

March 2025 Vol 16 Issue 3

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
ENERGY
E-BUS**



Powered by community... for community.

Venus Bay and Sandy Point

Sunny 15 months on. We want to hear from you!

We're now 15 months into our 2-year Community Transport Pilot and the project team has learnt a lot. We continue to learn and adapt our services based on community use and your feedback.

We are pleased to announce that based on feedback and a review of usage data we have revised our services and now travel to Wonthaggi more often (Monday weekly) while we will go to Leongatha fortnightly on a Friday.

We have also made V/Line connections more flexible to accommodate you. We will now offer connections to all V/Line services (based on volunteer driver availability) for a donation of \$10pp with a minimum charge of \$40. We will also continue to take groups to community events, festivals and places of interest like the Pear Party in Toora and the Yarram Trashion Parade. Our e-Bus continues to be available for private events for a reasonable donation to the VBCC and we have recently transported wedding parties to both Harman's Wines and Gurney's Cidery.

The Research Project Needs Your Input

The purpose of the [pilot project](#) Venus Bay and Sandy Point are participating in is to work with our partners, La Trobe University, the Department of Transport and Planning and iMOVE to develop a final report that can help other communities implement community transport more easily. Magda Szypielewicz, the project researcher from La Trobe University, will be in Venus Bay on 17, 18 & 19 March to conduct focus groups and interviews with both volunteers and the broader community. Your feedback will be a critical part of the final report, so we encourage you to make yourself available.

You can confirm your willingness to participate by email to: venusbaycommunityebus@gmail.com

Please include your full name, mobile number and one of the following options:

1. I am a volunteer on the project, and I would like to attend a focus group discussion or individual interview
2. I am a member of the community and would like to attend a focus group discussion or individual interview

If you're unable to attend in person but would like to participate please let us know and we will endeavor to provide you with a virtual option.

Upcoming Events!

In March we will be providing a safe transport option for people attending the gig at the Tarwin Hall and in April the Flock Stock and Basil Autumn Feast. We will also be travelling to the Garlic Festival and taking a group to visit the Tarwin Forrest in late March to hear from the Gippsland Forest Guardians about the important conservation work they are doing.

For more information and events keep an eye on the VBCC Facebook page and the Matter of Fact newsletter.

Improving our Services to the Community

We're very pleased to announce some changes to our schedule and services based on customer feedback and increased use!



Scheduled service

Wonthaggi
Monday

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

Mon, 3 Mar, 10:30am - 3:30pm... + 39 dates

Wonthaggi Weekly Monday Community E-Bus Service

Venus Bay Community Centre From Venus Bay Second Estate to Wonthaggi Bus...



Scheduled service

Leongatha
Friday

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

Fri, 28 Feb, 9:30am - 3:30pm... + 21 dates

Leongatha Fortnightly Friday Community E-Bus Service

Venus Bay Community Centre From Venus Bay Second Estate to Leongatha

Wonthaggi

From March "Sunny" will be heading to Wonthaggi on Monday weekly (previously fortnightly).

Leongatha

From March "Sunny" will head to Leongatha on a Friday each fortnight (previous weekly).

V/Line Connections

We are now able to 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.

V/Line connect
via Leongatha



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

Group events

We generally schedule a couple of trips per month to local events, festivals and places of interest. Keep an eye on the Matter of Fact newsletter the VBCC FB page for upcoming events.

Private Hire

Sunny is available to transport your guests for weddings, parties or anything really. Just drop us a line and we will do our best to help!

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

Become a friend of



Sunny

I'd like to become a friend of Sunny...

Leave a donation via bank transfer using the account details below, or pop into the Venus Bay Community Centre to donate in person or talk to us about volunteering your time.

ACC Name: Venus Bay Community Centre
BANK: Bendigo Bank
ACC No: 146 143 573
BSB: 633 000

And don't forget – you can support this service for our community by becoming a **FRIEND OF SUNNY!**



Sun, 6 Apr, 11:15am - 5pm AEST

Flock Stock & Basil Autumn Feast Shuttle service

Flock Stock & Basil Farm 1672 Inverloch-Venus Bay Rd, Tarwin Lower VIC 3956,...



Sat, 8 Mar, 10:30am - 3pm AEDT

South Gippsland Garlic Festival

Showground Showground, Korumburra VIC 3950, Australia

VENUS BAY COMMUNITY CENTRE SKATE PARK

The fate of the Skate Park behind the Venus Bay Community Centre has been decided by the South Gippsland Shire Council.

This skatepark was created over 25 years ago by young residents who championed the need for a facility in the township. It has been a beloved asset and well used by young and old over many years. By current standards, the skatepark would not be built at that location now – with no passive oversight and behind a building, it no longer meets recreational standards.

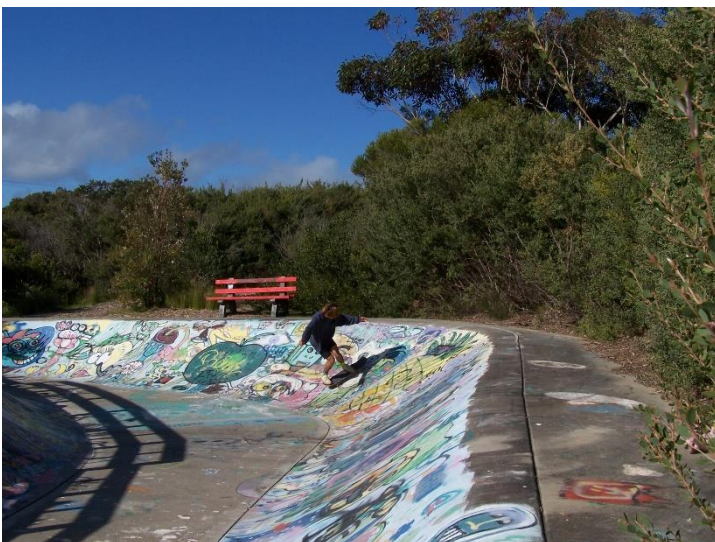


With the redevelopment of Jupiter Park and the creation of the new skate precinct – which is a wonderful asset to Venus Bay – the Shire have made the decision to demolish the skate park and undertake landscaping work to create a different space behind the Community Centre.

Their budget for the landscaping work is only current until end of this financial year – so this will be done before June 2025.

So many people have learned to skate, or scoot or ride in this park – and it's been a site for holiday program activities with street art painting by local kids. It has a rich history and a great story. The Shire are keen to erect an acknowledgment plate/panel once works have been finished to demonstrate the legacy of this site – if you have photos or memories, please send them to info@vbcc.org.au

If you'd like to know more about this, please contact Ian Murphy – Recreation Officer at ian.murphy@southgippsland.vic.gov.au



VENUS BAY COMMUNITY CENTRE

March at the Centre

1	6.45	Shuttle Service to Jones, Steel & Jackson
3	5.00 – 6.30	Men's Cook
5	12.00 – 1.00 5.00 – 6.30 5.00 – 7.00	Community Lunch Board games & cards Twilight shopping & deer hunters ball outfitting
6	7.00 – 8.30	Ukulele group
8	10.00 – 12.00 10.30 – 3.00 All weekend 12.00 – 3.00	CFA fire safety – ArtCube site Garlic festival bus trip ArtCubes sale weekend Open Mic – art cubes
10	10.00 – 2.00	Labour day – shop open
11	5.00 – 6.30	Book Club
12	12.00 – 1.00 3.30 – 5.00	Community Lunch Writing group
13	7.00 – 8.30	Ukulele group
17	10.00 – 12.00 Need to register	Plant group Sunny feedback focus groups
19	12.00 – 1.00 5.00 – 6.30 Need to register	Community lunch Knitting, crochet & stitch group Sunny feedback focus groups
20	7.00 – 8.30	Ukulele group
24	10.00 – 12.00 1.00 – 4.00	Plant group Sourdough Bread workshop
28	10.00 – 4.00	Bus Trip – Tarwin Forest
29	4.00 – 6.00	ArtCubes pop up music event
April		School holiday activities New Cube occupants Cube finale event

GOLD COIN DONATION APPRECIATED

Knitting, Crochet or Stitch

BYO PROJECT

Spend time with like minded people

19 MARCH
5.00 - 6.30ISH
VENUS BAY COMMUNITY CENTRE
27 CANTERBURY ROAD

Monthly activity - 3rd Wednesday of the month
EVERYONE WELCOME

VENUS BAY COMMUNITY CENTRE

GAME NIGHT

GOLD COIN APPRECIATED


05.3.2025

Just turn up, no booking required

5:00 - 6:30



EVERY THURSDAY
7.00 - 8.30
\$5 PER WEEK
ALL WELCOME
UKULELE GROUP



Freeform writing group

Dedicated writing time & random writing exercises to inspire

2nd Wednesday of the Month
3.30 - 5.00
Gold coin appreciated

Regular activities



FREE EVERY WEDNESDAY
12.00

LUNCH TIME

Our Community Lunch is a great way to get together, share a meal and connect with others. Completely undertaken by volunteers, we'd love YOU to help out if you can? Sharing the load, sharing the fun – everyone can cook something – right? Let us know if you are interested – even just once in a while – we'll support you all the way 😊

Silver Banksia plant group
Mondays
10.00 - 12.00



Preserving Venus Bay's Storied Cultural Heritage



Sonia Weston is a local Cultural Heritage Officer. And last Saturday, after receiving much response and interest from our community to gain more information of the local history she generously spent time sharing her knowledge. We all met at the Artcube site and on that hot morning sat under the two Banksias as Sonia, equipped with artifacts told us stories of the rich tapestry of Indigenous cultural heritage of this area.

She detailed the prevalence of coastal flint, a material harvested from the ocean floor and used by her ancestors for tools and fire-making. "You find it a lot down here and over at flat rocks, as well as flint material. The ancestors used the

stone tools to light fires," she explained. These artifacts were traded across the region, with evidence found as far as Clyde North and Cranbourne.

Sonia showed other remarkable discoveries, including petrified wood, an intact wooden coolamon from Cape Paterson and grinding stones which bore ochre scars – indicating they were used for ceremonial use. She also had many samples of green stone from different places such as Mt William and Kitty Miller Bay and explained the different properties they held and how they might have been used by the way they had been shaped to fit into the hand. Also explaining that the green stone from other sites was a good indication of trading activities.

The significance of the artifacts extends beyond their physical form, representing the deep cultural connections that have endured for generations. Sonia emphasised the importance of preserving and respecting these sites, encouraging community members to be vigilant in reporting any discoveries.

She shared how the whole of Venus Bay would have been dunes that people used as living sites - fully protected from the elements. Sonia recounted instances where construction projects have inadvertently disturbed burial sites. Also middens- which are areas where shells and other food remains accumulate. Middens are evidence of living sites and often indicate a ceremonial site.

For Sonia and the wider Indigenous community, the preservation of Venus Bay's cultural heritage is not just a matter of historical significance, but a deeply personal and spiritual connection to the land. She encourages residents to be mindful of their surroundings, to report any discoveries, and to participate in cultural events and ceremonies that honour the area's rich history.

As development continues to shape the landscape of Venus Bay, the community's commitment to safeguarding its cultural heritage remains steadfast. Through education, collaboration, and a deep respect for the land, the stories of this remarkable place will continue to be told, preserving the legacy for generations to come.

Sonia's suggestion of a future cleansing ceremony for the community to honor the cultural heritage of Venus Bay was well received. Keep an eye out for Sonia's posts in the future.



In the face of community distress and horror about recent wildlife kills in Venus Bay, Tarwin Lower and Walkerville – here's a more positive message from Tarwin Landcare Group to change the focus:

Yes, it's been a bad week for wombats of late – but let's not waste energy on three or four sad and sick individuals.

Instead let's celebrate the wonderful things that our community does for wildlife and also ask what can we do to reduce accidental road strike.

- ❖ Great work Sue Moore, Kylie Laing, Sally Bluett Boyd and other amazing wildlife carers. I don't know how you can do what you do without falling apart.
- ❖ Great work Sue Flere and other carers who find and treat Wombat Mange
- ❖ Great work Mark Radley. Your signage has been a huge wake up call for a lot of people. Anecdotal evidence suggests that accidental roadkill has reduced since you began your publicity campaign. Please keep it up.
- ❖ Thank you to everyone who creates safe places in their gardens and on their properties for wildlife. Bowls of water, plants that provide cover and food, and nesting boxes are just some ways you can create wildlife-friendly back yards.
- ❖ Thank you to everyone who thinks before they put out rat or mouse bait. Can you use a non-lethal trap instead, which will protect native rodents like bushrats and antechinus? At the very least, avoid 'second generation' baits that contain brodifacoum which remain in the liver of the animals that eat them and poison any animal that eats them, e.g. goannas, owls, dogs.
- ❖ Thank you to all the cat owners who keep their pets inside so they can't kill wildlife.
- ❖ Thank you to everyone who keeps their dogs on leashes when out walking. (Dogs are a major killer of koalas; this often occurs in their own backyard, sadly).
- ❖ Thank you to everyone who controls feral animals like foxes, rabbits and deer, for giving our native flora and fauna a chance.
- ❖ Thank you to everyone who has heeded Mark's call to slow down, particularly at dusk and dawn.

What can we do to help protect our wildlife?

- ❖ We can start by asking our wildlife carers what they need and suggest. Should we be advocating for an 80km speed limit at night? What about special wildlife crossings or fencing? (note these type of suggestions need to be backed up with good research.)
- ❖ Let's build up the data about where and how many of our native animals are being killed so that we back up any requests to Council, VicRoads and our Politicians. Take a photo on your phone (the metadata should record the location) or make a note of the location – I can provide more information about where to submit the report.

Jillian Staton – Tarwin Landcare Group

If you'd like to find out more about the Tarwin Landcare Group – part of the South Gippsland Landcare Network, you can find out more or join up here:

tarwin@group.sgln.net.au

<https://www.facebook.com/groups/439535103657625>

ART CUBES UPDATE

After the wonderful success of the program Launch in Venus Bay the inaugural artists had a lot of fun sharing stories, showing their wares and running one to one workshops. They enjoyed every minute of sharing the space with visitors and residents.

I believe the KOGO knitters have almost enough squares for a full adult sized blanket that will be donated to help a homeless person. The knitting continues let us know if you would like to contribute.

February 17th was change over date and the newest occupants have settled into their spaces with new displays of products, skills and knowledge to share. If you haven't been to site for a visit make the effort drop and have a chat to Kate, Claire, and some of course the blokes from the Men's Shed. You can't miss their amazing wooden canon which guards their cube.

The long weekend is technically their last hoorah and we are showing our support by putting facilitating some special activities onsite on Saturday the 8th. In the morning the CFA will be there to talk all things Fire Safety and Emergency planning, the Recycling Centre is having a pop up of craft items and the Cube artists are offering special prices. There will be an artbox of supplies for your own creative endeavours, the water trailer returns and there are tables and a few chairs for picnicking under the trees.

From 12.00 onwards Wally is hosting an OPEN Mic starting with our very own Venus loves Ukes group. Best to bring a rug or some chairs. Why not grab a snack from the local shops and settle in for the afternoon.

The Cubes are not just about ART they are about community, sharing skills and knowledge and showcasing the amazing talents in our local area. We were lucky enough to have Sonia Weston do a cultural heritage talk onsite. Hope you can get down and support the locals who help to make Venus Bay a vibrant community.

Keep an eye out for our next pop up event on the 29th of March – details to come.

WE HAVE A VACANCY IN THE NEXT ROTATION OF ARTISTS – HAVE A CHAT WITH CAROL IF YOU THINK YOU MIGHT BE INTERESTED!

ART CUBES

All weekend: Artist products special pricing

Current artists:
Kate Stuart,
Claire Wieland,
VB&TL Men's Shed

8th March
POP UP SALE

fabrics,
wool,
craft supplies,
scrap booking,
card making

8th March
CFA onsite
10.00
to ask questions
& talk about
Fire plans

VENUS BAY
SHOPPING PRECINCT

VENUS BAY
COMMUNITY CENTRE

**Long weekend
special activities**

ART-CUBE

ARTCUBES ARE A SOUTH GIPPSLAND SHIRE COUNCIL
ARTS INITIATIVE, FUNDED BY SOUTH GIPPSLAND SHIRE
COUNCIL'S SAN GOVIE SUPPORT PROGRAM AND THE
VICTORIAN GOVERNMENT COVIDSAFE OUTDOOR
ACTIVATION FUND.

**SOUTH
GIPPS
LAND**



OPEN MIC AFTERNOON



MARCH
8TH
12.00 -
3.00

CNR
JUPITER
&
CENTRE
RDS

VENUS BAY ART CUBES



FOR MORE INFORMATION, CONTACT CAROL AT 5663 7499

Thrusted art workshop



create a unique art piece

no skills necessary

*paint or collage
your choice*

reinvent an old picture

materials supplied

*bring along some of your
own pictures if you like*

BYO drinks

March 13th
6.30 - 9.00ish

\$30.00

AT THE COMMUNITY CENTRE



TWILIGHT SPECIAL AT VENUS BAY COMMUNITY CENTRE RECYCLING OP SHOP



Come along on the evening of

Wednesday 5 March

to see what fabulous outfits & accessories you might find to dress to impress for the Ball!!

We'll have assistants here to help create that special outfit for you – plus it will be FUN!

You can also just come and catch up on regular Twilight Shopping.

VENUS BAY
COMMUNITY CENTRE

POINTS OF VIEW

The Walkerville Art Group with Mandy Gunn

Featured works now on display at THIRSTY WORKS GALLERY, TARWIN LOWER

FEBRUARY 29 TO MARCH 30

SANDY BUCELLO / DEB BRAY / JUNE BLENKHORN / KAREN MCVILLY / JILLIAN STATON

ELIZABETH LANDY / HEATHER LEROY / LISON SCHNEIDER / DANA HUGHES



Statement from the Mayor: Offshore Wind

The following statement is from Cr John Schelling, Mayor of South Gippsland Shire Council.

"In response to upcoming offshore wind-related community engagement sessions in South Gippsland, I would like to re-state, in a summarised form, Council's position in relation to offshore wind. This was endorsed by resolution to Council in 2022.

"Council recognises that offshore projects proposed off Gippsland's coast could help meet emission targets and these projects could also offer the local community opportunities and benefits. Benefits could include increased economic activity, investment in our local community and job creation. With this in mind – and considering the federal government's designation of Gippsland as Victoria's first Renewable Energy Zone – Council has provided in principle support to offshore wind.

"There are caveats to this support, however, which include the following:

- *"More information is required on the direct and indirect impacts and opportunities that proposed projects located near the South Gippsland coast may have on the South Gippsland community and the position of the community is not yet fully understood.*
- *"There needs to be a greater understanding of direct community benefits and potential offsets for our community.*
- *"The coastal and marine environment must be protected and that any proposed developments do not have an adverse impact.*
- *"Projects must use existing infrastructure and transmission routes, including placing transmission lines underground, to minimise the impacts to existing land use such as farming and tourism.*
- *"South Gippsland has the greatest number of agricultural businesses of any Victorian municipality and it is vital that our agricultural land is protected.*

Shaping South Gippsland

It's not too late to have you say on what you'd like to see happening in our Shire in future.

It's obvious that our communities value the natural environment – our flora and fauna – it's a great place to make suggestion

Or advocate for issues that matter to you.

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

Gippsland Offshore Wind Days

GIPPSLAND OFFSHORE WIND DAYS

MAR 12 **PORT ALBERT** - 4:00 - 6:00 pm
Port Albert Mechanics Institute

MAR 13 **GOLDEN BEACH** - 4:00 - 6:00 pm
Golden Beach Community Centre

MAR 22 **SALE** - 10:00 am - 2:00 pm
Sale Botanic Gardens

MAR 27 **LEONGATHA** - 4:00 pm - 6:00 pm
Leongatha Memorial Hall

Get in touch if you have any questions.

This Sunday at the Venus Bay Beach One



all welcome free BBQ lunch

8:30 till lunch

Join Star of the South at their upcoming information sessions in March.

Come along for a BBQ on Thursday 27 March from 4.00pm - 6.00pm at Leongatha Memorial Hall and meet the developers behind

Gippsland's proposed offshore wind projects.

Whether you have questions, feedback or just want to learn more about offshore wind, feel welcome to drop in any time.

Government agencies VicGrid and Offshore Wind Energy Victoria will also be there to answer questions about Victoria's transmission and energy plans.



Gippsland Skies Community Engagement and Consultation

For marine surveys and Management Plan

Tarwin Lower Hall

Tuesday 25 March

4-6pm

The Gippsland Skies Offshore Wind team invites you to attend our February community consultation sessions.

Come along to meet the team, share your feedback and learn about the planned marine investigations in the Feasibility Licence Area and proposed cable corridors. We will discuss how health, safety, environment and infrastructure integrity will be managed.

It was great to meet and listen to community members at our initial drop-in sessions in July 2024, and we look forward to seeing you again in February 2025!

Tarwin Lower Community Health Centre

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

Nurse Practitioner Deb Garvey

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 Food Cupboard. We always need breakfast cereals and spreads for toast, 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. Thank-you again for your ongoing support.

Gardening Bee & Brunch

Help keep the Health Centre gardens beautiful. Saturday 1st March, 10-11am followed by brunch. Please bring garden gloves and 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.

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

Maternal and Child Health in Tarwin Lower

South Gippsland Shire Council's Maternal and Child Health team are coming to Tarwin Lower.

Here are the details:

- Thursday 13 March from 9.00am to 12.30pm.
- Thursday 17 April from 8.30am to 12.30pm.
- Thursday 15 May from 9.00am to 12.30pm.

To book an appointment, please call us on 5662 9294.





VENUS BAY ANGLING CLUB



The VBAC was started back in 1979 by locals and has a wonderful history involving the Community. Now, in 2025 the Club is still going strong and welcomes new members – whether you want to fish or just be a social member.

We aim to provide information on fishing in the area and in recent times have held Women's fishing days, Open Days at the Gerald's Shed and our most recent was the Children's day which was a huge success. We support our local Community by running the Easter Egg hunt every year and sponsor gifts for the children when Santa comes to town.

We hold monthly competitions with a BBQ supplied by the club on Saturday nights on comp weekends. We run other social events through the year such as movie nights, dinner at the Cavity or the Riverview and special fishing days as well as a Christmas Dinner in December and our social members help make these events successful.

We are happy to provide help if you're unsure about tides or any aspect of boating in the area or if you need any tuition on how to 'start fishing'!

If you're interested in becoming a member or would like any further information you can drop into Gerald's Shed, down by the boat ramp, any Friday between 4.00 – 6.00 p.m. Or ring -

Terry Shelly 0419 301 847

Tony Bryant 0419 518 934

Roslyn Shelly 0412017240

If you would like to join in on a competition weekend the dates are listed below -

7th-10th March

18th - 21st April

23rd-25th May

6th-9th June

11th-13th July

8th-10th August

5th-7th September

3rd-5th October

30th Oct - 3rd November

28th-30th November

*The VBAC **March competition** will be held on 7th-10th March. There will be a weigh in each day 4pm-6pm at Gerald's Shed with the final weigh in Monday 2.30-3.00pm when the winner will be announced. Non-members can enter for \$5 which includes bbq dinner Saturday night.*



Carefinder service coming to answer questions about accessing aged care services

Where :- Venus Bay Community Centre – 27 Canterbury Road, Venus Bay

When :- Care Finder will be available to talk with you any time between **11am and 12pm on Wednesday 2nd April**

Carefinder service is coming to the community centre to help you understand what aged care services are available and help connect you with the services that could help you.

They will discuss the aged care system, how you can access services, what services are available locally and the Care Finder Service.

They will answer your questions and if you are eligible for support, they can support you through your journey of registering with My Aged Care, getting the right assessment and then support you to look for providers in your area.

We know asking for help can be hard. That's why the Care Finder team is making themselves available to chat to you. They can answer any questions you might have.



Let us help you find the care you need

At LCHS, we help older people access aged care services.

We do this by helping you understand what aged care services are available. We help connect you with the services that could help you.

We can help you if you:

- Don't have a carer or support person who can help you navigate aged care services.
- Don't have a carer or support person you trust or feel comfortable with.
- Are eligible for government-funded aged care.
- Feel overwhelmed by the aged care system.
- Find it difficult to communicate, understand information, or make decisions.
- Don't like aged care or government.

We know asking for help can be hard. That's why our team of Care Finders is making themselves available to chat to you. We can answer any questions you might have.



CALL US
1800 242 696

LEARN MORE
lchs.com.au



TREEHOUSE STUDIO VENUS BAY

The TREEHOUSE STUDIO in Venus Bay is dedicated to creating and offering opportunities to relax and let go from the everyday in a safe and caring environment. Promoting health and wellbeing for our community.



COMING UP

MARCH 8TH AND 9TH 2025
SUMMER TO AUTUMN MINI RETREAT

TAKE THIS OPPORTUNITY OVER THE LABOUR DAY WEEKEND TO INVEST IN SOME QUALITY TIME OUT FROM THE BUSYNESS OF THE EVERYDAY. TWO MORNINGS DEDICATED TO RELAXING AND LETTING GO. CHOOSE ONE OR INVEST BOTH MORNINGS TO STOP AND RESET.

Change of Season Mini Retreats are a bridge between the rhythm of one season and in preparation of the new season.

Summer to Autumn Mini Retreat we farewell to vibrancy that the Yang Summer season brings. The warmth in the air that encourages us outside into nature, to play, to feel the air on our skin, to celebrate, to day dream, create plans. Welcome Autumn - a Yin season where we begin to settle in. The day dreaming of the Summer days now turns into more focused kind of intentions and undertakings. Acknowledge the changing colours of nature, the shorter and cooler days, the fabulous layering of clothes. Autumn encouraging us to turn inward. Take this time to invest in your self care and well being. These sessions are suitable for absolute beginners through to more experienced

Brief Outline

Day One Saturday 8th March

8:30am - 9:30am Set the tone for the day practice

Break and refreshments

10:15am-1:pm

Settling into deep practise through focused breathing

Gentle Hatha style practice. Finishing with Yoga Nidra

Day Two Sunday 9th March

8:30-9:30 Set the tone for the day practise

short break and refreshments

10:15am-12:30 Yin Yoga with Bolsters

Come away feeling rested and replenished ready for the coming season.

Investment \$220 Day one only \$150 Day 2 only \$120

Early bird Monday March 3rd \$200

Book early simply text 04213003407



STAY UP TO DATE TWIRLSHELA PRODUCTIONS AND FOLLOW ON -

Shambhala

HEALTH & HEALING

Ashtanga Yoga Classes with Carolyn

Tuesdays - Fish Creek - 5.15pm (rolling start)

at: Fish Creek Town Hall (Supper Room).

Wednesdays - Venus Bay - 8.15am

at: Shambhala Health & Healing, 32-34 Bradley Ave.

Thursdays - Leongatha - 6.15pm

at: Leongatha Health Hub, 57 McCartin St.

Saturdays

(casual)

Venus Bay - 8.15am

on:

Sat March 8th (Labour)

Sat April 19th (Easter)

Sat April 26th (Anzac)

Shambhala Health & Healing,
32-34 Bradley Ave.



Enquiries: shambhalahh@hotmail.com or 5663 7923

Website: shambhalahealthandhealing@mailchimpsites.com

★★ Current timetables available on website. ★★



Tarwin Lower Hall – What's On



Tarwin Lower Film Society presents

“Spirited Away” rated PG (2001 Japan) Animation Duration 124 mins
Directed by Hayao Miyazaki

Friday 21 March

7:30pm

BYO

For membership and movie
information scan this QR Code



OSCAR winner for Best Animated Feature Film in 2003, this glorious film describes the fanciful adventures of a ten-year-old girl named Chihiro, who discovers a secret world when she and her family get lost and venture through a hillside tunnel. When her parents undergo a mysterious transformation, Chihiro must fend for herself as she encounters strange spirits, assorted creatures and a grumpy sorceress who seeks to prevent her from returning to the human world. Director Hayao Miyazaki is one of Japan's greatest animation directors. With entertaining plots, compelling characters and breathtaking handrawn visuals his films have earned him international renown from critics as well as public recognition within Japan.



Festival of Small Halls

Autumn Tour

Friday 28 March 7:00pm

\$35.00

Featuring Lucy Farrell (UK)

Hat Fitz & Cara (AUS)

festivalofsmallhalls.com/tarwin-lower-2025/



Next Market – Labour Day – 8am – 1pm

Many and varied Market Stalls, Food Vans, Sausage Sizzle, Live Music and Tea Room. All proceeds to the Hall. **Monday 10 March** www.tarwinlowerhall.com



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

Pancake Day (Shrove Tuesday) **4th March**
(see separate poster)

"Chatty chicks" (formerly known as "Wise women") book discussion group
will meet on

Thursday 6th and Thursday 20th March 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 14th and Friday 28th March at 1.30 p.m.

Café Church **Sunday 30th March** at 10.30 a.m.
with members of the Christian motorcycle association

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

Pancake Day

Tuesday 4 March

Come and enjoy a



FREE



Pancake

Between 10 and 1

@

Tarwin Lower church

Wombat Walkers - Venus Bay/Tarwin Lower Walking Group

The Wombat Walkers walking group began in September 2022 after a suggestion was made on the local community Facebook page to gather people from the Venus Bay, Tarwin Lower and surrounding areas together to explore the area and to get to know other people who love this gorgeous part of Victoria.

The group meets twice a week (weather permitting) outside the 4Shore Pizza shop at 9am on Wednesdays and Sundays. The walks are usually one hour in duration and the walks are completed along the beach or along the Tarwin River path and are adjusted according to the pace and fitness level of everyone present. It is hoped to expand the walks to other areas and/or for longer walks in the future (ie the Magnat Shipwreck, Point Smythe, Bass Coast walk and/or the Great Southern Rail Trail).

It is a fabulous way to meet new people and there is no obligation to be there for every walk, it is a 'join in when you can' situation. Some days there might be two people joining in or on other occasions there have been more than 10 people.

For more information, head over to the Facebook page where each walk is advertised and confirmed. <https://www.facebook.com/groups/826324018391158/>



Wombat Walkers

Venus Bay / Tarwin Lower Walking Group



WHEN: **WEDNESDAYS AND SUNDAYS**
(WEATHER PERMITTING)

TIME: **9:00 AM (UNTIL 10:00AM)**

WHERE: **MEET OUT THE FRONT OF '4 SHORE PIZZA'**



☺ Walkers of all abilities are welcome
to can join in ☺



FOR DETAILS ON WALKS EACH WEEK HEAD TO OUR [facebook](#) PAGE

ESTABLISHED 2022

FUN RUN & WALK



**Easter Saturday —
19th April
2025**

**Venus Bay Beach #1
9:45am briefing - 10am
start**

DISTANCES

2.2km | 6.6km | 8.2km | 10km

PRICES

Family | \$35 | Adult | \$15 Child | \$10

Join us for a run or walk along the fabulous beaches of Venus Bay and help to raise funds for the Venus Bay Surf Life Saving Club.

**To book:
Scan QR code**

OR

**Go to
[www.trybooking.com/
CZKTY](http://www.trybooking.com/CZKTY)**





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.

