

November 2024 Vol 11 Issue 15

MATTER OF FACT

Providing information for Venus Bay, Tarwin Lower
and Walkerville district



A free community newsletter published by

**VENUS BAY
COMMUNITY CENTRE**

We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to land, waters and culture.

We pay our respects to their Elders past, present and emerging.

COMMUNITY IN ACTION – FENCE SIGN CAMPAIGN

You may have noticed lots of these yellow signs on fences of late.

The brainchild of local resident Mark Radley – who responded to increasing concern about how many of our native animals are being killed and injured on our road. This increases markedly during long weekends and holiday periods, especially with some visitors unaware of local conditions.

Mark took it upon himself to produce a series of yellow signs that people could display on their fences, to raise awareness of this, and to encourage people to slow down and drive to local conditions. The first batch sold out in a week. He's now produced a second set, and these will be available at **the Tarwin Lower Market** on cup weekend. Please note, these are only to be placed on fences or private property to follow council regulations.



Green Waste Amnesty Period

Council's annual Green Waste Amnesty period is starting soon. The amnesty will run from 1 November until 31 December 2024. Residents can dispose of their green waste for free at any of Council's transfer stations until the end of the amnesty period.



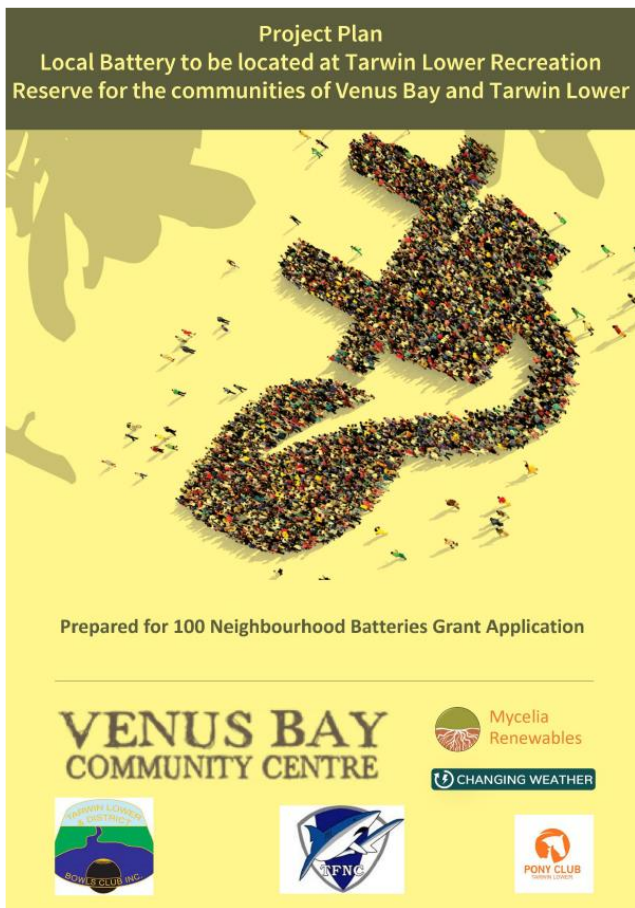
The amnesty aims to encourage residents to prepare their properties for the fire season by removing potential fire hazards.

For transfer station operating hours and locations, please go

to www.southgippsland.vic.gov.au/tips

Did you know we have a Community Trailer? The trailer is available for use for free!! We don't take bookings, therefore we ask everyone to use the trailer and bring it straight back so others can use it too.





COMMUNITY ENERGY PROJECT – UPDATE

APPLICATION FOR COMMUNITY BATTERY FOR TARWIN LOWER!!! – now submitted!

An exciting opportunity to apply for funds to support the installation of a community battery at the Tarwin Lower Rec Reserve – through the Victorian State Government’s 100 Neighbourhood Batteries program has now been completed and submitted. This program offers up to \$400,000 investment in community batteries – what an asset for our community that would be!

The Tarwin Rec Reserve was identified as a priority site by the community during the consultation and engagement of the [Community Energy Project](#) undertaken over the last few years. The development of the Feasibility Study of Reliable Energy and Community Resilience produced a roadmap plan of actions culminating in the endorsed Community Plan for Community Energy.

One of the priority pathways was installing batteries and increased solar capacity at community buildings across Tarwin Lower and Venus Bay.

During the past year the Venus Bay Community Centre has continued to look for opportunities for funds to support these projects – and has continued to liaise with key stakeholders to see projects come to fruition. Based on conversations, meetings and workshops with DEECA, the Tarwin Rec Reserve project seems to meet all the criteria for funding – and would be well considered to increase resilience for our district.

Venus Bay Project team have been working closely with the Tarwin Lower Recreation Reserve Committee over the last few months to prepare the application with support from a range of potential suppliers, stakeholders to inform the application.

While this has been a team effort, acknowledgement must be given to the amazing amount of work Heather Smith has undertaken pro-bono to provide technical information and project plan development that has been critical to the application.

More information about the study and all the reports can be found on our website <https://www.vbcc.org.au/communityenergy>

And if you want a quick catch up of how it all started, here’s a short (6minutes) <https://vimeo.com/911065671/d1826off83>

Here is brief overview of the project & what it hopes to achieve for our communities.

The Battery Energy Storage System (BESS) at Tarwin Lower Recreation Reserve is a hybrid battery-generator solution designed to enhance community resilience, economic efficiency, and support the local energy transition. The system is structured around seven primary priorities:

1. **Emergency Backup and Community Resilience:** The BESS includes a backup generator, providing extended power during emergencies such as fires, floods, and storms. This allows critical community services to continue, turning the Reserve into a safe haven for residents during crises. By ensuring energy security in emergencies, the system reinforces the Reserve’s role as a community support resource and aids recovery efforts.
2. **Reliability During Outages and Business Continuity:** Frequent outages affect the Reserve due to its location on the grid’s edge. The BESS’s capability to disconnect from the grid provides operational

continuity, powering essential services and strategically managing energy use by switching off non-essential loads. This flexibility maximizes battery life and ensures that vital functions remain active, supporting the community even during prolonged outages.

- 3. Economic Efficiency through Solar Shifting:** The BESS captures surplus solar power generated on-site, storing it and discharging it during peak demand hours. This approach significantly reduces energy costs for the Reserve's three submeters, potentially reducing bills to near zero. By making renewable energy more affordable, the system directly benefits the community and aligns with sustainability goals.
- 4. Retail and Market Value:** The BESS enables the Reserve to work strategically with electricity retailers, charging the battery at off-peak times and discharging it during high-rate periods to optimize energy savings. The system may also participate in the Frequency Control Ancillary Services (FCAS) market, generating additional revenue by providing grid-stabilizing services, which further offsets operational costs and supports future community projects.
- 5. Community Capacity and Education:** Adding local storage capacity, the BESS allows for higher solar energy use in the area, reducing strain on the local feeder and facilitating increased renewable adoption. The Reserve's position as a community hub makes it an ideal location for educational initiatives, with the BESS serving as a demonstration tool to deepen local understanding of energy storage and sustainable practices.
- 6. Network Services Potential:** While Ausnet Services hasn't committed to using the BESS for load relief, the system has 100kW capacity that could help reduce strain during peak periods. If network demand increases, the BESS could support grid reliability and prevent costly infrastructure upgrades, contributing to regional energy stability and resilience.
- 7. Sustainable Community Business Model:** Revenue generated by the BESS will first cover maintenance and operational costs, with additional funds reinvested into the Reserve and its clubs. Surplus revenue will support long-term community energy initiatives, fostering local resilience, reducing emissions, and enhancing self-sufficiency.

This BESS provides the Tarwin Lower Recreation Reserve with immediate reliability and cost savings while acting as a critical community asset aligned with Victoria's energy transition goals. By prioritizing resilience, economic benefits, and community empowerment, the project establishes a sustainable energy foundation and serves as a replicable model for neighborhood-scale storage solutions, enhancing both local and regional energy stability.

COMMUNITY RESILIENCE AND RELIABLE ENERGY FOR Venus Bay & Tarwin Lower

P2 Community buildings

Criteria Ratings To select facilities

-
-
-
-
-

LESS THAN 5% OF THE ELECTRICITY CONSUMED IN VENUS BAY AND TARWIN LOWER IS USED IN COMMUNITY BUILDINGS. THE LARGER BUILDINGS HAVE SOLAR PANELS ALREADY (AROUND 60KW TOTAL).

MOST COMMUNITY MEMBERS ARE CONNECTED TO ONE OR MORE OF THESE ORGANISATIONS AND SOME, LIKE THE SURF LIFESAVING CLUB, HAVE SIGNIFICANT REACH TO THE PART TIME AND VISITOR POPULATIONS.

THIS CATEGORY ALSO INCLUDES EMERGENCY AND HEALTH SERVICES AND PUBLIC FACILITIES LIKE TOILETS, PLAYGROUNDS AND JETTIES.

THE VENUS BAY COMMUNITY CENTRE RECENTLY EXPANDED ITS SOLAR SYSTEM AND ADDED A BATTERY AND GENERATOR TO PROVIDE A POWERED SPACE FOR ANYONE TO USE WHENEVER THERE IS A COMMUNITYWIDE OUTAGE. THE RECREATION RESERVE AND ANGLERS CLUB HAVE BEEN IDENTIFIED AS POTENTIAL SMALL CLUSTERS (SEE PATHWAY 4).

COMMUNITY BUILDINGS SPEND \$50,000 TO \$100,000 PER YEAR ON ENERGY, PRIMARILY ELECTRICITY.

What is important to people?

Community buildings are the priority investment to create reliable energy spaces because they can be welcoming spaces, providing public services to anyone in need. Community members happily support community organisations because they are nonprofit and benefits can be enjoyed by everyone.

The Venus Bay and Tarwin Lower community has prioritised:

- communications including device charging and phone and internet that work
- light, food, hot water and comfort
- drinking water because pumps don't work
- refrigeration, cooking during longer outages
- access to money and petrol

Resilience is improved by:

- safety in emergencies with spaces to gather, communicate, access electricity, water, phone and internet. Up to 800 people could be helped across the 5 largest buildings.
- access to reliable energy and services at other times if there is none at home,
- better energy support for emergency services during emergencies,
- stronger community organisations,
- lower operating costs and broader services,
- stronger relationships with community members and between organisations.

What is possible?

Community buildings are candidates for grants to invest in energy upgrades. These investments will save a modest amount for the community organisation but will provide their true value during events when energy and other utilities are unavailable elsewhere.

Solar panel expansion, backed by a battery and generator, with an investment in energy efficiency and control is recommended for key buildings. Each organisation would need to think through the services it would like to offer. In future this might include electric vehicle charging, creating the opportunity of additional revenue.

What would it cost and save?

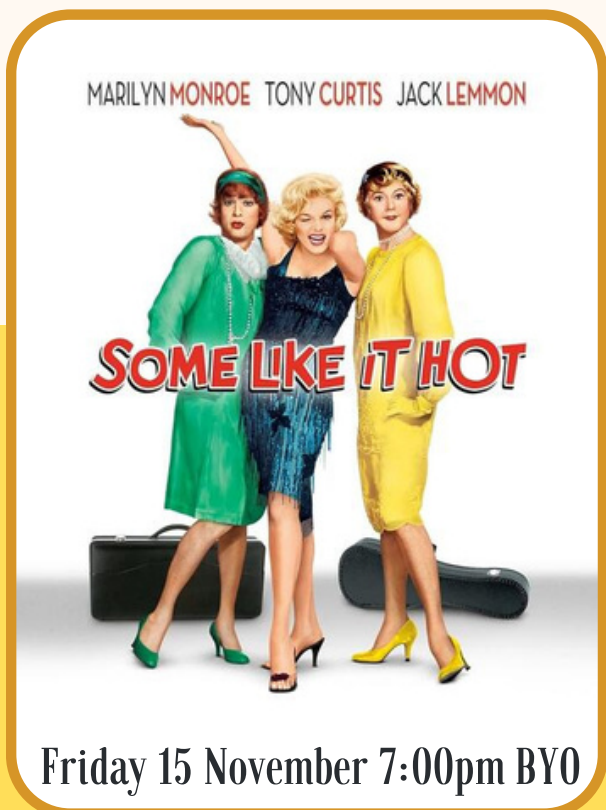
An investment of \$200,000 across the highest priority community buildings would kick start the program and return around \$15,000/yr in electricity bill savings. A battery for all the clubs in the recreation reserve is covered under Pathway 4.

Community safety and access to reliable energy has a flow on effect to households and for visitors. Tourism potential is enhanced because visitor appreciate the additional services available across the community. The projects provide visible showcases of technology and can educate everyone who uses the community buildings.

Identify groups

PATHWAY 2 COMMUNITY ENERGY ACTION PLAN 11

Tarwin Lower Hall - What's On



Friday 15 November 7:00pm BYO

Tarwin Lower Film Society

Some Like It Hot (1959 USA) Duration 120 mins
Directed by Billy Wilder Starring Marilyn Monroe, Tony Curtis, Jack Lemmon

After two Chicago musicians, Joe and Jerry, witness the the St. Valentine's Day massacre, they want to get out of town and get away from the gangster responsible, Spats Colombo. They're desperate to get a gig out of town but the only job they know of is in an all-girl band heading to Florida. They show up at the train station as Josephine and Daphne, the replacement saxophone and bass players. They certainly enjoy being around the girls, especially Sugar Kane Kowalczyk who sings and plays the ukulele. Joe in particular sets out to woo her while Jerry/Daphne is wooed by a millionaire, Osgood Fielding III. Mayhem ensues as the two men try to keep their true identities hidden and Spats Colombo and his crew show up for a meeting with several other crime lords.

For membership and movie information scan this QR Code



Weatherboard Project Celebration Sunday 24 November 2 - 3:30pm

Please join the Committee for an afternoon tea at the Hall to celebrate our HUGE achievement in completing this renovation project. There will be some speeches and thank you's and of course some yummy food to share with our all our supporters. All welcome.



MONDAY 4 NOVEMBER

Melbourne Cup Market Day 8am - 1pm

Many and varied Market Stalls, Eric Collier brings the music! Sausage Sizzle and Tea Room. Proceeds to the Hall



Small Engines and Tractors will set up on Saturday

**All Welcome
Free admission
Saturday. Food Truck and Coffee on-site**

A FAMILY FUN DAY FOR ALL AGES TARWIN LOWER RECREATION RESERVE

Walkerville Road, Tarwin Lower

SUNDAY 3rd NOVEMBER, 2024 | 9.30am – 3.30pm

FB: Tarwin District Community Lifestyle and Auto Festival



- Lifestyle, Food, Market, Emergency Services (CFA, CERT, SES) Displays, Cars, Motorcycles, Trucks, Army Tank & Stationary Engines
- FREE CHILDREN'S ACTIVITIES.
- Display Presentations 1pm – 1.30pm approx.
 - Tractor Pull from 11.00 am

LIVE MUSIC

Entry: SUNDAY

- Show Cars Bikes and Trucks \$10.00
 - Passengers: \$10.00 per head
 - Patrons: \$10.00 per head
 - Children under 16: FREE

Stall enquiry

Garry Dobbs

0400 212 044

General Enquiry

David Miller

0407 956 211

Tractor/Engines Enquiry

John Harris

0438 635 286



UPDATE FROM PARKS VICTORIA

Earlier in the year, a group of community members got together with the Community Centre to advocate to Parks Victoria with concerns about access to Beach 1. The Parks Team agreed they would resurface the ramp with rock composite to make it more stable and have a better curve that allows for drainage.

Repair and reinstate the existing fence line on both sides of the ramp – including a top railing. It was noted this will not be a handrail – but could be used as a stabiliser for people walking down the track.



Great news that the ramp access to Beach One in Venus Bay has now been completed – thank-you

The parks team have also asked that we remind folks that:

Between 1st December and the 31st of March, Dogs are prohibited from all ocean beaches in Venus Bay between 9am and 6pm.

Outside of those times, dogs are permitted on-lead at all ocean beaches between No.1 beach and No.5 beach, including No.2, No.3 and No.4 beaches

Parks Victoria will be actively enforcing dog regulations over summer.



Call for Artists, Creators and Makers:

Join our Carnival of Creativity



Are you an artist, creator or maker who is passionate about sustainability and waste reduction? We invite you to apply for an Artcube residency in Venus Bay that will combine artistic expression within a carnival environment but focusing mostly on the crucial topic of reducing landfill waste.

We welcome applications from artists, creators and makers of all backgrounds and disciplines. Whether you work in visual arts, performance, installation, or any other medium, if you have a unique perspective on waste reduction and a flair for creativity, we want to hear from you!

Equally as important though you may choose to use the time to consider how to reduce waste in your own art practice rather than focusing on the creating side of things.

- Can't fill a cube on your own? Perhaps contribute to a 'Community Creators' Cube'

This residency will offer blocks of dedicated time to explore innovative ideas and create impactful artworks. We anticipate that you will engage with the community, spark conversations around your art, waste reduction, and celebrate creativity in a joyful, festive atmosphere.

Dates: Between January 21st and April 28th

Location: Cnr Jupiter Boulevard and Centre Road.

What we are offering in return:

- A supportive environment to develop your artistic practice.
- Opportunity to engage with the local community, seasonal visitors and other artists through workshops, performances and exhibitions.
- Artist networking.
- Publicity including artist profiling.
- An activated and interesting site to draw people in.



Application requirements:

Register your interest by emailing: carol@vbcc.org.au

Phone for a chat 0404773044

Or drop in to the Community Centre to talk over your ideas.

In addition to Artcube residency we are looking for interest from buskers, individuals and groups who might want to share their talents over the weekends. This could be small plays, spoken word, singing or jam sessions. We are open to suggestions. We are aiming for a variety of activities over the life of the Venus Bay Artcube activation.

We are excited to see how you can contribute to this vibrant carnival of creativity while making a meaningful impact on sustainability for our small community.

Join us in transforming the conversation around waste into a celebration of art and community. Let's create a carnival of creativity together.

UKULELE GROUP

\$5 PER WEEK

EVERY THURSDAY
7.00 - 8.30

MATTER OF FACT

If your Community Group would like an article in the Matter of Fact Newsletter our deadline is usually the 28th of the month

TIP

*December & January issues are earlier

Please submit in word format to alyson@vbcc.org.au or carol@vbcc.org.au

Freeform writing group

Dedicated writing time & random writing exercises to inspire

New Day
2nd Wednesday of the Month
3.30 - 5.00

Gold coin appreciated

Knitting, Crochet or Stitch

GOLD COIN DONATION APPRECIATED

BYO PROJECT

20TH OF NOVEMBER
5.00 - 6.30ISH

VENUS BAY COMMUNITY CENTRE
27 CANTERBURY ROAD

Share some time with like minded people

Monthly activity - 3rd Wednesday of the month

VENUS BAY COMMUNITY CENTRE

GAME NIGHT

GOLD COIN APPRECIATED

06.11.2024 START 05:00 - 6:30

Just turn up, no booking required

BOOK CLUB

- Meet ups monthly
- Discover New books
- Gold coin donation

Second Tuesday of the Month

5.00 - 6.30



Volunteer drivers wanted

VENUS BAY SUMMER BEACH BUS

We are now taking registrations of interest for Summer Beach Bus drivers. Speak to Alyson or Carol if you think you might be interested.

5663 7499

www.vbcc.org.au

info@vbcc.org.au



One of the last pieces of the community resilience puzzle is now sorted.

Our community experiences more than its fair share of power outages – we’ve been working on our Community Plan for Community Energy for a few years now – and established the Venus Bay Community Centre as a place of resilience -with solar, battery and back up generator. That means we have power when the grid goes down. It’s great to see the Centre being used for power, connection and a safe haven during outages. During storm events earlier this year, not only was there no power – there were no communications – no internet, no phones and people were unable to access emergency information or even find out what was happening.

We decided to see if a roaming Starlink satellite system would be able to provide comms and internet during outages – and we’re pleased to say during recent outage it did!

That means you can come to the Centre and know you’ll be able to access internet and wifi communications when you need – keeping us all safer and more connected. We’ll keep our regular phone and internet system, and use the starlink in a roaming capacity during power outages with the ability to turn it on and off.

Many thanks to Bald Hills Wind Farm Community Fund for supporting this project.

COMMUNITY ENERGY E-BUS
Powered by community, for community.

Need a ride?

Hi! I'm Sunny

Providing local community transport options.

Venus Bay
Bookings essential:
vbcc.org.au/e-bus
0403 108 199

Keep your eyes peeled for an updated webpage for Sunny – our community electric mini-bus, and some new outings along with our regular scheduled trips.

What do we do? In a nutshell, we do 4 main things:

Regular weekly **scheduled service** to Leongatha on Fridays and fortnightly services to Wonthaggi on Mondays – and any stops along the way like Inverloch or Koonwarra. This service is **free** and available to everyone.

Social outings –trips or outing that we organise and plan and promote – these usually cost between \$5 - \$10.

Plan your own adventure – organise your own trip/adventure or outing – and make a request through our website or phone number – we’ll do our best to accommodate this as long as the ebus is available and we can find a volunteer driver

Summer beach shuttle service – our regular and beloved summer offering – with a few tweaks this year! We are still working through the planning, but

we are trying to accommodate a couple of runs to Venus Bay Estate 2 – based on community feedback. More information coming up in December.

If you would like to donate your time to volunteer with this project that aims to provide a range of community transport options for our communities of Venus Bay & Tarwin Lower, please get in touch.

Sunny phone: **0403 108 199** Sunny email: venusbaycommunityebus@gmail.com

And it would be great if you’d take a few moments to complete this survey – this helps us plan and ensure the service meets community needs. <https://latrobe.questionpro.com/t/AaAslZ3smm>

Tarwin Lower Union Church



Regular services:

Sunday 10.30 a.m. Anglican/Uniting

Saturday 5.30 p.m. Catholic

Liturgy/Communion on the Saturday before the 1st, 2nd, 4th and 5th Sunday of the month

Saturday 4 p.m.

Mass before the 3rd Sunday

Our mission is to be a welcoming, sharing Christian community

Coming up:

- * Women's discussion group: Thursday 14th and 28th November at 10.30 a.m.

Join us as for a cuppa and chat

- * KYB (Bible study): Friday 8th and 22nd November at 1.30 p.m.

Join us as we read and study 1st and 2nd Thessalonians

Christmas carols and sausage sizzle:

Sunday 22nd December

from 6.30 p.m.



VENUS BAY ANGLING CLUB will hold the November Fishing Competition starting at 6am Friday 1st and finishing at 3.00pm Monday 4th November.

There will be a weigh in each day at the club between 4-6pm Friday, 4-8pm Saturday, 4-6 Sunday and the final weigh in on Monday is 5.00-5.30 p.m. when the winner will be announced.

1st Prize is a \$50.00 voucher from a local business. 1st prize for juniors is a trophy.

We are also reintroducing the "secret weight" prize, all fish weighed in are eligible to win except the 1st prize winner.

Our BBQ will be held on Saturday night, meat provided, and members and visitors are asked to bring along a hot dish/salad/dessert to share. For non members there is a \$5.00 entry fee for the competition which covers you for the BBQ Saturday night as well.

We will have our raffle on Saturday night (with some great prizes) as well as the members draw which now stands at \$220.00! So make sure you're there to win it. Come along and join in the fun.



Keep an eye out in December for news of our Kids fishing day that will be happening in January 2025.



cfa.vic.gov.au

MyCFA

OUR COMMUNITY • OUR CFA

Prepare your property

- Move furniture, woodpiles and mulch away from windows, decks and eaves
- Prune tree branches so they are not overhanging the roof or touching walls
- Keep grass shorter than 10cm. Regularly remove leaves and twigs
- Don't have plants higher than 10cm in front of windows or glass doors
- Check that your home and contents insurance is current and includes a level of cover in line with current building standards and regulations.
- Find out more about property preparation on [CFA's website](http://www.cfa.vic.gov.au/prepareproperty).



Keep burn offs safe and legal

Check and monitor weather conditions – particularly wind – on the day of your burn and the days afterwards as fires can flare up in windy conditions

- Notify your neighbours
- Never leave a burn-off unattended – stay for its entire duration
- Find out more on [CFA's website](http://www.cfa.vic.gov.au).



Your Bushfire Survival Plan

Use the [Fire Planner Tool](#) to help you create your plan.

If you need [more information](#) about what you should consider visit CFA's website.



- Incident warnings in your area
- Check for risks prior to travel
- View 4-day fire danger ratings
- Download the **VicEmergency App** on your Smartphone today.

A combined celebration by brigades receiving CFA Service Awards.

MEMBERS of the Pound Creek and Tarwin Lower & District Fire Brigades held a combined celebration of service with a number of awards presented on October 10 at the Leongatha RSL.

A special highlight of the evening was the presentation of two National Medals, presented to Mick Hughes and David Walker. A National Medal is one of the highest honours in CFA – celebrating conspicuous active firefighting service and leadership.

Service awards were presented by South Gippsland Commander Simon Bloink and recognise the time and dedication members put into serving the community, training and being there to protect life and property when fire, accidents and hazardous events threaten our community.

In the two pictures below Tarwin Lower & District and Pound Creek recipients from the night are pictured after being awarded their Certificates and medals, each representing the number of years they have contributed to their brigades.

Tarwin Lower & District brigade members with their service acknowledgements, from left, Matt Alexander, Commander Simon Bloink, Julian Seri, Captain Mick Moore and Jim Barr.



Pound Creek brigade members after receiving their service awards Andrew Mutton, Joe Busuttil, Jay Masterman-Smith, Roger Davies, Mick Hughes, Julian Walker, Commander Simon Bloink, Peter Dellingham, Danny Drummond, Ross Vanzuyden and Captain Ivan Smith.

CFA volunteers dedicate their time to training and turning out to help their community in times of need and stress. Not only firefighting but helping other agencies including SES and CERT where members of the public are trapped, and where properties are damaged.



Bunting Workshops

We are getting ready for the arrival of the Artcubes.
We need bunting!
 Come along and help cut, sew or pick up supplies to take home and make.

Thursdays in November
 12.00 - 1.00
 everything supplied.





Are you creative and love working with kids? We'd love to hear from you!

We are making a call out for holiday program coordination– would you be interested in running a class or two with kids as part of our holiday program this year?

We are looking for a fun person/s to help us with our beloved holiday program – must have WWC.

Please pop into the Centre and talk with Alyson or Carol or send an email to info@vbcc.org.au

IN THE GARDEN

Did you know the Community Centre has a Plant Group that propagates native and indigenous plants?

We have a wonderful selection of these plants available at the Centre – and it's a perfect time to get into the garden and start planting.

This program aims to not only provide plants, but to offer information and the opportunity to learn what grows best here in this coastal community. Good for the garden, good for the native animals and birds too.

We also have a great book available that details many of the indigenous plants of Venus Bay & district for those interested to know more.

A massive thank you to coordinator Sue Peterson and the team of volunteers who meet each Monday to keep the program going.



TARWIN LOWER & DISTRICT BOWLS CLUB INC.



AFFILIATED WITH BOWLS AUSTRALIA

Tarwin Lower & District Bowls Club invites you to

Our Annual Melbourne Cup Day Event

to be held from 12 noon on Tuesday, 5th November, 2024.



Come along and join in the sweeps and our “Fashion on the Field” parade with prizes for best dressed lady and couple.



Cost \$30.00 per person

Champagne on arrival, Chicken & Salads lunch

All welcome.

For individual or group **bookings phone**

Di: 0427 961 349 Helen: 0412 868 023 by 30th October.

VENUS BAY COMMUNITY CENTRE

November at the Centre

4	10.00 - 12.00	Plant group
5		Melbourne Cup Day
6	12.00 - 1.00 5.00 - 6.30	Free Community Lunch Board games & cards
7	12.00 - 1.00 7.00 - 8.30	Bunting workshops Ukulele group
11	10.00 - 12.00 1.30 - 4.30 5.00 - 6.30	Plant group Sourdough workshop Men's Cooking
12	5.00 - 6.30	Book Club
13	12.00 - 1.00 3.30 - 5.00	Free Community Lunch Writing group
14	12.00 - 1.00 7.00 - 8.30	Bunting workshops Ukulele group
18	10.00 - 12.00	Plant group
20	12.00 - 1.00 5.00 - 6.30	Free community lunch Knitting, crochet & stitch group
21	12.00 - 1.00 7.00 - 8.30	Bunting workshops Ukulele group
25		Recycling Centre - Clothing Sale commences
27	12.00 - 1.00 5.00 - 7.00	Free community lunch Recycling Centre - Twilight shopping
28	12.00 - 1.00 7.00 - 8.30	Bunting workshops Ukulele group
	Coming in December	Beach Bus Annual Santa Party

November 25 - 30

We are having a 1/2 price
clothing SALE

Open Mon, Wed, Thur & Sat
9.30 - 2.00

Twilight Night
Open Wednesday
5.00 - 7.00



**Venus Bay Recycling
Op Shop**

27 Canterbury Road, Venus Bay

SURVEY WEEK – HELP US TO HELP YOU



**Tell us about your
Neighbourhood House
experience!**

SURVEY NOW LIVE

We're counting on your support!



info@nhvic.org.au | www.nhvic.org.au

VENUS BAY COMMUNITY CENTRE

Did you know that the Venus Bay Community Centre is a Neighbourhood House?

Each year, we receive a small amount of funding from DFFH for the Neighbourhood House Coordination Program – this pays for a manager, and all other staff, resources, programs, events and activities rely on donations, fundraising and from time to time project grants.

From Wednesday 30 October to Wednesday 6th November we will be asking everyone who walks in the door of the Venus Bay Community Centre to complete a survey – you are not required to include any personal information like name, address or any other personal details.

○ This survey is being conducted by Neighbourhood Houses Victoria for the Department of Fairness, Health & Housing – DFFH.

- This will help to map some of the demographic information about every single one of the 400+ Neighbourhood Houses in Victoria and will help to:
- Help us with planning to meet community needs
- Attract funding for new activities and projects
- Assist with meeting our obligations to the Department of Health and Human Services
- Raise our profile

MANY THANKS FOR YOUR SUPPORT

We recently hosted a community information session about MEMORY – are you worried about your memory, or someone else you know?

Karen Price from Dementia Australia came along to host the discussion and information session – which prompted many questions and discussion from participants like:

- What is normal memory loss?
- What are the signs of dementia?
- What can I do to improve my brain health/memory?
- What support is there if someone I know is experiencing dementia-like symptoms?

There is a lot of information on-line at <https://www.dementia.org.au/>

And more info here about getting older

<https://www.geriatriccareaustralia.com.au/video-library>

We also have brochures at the Centre for you to take. You can also come in to talk with us in confidence if you are worried about yourself or someone else – we can try to help you find the support or information you may need.



Get support /

The National Dementia Helpline

Call 1800 100 500 📞

Chat live 💬

About the helpline ↓



**Emotional support
and guidance**



**Navigate services
and programs**



**Information and
advice**

Tarwin Lower Community Health Centre

Monday to Friday 10am-2pm. 19 Walkerville Rd Tarwin Lower. Phone 03 5667 5680.

Nurse Practitioner Deb Garvey

Every Wednesday from 8am. Please book at the Health Centre or call and leave a message on 03 5667 5680.

Friday Friendship group

Are you registered with My Aged Care and looking for social activities? Friday Friendship group gets together for picnics, music, entertainment, games and more! Please contact Michelle at Gippsland Southern Health on 03 5654 2791.

Health Centre Gardening Bee

(First Saturday of each month) Saturday 2nd November. 10am-11am followed by morning tea. Please bring gloves and a small plate of something to share if you can. Everyone welcome.



Pilates on Tuesday mornings. Improve your strength and flexibility in friendly and welcoming class.

Classes (\$15). For class times and to book, please call Jeanette on 0409 252 863.

Volunteering

The Community Health Centre runs on the dedication of local volunteers and the support of Gippsland Health Service and South Gippsland Shire Council. Volunteering is a great way to get involved in your community and meet new people. Please get in contact (03 5667 5680) if you are to help in any way (we are particularly on the look-out for people with computer/technical skills, and a new treasurer (as our valued current treasurer will be stepping down from the role later this year).

Got an idea for a new club or group?

The centre has wonderful indoor and outdoor spaces, kitchen and bathroom facilities. Please get in contact if you have an idea for a social or health related new club, group or activity that you want to run. Email: tarwinlowerchc@gmail.com

Circular Economy

Two of us from the Venus Bay Community Centre have spent three Wednesday mornings attending a series of Gippsland Circular Futures Initiative workshop. It was a free program funded through Sustainability Victoria aimed at helping businesses and not-for-profits in Gippsland, learn about and adopt circular economy principles. The normal day economy model travels in a linear line – we make/buy, we use and then discard items. The circular economy model aims to keep things in use. To use things up rather than them adding to the volume of landfill and take responsibility for the end life of a product as the diagram below shows.



A circular approach involves the creation and reinvention or reimagining of materials. It involves business taking responsibility not only manufacturing but takes responsibility recycling of materials and then implementation of those materials back into the business. This means each business is responsible for looking after its own materials and finding avenues for reinvention. This might mean the creation of new business ideas through developing new partnerships.

For example: Zero Plastics is a small enterprise that evolved in order to stop plastic bottle tops (thing milk containers) ended up inside turtles! They recycle the plastic into usable objects. These items can then be returned and the company once again breaks down the plastic back into their system for new products.

So yes we as a society have become really good at mass production. However the hope is that by applying principles of circular economy to our small and local business' that this will help in many ways - to preserve our incredible natural resources, to improve quality of life, to improve profitability and customer satisfaction – enhancing our long-term resilience.

So what does it give to the Venus Bay Community Centre

Knowledge. It's all about context. The Community Centre has a Recycling Op Shop. A place to discard unwanted items and to pick up treasures. In a way the Op Shop is a clearing house. Items continually being dropped off and picked up. Regularly the volume of items we get have us busting at the seams. We are always searching for new ways and ideas to be able to continue to stop these goods on their journey towards landfill at best we often refer people to utilise the facebook marketplace or distribute goods to other places: such as unwanted baby wear goes to Olivias Place in Warragul.

Maybe some of it will be about us adopting ways from the past like when we used up our stuff until it is no longer usable. For example, using up all our food, mending our clothes, getting our old bikes fixed at the shop where we bought them.

What other ways do you remember or think about that we could investigate? Will circular economy model save the world? Who knows. What do you think? Do you have any ideas using the circular economy model? Please reach to us and share your thoughts.

**TREEHOUSE
STUDIO
VENUS BAY**

Celebrates this not a
**LONG
WEEKEND**

FOUR MORNING CLASSES 9:30AM - 10:30AM

- SATURDAY
- SUNDAY
- MONDAY
- TUESDAY



Set the tone for the day

investment \$25 casual : to secure a place text 0421300407

Starting to think about Christmas Gifts ?

POP UP SHOP

vintage fabrics and textiles reimagined into beautiful objects of use

Yoga Bolsters -

Meditation Cushions

Floor Cushions

Saturday and Sunday
11am-2pm

COMING UP...

CHANGE OF SEASON MINI RETREAT

Shut the door on the world for one afternoon.

Take this moment to regroup as the year escalates into crazy as we move towards Christmas.

These mini retreats are designed to feed the wellness bank. RELAX, REWIND, LET GO.

NOVEMBER 30TH 3:00PM-6PM. Investment \$95

to secure a place text 0421300407

follow twirlingsheilaproductions on FB and Insta



Volunteer with us - it's fun!

Do you have a few hours to spare? We are always looking for volunteers to help out at the community centre...do you have any particular skills you can contribute? Or perhaps you have a bit of time to spend helping with filing in the office or sorting donations for the Recycling enterprise?

Every bit counts and every bit is appreciated. We could not function without our fabulous team of volunteers.

So why not come and join in!

Situated at 27 Canterbury Road, Venus Bay.

Phone: 5663 7499, Send mail to Post Office Box 786, Venus Bay 3956

Email: info@vbcc.org.au Website: www.vbcc.org.au

Opening hours reflect the season - please check our website or Facebook for details

or call Alyson 0416 242 331

Venus Bay Community Centre is supported by:

Department of Families, Fairness and Housing, the Commonwealth Government, & South Gippsland Shire Council.

Our website is www.vbcc.org.au

Find current and back issues of Matter Of Fact on our website. Please contact us if you wish to be on our email distribution list.

