MNH Newsletter
May 2024

A Great Road Trip North

At last, here is the first MNH Newsletter for term two – sorry it's a little late! I trust you had a refreshing Easter break, and way too much chocolate, although that seems like ages ago already. Term two runs from 15th April to 28th June inclusive, with the only public holiday left in that period being the King's Birthday on June the tenth. Mother's Day, which probably should be a public holiday, is the 12th of May.

New MNH Contact Number
The mobile phone number for MNH has changed to 0494 102 904. Please adjust your contact lists if necessary.

Free RATs
The prevalence of COVID in the region seems to be on the rise again. MNH has COVID-19 Rapid Antigen Tests (RATs) available free of charge for community members. If you require some, drop in during our open hours, or call Janine on 0494 102 904 after hours.

Community Police Info Night
A huge thank you to Rob from Bendigo Police for giving such a great talk in March. The turnout of community members was fantastic, great questions were asked, and all reported they benefited from the night. We received some good information from Rob on best practices for personal safety and asset protection. He recommended following a night-time checklist, that can become your routine:

- Don't leave the keys in the car;
- Lock the car;
- Lock the house doors and windows;
- Put keys, wallets, and other pocket-able valuables out of sight.

Bus Trip to Rochester & Echuca
Our first major activity this term was a day-long road trip to Rochester and Echuca on Thursday 18 April. Both towns were hit badly by flooding in 2022, and Rochester again in 2023, with recovery a slow and uncertain journey. Our group of about 35 provided some much-appreciated economic support to the businesses at the heart of these struggling country towns. Several items purchased were later raffled to lucky winners on the trip back home. Many thanks to all the trippers, who made it a thoroughly enjoyable day.

Marong Garage Sale Day 2024
Save the date! The Marong Township Garage Sale Day will be Saturday 21st September.

Soft Plastics Recycling
Please remember that the soft plastics should be in see-through bags when you put them in the MNH Soft Plastics recycling bin. This requirement speeds up the processing at the recycling plant, as the operators can see there is little or no unwanted material. Thank-you.

Community Garden
Toni and I have been tidying up the garden over the break, making the beds ready for our winter crops. We have planted peas, broad beans, cabbage, cauliflower, broccoli, leeks, kale, Brussels sprouts, parsnips, turnips and beetroot. Phew! We also still have chillies, silver-beet and eggplant available to pick. The garden is for the community, so if you'd like to be involved somehow, drop over and see us – offering your time, knowledge or experience would be much appreciated; perhaps renting a bed for veges or flowers; or just having the chance to gossip with other gardeners!

—Janine.

Opening Hours (we open only during school terms)

Term	Start	Finish
~~Term 1~~	~~30 Jan~~	~~28 Mar~~
Term 2	15 Apr	28 Jun
Term 3	15 Jul	20 Sep
Term 4	07 Oct	20 Dec

Marong Neighbourhood House

Day	Hours
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

Day	Hours
Mon:	9.30am to 12.30pm
Tue:	9.30am to 12.30pm
Wed:	9.30am to 12.30pm
Fri:	9.30am to 12.30pm
Sat:	10.00am to 12.00pm

Regular Programs

Day	Time	Program	Description
MON	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. $3 per session.
TUESDAY	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.
	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. Please call us for more info.
	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.
WED	10.00am - 11.00am	Over 60s Exercise Class	Book your session. Over 60s strength & mobility exercise class, $3. **BOOKED OUT**
	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.
THUS	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.
SUN	11.00am - 4.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine). Please 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: Computer & Phone Help

If your gadget has gone crazy, or you can't get it to work properly, perhaps you'd like a helping hand with something.

Marong Neighbourhood House can provide you with FREE technology support for your gadgets – mobile phones, smart-phones, tablets, laptops or computers. Here are some of the things we can help with:

- Helping you gain confidence and skills to use technology in everyday situations

- Navigating convoluted government websites

- Mobile phone setup

- Computer and internet use

- Advice about possible scams/fraud

- WiFi

- Bluetooth

- Email

- Address books

- Text messages/SMS

- Picture messages/MMS

- Printing messages or photos

- Updating 'apps' & other phone software

- Limited computer/laptop help (we have only one computer geek volunteer available part-time)

- Transferring files/photos from old devices to new

- Permanently wiping data from devices prior to disposal

- Responsible disposal of old devices through E-waste recycling programmes

MNH computer & phone help has a dedicated time-slot of 1.00pm to 3.30pm on Tuesdays, but call any other time to see whether we can fit you in!

Q. Can a bird make a pun?

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. 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.
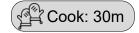
Recipe of the Month

Healthy Bread & Butter Pudding

Fruity and warm, this bread & butter pudding is the ultimate comfort food.

Serves: 8 | Prep: 15m | Cook: 30m | Difficulty: Easy

Ingredients

6 slices raisin toast or fruit bread
6 eggs
¼ cup sugar
2 cups reduced-fat milk
1 ripe banana, mashed
1 apple, grated
1 tsp vanilla extract
1 tsp ground cinnamon

Note: If you prefer, fruit/raisin bread can be replaced with leftover plain white bread, mixed dried fruit, and extra cinnamon.

Method

1. Preheat oven to 180°C and line a baking dish with baking paper.

2. Cut slices of raisin bread in half (two triangles) and then layer in baking dish.

3. In a bowl, mix together eggs, sugar, milk, mashed banana, grated apple and vanilla essence.

4. Pour mixture over the bread and sprinkle cinnamon over the top.

5. Bake in the oven for 30 minutes.

Courtesy www.livelighter.com.au

WORD DETECTIVE

ACCESS ROAD
ALLEY
ARTERIAL
ASPHALT
AVENUE
BACK ROAD
BOULEVARD
BUS
BYWAY
CAB
CAR
CARRIAGEWAY
CAUSEWAY

CLEARWAY
COACH
COUNTRYSIDE
CROSSROAD
DRIVEWAY
EXPRESSWAY
FOOTPATH
FREEWAY
GRIDLOCK
HALFWAY
HIGH ROAD
HIGHWAY
ITINERARY

JOURNEY
LANEWAY
LOST
MACADAM
MAP
ONE WAY
ROAD
ROUTE
TAXI
TOUR
TRACK

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

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. 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 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.

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 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.

Community Information

A. No, but toucan.

SmartHearing Specialists are offering FREE hearing tests for over-18s at MNH this month!

They will be here on Friday the 17th, please call and hassle Toni to make a booking.

LET ME GET THIS STRAIGHT. YOU SPEND $2000 ON SPEAKER CABLES BECAUSE YOU CAN "HEAR THE DIFFERENCE," BUT YOU CAN'T HEAR ME CALLING YOU FROM THE KITCHEN?

Neighbourhood Houses
The Heart of Our Community

CITY OF GREATER BENDIGO

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): 0494 102 904

Email: marongnhh@gmail.com

Marong Neighbourhood House page & group

Marong Neighbourhood House Playgroup page

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

MNH web page: www.marongnh.com.au

TOFS web page: www.marongnhh9.wixsite.com/marongopshop

OUCH!

The Power of Updating

SANS SECURITY AWARENESS

Overview

Cyber attackers are constantly looking for and finding new vulnerabilities in the software you use every day. A vulnerability is a mistake or weakness in how software was developed. This software may run your laptop or the mobile apps on your smartphone. Cyber attackers take advantage of and exploit these software vulnerabilities, allowing them to remotely break into systems, including the ones you use. At the same time, the vendors who create the devices and software are constantly developing new fixes for these vulnerabilities and pushing them out as software updates. One of the best ways you can protect yourself is to ensure that the technologies you use always have these latest updates. These updates not only fix known vulnerabilities, but often add new security features, making it much harder for cyber attackers to hack into your devices.

How Updating Works

When a software vulnerability is discovered, the developer or vendor will create a software fix for the vulnerability (called a patch) and release the update to the public. Your system then downloads and installs this update, fixing the vulnerabilities. Examples of software you need to update are:

- The operating systems that run your laptop (such as Microsoft Windows or Apple OSX) or run your smartphone (such as Android or iOS)

- Home networking equipment such as your Internet router or Wi-Fi access points or home smart, doorbells, home appliances, or security cameras

- Programs that run on your devices, such as your laptop's web browser or your phone's mobile apps

Whenever you want to purchase a new device, or install a new computer program or mobile app, check that the vendor is actively updating the program or device. The longer software goes without any updates, the more likely it has vulnerabilities that cyber attackers can exploit. This is why many vendors, such as Microsoft, automatically release new patches every single month.

In addition, if you are no longer using a certain computer program, software, or mobile app, remove it from your system. The less software you have installed, the fewer potential vulnerabilities you have and the more secure you are. Finally, if any of your devices or applications are old and no longer supported by the vendor, we recommend you replace them with newer versions that <u>are</u> actively updated and supported.

How to Update

There are two ways to update your systems:

1. **Manual (the hard way):** When an update is available, you manually download and install the update. This gives you more control over what and when updates are installed. The disadvantage of manual updates is that it is much more work, as you not only have to track when each of your devices or programs have to be updated, but you must update them manually, which makes it easy to forget to update them.

2. **Automatic (the easy way):** You enable automatic updating on all of your devices, which means whenever a new patch is released your device automatically downloads and installs it. The advantage of automatic updates is that most of the work is done for you. The disadvantage of automatic updates is the updated program could cause a problem, resulting in the loss of functionality or data – but that is very rare for personal devices. When you enable automatic updates, be sure to double-check your system regularly to ensure the updates really are happening.

Of the two approaches, we highly recommend you enable and use automatic updating on all your personal devices. This ensures that all the technologies you are using have the latest software. Up-to-date devices and software make it that much harder for any cyber attackers to hack you and your systems.

This article is one of many available at: https://www.sans.org/newsletters/ouch/