

We're Back – Term Two

We hope everyone had a great time over the school holidays, and you're ready to jump into Autumn. The cooler weather is approaching, and we've even had a reasonable bit of rain!

Pancake Breakfast

Of course, our free Pancake Breakfast on the first Monday each month continues; drop in for a free feed and gossip with other locals between 8:30 and 9:30am, this term on the 5th of May, 2nd of June, or 7th of July.

Melbourne Bus Trip

Late in March – that seems a very long time ago now – we took nearly forty bus-trippers to the Melbourne International Flower & Garden show. The lovely weather played no small part in a hugely successful trip, with plenty of beautiful gardens ranging from the traditional to the New Age. The flower arrangements and displays were mind-boggling. The show was very busy in the morning, but the afternoon was more relaxed. I think everyone had a wonderful time, but thank goodness we could have a sleep-in the following day!

Verandah e-waste

Some of the e-waste left with MNH is much larger than we can manage. As stated just in February, we can only manage e-waste up to a certain size – no larger than the black tub on the verandah please. It is simply unsafe for our volunteers to be lifting or moving larger items. The items are obviously brought here in a vehicle, so please drop them at the Eaglehawk Recycle Centre instead – there is no charge for e-waste.

TOFS Op-Shop

The Op-Shop is being flooded with donations at the moment, and we are trying our best to sort through things. You may find a sign advising we aren't accepting donations temporarily; if you do, please try again in a week or so. The Marong Primary School has donated some uniforms for us to

sell – jumpers, dresses, shirts, but no pants. We guarantee they will be cheaper than anywhere else.

Fashion Parade

The second Marong Op-Shop Fashion Parade will be held on Friday 16th May, as part of Neighbourhood House Week. Everyone had so much fun at our first parade in 2023. Our models dressed up... and hammed it up too! Join us at 7pm at the Marong Community Hall with a gold coin donation for entry. All the clothes modelled will be available at Op-Shop prices after the show. All funds raised at the Fashion Parade will benefit the Community Garden. Supper is included (provided from *Jas's Indian Kitchen*). See the poster on page 10.

Price rises

Unfortunately, due to inflation, we are raising our prices. Most regular programs are now \$4; playgroup increases to \$4/session/family or \$20 for six sessions; and the standard price in the Op-Shop is \$3. A complete list of programs and prices is overleaf.

Easter Family Fair

Early in April, the Easter Family Fair was held at Malone Park. Loads of people came and had fun. MNH set up play areas for the kids, and supplied free apple 'slinkies'.

Business Dir V4

We are developing a new edition of the Marong business directory. If you operate a Marong-based business and would like to be added to the directory, or have amendments to your current entry, see the back page.

—Janine.

In this edition:

Regular Programs

Spotlight on MNH Playgroup

MNH Services Offered

Recycling Options

Recipe of the Month
Healthy Moussaka

Word Detective

Community Information

Computer Security: 'Deepfakes'
Marong & District Tennis Association
Lions Fruit Cakes & Puddings
Op-Shop Fashion Parade
Flower & Garden Show Photos
Marong Business Directory V4



Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House		TOFS Op-Shop	
Term 1:	28 Jan	04 Apr	Mon:	9.00am to 3.30pm	Mon:	9.30am to 12.30pm
Term 2:	22 Apr	04 Jul	Tue:	9.00am to 3.30pm	Tue:	9.30am to 12.30pm
Term 3:	21 Jul	19 Sep	Wed:	9.00am to 5.00pm	Wed:	9.30am to 12.30pm
Term 4:	06 Oct	19 Dec	Thu:	2.00pm to 6.00pm	Fri:	9.30am to 12.30pm
			Fri:	Closed	Sat:	10.00am to 12.00pm

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$4 per session.
T U E S D A Y	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$4/session/family or \$20 for 6 sessions.
	9.30am - 10.30am	Walking Group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. Friendly, well-behaved dogs on leads also welcome. No cost.
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$4 per session.
W E D	10.00am - 11.00am	Over 60s Exercise Class	Bookings required. Over 60s strength & mobility exercise class, \$5/person, limited places.
	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$4 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 \$4/session/family or \$20 for 6 sessions.
	12.30pm - 6.00pm	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.
F R I	9.30am - 4.00pm	Machine Embroidery	Fridays, but please call for dates. Bring your machine & lunch along to this all-day session at the Marong Neighbourhood House. \$4 per session.
S A T	11.00am - 4.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine), usually fortnightly. Please contact us for exact dates. Costs \$4.

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: MNH Playgroup

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP



The Marong Neighbourhood House Playgroup brings young children, parents, families and communities together, through informal play activities and social interaction, to foster learning and development.

In a relaxed and safe space, facilitator Ro helps provide a great opportunity for parents and children to forge memories and build friendships.

The MNH Playgroup is available during school terms on Tuesdays and Thursdays, 9am to 11am. It costs just \$4 per day per family, or \$20 for 6 sessions, and is suitable for newborns to 5-year-olds. Please bring your own snacks if required.



These photos were selected to ensure the privacy of children and parents.



MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

MARONG NEIGHBOURHOOD HOUSE PLAYGROUP

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 now have a couple of worm farms, as well as 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), at 16 Cathcart Street, is excellent value—most items are just three 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. More details are on the following page.

Recycling Options



CITY OF GREATER
BENDIGO

**CLOSE
THE
LOOP**

MNH is a drop-off point for soft plastic waste. Three bins for soft plastics are situated beside the pathway at the side of the House.

An arrangement has been struck between the City of Greater Bendigo and the Close the Loop company. The plastics we collect are taken to the Council collection point at Eaglehawk, and from there it is passed to Close the Loop for recycling into pallets, crates, trolleys, and road-base additive.

Nobody wants to pick the plastic out of the bin piece-by-piece, so **please** drop it off in see-through bags. Thank you.

If you drop your old mobile in to 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.



EUFS
Pharmacies Est.1916

The Pharmacy that supports your Community!



pharmacycycle™



Thanks to EUFS sponsorship, 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 Pharmacycle, then the metal foils are re-smelted and the plastics are melted down for reuse.

E-waste recycling

The City of Greater Bendigo has provided Marong Neighbourhood House with one of their small e-waste stations. Drop your e-waste items into 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



Recipe of the Month

Healthy Moussaka Recipe

This popular Greek recipe will be a family favourite



 Serves: 6  Prep: 40m  Cook: 45m  Difficulty: Med

Ingredients

1 eggplant, cut into 1cm slices
400 g lean lamb mince
1 large brown onion, finely chopped
2 cloves garlic, crushed
1 large carrot, peeled and grated
425 g can crushed tomatoes
1 Tbs no-added-salt tomato paste
1 bay leaf
olive or canola oil spray
1 Tbs parsley, chopped (optional)
1¼ cups reduced-fat milk
1½ tbs plain flour
15 g Parmesan cheese, grated
1 cup reduced-fat ricotta cheese
pinch cayenne pepper
pinch ground nutmeg

Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Sprinkle eggplant with salt and leave for 30 minutes.
3. Heat non-stick frypan and cook lamb over medium-high. Heat until browned.
4. Remove lamb and cook the onion and garlic in meat juices until softened.
5. Return the meat, add carrot, tomatoes, tomato paste and bay leaf, cover and simmer for 15–20 minutes.
6. Heat the grill. Rinse eggplant slices with water and pat dry with paper towels. Spray eggplant lightly with oil and grill until golden on each side.
7. Lay half the eggplant in a rectangle baking dish (approx. 30 x 20cm). Cover with half the meat sauce. Repeat.
8. In a saucepan, mix half a cup of milk with flour until smooth. Stir in remaining milk. Cook, stirring, over low heat until thickened. Remove from heat and stir through Parmesan cheese. Stir in ricotta, cayenne pepper and nutmeg.
9. Pour over dish and bake for 40–45 minutes until golden brown.
10. Sprinkle the chopped parsley, if using, over the top before serving.

Courtesy www.liveliighter.com.au

WORD DETECTIVE

BARRACK
BILL
BOLT
BOUND
BUCKLE
CLEAVE
CLIP
CONSULT
DUST
FAST
FINISHED

GARNISH
HANDICAP
LEASE
LEFT
LIEGE
OFF
ORIGINAL
OUT
OVERLOOK
OVERSIGHT
PEER

PITTED
QUITE
RAVEL
REFRAIN
ROCK
SANCTION
SCREEN
TABLE
TEMPER
TRIM
WEATHER

All these words have a special property. Complete the puzzle to find the hidden explanation.

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

Community Information

OUCH! March 2025

OUCH!

SANS
SECURITY
AWARENESS

The Monthly Security Awareness Newsletter for You

Beware of Deepfakes: A New Age of Deception

Caught off Guard: Steve's Story

Steve was at his desk when he received a frantic video call from his manager, Bela. She looked stressed in the video call, her voice hurried. "I need you to send the confidential client report to this new email right away!" she insisted. Seeing her familiar face and hearing her distinct voice, he didn't hesitate, he sent the confidential report to the new email address.

Hours later, Bela walked into his office and asked about the report. Confused, Steve mentioned the video call. Bela's expression turned to shock — she hadn't called him. The person he saw on the video wasn't Bela. It was a *deepfake*, created by a cyber-criminal to trick him.

Steve couldn't believe how real the fake call seemed. The face, the voice, everything matched his boss perfectly. He had fallen victim to a growing cyber threat where criminals use Artificial Intelligence (AI) to create highly convincing fakes.

What is a Deepfake?

AI can create images, audio, or videos that look real. These capabilities have many legitimate uses. For instance, marketing companies use this technology to create images for ad campaigns, movie companies use it to de-age certain actors, and teachers use it to create dynamic video lessons for their students.

A deepfake is when AI is used to create fake images, audio, or videos for the purpose of deceiving others. The name "deepfake" comes from a combination of "deep learning" (a type of AI) and "fake."

Often the most damaging deepfakes are when cyber criminals create fake images, audio, or video of people that you may know, making them do things they actually never did. For example, cyber attackers may create fake pictures of famous celebrities or politicians committing a crime and spread them as fake news. Or they may clone someone's voice and use it in a call to deceive a victim's family or colleagues. What makes deepfakes especially dangerous is how easily cybercriminals can replicate anyone, making them do anything, and make it appear real.

Three Types of Deepfakes

1. Image Deepfakes

These are either photos of fake people created by AI or photos of real people but showing them doing something they never did. These fake images can spread quickly and are often used to damage reputations or manipulate emotions. Deepfake images are becoming increasingly common in social media, and people or even governments are attempting to push fake stories or narratives (called fake news) to affect a certain end goal.

.../Continued overleaf

Community Information

2. Audio Deepfakes (Voice Cloning)

These are fake recordings or phone calls using someone's cloned voice. Attackers can get recordings of people's voices from podcasts or YouTube, then use those recordings to replicate their voice. Once replicated, cyber attackers can then call anyone they want pretending to be that individual. For example, someone could pretend to be a manager and call an employee to ask for sensitive data, or someone could re-create a loved one's voice in an emergency call asking for money.

3. Video Deepfakes

These are fake videos where people's voice and actions are manipulated or recreated. Deepfake videos can be pre-recorded video, or live video such as in an online conference call. For example, cyber attackers could create a deepfake video of a CEO giving a fake announcement about their company or a politician appearing to say something they never did.

How to Detect Deepfakes: Focus on Context

Do not try to detect deepfakes by looking for technical mistakes. Both AI and the cyber attackers who use them have become very sophisticated. Instead, focus on context. Does the image, audio, or video make sense?

1. Trust Your Instincts: Does something feel "off" about the interaction? Is the request urgent or unexpected? Is the person behaving strangely, even if they look and sound normal? Is someone asking for confidential information or personal data that they should not have access to? If something doesn't feel right, trust your gut and double-check before complying with their request.

2. Watch Out for Emotional Manipulation: Cyber attackers often create urgency or fear to make you act quickly. If a message or call makes you panic, take a breath and verify. The stronger the emotional pull, such as creating a strong sense of urgency or fear, the more likely it's a potential attack.

3. Verify Through Another Method: If you are concerned the person contacting you may be a deepfake, reach out to the individual using a different method. For example, for video calls or messages that you are concerned may be fake, contact the person via phone or email. If you get a voice call asking for urgent action, hang up and call back using a trusted number.

4. Establish a Code Word or Phrase: Agree upon a shared code word or phrase known only within a group or perhaps your family that can be used to authenticate an urgent communication.

Guest Editor

Dhruti Mehta is an Information Security Analyst at Physicians Health Plan of Northern Indiana and President of WiCyS Northern Indiana. She is passionate about building a diverse cybersecurity workforce and bridging educational and skill gaps in the field.
<https://www.linkedin.com/in/dhrutimehtacyber/>



Resources

Emotional Triggers: How Scammers Trick You: <https://www.sans.org/newsletters/ouch/emotional-triggers-how-cyber-attackers-trick-you/>
Voice Cloning: <https://www.sans.org/newsletters/ouch/phantom-voices-defend-against-voice-cloning-attacks/>

OUCH! Is published by SANS Security Awareness and distributed under the [Creative Commons BY-NC-ND 4.0 license](https://creativecommons.org/licenses/by-nc-nd/4.0/). You are free to share or distribute this newsletter as long as you do not sell or modify it. Editorial Board: Walter Scrivens, Phil Hoffman, Alan Waggoner, Leslie Ridout, Princess Young.

Community Information

MARONG & DISTRICT M.D.T.A ASSOCIATION TENNIS

ARE YOU KEEN TO PLAY TENNIS IN THE MARONG DISTRICT?

Then we would like to hear from you!

Some of our clubs are looking to attract new players.

Our clubs are:

- Derby (Bridgewater)
- Harcourt
- Lockwood
- Marong
- Newbridge
- Wilsons Reef
- Woodstock-on-Loddon

The competition runs from mid-October to mid-March and play is approximately 1-5pm, Saturday afternoons. Our Association team's format consists of 6 women and 6 men across A & B grades, with each player playing 3 sets of doubles, including 1 mixed set. The number of players per team makes for a social environment, ideally suited to families and friends alike.

If you are interested, or wish to find out more information, please contact Association President Brent Taylor on 0492 906 199 or refer to individual club contact lists on the website below. The MDTA is affiliated with Tennis Victoria.

<https://play.tennis.com.au/maronganddistricttennisassociation>

Lions Christmas Cakes and Puddings

Available at MNH



Mini cake
\$2.00

1½kg cake
\$20.00

1kg cake
\$16.00

900g pud
\$16.00

GONE

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: marongnhh9.wixsite.com/marongopshop

MARONG OP-SHOP

Neighbourhood House Week

Fashion Parade



16TH MAY 2025
7:00PM

*Supper provided by
JAS's Indian Kitchne*

**HALF-TIME PERFORMANCE BY
LGNC GIGGLE AND SING GROUP**

Marong Community Hall

36 Torrens St, Marong

Cost: Gold Coin Donation

Lucky Door & Raffle Prizes



For more information Call: 03 5435 2486

Photos from the Flower & Garden Show



Marong Business Directory



We are creating a new version of our Marong Business Directory!

The directory is for all business types – including cottage industries – provided they are based in Marong.

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 rather the form be emailed to you, please contact marongnhh@gmail.com. If you have any questions please call MNH on 5435 2486.

We hope to have the directory put together and available soon. It will be available in print and online.

Cut-off date for this edition is 16th May 2025.

