are realistic for Greater Bendigo, based on local and global science
- Connect with your community and get creative in how you respond to current and future climate challenges
- Experience gripping imaginary scenarios where you enact change through real solutions and programs
- Gain an understanding of the emergency warning system and some useful tools in being prepared in fire and flood events

This is a fully catered and free event. Bookings are essential and can be made by registering at



<https://letstalkgreaterbendigo.com.au/building-resilience-city-forest> or via the QR code.

