

July 2025 Vol 16 Issue 7

MATTER OF FACT

Providing information for Venus Bay, Tarwin Lower
and Walkerville district



Photo credit: Tracie Mitchell

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.

In Venus Bay over the School Holidays?

Join in any of these family activities at the Community Centre – some are free and some require registration & payment —: <https://events.humanitix.com/host/venus-bay-community-centre>

Or visit the Recycling Centre for a great range of:

Board games

Jigsaws

DVD's, CD's

Craft Supplies

& Books

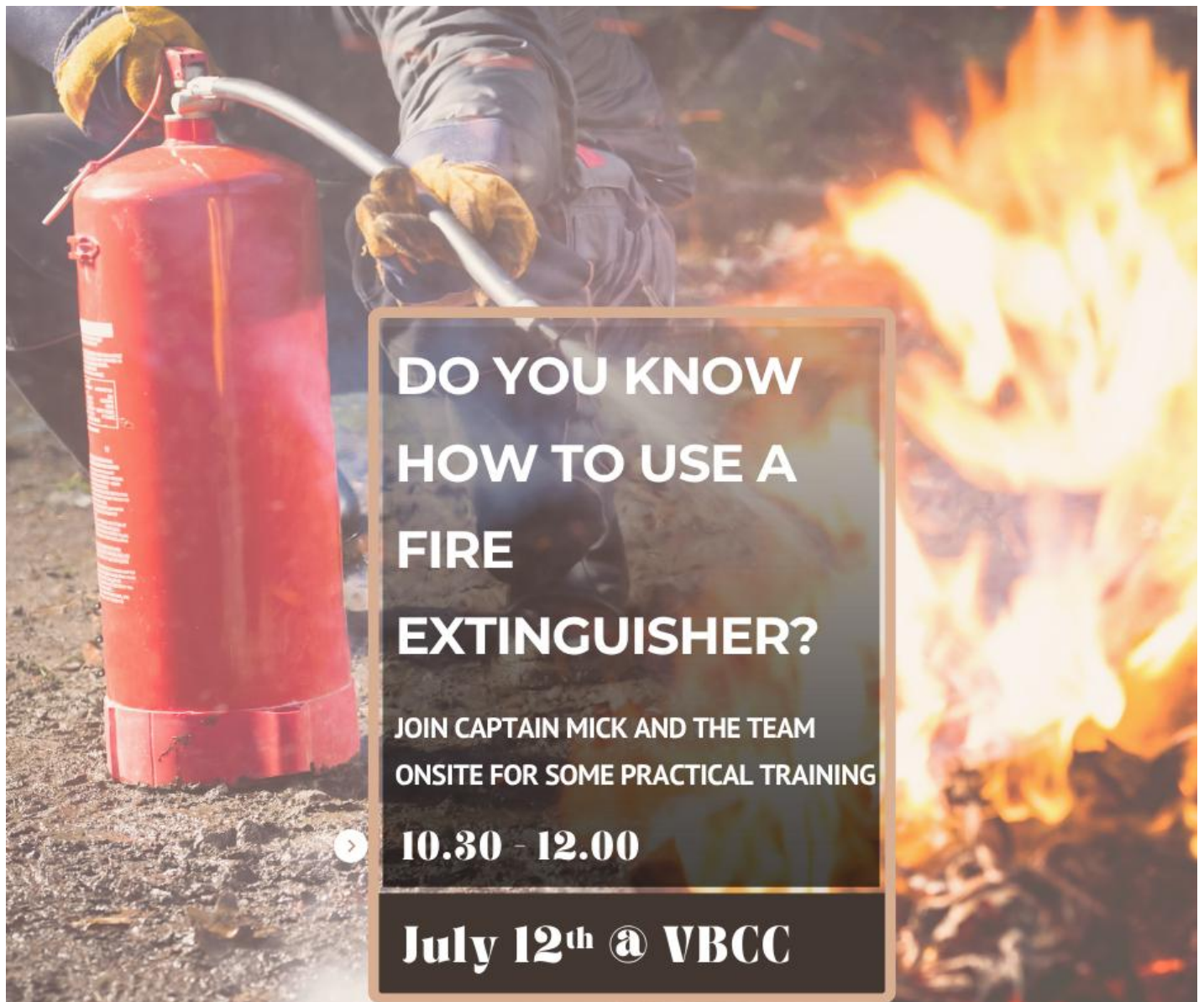
Available for purchase

Something to keep the whole family entertained throughout the colder days.

Open Mon, Wed, Thurs & Saturday

10.00 – 2.00






**DO YOU KNOW
HOW TO USE A
FIRE
EXTINGUISHER?**

JOIN CAPTAIN MICK AND THE TEAM
ONSITE FOR SOME PRACTICAL TRAINING

10.30 - 12.00

July 12th @ VBCC

ARE YOU INTERESTED IN STARTING YOUR DAY IN A MINDFUL WAY?



Midweek meditation @
Venus bay community
centre
with kirsty

starts:
8am-9am
wednesday 18th june
for four weeks

bring:
comfy clothing
drink bottle
journal
open heart

enquiries
0447 503411

Come along to a series of **Mindful Meditations** led by Kirsty at the Venus Bay Community Centre. **Starting on Wednesday 18th June at 8am** (yes – it's an early start!). A chance to get your day off to a good start. Everyone is welcome to come and have a try. If there is enough interest, Kirsty will host a series of sessions over the next month. More information on social media channels and local noticeboards.



Monday 14th 10.30 - 12.00



Weaving workshop
with Mandy Gunn



Make Your Own Eco-Cooker Workshop



SATURDAY
JULY 19, 2025
10:00 am - 1:00 pm



**Venus Bay
Community Centre**



\$25.00
Includes all materials
& light lunch

Register Here
or at the Centre:

What is an Eco Cooker?

An Eco Cooker is an extremely energy efficient method of cooking using retained heat.

Simple to use:

Bring pot to boil on stove top, and transfer pot to eco cooker to utilise retained heat to complete the cook.

Benefits:

- Fuel & Cost Savings: Reduces the amount of fuel required for cooking.
- Time saving: Less time is spent hovering over pots and once in the Eco Cooker, the chef can be doing many other things.
- Convenience: Allows for cooking ahead of time and having hot meals ready without constant supervision or a heat source.
- Nutrition retention: Nutrients don't boil away in the Eco Cooker enhancing the nutritional value and flavour of the food.
- Great for: Stews, beans, and grains.

Workshop details.

- Learn how to use the eco-cooker with a demonstration
- Cut and sew your own eco-cooker with help (of course)
- Try the food that was cooked and learn more about the benefits of cooking in your new eco-cooker



www.vbcc.org.au



SPIT BUILDING WORKSHOP

limited places



Over 2 days
first session

JULY 5TH

Second date to be
determined by the group

Bookings: carol@vbcc.org.au



Regular activities

Please note a few changes for the colder months.

Centre closed between 28th June and 4th July
Lunch starts back July 23rd



VENUS BAY COMMUNITY CENTRE

July at the Centre

1 - 4th		Recycling Op Shop CLOSED for Winter Break
2	8.00 - 8.45	Mindful meditation
3	4.00 - 5.30	Ukulele group
5	10.00	Spit building workshop
8	5.00 - 6.30	Book Club - Book "All the words we know"
9	8.00 - 8.45	Mindful Meditation Writing Cancelled
10	4.00 - 5.30	Ukulele group
12	10.30 - 12.00	Fire extinguisher use - CFA
14	10.30 - 12.00	Holiday activity with Mandy Gunn Weaving
16	10.00 - 11.30 10.00 - 1.00 5.00 - 6.30	Holiday activity - Paper planes Latrobe Community Health - Support to stay home Knit, crochet and sew group
17	4.00 - 5.30	Ukulele group
19	10.00 - 1.00	Eco-cooker making workshop
22	5.00 - 7.00	Battery project - governance and advisory meeting Tarwin Rec Reserve
23	12.00 - 1.00 1.00 - 2.30 5.00-6.30	Community Lunch Energy Circles - how warm is your home? 2 sessions - day and evening
25	4.00 - 5.30	Ukulele group
30	12.00 - 1.00	Community Lunch
31	4.00 - 5.30	Ukulele group

Tarwin Lower Hall – What's On?



Tarwin Lower Film Society presents

"What We Did on our Holiday UK Comedy/Drama (PG)

Duration: 1 hr 35 min Starring Rosamund Pike, David Tennant and Billy Connolly. "Enormously entertaining heart-warmer."

A family of five heads to Granddad's big 75th-birthday party at an uncle's estate in rural Scotland. The parents are separated and hope their three kids won't mention it. The kids love, can talk with, and would do anything for Granddad.

Friday 18 July

7:30pm

BYO

New program for 24/25 membership and movie information head to www.trybooking.com/DBVIA

Next Market – AFL GF Eve



Twilight Market

Friday 26 September

2:00pm – 6:00pm

Grab some dinner on your way in!

Food Vans, Sausage Sizzle, Tea Room

All proceeds to the Hall

Wear your team colours!!



Funk at the Hall

***dance floor
supper lounge
6 piece band***

**Tickets \$35/\$25
7:30pm Door Sales**



www.trybooking.com/DDEJN **Book early to avoid disappointment!**

VENUS BAY ANGLING CLUB NEWS



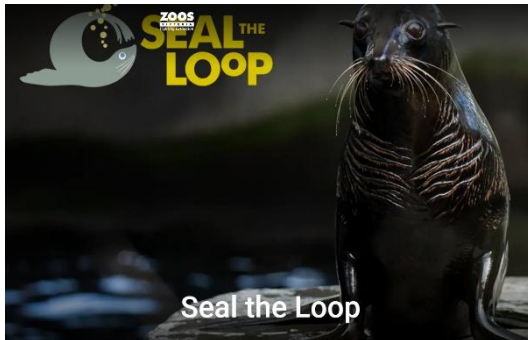
The July VBAC competition will start at 6.00am 11th July and conclude 3.00pm 13th July.

There will be a weigh in Friday & Saturday nights 4-6 and the final weigh in is 2.30-3.00 Sunday. The BBQ Saturday night starts at 6.00. Non members are welcome for \$5 pp.

If you've bought tickets in our firewood raffle it will be drawn on Sunday 6th July at 1.00pm at The Cavity, so come along and see if you're a winner!

SEAL THE LOOP

The Angling Club has recently taken over the management of the Seal the Loop boxes on behalf of Fisheries Victoria and are currently installing new ones at the beaches and along the river. These are designed ONLY to take fishing line/hooks so these do not end up in our water ways – please help us by using rubbish bins for regular waste.



Zoos Victoria and Victorian Fisheries Authority are working together to untangle the threats to aquatic wildlife by installing Seal the Loop bins.

Each year in Victorian waterways, many aquatic animals ingest or become entangled in discarded fishing gear, such as line, hooks, netting and rope.

Abandoned fishing tackle is the deadliest type of marine litter ingested by seals, and long-term Victorian studies show that seals, particularly juveniles, are regularly injured or killed after becoming entangled in discarded fishing gear. With Victorian waters being home to several important seal breeding colonies, it is especially important that we reduce the amount of abandoned fishing gear along our coastlines.

Zoos Victoria's *Seal the Loop* bins help to keep all aquatic wildlife safe by providing anglers with an easy way to responsibly dispose of unwanted fishing gear.

Energy Circles – July 2025

How warm is your Home this winter?

With the days much colder and with energy prices increasing in July, it's time to start thinking about energy use in your home.

Many people, especially those with older homes, may not know where to start. When it comes to saving money on energy by reducing your usage, sequence matters.

While it's a little more exciting to talk about solar panels, batteries and double-glazing, it turns out starting small can deliver the biggest benefits.

About 60% of household energy consumption comes from heating and cooling your home. So simple and affordable upgrades like draught-proofing, insulation and window treatments will significantly improve the thermal performance of your home by retaining conditioned air.

Draught-proofing is the single most effective thing you can do. Sealing doors and windows, unused heating ducts and chimney draught stoppers can save up to 50% of your energy consumption.

Household energy efficiency

The Mycelia Energy Collective (MEC) are offering free introduction session covering the basics of home energy-efficiency and support available for community members to help relieve bill stress and improve the comfort of their homes.

We are supporting people to become more energy efficient in their homes by funding assessments and upgrades and encouraging people to shift their energy use to the middle of the day when renewable energy is abundant and cheaper. For example, it's great to use your own solar, or the renewable energy that's flowing through the grid during the day, to heat your hot water.

Attendees will gain insights to understanding “the sequence” as a first step towards a more energy efficient home. Come along and learn about how to sign up for the MEC Energy Assessments and Upgrades Program.

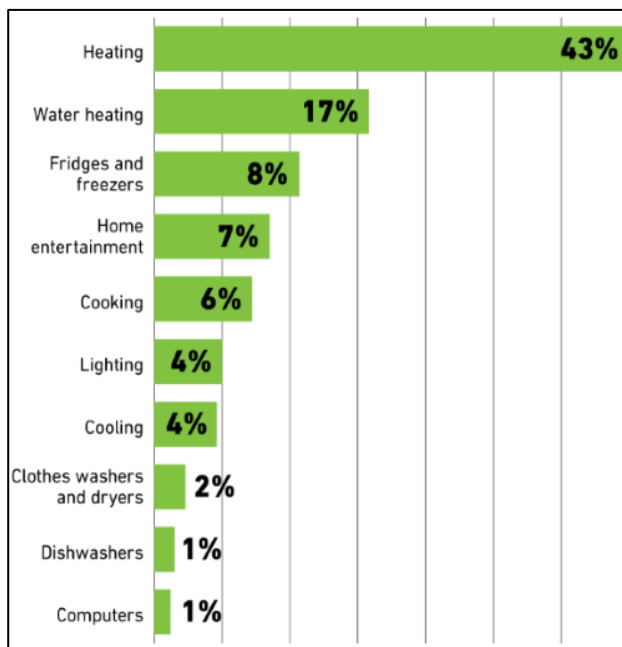
Details:

Wed 23 July 2025

[Register here using this online form.](#)

1:00pm to 2:30pm or 5:00pm to 6:30pm

Or Email claudine.evans@mycelia.org.au



INTRODUCING...

ENERGY CIRCLES

A series of community-led gatherings where people can ask questions, share knowledge and learn more about home efficiency and renewable energy!



How warm is your home this winter?

Come along to learn practical and low cost tips for keeping your home warm. Already have a cosy home? Come along and share your hot tips!

WED, JULY 23

**1PM - 2.30PM OR
5PM - 6.30PM**

VENUS BAY COMMUNITY CENTRE

**PLEASE RSVP TO
CLAUDINE.EVANS@MYCELIA.ORG.AU**



Energy Circles events are supported by the Venus Bay Community Centre and Mycelia Renewables Partnership and funded by grants from Ausnet Energy Resilience Community Fund and FRRR Community-led Climate Solutions



FRRR
Foundation for Rural
Regional Renewal

AusNet

RESILIENCE IS THE NEW BLACK!

It's been a time to test our community resilience of late with 2 unplanned power outages affecting Venus Bay and Tarwin Lower district. We know we're pretty resilient as a community – but there's always more we can do – together.



A little bit

About GERF.

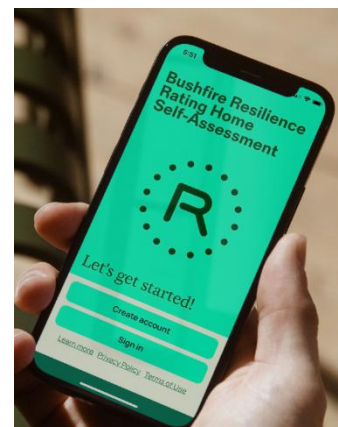
Since 1978, the Gippsland Emergency Relief Fund (GERF) has funded emergency resources like food and shelter for Gippslanders impacted by natural disaster.

Our region's landscape is beautiful, but volatile – which is why the dedicated volunteers at GERF manage a (really) rainy day fund, ready for helping neighbours in need.

Recently the Shire hosted a How Resilient is your Home session – supported by the Gippsland Emergency Resilience Fund and partnering with the Resilient Building Council. Participants went through a series of interesting and informative topics about their own homes – and how to make them even more resilient and resistant to climate events. If you missed the workshop – there's plenty of information to be found on these websites – and an app that can help you make your own home assessment.

<https://gerf.org.au/>

<https://rbccouncil.org/>



With support from South Gippsland Shire Council Resilience funds – a workshop was hosted at the Tarwin Lower Bowling Club on *What does Resilience Look like for us* – particularly around the district of Tarwin Lower and in relation to the Community Battery project that is about to commence at the Tarwin Rec Reserve.

Participants were asked

How can local people and the reserve facilities support and strengthen resilience across the Tarwin Lower-Venus Bay townships and wider district.

Community members participated in small group and whole group discussions about resilience, hazards and risks that pose threats to community resilience and the types of things the community needs and hopes to do to strengthen resilience.

A draft Community Resilience Plan will be compiled from community responses and shared with the wider community – providing a roadmap of actions and aspirations that can guide further action and development.



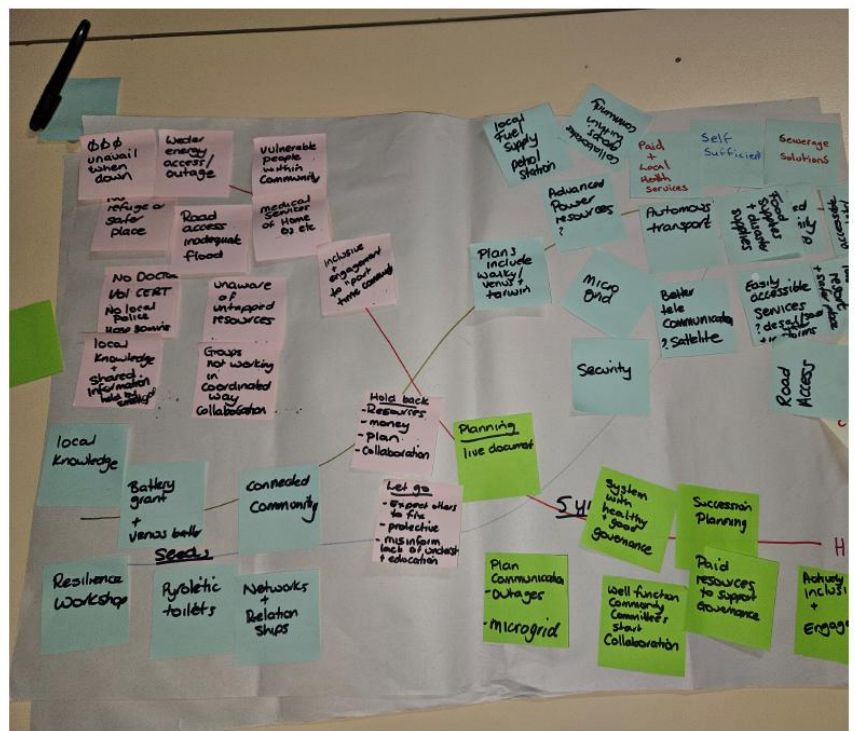
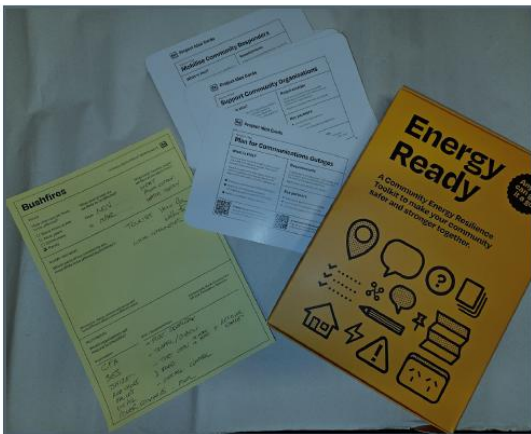
What might a resilient community look like?

A definition of resilience in common use is: *"The ability to resist, absorb, adapt to and recover from shocks or stresses"*

- Features of resilience communities can be (but are not limited to):
- Understand potential risks and are prepared
- Know their strengths and how to build upon them
- Work together and look after everybody
- Value inclusion and participation
- Can self organise and build capacity
- Are able to adapt, learn, improvise and innovate



Participants used the Three Horizon method to think about what needs strengthening, what needs letting go of, what needs changing and what innovations will take us to our shared vision. Others used the Energy Ready Toolkit hazard assessment tools to share with the group.



The workshop produced some great ideas and storytelling and prompted interesting discussions about what resilience means in rural communities including the need for energy reliability and affordability and strengthening community connections and the well being of community members. It was a great exercise of imagining the future together and starting a plan for our shared resilience. Keep a lookout for more information.

(A prize for letting us know how many times the word Resilience has been used!!)

Tarwin Lower Community Health Centre

Monday to Friday 10am-2pm. 19 Walkerville Rd Tarwin Lower. Phone 03 5667 5680. Email- tarwinlowerchc@gmail.com

Nurse Practitioner Deb Garvey

Need a flu shot, prescription, heart check, blood test or have a health question?

Nurse Practitioner Deb Garvey is available Wednesday mornings from 8am. Please book at the Health Centre or call and leave a message on 03 5667 5680.

Community Food Cupboard

Thank-you to everyone who donates. People are very appreciative of the support from the community.

We always need breakfast cereals and spreads for toast and sandwiches, kids school snacks, soup, tinned tomatoes, tinned veggies, beans, corn, tuna, long life milk, pasta, rice, 2-minute noodles, pasta sauce, flour, sugar, tea, coffee (And while not essential...biscuits and treats get big smiles!). Household cleaning products- dishwashing liquid, washing powder also welcome.

Drop off to the Tarwin Lower Community Health Centre- 19 Walkerville Rd. Monday to Friday 10am- 2pm or the Tarwin Lower IGA donations box.

Thank-you again for your ongoing support.

Gardening Bee & Brunch

The Health Centre gardens are looking beautiful! Thank you to everyone who has helped. In July we are going to start cutting back all the dead bracken fern. Please bring gloves & secateurs. There is also a small section to be mulched.

Saturday 5th July 10-11am followed by brunch.

Please bring a small plate of something to share if you can. Everyone welcome.

Friday Friendship group

Friday Friendship group gets together for picnics, music, entertainment, games and more!

Please contact Michelle at Gippsland Southern Health on 03 5654 2791.

Red Cross Meets once a month. Contact Margaret Fisher (Secretary) on 03 5663 5256.

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

Classes \$15

For class times and to book, please call Jeanette on 0409 252 863.

Little Kin Music

Joyful music & movement for little ones (aged 0-5) and their grown-ups). Join us for songs, rhymes, rhythm,, movement and fun. \$15 per family (multiple siblings welcome), \$12 concession. **Fridays, fortnightly starting 25th July.** Any questions or to sign-up, text Caitlin 0428 302 938 or Claire 0406 366 770, email littlekinmusic@gmail.com or FB Little Kin Music



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 organise

Email: tarwinlowerchc@gmail.com

Tarwin Lower Community Health Centre

<https://www.tarwinhealth.com.au/>

Gippsland Southern Health Centre

Ph - 0356675680

19 Walkerville Rd

Fx - 0356675679

Tarwin Lower Vic 3956

LITTLE KIN MUSIC

Joyful music & movement for little ones (aged 0–5) and their grown-ups

☀ TERM 3 LITTLE KIN MUSIC SESSIONS ☀

🎵 Fish Creek Hall Supper Room

Mondays, weekly at 9:30am

Starting **28th July**

🎵 Tarwin Lower Health Centre

Fridays, fortnightly at 9:30am

Starting **25th July**

Join us for songs, rhymes, rhythm, movement and fun ❤

Sessions run for 30 minutes

\$15 per family (multiple siblings welcome), \$12 concession

Any questions or to sign up - text Caitlin 0428 302 938 or Claire 0406 366 770, email littlekinmusic@gmail.com or find us on Facebook @Little Kin Music





Tarwin Lower Union Church

Regular services:

Sunday 10.30 a.m. Anglican/Uniting

Saturday 4 p.m. Catholic

PLEASE NOTE: ALL services will be held at 4 p.m. from now on.

Our mission is to be a welcoming, sharing Christian community

"Wise women" personal development discussion group will meet on
Thursday 3rd July and **Thursday 17th July** at 10.30 a.m.

for a cuppa and chat about the current book for discussion,
*'Caring enough to confront: how to understand and express your
deepest feelings toward others'*

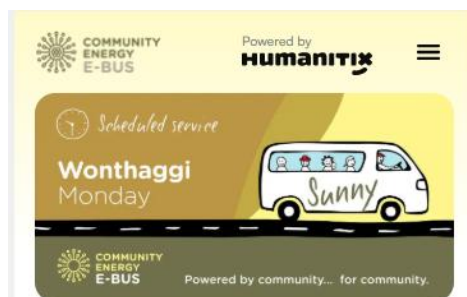
KYB (Know your bible) will meet on **Friday 11th July** and **Friday 25th July**
at 1.30 p.m.

For all the latest news check out our Facebook page:
Tarwin Lower Union Church

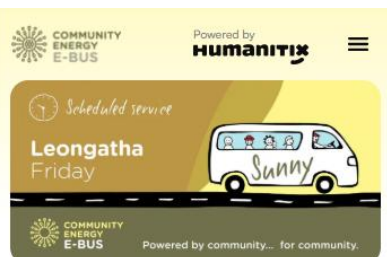
SUNNY OUT' N' ABOUT IN JULY

V/Line Connections

We can offer V/Line connections to any service (based on volunteer driver availability) min \$40 donation or \$10pp if more than 4 passengers. Minimum 48 hours' notice required.



**Wonthaggi
Weekly Monday
Community E-
Bus Service**



**Leongatha
Fortnightly Friday
Community E-
Bus Service**

Fri, 11 Jul, 9:30am - 3pm AEST
[Add to calendar](#) • [+11 more dates](#)

Wonthaggi

"Sunny" will be heading to Wonthaggi on
Monday EVERY WEEK

Leongatha

"Sunny" will head to Leongatha on a Friday EVERY FORTNIGHT.

For more information and bookings head
to www.vbcc.org.au/ebus. If you need help with
bookings call 0403 108199 during business hours.



**Home is where
the heart is.
Stay there longer.**

How to live at home for longer with Support at Home

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Laura from LCHS will be at the Centre assisting with My Aged Care registration, Support at Home enquires and the requirements needed for services.

When: Wednesday the 16th of July @ 10am-1pm

Where: Venus Bay Community Centre

Contact: Laura Corbett – 0483 289 683 or laura.corbett@lchs.com.au

EAT DRINK PLAY GIPPSLAND: INAUGURAL FESTIVAL BRINGS THE REGION'S BEST TO LIFE THIS OCTOBER

There's a new festival on the block in Gippsland, and it's set to celebrate everything this vibrant region does best.



Celebrating all that the region has to offer, the inaugural **Eat Drink Play Gippsland** is coming to Leongatha this spring on Saturday 18 October, transforming the historic Railway Precinct into a buzzing hub of flavour, music, and community spirit.

Supported by the Victorian Government through its Regional Events Fund, this full-day celebration will spotlight Gippsland's exceptional food, drink, and creative culture through a dynamic two-part program. A true community effort, it's driven by local organisations including South Gippsland Shire Council, Destination Gippsland, and Wine Gippsland, whilst being brought to life by Dan Sims, the brains behind Pinot Palooza and Mould, as well as The Hills Are Alive Group, run by lifelong locals Aidan and Rhett McLaren.

By day, Eat Drink brings the beloved Eat Drink Gippsland guide to life with a vibrant celebration of the region's top producers. Guests will receive a festival tote, tasting glass, and event guide on arrival before sipping, sampling, and shopping their way through Gippsland's best wines, cheeses, spirits, ciders, and seasonal fare.

Expect delicious bites from local favourites like Trulli, Hogget Kitchen, and Messmates, plus pours from standout winemakers including Fleet, The Wine Farm, Dirty Three, Patrick Sullivan, Xavier Wine and Lightfoot Wines. Gurneys Cider, Loch Distillery, and Sailors Grave Brewing will also feature, alongside dairy delights from Gippsland Jersey, Prom Country Cheese, and Loch Cheese Merchant. With live music from Misty Harlowe, Janie Gordon, Jungle Jim Smith and more, plus food pairings and meet-the-maker chats, it's a full-day taste of the region. Day session tickets are \$35, running from 11am to 5pm.

As the sun sets, the precinct transforms into a vibrant evening festival with Play, an open-air music celebration featuring two major Australian acts including the inimitable Melbourne Ska Orchestra and Emma Donovan performing 'Take Me To The River' a tribute to timeless soul classics, alongside Gippsland's own rising star, Steph Strings. Get ready to dance under the stars as local flavours keep flowing from on-site bars and food stalls. Night session tickets are \$49 per person and run from 6pm to 10pm.

To round out the weekend for visitors, festivities will kick off on Friday night with Ella Hooper performing her spellbinding Linda Ronstadt tribute show at Meeniyah Town Hall hosted by Lyrebird Arts Council which will set the tone for the weekend ahead. Then on Sunday, visitors can explore even more of the region with a line-up of bonus events across neighbouring towns, including Porchetta & Pinot back at Trulli, Bahn Mi and beats at Fleet Wines, and cider-fuelled fun at Gurneys.

With thousands expected to attend from across Victoria and beyond, Eat Drink Play Gippsland will deliver a meaningful boost for small businesses, accommodation providers, and tourism operators throughout the region.

Eat Drink Play Gippsland | Saturday 18 October 2025

Eat Drink | 11am–5pm

Adults: \$35 each. Kids aged 11 to 17: \$10. Kids under 10 are free. Adult tickets include a festival tote, tasting glass and guide.

Play | 6pm–10pm

Adults: \$49. Kids aged 11 to 17: \$25. Kids under 10 are free. Tickets include access to the evening music program.

Full day sessions

Adults: \$79 Kids aged 11 to 17: \$29. Kids under 10 are free.

Location: Leongatha Railway Precinct, Leongatha, VIC

More info at: eatdrinkplaygippsland.com.au

TICKETS ON SALE [HERE](#) THURSDAY 26 JUNE 2025



About Eat Drink Play Gippsland

Eat Drink Play Gippsland is a new regional festival celebrating the best of Gippsland's food, wine, music, and creative culture. Co-created by South Gippsland Shire Council, Destination Gippsland, Wine Gippsland, and Visit Victoria, the event is proudly brought to life by the teams behind two of Australia's most loved food and wine festivals – Pinot Palooza and Mould – alongside The Hills Are Alive Group (THAA), creators of NYE on the Hill and Ocean Sounds. Locally led and community driven, the festival aims to shine a spotlight on the producers, makers and artists who call Gippsland home, while delivering meaningful economic and cultural benefits to the region.

DRINK RESPONSIBLY.

Solutions Together is training in Venus
Bay in July 2025

Youth Mental Health First Aid Training (YMHFA™)

Solutions Together is offering **Youth Mental Health First Aid® (YMHFA™)** training. This two-day accredited course is great for those working with young people in all professions. Mental wellbeing is critical for health, safety and social connection.

Solutions Together are offering this course at the special price of \$110.00 PP. This is a discount of 75% !

Solutions Together will equip you with the skills and confidence to support young people who you may come across in your work, or day to day life who are struggling. The course is designed to enable you to provide temporary support until the person can access professional help. The **YMHFA™** qualification is valid for three years.

Date: July 22 & 29, 2025 (2 x 7 hr workshops)

Time: 9.30 -AM- 4.30 PM

Cost: \$110.00 (includes all resources)

Location: Venus Bay Community Centre- 27 Canterbury Rd Venus Bay

Register your interest: info@solutionstogether.com.au

(Minimal number of participants required for course to be facilitated)

For more Information, or to discuss in-house training for your organisation contact:

Lani Peach – 041 221 0588



www.solutionstogether.com.au

🔥 Build Your Own Spit. 🔥



Ever dreamed of slow-roasting over an open fire — the old-school way? Whether you're into backyard cooking, bushcraft, or just love a good DIY project, this workshop is the perfect way to build your own backyard spit .

🔧 What is covered:

Materials and tools needed

Add ons for the billy, hotplate, thermometer

Basic skills needed: measuring, cutting, assembling

Building supports, handles, and rotation mechanisms

🌱 Starts July 5th

Cost: Approximately \$140

You will need to provide your own Keg (some available)

🔥 Book via the Community Centre – carol@vbcc.org.au





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.

